



**ANTI-DOPING
PROGRAMME**
ANNUAL REPORT
2019

EDUCATION

- ▶ The RFL provides Clubs and Players with the Anti-Doping manual annually, which offers information on prohibited substances, therapeutic use exemptions and responsibilities where anti-doping violations occur.
- ▶ Further education is provided to players with anti-doping workshops run annually by UKAD trained Educators with a background in rugby league such as ex-player, Ian Sibbit.
- ▶ Additionally, it is compulsory for certain members of staff (e.g. Conditioner, Player Welfare Manager) to have completed UKAD's **Advisor qualification**
- ▶ Anti-doping education within the sport is a key priority and following the delivery of face to face training sessions for a number of **Season**, the education programme will be enhanced in 2020 with the addition of an online course which will be rolled out across the professional game.



COMMUNITY RUGBY LEAGUE

Enhancing anti-doping education in the Community Game is a key priority for the RFL, although it is the responsibility of everyone involved in the sport that the sport is clean, in respect of anti-doping. It is extremely important that the correct values are instilled in all participants when they start in the sport and those starting in Rugby League can be assisted by those around them, including key individuals in the Community game.

The RFL Community department makes available certain anti-doping materials to Clubs to distribute to players and Club members and this is supported with information on anti-doping on the [RFL website and social media channels](#). There is also delivery of key messages at appropriate forums such as annual conferences. Education will continue to be enhanced in the 2020 Season and beyond to ensure that all participants in the Community game have received key messages on anti-doping.

