



IRISH RUGBY FOOTBALL UNION
ANTI-DOPING REPORT 2017/2018

**#KEEP
RUGBY
CLEAN**

WORLD RUGBY™ ANTI-DOPING

WORLD CUP™ WOMEN'S

IRELAND 2017



ANTI-DOPING REPORT 2017/2018

INTRODUCTION - PHILIP BROWNE

IRFU ANTI-DOPING STRATEGY

IRFU ANTI-DOPING EDUCATION 2017

2017/2018 AWARENESS INITIATIVES

TESTING IN IRELAND EXPLAINED

2017/2018 SEASON TESTING

USER-PAYS SYSTEM EXPLAINED

TESTING STATS FOR 2017/2018 SEASON

LINKS TO INFORMATION/RESOURCES



INTRODUCTION
PHILIP BROWNE

Irish Rugby has a very strong anti-doping record but it is an area which requires consistent focus and investment. The IRFU is committed to Keeping Rugby Clean and will continue to provide robust education for our players.

As the governing body of rugby in Ireland we must be cognisant not only of the pressure aspiring rugby players may experience but also the affect societal pressures in relation to body image can have on those playing sport as a leisure activity. Recent positive tests in other rugby jurisdictions again highlights the importance of remaining vigilant and ensuring the investment in education and awareness campaigns are targeted and robust. A sharp focus must be placed on supporting the mental and physical development of our young athletes by investing in appropriate education and support structures.

As the host Union of the Women's Rugby World Cup 2017, the IRFU worked closely with Sport Ireland and World Rugby to provide a testing infrastructure for the tournament which delivered over 130 tests and a comprehensive education programme for all participants.

The IRFU and Sport Ireland have discussed testing of those competing in schools competitions and while the IRFU is open to monitoring at this level it is important that any schools programme be a cross sport initiative supported by a comprehensive education programme for all young people.

During the 2017/18 season there was debate on whether a player who had served a ban for a doping offence in another jurisdiction should be employed by an Irish province. The IRFU are committed to ensuring that our employment and recruitment protocols review the circumstances of each case in a way that reflects the ethos of the organisation's core values.

The IRFU along with the other rugby bodies will continue to invest in additional testing through Sport Ireland's User-Pays programme. We are grateful to Sport Ireland for their support and the professional delivery of the anti-doping programme.



Ireland Womens 7s warming up at World Cup San Francisco

IRFU ANTI-DOPING STRATEGY

The IRFU works closely with Sport Ireland to deliver a comprehensive and robust anti-doping programme for Rugby in Ireland.

The IRFU's anti-doping strategy, delivered in partnership with Sport Ireland, focuses on the following areas:

- In and out of competition testing of professional rugby players in Ireland
- Investment in additional testing to augment Sport Ireland testing through their User Pays programme
- Mandatory anti-doping education for all professional players in Ireland
- Mandatory anti-doping education for all representative underage players in Ireland
- Targeted testing of young players on the player pathway to professional rugby i.e. Provincial & National School and Club U18, U19 & U20s squads, Provincial Academies, Provincial A teams
- Rigorous adherence of the Sport Ireland TUE application protocols
- Appointment of an Anti-Doping Officer a mandatory element of All Ireland League participation

IRFU ANTI-DOPING EDUCATION 2017/2018

- Team Doctors for National and Provincial Squads hosted Educational workshop with information wallet cards provided to all contracted players
- **1500** Sport Ireland anti-doping information wallet cards distributed to clubs in the Testing Pool (All Ireland League Divisions 1a, 1b, 2a)
- IRFU Workshops delivered on request for All Ireland League teams
- **400** packs distributed to schools and Clubs in October 2017
- **6** Sport Ireland trained tutors attended CPD training with Sport Ireland and Sport Northern Ireland
- **25** workshops for Age-Grade elite players in national and provincial squads – male & female at U20, U19 and U18 level
- Education workshops for Women's inter-pro squads (Ulster, Munster, Leinster and Connacht),
- Pilot workshop on youth engagement module for Schools and Clubs
- Sport Ireland Anti-Doping wallet cards distributed to all All Ireland League clubs.

WOMEN'S RUGBY WORLD CUP 2017

The IRFU working with World Rugby and Sport Ireland facilitated the creation of a testing infrastructure to support the tournament's in and out-of-competition testing programme. This involved creating appropriate testing areas at each match venue in both Dublin and Belfast and providing IRFU staff to support World Rugby's anti-doping team.

