



Scottish Rugby

ANTI-DOPING REPORT

2019-2020

LEADERSHIP · ENGAGEMENT · ACHIEVEMENT · ENJOYMENT · RESPECT

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1. FOREWORD

Scottish Rugby is committed to the fight against doping in sport. Doping is wholly against the integrity of our game and runs counter to Scottish Rugby's core principles of *Leadership, Engagement, Achievement, Enjoyment and Respect*.

Regrettably evidence suggests that the threat of doping continues to increase, with the prevailing "gym culture" and the increasing availability of prohibited substances providing many challenges. The hard evidence of doping – in the form of the number of rugby players testing positive for banned substances – also supports this view.

To counter this threat Scottish Rugby has adopted a three pronged approach:

- Clear policies have been adopted in respect of Anti-Doping and the Use of Supplements. These policies are available on our website and are regularly publicised in our club communication ezine.
- Anti-doping education and support is made available to all players and club officials. All professional and representative players receive mandatory anti-doping education. Education is available to clubs at all other levels and via our website. All involved with our game are encouraged to make use of this service.
- Scottish Rugby works hand in hand with UKAD, World Rugby and other Unions in order to minimise the risk of doping in our game.

Scottish Rugby recognises the importance of testing to both protect the integrity of our competitions and to act as a deterrent to those tempted to dope. During 2019/20 testing was undertaken at all levels of our game and across the whole country. Testing was conducted both in and out-of-competition.

As a result of this testing programme three players are currently suspended in Scotland. In each case the player concerned received a lengthy ban from participation in all sport. Details of the concluded cases are listed in the Appendix 1 to this Report, with full details of each case available from the UKAD website.

Finally, whilst doping can affect fair competition, it can also seriously affect the health of those who dope. Intelligence on doping therefore not only protects the integrity of our game but also the health and well-being of those who might be tempted to dope. Scottish Rugby encourages anyone with intelligence as to any potential doping offence to contact ourselves or UKAD, and to work with ourselves and the relevant authorities to keep rugby clean.

Graham A Ireland
Head of Regulation

2. ANTI-DOPING POLICY

Scottish Rugby's domestic anti-doping regulation, SDR 21 Anti-Doping, is built around the dual requirements of World Rugby's Anti-Doping Regulation and the UK Anti-Doping authority's (UKAD's) rules. In essence Scottish Rugby has adopted the World Rugby Regulation but has conferred on UKAD and the UK's National Anti-Doping Panel certain responsibilities arising from it (in relation to Results Management and Disciplinary Proceedings).

The World Anti-Doping Code has recently undergone a review and the new Code will take effect from 1st January 2021. As a consequence, World Rugby Regulation 21 and SDR 21 Anti-Doping will be revised with effect from the same date to reflect the changes. All involved in rugby are encouraged to familiarise themselves with the new Regulations which are available on our website along with explanatory notes detailing the changes.

Scottish Rugby's Anti-Doping regulation and the associated policies and training materials are available from the "Regulations" section of the Scottish Rugby website.

3. TESTING PROGRAMME

Drug testing in Scottish rugby is carried out on Scottish Rugby's behalf by UKAD, both as part of UKAD's public interest programme and also in accordance with Scottish Rugby's own domestic testing programme. At international and professional level testing is also carried out by the World Rugby, Six Nations and EPCR.

Players at all levels of the game can be tested. Testing can happen at any location and at any time. Increasingly our testing policy has shifted towards an intelligence led basis rather than simple random testing (though we believe that it remains important to achieve a spread of testing across the whole country and across league levels). Testing is routinely conducted after matches, at training and, where appropriate, can take place unannounced at a player's home. Both blood and urine testing is undertaken.

4. TEST STATISTICS 2018-19

A total of 189 player tests were undertaken during the period. In the previous year there were 266 tests, with the reduction in number being largely a consequence of the season being curtailed by the Coronavirus pandemic. Of these 74 tests were conducted out-of-competition and 115 in-competition.

Authority	UKAD	World Rugby	6NC	EPCR	Total
Number of tests	127	44	14	4	189

Nature of Test:

In Competition	44	12	14	4	74
Out of Comp.	83	32	0	0	115

Sample Type:

Urine	107	40	14	4	165
Blood and Urine	20	4	0	0	24

Findings: (Note 1)

Adverse	0	0	0	0	0
Atypical	0	0	0	0	0

Notes

1. An "Adverse" finding indicates a failed test. An "Atypical" finding is not a doping violation but indicates a test result outwith normal parameters, often requiring further medical investigation.

5. RESULTS MANAGEMENT

Scottish Rugby has delegated responsibility for results management and the prosecution of charges for Anti-Doping Rule Violations to UKAD. Cases brought by UKAD are heard before the UK National Anti-Doping Panel (NADP), the government funded independent tribunal responsible for dealing with Anti-Doping cases.

