



No. 63/2020

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	Date
		VOU/LUZ	17 August 2020

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 and player support personnel education

Given the disciplinary consequences that a player or player support personnel may face in the event of an anti-doping rule violation, we strongly recommend that clubs and associations organise anti-doping education sessions for team staff and players.

The sessions should include, as a minimum, information on the following topics: the principles and values associated with clean sport, player and player support personnel's rights and responsibilities under UEFA's anti-doping regulations, doping control procedures, prohibited substances and methods, anti-doping rule violations, the consequences of doping, how to report doping concerns, 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 and medical unit at antidoping@uefa.ch.

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.

COVID-19 procedure and requirements

In order to ensure the integrity of UEFA's competitions, anti-doping testing must continue throughout the COVID-19 pandemic but with the necessary health and hygiene protocols in place to ensure the safety of those involved.

An amended testing procedure has been developed that was designed to protect the health of your players and staff during a UEFA doping control. This procedure can be found in the attachments to this letter.

You will also find attached a player guidance leaflet that was produced to explain all the steps of the amended procedure to your players. Please provide this leaflet to all your players.

In addition to regular sample collection equipment, UEFA DCOs have been equipped with the following:

- COVID-19 Player Guidance
- Disposable gloves
- Hand sanitiser
- Disinfectant wipes
- Disposable face masks
- Bin/rubbish bags

Please note that the use of your own protective equipment is also permitted.

Furthermore, whilst the risk of virus transmission remains high, all UEFA DCOs will have received a negative COVID-19 test result before being sent on a mission.

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.

To enable social distancing during the doping control, this room should be as large and well ventilated as possible. If the space in the toilet area is limited, please install mirrors behind or alongside the toilet so that the DCO can observe the production of urine from a safe distance.

Match organisers should also ensure that the Wi-Fi is sufficiently strong in the DCS so that UEFA's 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.

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.

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/>

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.

Revision of the UEFA Anti-Doping Regulations

Please be informed that, in view of the new World Anti-Doping Code 2021, UEFA is currently in the process of revising the UEFA Anti-Doping Regulations that should enter into force on 1 January 2021. UEFA will provide you with additional information in due course.

Anti-doping section of UEFA.com

All documents related to anti-doping matters (UEFA Anti-Doping Regulations, edition 2018; 2020 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 Letter No 83/2019 concerning the 2020 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 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

UEFA Return to Play Protocol

On 15 July 2020, UEFA sent Circular Letter No 53/2020 to all associations regarding the UEFA Return to Play Protocol. The enclosed document sets out the medical and operational principles and directives for UEFA matches. The Protocol applies to all competitive football matches of men's and women's UEFA senior clubs and national teams. Further iterations applicable to youth and futsal competitions will be issued in due course.

Please be reminded that it is each association's responsibility to implement the Return to Play Protocol for UEFA matches.

Concussion

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 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
- 2020 WADA Prohibited List
- Summary of major modifications and explanatory notes
- UEFA Anti-Doping Regulations, edition 2018
- UEFA Circular Letter No 83/2019
- UEFA Circular Letter No 53/2020 "Return to Play"
- UEFA Medical Regulations, edition 2020
- UEFA Disciplinary Regulations, edition 2020
- Player guidance leaflet

cc (with enclosures)

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