World Rugby paid for **131** tests through Sports Ireland's User Pays programme for the Women's Rugby World Cup 2017 tournament. **36** of these tests were blood samples and **95** were urine samples. **53** were in-competition tests whereas the remainder (**42**) were captured out-of-competition. Ireland's Women's XV were tested **26** times in 2017 in the lead up to and including the matches at WRWC17

U20's at World Rugby U20 Championship France



NGB SUPPLEMENT GUIDELINES

The IRFU's Head of Nutrition, Performance Nutritionist Ruth Wood Martin participated in a Sport Ireland working group which reviewed the body's supplement policy. Rachel Maguire of Sport Ireland's Anti-Doping Unit and Dr Sharon Madigan,

Head of Performance Nutrition at the Sport Ireland Institute were also part of the working group. The group developed two new documents – Sport Ireland NGB Supplement Guidelines and a Supplement Infographic.

2017/2018 AWARENESS INITIATIVES

Over the course of the 2017/18 season the IRFU through its various representative teams has continued to illustrate leadership and strong support of World Rugby's anti-doping "Keep Rugby Clean" programme. A range of promotional activity involving Ireland's representative teams took place across the season as Irish teams competed in international tournaments.

Players from Division 1a of the All Ireland League participated in a "Keep Rugby Clean" promotional video and the players partook in a photoshoot to drive awareness of clean sport at the amateur level of the game.

2017/2018 SEASON TESTING

Irish rugby players were tested on over **230** occasions during 2017. **155** of these tests were funded through Sport Ireland with the remaining tests funded by the IRFU and other rugby bodies through Sports Ireland's User Pays Programme. World Rugby paid for a total of **212** tests through Sport Ireland's User Pays programme in 2017 with **131** of these tests associated with the Women's Rugby World Cup which Ireland hosted.

The number of tests undertaken on Irish rugby players across the 2017/18 season was **226** a **15%** increase on the 2016/17 season. Understandably in a World Cup year there was an increase in testing on the women's XV squad where there was a **500%** increase in the number of tests (from 4 to 24). There were also an increase in testing in 7s rugby as both the women and men competed in major competitions across the world – Testing of the 7s squads increased by **39%**.

There were increases in testing at underage representative level (**+58%**) and at provincial academies (**+60%**) while there was also a **33%** increase in testing at Provincial centres. Although there was a **41%** decrease in testing at U20 level these players were captured elsewhere through academy and provincial testing as noted above.



It's @WorldRugby #KeepRugbyClean Day at the @Paris7s

Both the Ireland Men's and Women's sides are sporting their pink t-shirts today.

#IreM7s #IreW7s #Paris7s



2:57 PM - 9 Jun 2018

6 Retweets 43 Likes



St Michael's Rugby @stmcrugby · 8 Dec 2017
Delighted to support the @WorldRugby #KeepRugbyClean campaign, 1st XV will be warming up in #KeepRugbyClean t-shirts for game with @Welly_Rugby tomorrow

KO 14:30
#schoolsrugby #rugby #KeepRugbyClean



1 4 10



Irish Rugby @IrishRugby · Jul 15
Men's 7s Captain Billy Dardis supporting the @WorldRugby #KeepRugbyClean campaign at yesterday's Captains Photocall #IreM7s #Exeter7s



World Rugby
3 9 57

TESTING IN IRELAND EXPLAINED

Sport Ireland manages the National Testing Programme for National Governing Bodies of Sport in accordance with the WADA International Standard of Testing. Under the National Testing Programme both urine and blood testing are completed. Testing can be completed either in-competition or out-of-competition.

In-Competition Testing is “the period commencing twelve (12) hours before a competition in which the athlete is scheduled to participate through the end of such competition and the sample collection process related to such competition.” In-competition takes place after the athlete has finished competing for the day.

Out-of-Competition Testing is “any period which is not in-competition.” Out-of-competition testing usually takes place at the residence or training rounds of athletes on the Registered Testing Pool or the training grounds of teams.

USER-PAYS SYSTEM EXPLAINED

User-Pays testing is testing conducted in addition to the National Testing Programme on a contract basis for either National Governing Bodies or other Anti-Doping Organisations or for any major International Events taking place in Ireland.

The IRFU is one of a small number of sporting organisations to invest annually in the user-pays system and this investment is augmented by other rugby governing bodies such as World Rugby, 6 Nations and European Professional Club Rugby who also carry out in-competition and out-of-competition testing of Irish professional rugby players across the season.

