



No. 44/2019

TO UEFA MEMBER ASSOCIATIONS
TO CLUBS PARTICIPATING IN UEFA COMPETITIONS

For the attention of
the President and the General Secretary

Your reference	Your correspondence of	Our reference VOU/LUZ	Date 28 June 2019
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Anti-doping and medical pre-season information letter

Dear Sir or Madam,

In advance of the new season, I am writing to inform you about several aspects of UEFA's anti-doping and medical programmes that need to be communicated to players and relevant staff at your association or club. While this letter will be sent directly to clubs qualified for UEFA competitions, we ask that associations ensure it is forwarded to the representatives from each of their national teams.

Anti-doping

Player education

Given the disciplinary consequences that a player may face in the event of an anti-doping rule violation, we strongly recommend that clubs and associations take all necessary measures to ensure the adequate circulation of anti-doping information to all those who may require it, at all levels of the club/association.

We recommend that both national team and club doctors organise anti-doping information sessions for team staff and players. The sessions should include, as a minimum, information on the following topics: doping control procedures, prohibited substances and methods, anti-doping rule violations, the consequences of doping, the safe use of medication and the risks of food supplements and social drugs. Players should be informed that doping controls can be carried out at any time, both in- and out-of-competition, and that both urine and blood samples may be collected.

Players should also be shown the enclosed "Doping control data – information for players" document, which contains details on their rights and responsibilities during a doping control, the information included on the doping control form and also their acknowledgement and agreement to the processing of their data.

If you need additional information, paper copies of UEFA's anti-doping education leaflet (available in 7 languages), or would like support from your National Anti-Doping Organisation (NADO) to deliver education sessions, please do not hesitate to contact the UEFA anti-doping unit at antidoping@uefa.ch.

<https://www.uefa.com/insideuefa/protecting-the-game/anti-doping/>

Doping controls

UEFA conducts doping controls in all its competitions. In addition to UEFA doping controls, players must be aware that doping controls may also be conducted by NADOs or by FIFA. UEFA aims to coordinate its doping controls as much as possible with these other organisations and has signed collaboration agreements with 33 European NADOs for this purpose. Nevertheless, teams and players may be tested several times in quick succession, either randomly or targeted for a specific reason.

Use of paperless doping control forms

At the start of the 2018/19 season, UEFA began using paperless doping control forms and the same system will be used for the upcoming season. In order to ensure a smooth process, we ask you to please make sure the Wi-Fi is sufficiently strong in the Doping Control Station (DCS) and that the Wi-Fi network name and password are clearly displayed.

The paperless forms modernise the doping control process, leading to a more efficient service for players, team representatives and Doping Control Officers (DCOs).

All the test information is entered directly into an online form by the UEFA DCO and digitally signed by the player. This online system is completely secure through the use of two factor authentication and can only be accessed by the DCO and, once the form has been submitted, by members of the UEFA anti-doping unit.

Rather than receiving a paper copy of the form, the player has the option to receive a digital copy via email. They provide their own email address or any other address of their choice (such as that of their team doctor or representative). In order to provide extra security, the digital copy of the form is locked by a password of the player's choice.

New player selection procedure for In-Competition doping controls

In the previous seasons, team representatives were required to come to the Doping Control Station at the 75th minute (after 10 minutes of valid playing time in the second half in futsal) to witness the draw and/or receive the names of the selected players. At the request of WADA, this procedure will now change for the forthcoming season

The UEFA doping control officer (DCO) will continue to meet the team representatives before kick-off (after the team-sheets have been officially submitted) to explain the doping control procedure. The team representative who will be involved in the notification process **must** be present at this meeting. Team representatives will then be required to meet the DCO in the tunnel at the **90th minute (after 38 minutes of valid playing time in futsal)** and they will be informed of the players selected for testing at the final whistle.

Without prejudice to each player's personal responsibility to report for sample collection, the teams and their team representatives remain responsible for helping the DCO and/or chaperone to inform the relevant players that they have been selected for doping control and ensuring that they report to the DCS straight from the pitch as soon as the match is over. Teams and team representatives must make sure that players selected for doping control are aware that they are **not** allowed to return to the dressing room.

Players not going straight to the doping control station, once notified of a doping control, may be subject to the harsher sanctions as described in Annex A, IV of the new edition (2019) of the UEFA Disciplinary Regulations.

