

HARMFUL AND PROHIBITIVE ADDITIVES IN SUPPLEMENTS AND MEDICINES

If you take any food supplement or medication it would be sensible to check that its use is not prohibited.

What you need to do?

1. Check any medication they are currently taking (prescribed or otherwise) against the on-line checker at: <http://www.didglobal.com/page/didenqs/disclaim> alternatively you can manually check against the prohibited list at: <http://www.100percentme.co.uk/1162212006.747/1162212531.518/>
2. If the medication is permitted (or the sailor is not taking any medication then no action is required (except to ensure that anything they take in future is either permitted or a TUE – see below- form is completed).
3. If the medication is prohibited then the sailor needs to fill out a TUE (Therapeutic Use Exemption form), available on-line at: <http://www.100percentme.co.uk/1162215951.406/>
4. This form should then be signed by their Doctor and a copy sent to your national sports governing body and ISAF

Copies of the signed form should be taken by the sailor to international regattas (even if they are in the UK) ready to present as and when required, similar to any other piece of measurement or registration information.

Please note this is all guidance and the sailors/parents should read carefully all the information on-line at www.100percentme.co.uk to get definitive answers and a thorough understanding of what is required.

Essentially, you need to start to think of yourselves as athletes and consider carefully what you put in your bodies.