An additional 131 tests were facilitated through the User Pays programme in 2017 as a result of the Women’s Rugby World Cup taking place in Ireland. When you remove the WRWC17 testing from the total Rugby accounts for 77% of all tests funded through the User Pays programme.



Ireland XV's captain at Women's Rugby World Cup 2017



Men's 7's at World Rugby Sevens World Cup in San Francisco

SPORT IRELAND & TESTING THROUGH USER-PAYS PROGRAMME

SEASON	SPORT IRELAND TOTAL	USER PAYS IRFU	USER PAYS EPCR / ERC	USER PAYS 6 NATIONS	USER PAYS WORLD RUGBY	USER PAYS TOTALS	TOTAL TESTS
2017	155	28	8	24	212	272	427
2016	113	32	12	24	127	195	308
2015	114	32	16	8	110	166	280
2014	102	32	16	20	58	126	228
2013	85	20	29	16	41	106	191
2012	81	36	12	16	24	88	169
2011	84	32	24	12	31	99	183

TESTING STATS FOR 2017/2018 SEASON

SEASON	SENIOR XV	EMERGING IRELAND / A	NATIONAL U20	UNDER AGE /SCHOOLS	ERC/PRO12	AIL CLUB	WOMEN XV	PROVINCIAL SQUADS	PROVINCIAL ACADEMIES	7'S	TOTALS
TOTAL IN-COMPETITION & OUT-OF-COMPETITION TESTING IN IRISH RUGBY 2011 - 2016											
2017/18	32	n/a	17	19	14	n/a*	24	61	16	43	226
2016/17	32	n/a	29	12	24	8	4	46	10	31	196
2015/16	94	2	27	16	24	4	2	39	35	42	285
2014/15	28	2	24	14	24	4	19	57	19	n/a	191
2013/14	23	2	18	19	20	8	16	61	10	n/a	177
2012/13	23	n/a	22	n/a	38	14	4	64	11	n/a	176
2011/12	73	n/a	12	n/a	6	19	2	36	6	n/a	154

TUES EXPLAINED

A TUE (Therapeutic Use Exemption) permits an athlete to use a prescribed medicine or treatment method while within the in-competition window. Athletes can only get a TUE if there is no unfair advantage from taking the substance or using the method.

A doctor must apply for a TUE on behalf of the athlete to Sport Ireland's Anti-Doping Unit. The application is reviewed by Sport Ireland's panel of independent medical experts and a decision to grant or deny the TUE is made and communicated to the athlete. Athletes are not permitted to undergo the course of treatment until a TUE has been granted

In the case of a medical emergency a retrospective TUE can be applied for after the fact and Sport Ireland's medical panel will review the treatment administered to the athlete.

TUES AND IRISH RUGBY

The IRFU is signed up to Sport Ireland's Anti-Doping Programme – as such all Testing and TUE applications in Irish Rugby are handled independently by Sport Ireland's Anti-Doping Unit. Sport Ireland's TUE policy applies to the following players involved in rugby in Ireland:

- Senior professional players
- Academy players
- Female players in the high performance stream (XVs & 7s)
- All Ireland League players – Div1a to Div2c. (AIL players must have an up to date medical file managed by their team doctor which can be reviewed should a retrospective TUE be required)
- Underage Players in sub-academy and representative sides

There were 6 TUEs granted to rugby players in 2017.

