

# Anti-Doping



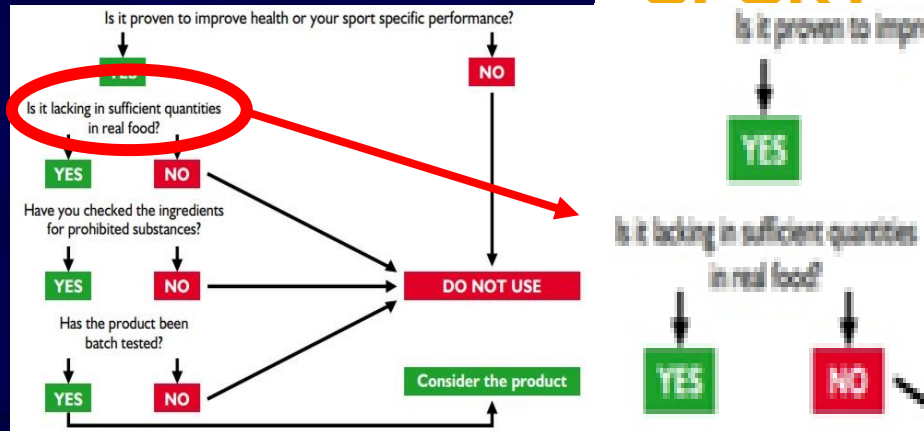
**WORLD  
ANTI-DOPING  
AGENCY**

**UKad**  
anti-doping in sport

<https://www.englandrugby.com/governance/anti-doping-and-illicit-drugs>

- 4 YEARS BAN
- EVERYONE SUBJECT TO TESTING
- STRICT LIABILITY

# 1 IN 4



**SPORT**

Is it proven to improve health or your sport specific performance?

YES

Is it lacking in sufficient quantities in real food?

YES

NO



- Retrospective TUE
- Don't stop your prescriptions
- Check over the counter medicines