From the start of the 2019/20 season, UEFA's Digital Doping Control system will also be used to randomly select players for testing. This system will, for each team, randomly draw one player from the starting line up and one player from the full player list to undergo testing. It will also randomly select two reserves from the full player list. As the system selects the players automatically, the Team Representative does not need to witness the process.

In addition to randomly selecting players using the digital system, UEFA will continue to conduct target testing.

Minors

There are certain specific requirements for collecting a sample from a minor that must be adhered to in the test procedures. A minor is defined in the UEFA Anti-Doping Regulations as a natural person who has not reached the age of 18.

Athletes who are minors should be notified of their selection for a doping control in the presence of an adult, and may choose to be accompanied by a team representative throughout the entire sample collection session. Should an athlete who is a minor decline to have a representative present during the Sample Collection Session, a representative of the DCO must be present.

National associations and clubs participating in UEFA competitions undertake to ensure that the enclosed 'Acknowledgement and agreement form for minors' is duly completed and signed for each minor participating. Please note that this must be done before the start of a competition, and not only before final rounds. The completed forms must be kept by the national associations or clubs and submitted to UEFA upon request.

Instructions to organisers of UEFA matches

The home team must provide a doping control station (DCS) as described in the Appendix B of the UEFA Anti-Doping Regulations.

As previously mentioned, match organisers should also ensure that the Wi-Fi is sufficiently strong in the DCS so that Digital Doping Control Forms can be used and that the Wi-Fi network name and password are clearly displayed for the benefit of the DCO.

For each match, the home team is requested to designate one person to act as a Doping Control Liaison Officer (DCLO) whose duty is to ensure that the doping control station and all necessary materials and equipment are available and ready for the purposes of the doping control. The DCLO does not need to be medically trained and can undertake other match organisational tasks. They should, however, be able to speak English and must remain available until the doping control has been completed. The DCLO must also organise transport for the DCO back to the hotel on completion of the doping control.

At each match two top-category seats must be reserved for UEFA DCOs in the directors' box or equivalent. These seats should be located at the end of a row, near the seat reserved for the UEFA match delegate and must provide easy access to the doping control station.

Stewards at the main stadium gates must be informed that persons who identify themselves as UEFA DCOs are to be granted free access to the stadium.

WADA Prohibited List

Each year, the World Anti-Doping Agency (WADA) publishes on its website (<https://www.wada-ama.org>) a list of substances and methods that are prohibited in all sports. The Prohibited List comes into effect on 1 January each year and is published by WADA three months prior to coming into force; however, in exceptional circumstances, a substance may be added to the Prohibited List at any time. Players are responsible for ensuring that that no prohibited substance, drug or medication enters his or her body.

Therapeutic Use Exemptions (TUEs)

UEFA's rules and procedures governing TUEs, which are harmonised with those of FIFA and WADA, have not changed since last season. Players who are participating in UEFA competitions or in senior international (national A team) friendly matches and have to use a prohibited substance or prohibited method for therapeutic purposes must request prior authorisation from UEFA by means of a UEFA TUE application form (enclosed).

The TUE application form must be completed and signed by the player and their doctor, and then sent with a complete file of medical evidence to the UEFA anti-doping and medical unit (antidoping@uefa.ch). In order to provide additional security, please encrypt the documents with a password and send the password in a separate email to Rebecca.lee@uefa.ch Forms must be sent to UEFA only and not to NADOs. Except in cases of medical emergency, doctors must not administer a prohibited substance or prohibited method before a TUE has been granted by UEFA.

WADA publishes checklists on the requirements for TUE applications for many common medical conditions. Doctor should ensure that all the requirements are met before applying to UEFA for a TUE. The guidance documents can be downloaded from the WADA website: <https://www.wada-ama.org/en/what-we-do/science-medical/therapeutic-use-exemptions/checklists-for-therapeutic-use-exemption-tue>

TUEs granted by FIFA are automatically valid for UEFA competitions. However, TUEs granted by NADOs are not valid for UEFA competitions unless they have been recognised by UEFA. In case of a TUE recognition request, the UEFA anti-doping and medical unit must be provided with a copy of the original application form and all medical information submitted to the authorising body (both translated into one

of UEFA's official languages if necessary) and any other specific document that may be requested by UEFA.

Players participating in youth-level international friendly matches (i.e. any national youth team up to and including Under-21s) must apply to their NADO for a TUE, and not to UEFA.

