Racquetball Association of Ireland's (RAI) Policy supporting Drug Free Sport

The **RAI`s** policy is that doping is contrary to the spirit of sport and every member has a duty to ensure that the sport is free of doping.
Membership of RAI means that all athletes may be selected for testing. Competing in tournaments sanctioned by the RAI commits you to agreeing to test and in the case of a minor (U/18) the prior written consent of the parent or guardian is required at selection for competition or through competition entry forms.

All club personnel have a responsibility to ensure that club members are aware of the Irish Anti-Doping Rules and that there is an atmosphere supporting a drug free sport within the club. Complete copies of the Irish Anti-Doping Rules are available at https://www.sportireland.ie/anti-doping-rules Once you join the RAI and enter a competition you are accepting the fact that you could be drug tested.
This page provides up-to-date information from World Anti-Doping Agency (WADA), Sports Ireland and RAI rules and regulations in the area of doping.

The following sections highlight key areas with regard to Anti-Doping. The **RAI** advises all members to read and understand the anti-doping rules and to understand your responsibilities under the rules. The consequences of not adhering to Anti-Doping rules can be severe for athletes and their support personnel such as coaches and parents, therefore it is critical that any questions/concerns be clarified with either the RAI or Sport Ireland.

RULES

Irish Anti-Doping Rules

The **RAI** has adapted Sport Ireland Irish Anti-Doping Rules as the anti-doping rules of **RAI**.
Under the Irish Anti-Doping Rules, Sport Ireland carries out drug testing on behalf of **RAI**.
Full details on the Irish Anti-Doping Programme are available at: https://www.sportireland.ie/anti-doping

International Federation Rules

The **RAI** must also adhere to the rules of our International Federation; **IRF.**
Full details on the International Federation Anti-Doping Programme are available at:
https://www.internationalracquetball.com/anti-doping/
Athletes/Squad members attending International Events need to check in particular the regulations regarding TUE requirements of the International Federation in relation to competing at International Events, for e.g. if an Sport Ireland TUE Certificate of Approval is accepted or if an athlete needs to re-apply to the International Federation etc. Athletes should verify the rules and regulations with their medical officer/ team manager or Anti-Doping Officer **Jimmy Gannon.**

What do members need to know?

In principle any athlete competing in **racquetball** can be tested so each athlete regardless of the level at which they are competing needs to be aware of the anti-doping rules.

(1) WADA Prohibited List – Checking Medications & TUE Policy

The World Anti-Doping Agency issues a Prohibited List annually. For information on the Prohibited List **HERE**

No matter what standard of player, it is imperative that you find out if you are allowed to take your medication while competing in a racquetball event.

Note: Recreational Drugs are tested in-competition.

Over the Counter(OTC) Drugs Check

Check the status of over-the-counter and prescribed medications in relation to the Prohibited List, based on where you **purchase** the medication:

Republic of Ireland:

eirpharm.com	Drugs in Sport Database on www.eirpharm.com
	For instant access to the Drugs in Sport Database, download the free 'Medication Checker' App available for iPhone and Android for Eirpharm - find it in the Apple iTunes Store or the Android Market
MIMS Ireland	Medications bought in the Republic of Ireland can be checked by your G.P., Consultant or Pharmacist in a monthly publication called MIMS Ireland. Ensure the current months edition is checked.

Northern Ireland/ UK/ Canada/ USA:

global DRO	Medications bought in Northern Ireland, U.K., U.S.A and Canada can be checked on www.globaldro.com

TUE (Therapeutic Use Exemptions)

If you are prescribed medication that is on the banned list an athlete will have to the apply for a TUE https://www.sportireland.ie/anti-doping/athlete-zone/athlete-zone/therapeutic-use-exemptions

(1) Athlete Anti-Doping Zone

Further information for athletes can be found in the Sport Ireland Athlete Zone
https://www.sportireland.ie/anti-doping/athlete-zone/athlete-zone

(2)Supplements

Athletes need to be aware that there are risks associated with the use of sports supplements with many positive drug tests associated with their use. See https://www.sportireland.ie/anti-doping/athlete-zone/supplements-and-herbal-remedies

(3) Registered Testing Pool

Athletes are informed directly by Sport Ireland Anti-doping Unit when they are included on the Registered Testing Pool(RTP). Athletes on the RTP can be tested anywhere, anytime with no advance notice. Athletes must comply with the RTP requirements such as TUE and Whereabouts requirements.

(4) National Testing Pool

The National Testing Pool (NTP) consists of athletes who are in National Squads and Development Squads, who attend training organised by **RAI**. Athletes in the NTP can be drug tested both in- and out-of-competition. Out-of-competition testing will mainly be based on squad/team training sessions but the Sport may test an athlete at their home address. Both urine and blood samples can be requested.

Further Information

Check out https://www.sportireland.ie/anti-doping for further information.

Who to ask for further information?

For any queries regarding anti-doping in the **RAI** please contact the **Anti-Doping Officer for the RAI:**

Name: Jimmy Gannon
086 344 8951
jimmygannon9@gmail.com

Document Created	09/08/2021
Document Reviewed	03/07/2023
Document Updated	**09/06/2026**