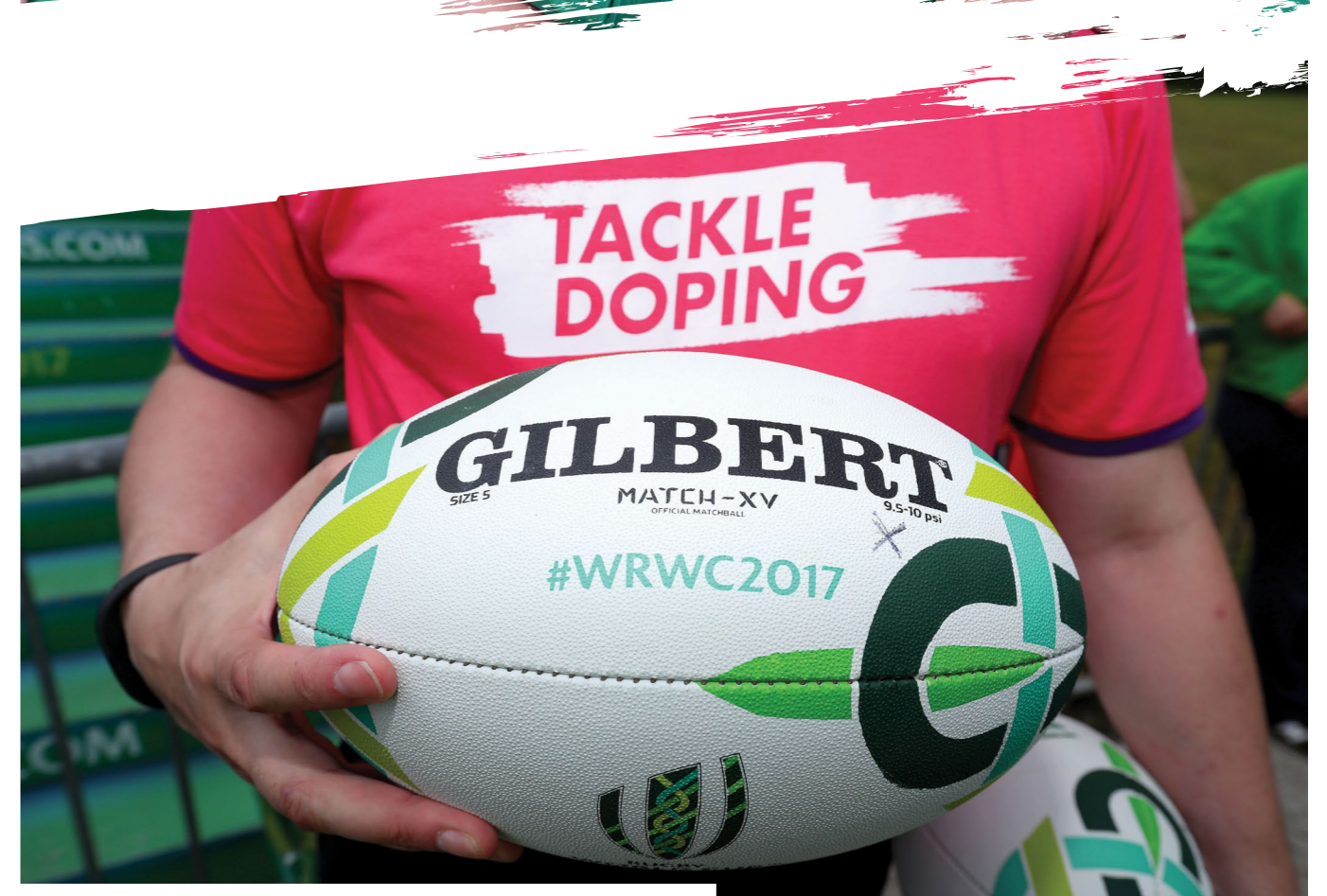
SEASON	TUES GRANTED to Irish Rugby	TOTAL TUES GRANTED by Sport Ireland across all sports	TOTAL TUE APPLICATIONS received by Sport Ireland from all sports
TUES GRANTED BY SPORT IRELAND			
2017	6	27	81
2016	11	40	71
2015	12	43	75
2014	18	45	75
2013	7	25	65
2012	7	35	61
2011	12	51	94

77% OF ALL USER PAYS TESTING IN IRELAND IN 2017 WAS IN RUGBY

IRISH RUGBY PLAYERS WERE TESTED ON OVER 230 OCCASIONS DURING 2017



Ireland Women's XV at the 2017 Women's Rugby World Cup in Ireland



Supporting World Rugby's Keep Rugby Clean programme at WRWC17



Alison Miller in action at WRWC17

SPORT IRELAND TOTALS

TESTING	URINE	BLOOD	TOTAL
2016/17	75	38	113
2015/16	75	39	114
2014/15	62	40	102
2013/14	69	16	85
2012/13	64	17	81
2011/12	66	18	84

USER PAYS TOTALS

SEASON	IRFU	EPCR/ERC	6N	WR	WR	TOTALS
TESTING	URINE	URINE	URINE	URINE	BLOOD	TOTAL
2016/17	32	12	24	110	17	195
2015/16	32	16	8	91	19	166
2014/15	32	16	20	50	8	126
2013/14	20	28	16	33	8	106
2012/13	36	12	16	18	6	88
2011/12	32	24	12	24	7	99



RESOURCES

WADA RULES

www.irishsportsCouncil.ie/Anti-Doping/2015-Anti-Doping-Rules

WADA PROHIBITED LIST

list.wada-ama.org

WORLD RUGBY RESOURCE

keeprugbyclean.worldrugby.org



#KEEPRUGBYCLEAN
@IRISHRUGBY