



O.N.A.K.A.I.

Official National Amateur Karate Association of Ireland

National Governing Body for Karate in Ireland

ANTI-DOPING POLICY

O.N.A.K.A.I. has fully adopted the Sport Ireland's Anti-Doping policy and guidance. O.N.A.K.A.I. believes and supports the policy that any form of substance misuse is contrary to the spirit of sport. All athletes and especially children and young persons should be educated regarding the effects of long and short term effects of substances taken to enhance performance and the charges that may occur with the use of illegal or banned substances. As the NGB for Karate in Ireland we will endeavor to educate and support our members in maintaining our sport as a clean sport and provide opportunity for all to compete in a safe and fair environment.

O.N.A.K.A.I. advises members to read the Anti-Doping Rules and to understand their responsibilities under these rules. The consequences of not adhering to Anti-Doping Rules can be severe for Karateka and their support personnel; therefore, it is critical that any questions/concerns be clarified with either the O.N.A.K.A.I. Anti-Doping officer or Sport Ireland.

O.N.A.K.A.I. Anti-doping officer is responsible for running Anti-Doping workshops to facilitate the development and delivery of a quality education programme for athletes of all ages.

Anti-doping officer maybe contacted with any concerns or to arrange completion of relevant documentation with regard to medication approval on antidoping@onakai.ie

Although Karate within Ireland is considered a minority sport and no testing is undertaken by the Sport Ireland all athletes attending any of the EKF, WKF or Olympic events may be subject to testing.

1. All Clubs, Coaches, Athletes and parents are required to familiarize themselves with [the Sport Ireland Anti – Doping Program](#).
2. If an Athlete is on medication and / or any supplements, they must confirm that medication is permitted as per the World Anti-Doping Agency (WADA) Regulations. (The onus is on all athletes and parents to check and confirm this for themselves. It is not practical for the anti-doping officer to do it for every individual)

- Republic of Ireland - www.eirpharm.com

- Northern Ireland or the UK - www.globaldro.org



SPÓRT ÉIREANN
SPORT IRELAND



Olympic Federation
of Ireland





O.N.A.K.A.I.

Official National Amateur Karate Association of Ireland

National Governing Body for Karate in Ireland

If the medication is prohibited or exceeds dosage limit, the Athlete must download the Therapeutic Use Exception form ([TUE form](#)). The form must be filled out and signed by both athlete and doctor.

Once complete, the form must be emailed to the O.N.A.K.A.I. Anti-Doping Officer antidoping@onakai.ie

3. Any athlete seeking selection for the Junior or Senior Kata and Kumite squads will be required to undertake the Sport Ireland online course and to disclose on the Athlete Selection form their medical condition/medication/supplement usage. [Referral & Screening Form](#)
4. All minors will be required to submit the Form of Consent to Anti-Doping testing prior to travelling to any EKF/WKF/Olympic events for which they are selected for. [Minor Athlete Anti-doping consent Form](#)

NOTE: WKF require 30 days' notice for TUE forms to be processed. Therefore, the TUPE form must be emailed to our Anti-Doping Officer 6 weeks prior to the relevant competition to ensure sufficient time to obtain clearance for the athlete.

If the circumstances arise where an athlete requires medication within the 6 week period please contact Anti-Doping Officer by email to antidoping@onakai.ie

The following information highlights key areas regarding anti-doping.

1. The Irish Anti-Doping Rules

1. Available at [Sport Ireland Anti-Doping](#).
2. Anti-doping Rule Violations – [Report Doping](#)

2. The World Anti-Doping Code 2021

- https://www.wada-ama.org/sites/default/files/resources/files/2021_code.pdf

3. How to check your medications

- <https://www.sportireland.ie/anti-doping/athlete-zone/athlete-zone/how-to-check-your-medications>
- Please note common medications taken which should be checked :
 1. Beta 2 agonists in Asthma Management e.g. Ventolin or Seretide
 2. Pseudoephedrine in Cold and Flu medication (Nurofen, Lemsip etc.)



SPÓRT ÉIREANN
SPORT IRELAND



Olympic Federation
of Ireland





O.N.A.K.A.I.

Official National Amateur Karate Association of Ireland

National Governing Body for Karate in Ireland

4. Supplement Use in Sport Guidelines

<https://www.sportireland.ie/sites/default/files/2019-10/sport-ireland-anti-doping-supplements-policy.pdf>

5. What happens in a drug test/doping control?

<https://www.sportireland.ie/anti-doping/education-zone/education-zone/what-happens-in-a-drug-test>



SPÓRT ÉIREANN
SPORT IRELAND



Olympic Federation
of Ireland