Within Scottish Rugby's 2018/19 Anti-Doping Report it was noted that the case review process in relation to one Adverse Finding remained in process. The outcome of this case was as follows:

- **Darren Eales (Preston Lodge RFC):** Mr Eales was tested in-competition following a match between Dumfries Saints and Preston Lodge on 23 February 2019. Analysis of the sample provided indicated the presence of Stanozolol (a prohibited anabolic steroid). Mr Eales had previously been suspended for two years following an anti-doping rule violation in 2015 relating to the presence of anabolic steroids. This being Mr Eales's second anti-doping rule violation the NADP suspended Mr Eales from participation in all sport for a period of 8 years (ending 22 February 2027).

Details of all current Scottish Rugby doping violations is provided in Appendix 1.

6. EDUCATION

Scottish Rugby's Anti-Doping education programme is led by Dr James Robson, Scottish Rugby's Chief Medical Officer. In this regard:

- **National Squads and Professional Teams:** Education sessions were delivered to all of Scotland's representative squads (men's and women's).
- **Professional Teams:** Education sessions were delivered to both Scottish professional teams. All Players and support staff also had to complete the World Rugby "Keep Rugby Clean" module.
- **Super 6 Clubs:** As part of the club Minimum Operating Standards each Super 6 Club was required to arrange for a member of their medical team to complete the UKAD Anti-Doping Advisor course and thereafter take responsibility for anti-doping activity within their club. All Players and support staff had to complete the World Rugby "Keep Rugby Clean" module.
- **Clubs at other levels:** Education was made available to clubs at all other levels through a series of regional workshops and via the Scottish Rugby website. Scottish Rugby encourages all involved with the game to make use of this service, the availability of which is published regularly via Scottish Rugby's club communications ezine.

7. WHEREABOUTS

At the present time 41 Scotland senior international and sevens squad players are members of World Rugby's International Testing Pool. UKAD operates an additional Domestic Testing Pool which currently includes a further 15 players. All of these players are required to provide "whereabouts information" (including the player's home address and club training schedules), in order that they can be available for out-of-competition testing.

8. ILLICIT DRUGS POLICY

Scottish Rugby considers that:

- Illicit Drug use represents a threat to the health and wellbeing of those who participate in rugby;
- through their actions, players and others can influence the lives and behaviours of others; and
- the use of Illicit Drugs can bring the sport into disrepute.

In May 2019 Scottish Rugby adopted a Regulation (SDR 21.2 : Illicit Drugs) with a view to protecting the health and wellbeing of players and to protect the image of the game. All those under the jurisdiction of Scottish Rugby are required to comply with SDR 21.2.

Under this Regulation primary responsibility for the health and wellbeing of each player lies with the individual player. Whilst Anti-Doping offences remain sanctionable under SDR 21.1 (Anti-Doping), additional out-of-competition testing will be undertaken in relation to certain Illicit Drugs. Illicit Drug offences will be sanctioned in accordance with SDR 21.2 (Illicit Drugs). During 2019-20 one club player was dealt with under Regulation 21.2 through the provision of support and education.

9. REPORTING A CONCERN

Intelligence is a crucial element in the process of preventing doping in sport. Since 2016, nearly half of all UKAD Anti-Doping Rule Violations and two-thirds of doping violations within Scottish Rugby have been identified as a result of intelligence received.

If you are concerned that doping may be taking place you can share your concerns, in confidence, with UKAD by calling 08000 32 23 32 or by reporting them on line at www.reportdoping.com. Alternatively, please contact Scottish Rugby's Anti-Doping Officer, Richard McGhee (E: richard.mcghee@sru.org.uk T: 0131 346 5029).

APPENDIX 1: ANTI-DOPING RULE VIOLATIONS

The following Scottish Rugby Union players are currently under suspension in relation to anti-doping offences:

Season	Name	Club	Violation	Sanction
2017/18	Andrew Acton	Marr RFC	Presence of a Prohibited Substance (Stanozolol - steroid)	3 years 9 months (from 8 Sept 2017 to 7 June 2021)
2018/19	Sean Goodfellow	Jed-Forest RFC	Evading sample collection / failing to provide sample.	4 years (from 2 Jan 2019 to 1 Jan 2023)
2018/19	Darren Eales	Preston Lodge RFC	Presence of a Prohibited Substance (Stanozolol - steroid). (Second ADRV)	8 years (from 23 Feb 2019 to 22 Feb 2027)

For full details of the anti-doping offences please refer to the Rule Violation section of the UKAD website.

APPENDIX 2 : USEFUL CONTACTS

1. Scottish Rugby

Position	Name	Email	Telephone
Anti-Doping Officer	Richard McGhee	richard.mcghee@sru.org.uk	0131 346 5029
Chief Medical Officer	Dr James Robson	james.robson@sru.org.uk	0131 346 5152

2. UKAD

Report Doping in Sport: Telephone 08000 32 23 32 or go online to [reportdoping.com](https://www.reportdoping.com)

