



RGU SPORTS CLUBS DRUGS & SUBSTANCE MISUSE GUIDANCE

1. GUIDANCE

- 1.1 RGU Sports Clubs have a zero-tolerance approach to substance misuse, and support [RGU Sports Clubs Clean Sport Commitment](#).
- 1.2 Acts involving illegal activity will be reported to the Police.
- 1.3 This section outlines the strict stance of RGU Sports Clubs towards the use of drugs, legal highs and other substances.
 - 1.3.1 There is a zero-tolerance standpoint towards the use of any and non-prescribed drug/substance by any club or member of a club, including members and volunteers.
 - 1.3.2 The zero tolerance extends to all recreational and performance enhancement substance abuse.
 - 1.3.3 All athletes must take full responsibility for any substance put within their body.
 - 1.3.4 If a club official/coach has reason to believe that an athlete within their club is using performance enhancing or recreational drugs or substances, it is their responsibility to exercise their duty of care and inform the President of Sport and Physical Activity immediately.
 - 1.3.5 RGU Sports Clubs regard any breach of this code as extremely serious and will take the necessary disciplinary action against any individual or group found to have been in use/involvement of such substances, as outlined in the RGU Sports Club Code of Conduct.
 - 1.3.6 An RGU Sports Clubs member who misuses drugs or substances, in the absence of strong mitigating circumstances, is considered to have committed an act of serious misconduct, potentially gross misconduct. This also applies to any member of an RGU Sports Club who is believed to be buying or selling drugs and/or substances, unlawfully possessing drugs and/or substances, who has stolen drugs and/or substances, or who is or has been involved in the attempted illegal manufacture of drugs and/or substances.
- 1.4 RGU Sports Club members have a responsibility:
 - 1.4.1 Not to misuse alcohol, drugs or other substances to the detriment to themselves, or RGU Sports Clubs
 - 1.4.2 Not to bring illegal substances when taking part in organised activity under the auspices of RGU Sports Clubs, or collude in so doing at any time.
 - 1.4.3 To report to the President of Sport and Physical Activity, if they reasonably suspect a member or volunteer of RGU Sports Clubs is misusing drugs or substances under the auspices of RGU Sports Clubs.
 - 1.4.4 Cooperate in full with any procedures put in place.
 - 1.4.5 Abide by British University and College Sport (BUCS) [Regulation 4: Individual Eligibility](#) and [Regulation 5: Misconduct and Bringing BUCS in to Disrepute](#).



2. RESOURCES

For more information on which substances are banned please encourage your club members to visit:

www.globaldro.com/uk-en/ - The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific substances under the rules of sport based on the current World Anti-Doping Agency (WADA) Prohibited List.

www.ukad.org.uk/supplements/ - UKAD is the national organisation dedicated to protecting a culture of clean sport. This page directly links to the website about supplement use and has lots of useful information.

www.informed-sport.com/ - INFORMED-SPORT is a certification programme for sports supplements, ingredients and manufacturing facilities, which assures athletes that products carrying the INFORMED-SPORT mark have been regularly tested for substances considered prohibited in sport. (Some sports may have specific rules so coaches and athletes still need that knowledge for your own discipline).

www.ukad.org.uk/athletes/ - This site is UK Anti-Doping and will explain the "100% Me" initiative as well as giving advice and capability to check ingredients against the banned listings.

For further support if you or someone within your club has been affected by alcohol, please visit:

<https://www.alcoholanddrugsaction.org.uk/>