

YOUR BODY YOUR RESPONSIBILITY

DID YOU KNOW?

STRICT LIABILITY

Players are solely responsible for any prohibited substance found in their system despite whether there was an intention to cheat or not.

CONSEQUENCES

A positive test can result in a suspension of a minimum of 4 years from all sports.

SUPPLEMENTS

Know the risks associated with supplements and how you can reduce your risk.

MEDICATIONS

Players should consult with the Medication Checker App or websites (www.eirpharm.com / www.globaldro.com) and their Team Doctor before taking any over the counter medication. For prescribed medication please consult the Team Doctor.

PROHIBITED LIST

In addition to performance enhancing substances, recreational drugs are also included on the prohibited list.

FIND OUT MORE

For information and resources on Anti-Doping including the E-Learning Course for Senior Inter-County Player's visit

learning.gaa.ie/Antidoping