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|  | Information for [**Athletes**](https://www.ukad.org.uk/athletes)&[**Support Personnel**](https://www.ukad.org.uk/support/athlete-support-personnel)-more advice is available about Anti-doping on UKAD’s website:* [**Anti-doping Rules**](https://www.ukad.org.uk/anti-doping-rules)– rules that protect clean sport, the 10 Anti-doping rule violations and how to train, compete and conduct yourself.
* [**Prohibited List**](https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents) **(WADA)** – provides information on prohibited substances, prohibited methods and substances prohibited in particular sports.
* [**Therapeutic Use Exemption**](https://www.ukad.org.uk/athletes/tues) **(TUE)** – advice on how to obtain and apply for a TUE, emergency medications, asthma advice, hay fever advice and further information.
* [**Supplements**](https://www.ukad.org.uk/athletes/supplements)– risks associated with supplement use and how to reduce the risks and check supplement ingredients.
* [**Checking Medication**](https://www.ukad.org.uk/athletes/checking-medications)– it is an athlete’s responsibility to check their medication using the global drug reference online (DRO). It is important to remember the risks of medications bought abroad.
* [**Whereabouts and ADAMS**](https://www.ukad.org.uk/athletes/whereabouts-and-adams)– athletes can be tested anytime, anyplace and face a ban from sport by receiving a Whereabouts failure.
* [**Education**](https://www.ukad.org.uk/about/learning-zone)– how to learn more about Clean Sport, the Clean Sport Advisor course, Coach Clean e-learning course and other Education programmes.
* [**Testing**](https://www.ukad.org.uk/violations/testing-process)– the facts you need to know about the testing process, your rights and responsibilities, what you should do and where to go for further advice.
* [**Reporting**](https://www.ukad.org.uk/violations/protect-your-sport)– how to support UKAD through reporting doping or suspicions of doping.
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|  | Image result for sport ireland logoInformation for[**Athletes**](https://www.sportireland.ie/anti-doping/athlete-zone/athlete-zone)&[**Support Personnel**](https://www.sportireland.ie/anti-doping) -more advice is available about Anti-doping on Sport Ireland’s website:* [**Anti-doping Rules**](https://www.sportireland.ie/2015-anti-doping-rules)– information on the Irish Anti-doping rules and Anti-doping rule violations.
* [**Prohibited List**](https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents) **(WADA)** – provides information on prohibited substances, prohibited methods and substances prohibited in particular sports.
* [**Therapeutic Use Exemption**](https://www.sportireland.ie/anti-doping/athlete-zone/athlete-zone/therapeutic-use-exemptions) **(TUE)** – information on what a TUE is, finding out if you are permitted to use one and how to get permission.
* [**Supplements**](https://www.sportireland.ie/anti-doping/athlete-zone/supplements-and-herbal-remedies)- managing the risk of supplements and assessing the risk of using supplements.
* [**Checking Medication & Supplements**](https://www.sportireland.ie/anti-doping/athlete-zone/athlete-zone/how-to-check-your-medications)- how to check your medication and supplements.
* [**Whereabouts**](https://www.sportireland.ie/anti-doping/athlete-zone/athlete-zone/athlete-whereabouts)- an explanation on the types of Whereabouts failures for athletes including filing failures or missed tests and where to login to update your whereabouts.
* [**Registered Testing Pool**](https://www.sportireland.ie/anti-doping/athlete-zone/athlete-zone/registered-testing-pool) **(RTP)** – information on what is a RTP and the criteria for inclusion.
* [**Education**](https://www.sportireland.ie/anti-doping/education-zone/education-zone)– details of the range of education options for coaches and athletes and on what happens in a drugs test.
* [**Reporting**](https://www.sportireland.ie/anti-doping/report-doping)– reasons for reporting and how to report information and concerns of possible doping in sport.
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