



UNIVERSITY OF STRATHCLYDE SPORTS UNION

DRUGS & SUBSTANCE MISUSE GUIDANCE

Updated by:

University of Strathclyde Sports Union

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1. General Statement

The University of Strathclyde Sports Union (USSU) takes a zero tolerance approach to substance misuse. Acts involving illegal activity will be reported to the police.

2. Guidance

This section outlines the strict code of the Sports Union towards the use of drugs, legal highs and other substances.

- 2.1. 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 athletes, coaches and support staff.
- 2.2. The zero tolerance extends to all recreational and performance enhancement substance abuse.
- 2.3. All athletes must take full responsibility for any substance put within their body.
- 2.4. 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 Sports Union immediately. We can then decide upon the best course of investigation/action.
- 2.5. The Sports Union regards any breach of this code as extremely serious and will take necessary disciplinary action against any individual or group found to have been in use/involvement of such substances; disciplinary action will include bans from club competition, social activities and training privileges.
- 2.6. A Sports Union member who misuses drugs or substances will, in the absence of strong mitigating circumstances, be considered to have committed an act of serious misconduct and potentially gross misconduct. This also applies to any member of the Sports Union 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.

3. Sports Union Member Responsibilities

- 3.1. Not to misuse alcohol, drugs or other substances to the detriment of their club or Sports Union.
- 3.2. Not to bring illegal substances when taking part in organised activity under the auspices of the University of Strathclyde, or collude in so doing at any time.
- 3.3. Not to supply illegal substances or collude in so doing, in connection with their involvement in university sport.
- 3.4. To report to the Vice President Sports & Wellbeing if they reasonably suspect an individual covered by the scope of the Sports Union is misusing alcohol, drugs or substances in a respective sports club falling under the auspices of the University and by doing so is placing themselves/others at risk.
- 3.5. To cooperate in full with the Sports Union Executive Committee any procedures put in place.

4. Resources

Support is available from the Students' Association Advice Hub. Visit www.strathunion.com for more details.

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

- 4.1. [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.
- 4.2. [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.
- 4.3. [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).
- 4.4. [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.
- 4.5. For more information on "legal highs" go to:
 - [Talk to Frank](#)
 - [NHS Live Well](#)

5. Quiz

The World Anti-Doping Agency (WADA) has devoted considerable resources to the development of an interactive computer game which has been showcased at major events including the Olympics, Paralympics and many world championships.

Take on [WADA's Play True Quiz](#) and test your knowledge about anti-doping.