



ANTI-DOPING POLICY

DI 227

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Version History

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21/02/2007	V1	Executive
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ANTI-DOPING POLICY

1. Introduction

Diving Ireland has adopted Sport Ireland's National Anti-Doping Programme which acts to protect Ireland's sporting integrity against the threat of doping. This program is compliant with the World Anti-Doping Code. All Diving Ireland members are subject to the Sport Ireland Anti-Doping Rules and Diving Ireland strongly recommends those members intending to compete become familiar with their rights and responsibilities in relation to anti-doping programmes.

- Diving Ireland Anti-Doping Officer: Paul Stratan
- Email: underwatersports@diving.ie

2. E-Learning:

Athletes intending to compete either nationally or internationally are required to complete an E-learning Anti-Doping education programme as advised by Sport Ireland. It gives athletes and their support personnel an understanding of key topics such as doping control procedures, the World Anti-Doping Agency prohibited list, whereabouts systems, therapeutic use exemptions and the consequences of doping. Upon completion the athlete must upload their certification of completion to their member profile on Just Go.

- [Sport Ireland Anti-Doping Rules](#)
- [Sport Ireland Anti-Doping E-Learning](#)
- [Sport Ireland Medications Check](#)

3. Therapeutic Use Exemption (TUE)

A Therapeutic Use Exemption (TUE) permits an athlete to use a prohibited substance or method if the substance or method is medically required.

- [Sport Ireland's TUE policy](#)



4. Important Athlete Responsibilities

Stay Informed.

Use resources such as the WADA Prohibited List and MedCheck to verify medications and supplements.

Verify Supplements.

Only use supplements tested by batch-testing programs like Informed-Sport.

Seek Guidance.

Consult medical professionals or anti-doping officers if unsure about a substance or method.

The 2025 Summary of Major Modifications and Explanatory Notes should be read to familiarise yourself with the changes:

<https://www.sportireland.ie/anti-doping/athlete-zone/athlete-zone/2023-Prohibited-List>

Frequently asked questions regarding the Prohibited List can be found through the following link: <https://www.wada-ama.org/en/prohibited-list>

5. Review

This Anti-Doping Policy is required to be approved by the Board in the first instance and reviewed by the Board on a regular basis.