



Exmouth Rugby Football Club

RFU Regulation 20 – Anti-Doping

Exmouth Rugby Football Club condemns doping and has a zero tolerance policy in regard to this. It is harmful to the health of Players, totally contrary to the core values of rugby and the ethos of Exmouth RFC who are committed to protecting all Players' fundamental right to participate in doping free rugby.

Exmouth RFC fully supports the governance set out in RFU Regulation 20 – Anti-Doping and World Rugby Anti- Doping Regulation 21.

RFU Regulation 20.7 In-Competition and Out-of-Competition Doping Control states that **'All Players under the jurisdiction of the RFU may be subject to In Competition and Out of Competition Doping Control by the RFU at any time, at any location and with No Advance Notice'**.

Anyone found to have breached Anti –Doping Regulations can be suspended by the RFU for up to 4 years.

Any players who are receiving pain related treatment should ensure that the Club's Medical Officer, Dr Simon Kay is made aware of this treatment.

Exmouth Rugby Football Club's zero tolerance policy covers on and off field breaches of anti-doping regulations and anyone found guilty could be liable to a lifetime ban from the Club.

Nick Smith
Director of Rugby

David Fowler
Discipline Officer

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