

Know your anti-doping responsibilities as a member of Gymnastics Ireland

As a member or competitor of Gymnastics Ireland, you are required to uphold the Sport Ireland Anti-Doping Rules.

Promoting clean sport and maintaining integrity isn't just a responsibility—it's a commitment to fairness, respect, and excellence in Irish gymnastics.

All athletes who are members or register to compete at a Gymnastics Ireland competition are subject to Sport Ireland's anti-doping rules. Compliance with these rules is mandatory during training and competitions.

This means you may be subject to anti-doping testing at any time, this could be in or outside of competition.

International competitions may have different rules - review TUE requirements in advance!

Key things you must know:

1

Strict Liability

Every athlete is responsible for what is in their body, regardless of intent or how it got there.



2

Medications

- Some are always banned, others only in-competition.
- Use MedCheck for medication bought in the Republic of Ireland - medcheck.sportireland.ie
- Use GlobalDRO for medications bought in Northern Ireland, UK and other countries globaldro.com
- Tip: Always check medication from the country it is bought in as ingredients can vary from country to country.



3

Supplements

- No supplement is 100% safe.
- Use Informed Sport for batch-tested options: sport.wetestyoutrust.com - to reduce the risk of contamination, although please note that this does not mitigate the risk of the supplement completely.
- Food-first approach to nutrition is recommended.



4

In-Competition Period

- Begins 11:59pm the day before an athlete's competition and ends once the sample collection process concludes for that competition.
- Wash-out period is the time it takes for a substance to leave the body after the last administered dose. Any substance prohibited in-competition must be fully cleared or below the allowed threshold before the in-competition period begins.



5

Testing Process

Scan the QR Code to see how it works—step by step.



Scan the QR Code for links, tools & learning platforms



SPEAK UP!

- ▶ Suspect doping? Report it—anonously or openly.
- ▶ Every report counts—globally.
- ▶ Use Sport Ireland's channels to protect clean sport.

Want to learn more?

Visit WADA ADEL: adel.wada-ama.org

We recommend: National-Level Athletes Programme

Visit Sport Ireland Anti-Doping: www.sportireland.ie/anti-doping

