



MEDICAL BOARD

***SOUTH AFRICAN
WRESTLING
FEDERATION***

***DRUG FREE
POLICY***

SAWF Drug Free Policy



South African Wrestling Federation

General: -This policy covers the step by step actions to be taken in times of doing drug testing in and outside of the sporting season as well as all the relevant information needed to do so.

Rules and Regulations this policy must comply to:

The drug free policy complies by the rules and regulations of the following institutions

- FILA Medical Regulations
- FILA Regulations regarding Drug Free Sport
- IOK Regulations regarding Drug Free Sport
- WADA International Standard List of Prohibited Substances
- South African Institute for Drug Free Sport Guidelines for use of forbidden substances
- RSA Legislation regarding Drug Free Sport (Act 14 of 1997, as amended)
- SASCOC Regulations regarding Drug Free Sport

Ownership and Responsibility to update of policy:

The policy is the property of the South African Wrestling Federation and can only be enforced on the Federation, any body affiliated to the Federation, Sub Councils of the Federation, Wrestling Associations, Clubs and any person or individual associated to the Federation.

The management of the policy concerning Drug Free Sport, and communicating rules and regulation regarding the matter as stipulated by the act on Drug-Free Sport, Act 14 of 1997 and other bodies with which SAWF is affiliated, will be controlled and updated by the Medical Council of South African Wrestling

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PROHIBITED SUBSTANCES IN SPORT

MONITORING OF PROHIBITED SUBSTANCES IN SPORT

- 1 In terms of the national legislation, and the WADA regulations, the SAWF is part of the international and national testing pool together with all other Olympic sports codes.

- 2 Testing for prohibited substances is done by an independent body, in South Africa represented by the South African Institute for Drug-Free Sport. The SA Institute for Drug-Free Sport (SAIDS) guidelines are drawn up in line with the WADA International Standard. Testing is done under the following circumstances:
 - 2.1 Out of Season Testing:

Testing may be done any time at practice or out of season. For this reason a complete annual program has to be sent to the SAIDS at the beginning of each year. Each wrestler has to send updated personal information every quarter to the SAIDS to update the testing pool information. The national coaches' council and medical council have to co-ordinate this action. The information of all wrestlers competing internationally also has to be sent to FILA, for the same purpose. FILA has the right to arrange testing of wrestlers through WADA as well. Decisions on how many wrestlers are tested are taken by the SAIDS or FILA.

 - 2.2 Competition Testing:

Testing may be done at any SAWF controlled competition, as decided by the SAIDS according to the year program. The decision on which competition, how many wrestlers to be tested, and who will be tested is taken by the SAIDS keeping the WADA and FILA guidelines in mind.

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2.3 Testing at the request of the SAWF:

Testing of wrestlers may be done at the special request of the SAWF, should there be complaints or suspicions about certain wrestlers, or should the SAWF wish to test a team before going abroad to participate. The cost of this testing has to be carried by the SAWF, whereas the cost of out of competition and competition testing is carried by the SAIDS.

3 Analysis of urine samples is done at the only accredited laboratory in South Africa, at the University of the Free State in Bloemfontein.

4 The host wrestling association is responsible for setting up the testing station, and assisting the SAIDS officers. The host wrestling association's medical council member is responsible, assisted by the national medical council member appointed as advisor for the specific wrestling association. The action of testing consists of the following steps:

4.1 Arranging tables and chairs nearby an ablution facility which can be locked, and isolated from the public, for sole use by the testing officials of the SAIDS

4.2 Providing sufficient units of bottled still water and / or sealed cold drinks for wrestlers selected to be tested. It is suggested that two 500 ml bottles per person tested be provided.
(Notice regarding testing is usually only given by the Thursday before the competition, by the SAIDS phoning the chairperson of the national medical council. The number of wrestlers to be tested is only known on the day of the testing).

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- 4.3 “Chaperones” have to be provided by the host wrestling association to inform, and accompany the persons to be tested, from the mat to the testing station. Should there be a shortage of persons to assist, it remains the responsibility of the medical council member to do this him/herself. Should there be women’s wrestling, one of the “chaperones” needs to be female as well.

(An idea is to use team managers for this duty as they receive full training on the testing procedure in their courses. It is important, though, to use persons who do not have other tasks or duties for the day, as they have to be available when necessary.)

- 4.4 General assistance rendered to officials of the SAIDS at the competition venue:
- A. Reception of SAIDS officials at the venue, welcoming them and presenting them to the tournament secretary
 - B. Assistance to do the drawing of matches to be tested, with other officials of SAWF and SAIDS
 - C. Arranging refreshments and food for SAIDS officials
 - D. Facilitating communication between the tournament secretary, SAIDS officials and “chaperones”

- 4.5 Continuous communication with SAIDS officials to ensure that the rights of wrestlers are not violated, by bringing any uncertainties or irregularities to their attention for correction.
The procedure for testing is explained fully in SAIDS communication leaflets which are distributed to the wrestling associations from time to time.

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- 5 Compiling, and circulating all relevant information concerning prohibited drugs in sport to coaches, officials, chairpersons and secretaries at all levels.
- 6 Arranging general information sessions for wrestlers and parents to distribute the necessary information, as and when clubs or wrestling associations request it.
- 7 In event of a positive testing, the following procedure is followed:
 - 7.1 Should sample “A” be tested positive, the SAWF is notified in writing by the SAIDS
 - 7.2 The SAWF informs the wrestler in writing of the result and gives the wrestler the opportunity to give a written explanation in his/her defence concerning the result given. The matter is handled further according to the SAWF disciplinary code and rules.
 - 7.3 The wrestler has the right to request in writing to have the “B” sample tested, should he/she dispute the result of the test. This testing has to be attended by the wrestler in person, or by a representative he/she nominates. This is done at the laboratory of the University of the Free State in Bloemfontein. The wrestler has to let the SAWF know of the intention to do so. The SAWF informs the SAIDS from where the University of the Free State is notified. The cost for this test is carried by the wrestler him/herself. Should the “B” sample test negative, the SAWF will carry the costs.
 - 7.4 The result of the “B” sample test again is sent to the SAWF in writing, and thereafter the wrestler gets a written report.

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- 7.5 Further disciplinary steps are then taken according to the legal advisory committee rules of the SAWF disciplinary code and rules.
- 7.6 Wrestlers must apply for Therapeutic Use Exemption by filling in specified written application forms, which must reach the FILA in international competitions, and the SAIDS in national competitions 21 days before a major tournament starts, in order for them to send back a letter of approval.

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