

## Anti-Doping Plan for Hammarby IF Rowing Club

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### We in Hammarby IF Rowing Club want that:

- The winner should be able to enjoy an honest victory.
- The losers should be able to feel secure they lost in an honest fight.
- The spectators must be assured that the result is not a consequence of prohibited means or methods.
- Sports should be physically and mentally beneficial, which doping puts at risk.

### Prevention

- We appoint an anti-doping officer who is responsible for the implementation of the measures. Current general anti-doping information is provided by the board (Styrelsen), while other anti-doping-related matters and questions take place via the anti-doping officer.
- We inform the club leaders, trainers, and active members about the current anti-doping plan, as well as up-to-date information.
- We oblige the association's leaders / trainers and competition-active members to complete the e-education "Pure Winner" ("Ren Winner").
- Junior leaders / trainers address the doping issue in junior training and use RFs "Anti-doping Talk" ("Antidopingsnack").
- The anti-doping officer informs about the club's anti-doping plan through the website, via the club premises, mail to the members' mailing list, and other relevant contexts.
- We primarily support members during doping investigations until their doping has been convicted. Thereafter, appropriate measures are developed by the board from external court decisions and RF recommendations.
- When it comes to dietary supplements, we follow RF and SOK recommendations.

# VACCINERA KLUBBEN MOT DOPING

## Acute

- We have a contingency plan for efforts in case of suspicion of doping and in the case of doping occurring.
- In all cases, the club follows the Swedish Sports Confederation (Riksidrottsförbundets) recommendations,

### **Contact the person directly**

*If you suspect that someone in the association is doping, you should contact someone on the board or the person responsible for anti-doping. The person responsible for anti-doping makes first contact with the person in question.*

### **Think about confidentiality**

*The secrecy of a doping investigation is strict and the case will be known at the earliest when the athlete himself/herself goes out with information or is shut down during investigation. Decisions on suspension during investigation or punishment are sent by letter within three days to the suspended, the association, SDF, SF, and RF's doping commission. Read more about handling doping cases, doping offenses and penalties in the "Sports Anti-Doping Regulations" ("Idrottens antidopingreglemente").*

### **Anabolic Androgenic Steroids prohibited by law**

*Upon detection of doping abuse of Anabolic Androgenic Steroids (AAS), it is important to know that such use and handling is also illegal under Swedish law. See the documents "Facts About Anabolic Androgenic Steroids" and "The Doping Act" ("Fakta om AAS" och "Lag om förbud av vissa dopningsmedel").*

### **Action Plan**

1. Find out the facts and contact the anti-doping officer.
2. Think about confidentiality. Handle the information carefully.
3. Contact RF to find out more about the doping substance.
4. Contact someone you trust on the board if you suspect doping. The board can then decide on what measures should be taken and what information can go out and to whom.
5. In the case of a doping judgment, measures will be taken in accordance with the law, any court decision, and RF recommendations. These measures can be different depending on the doping in question.
6. In the event of a decision to suspend after a positive doping test, the association takes (via the board) any boathouse keys. The association's policy is to still have contact with the doping suspect and to invite to informational meetings (ex. about anti-doping) when the board deems it to be applicable.