Please read the relevant enclosures carefully for more detailed information concerning TUEs.

Anti-doping section of UEFA.com

All documents related to anti-doping matters (UEFA Anti-Doping Regulations, edition 2018; 2019 WADA Prohibited List; WADA Summary of major modifications to the List, UEFA Guide to the WADA Prohibited List and TUEs; TUE application form; UEFA circular 72/2018 concerning the 2019 WADA Prohibited List; players' education leaflets) and any other relevant anti-doping information may be downloaded in several languages from the dedicated anti-doping section of UEFA.com at:

<http://www.uefa.com/insideuefa/protecting-the-game/anti-doping/index.html>

UEFA has a confidential Integrity reporting platform which has been designed to enable players and team staff to report their doping suspicions. UEFA encourages anyone who has witnessed an anti-doping rule violation being committed, or who has reasonable grounds to believe that doping has taken place in football, to get in touch. Informers can provide their contact details if they wish, or can access a secure post-box where information can be reported anonymously. The Integrity platform can be accessed online via UEFA's website <https://integrity.uefa.org/index.php> or via the 'UEFA Integrity App' that can be downloaded from the App Store or Google Play.

Medical

Concussion

Following the numerous and serious concussion cases witnessed in European football during the 2018/19 season, UEFA would like to remind all clubs and national association of the concussion procedure, which must be implemented at all matches.

1. In the event of a suspected concussion the referee stops the game to allow the injured player to be **assessed by the team doctor**, in accordance with Law 5 of the IFAB Laws of the Game. In principle this should take no more than three minutes, unless a serious incident requires the player to be treated on the field of play or immobilised on the field for immediate transfer to hospital (e.g. spinal injury).
2. Any player suffering a head injury that requires assessment for potential concussion **will only be allowed to continue playing after the assessment, on specific confirmation by the team doctor to the referee of the player's fitness to do so.**

It is essential that the confirmation remains with the team doctor and there is no interference from other parties such as coaches, players or referees. Other players are also asked not to touch or move the injured player (hands in mouth) in order to avoid further harm.

To support this procedure, UEFA developed a concussion poster, which you can find as an enclosure to this letter, and which we would like you to print and hang in all dressing rooms, medical rooms and referees' rooms. We also invite associations and clubs to organise meetings and ask their team doctors to educate the players, coaches, the team staff and referees in this respect.

We encourage all clubs and associations to use medical review systems at matches in order to give doctors the possibility to review live footage directly from the bench.

Pre-match/tournament medical information

As explained in the UEFA medical regulations under article 14 and 15, host clubs/associations must provide pre-match and pre-tournament medical information to the visiting team's medical staff as well as the UEFA match delegate at least two weeks in advance of the match/tournament.

Clubs and Member Associations have asked UEFA to provide a template to support the implementation of this document. Please find enclosed a template as well as an example, which will help in the creation of the pre-match medical/tournament information document.

UEFA minimum medical requirements

The UEFA minimum medical requirements (MMR) remain the same as last season. Host clubs and associations are reminded of the importance of compliance, and that failure to do so will result in referral of the club/association to UEFA's disciplinary bodies.

The 2017 edition of the UEFA Medical Regulations, with full details of mandatory pre-competition medical examinations and MMR, as well as the Guide to Minimum Medical Requirements are available to download in several languages from the dedicated medical section of UEFA.com:

<http://www.uefa.com/insideuefa/protecting-the-game/medical>

Should you have any queries or require additional information regarding the UEFA Anti-Doping Regulations, please contact Caroline Thom (caroline.thom@uefa.ch). All other questions can be addressed to antidoping@uefa.ch or medical@uefa.ch.

Yours faithfully,

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Theodore Theodoridis
General Secretary

Enclosures

- Doping control data – information for players
- Acknowledgement and agreement form for minors
- UEFA Guide to the WADA Prohibited List and TUEs
- TUE Application Form
- 2019 WADA Prohibited List
- Summary of major modifications and explanatory notes
- UEFA Anti-Doping Regulations, edition 2018
- UEFA Circular 72/2018
- UEFA Medical Regulations, edition 2017
- UEFA Disciplinary Regulations, edition 2019

cc (with enclosures)

- UEFA Executive Committee
- UEFA Medical Committee
- UEFA Anti-Doping Panel
- UEFA Doping Control Officer Panel
- European members of the FIFA Council
- FIFA, Zurich