

# ANTI-DOPING POLICY

---

## Edgehill Gliding Centre Anti-Doping Policy

### 1 Introduction

There are two aspects of anti-doping that are of potential concern to gliding.

Firstly, as a matter of safety, all glider pilots need to ensure that their ability and judgment is in no way impaired whilst flying or operating equipment at a gliding club.

The second area concerns gliding competitions. For gliding, this area is determined by the BGA Competitions Committee, which is in turn informed by WADA, the World Anti-Doping Agency.

### 2 Club-Specific Policy

Members of Edgehill Gliding Centre Limited ('the Club') are required to complete the appropriate medical declaration before flying as a trainee, flying solo or flying as pilot in command with the Club. Members and visitors should be aware that the use of alcohol is not compatible with flying operations.

Similarly, drugs, whether prescribed, patent, recreational, as part of a drug trials programme or for the purpose of performance enhancement, are not compatible with safe flying operations, unless permitted by the person's General Practitioner or Aviation Medical Examiner. Persons taking such substances should be aware that they may have a detrimental effect on their ability to fly as pilot in command or as a pupil and should consult their doctor and inform the Chief Flying Instructor accordingly. The law relating to aviation in the U.K. imposes what is in effect a zero tolerance for alcohol in respect of flight crew, including persons having lessons in gliders and anyone involved in operating the airfield activities.

#### Competitions and Competitors

Edgehill Gliding Centre fully supports the British Gliding Association (BGA) anti-doping policy as set out in the BGA's Competition Handbook, which states:

'The misuse of drugs intended to enhance performance, reduce stress, lessen fatigue etc, is forbidden in all gliding competitions. At present there are no known drugs that enhance pilot performance and the sports council do not, at present, plan to carry out drug testing at gliding competitions. Their position is reviewed annually, and their brief covers all UK sporting activities.'

However, competitors must submit to drug testing if required to do so by the Organiser. A positive result, or failure to submit to a test, will result in disqualification and may lead to further sanctions as required by current FAI anti-doping rules.

In general, the following are forbidden:

- Stimulants, including excessive concentrations of caffeine; and some common cold remedies such as Contac 400, Procol, Nirolex Expectorant Linctus; Beta 2 agonists and Beta-Blockers
- Narcotic analgesics, including codeine, heroin, morphine
- Anabolic Steroids

## ANTI-DOPING POLICY

---

- Diuretics
- Alcohol
- Corticosteroids.

Drugs prescribed for a medical condition, and whose use is necessary for safety reasons, may be permitted. It is the sole responsibility of the pilot to ensure that any drugs prescribed to them are permitted. The pilot should consult their GP in the first instance.

Additionally, the BGA have a list of permitted drugs and difficult cases may be referred to the Sports' Council.

The definitive list of forbidden substances and the specific requirements of FAI policy can be found at [https://www.wada-ama.org/sites/default/files/resources/files/2021\\_wada\\_code.pdf](https://www.wada-ama.org/sites/default/files/resources/files/2021_wada_code.pdf)

This policy will be reviewed every 3 years, but may be reviewed sooner, should the Directors deem it is necessary.

This policy was adopted at a meeting of Edgehill Gliding Centre Limited Directors, held on 01 Nov '21



Signed on behalf of the EGC Directors:

Jon Carlton

Role of signatory (e.g. Chairman etc):

Company Secretary and Director