



Old Wesley RFC is fully committed to promoting and using the IRFU policy with respect to anti-doping in rugby.

We have adopted the following as our guiding principle when it comes to anti-doping:

Old Wesley RFC fully recognises the need and its responsibility to remain vigilant at all times to the threat of performance enhancing drugs in the sport and implements an anti-doping policy in line with the IRFU, Irish Sports Council, World Rugby and World Anti-Doping Agency (WADA) regulations and guidelines

Further information re. the IRFU's anti-doping policy is available at

[http://www.irishrugby.ie/playingthegame/anti\\_doping.php](http://www.irishrugby.ie/playingthegame/anti_doping.php)



## Useful Links

- The World Anti-Doping Agency Code

<https://www.wada-ama.org/>

- The World Anti-Doping Agency Code

<https://wada-main-prod.s3.amazonaws.com/resources/files/wada-2015-world-anti-doping-code.pdf>

- The Irish Sports Council

<http://www.irishsportsCouncil.ie/>

- The Irish Sports Council anti-doping policy

<http://www.irishsportsCouncil.ie/Anti-Doping/>

- World Rugby Player Welfare Website

<http://www.irbplayerwelfare.com/>

- IRB Rugby Ready Website

<http://www.irbrugbyready.com/index.php?&language=en>

- IRFU Eat2Compete - Nutrition Advice For Young Players

<http://www.irishrugby.ie/eat2compete>

- IRFU Policy on Supplements

[http://www.irishrugby.ie/playingthegame/fitness/nutrition/supplements\\_and\\_the\\_young\\_player.php](http://www.irishrugby.ie/playingthegame/fitness/nutrition/supplements_and_the_young_player.php)



## Appendix A

An e-mail, reaffirming Old Wesley's stance on anti-doping was sent to all Senior and Under 20s coaches and team managers on 5<sup>th</sup> September 2018.

An e-mail, reaffirming Old Wesley's stance on anti-doping was sent to all Minis & Youths coaches and team managers on 5<sup>th</sup> September 2018.

The coaches and team managers were asked to pass this on to the players on their respective teams