

SDCC & Fast Test Race Team Anti Doping Policy

The use of performance enhancing drugs is cheating. First and foremost, Stowmarket & District Cycling Club and the Fast Test Race Team adhere to the UKAD Anti Doping regulations which in turn comes under the WADA Anti Doping code.

As a member of Stowmarket & District Cycling Club and/or of the Fast Test Racing Team it is important that you realise that any anti-doping rule violation will be treated extremely seriously. We are also here to help, guide and support you and any case will be dealt with sensitively and confidentially. If you have suspicions of anyone or you need support for anything we're here to help.

If you are taking anything that is artificially enhancing athletic performance then you need to ask yourself some serious questions about your motivations. This isn't just about racing. It's about sportives, club runs, club 10's, on-road, off-road. It's about the reputation and integrity of the clubs and cycling in general.

The fundamental anti-doping principle of strict liability means that a rider is responsible for their conduct, the decisions they make and the results of any test they undergo regardless of whether or not they intended to cheat.

It is therefore important that all riders conduct themselves within the rules and make informed decisions to ensure they race and ride clean.

All members of the club should be aware of the following:

- It is each members personal duty to ensure that no prohibited substance enters his/her body.
- Cyclists are responsible for any prohibited substance, its metabolites or markers found to be present in their bodily specimens – so take responsibility for what you ingest and use.
- Ensure each person from whom you take advice (including medical personnel) is acquainted with the provisions of the Anti Doping Laws (including any subsequent amendments).
- Ensure any medical treatment does not infringe the Anti-Doping Laws. To view a copy of the current prohibited substance list, cyclists can log onto the World Anti-Doping Agency website and UKAD for further information.

Find out more from British Cycling [here](#)

UKAD Prohibited list is [here](#)

UKAD Anti-Doping rules are [here](#)