



Dear British Powerlifting Member,

You will be aware that our anti-doping programme is currently being managed by the IPF through the Centre for Canadian Ethics in Sport (CCES). The CCES are contracted by the IPF to manage all IPF anti-doping. We are in detailed discussions with UKAD (UK Anti-Doping) for them to take over British Powerlifting's anti-doping as soon as is practicable. In order for this to happen, we have to comply with their Assurance Framework, a key element of which is education.

"You have to learn the rules of the game. And then you have to play better than anyone else."
– Albert Einstein

British Powerlifting is working with UKAD to make absolutely certain we comply with all UK and World Anti-Doping Policies, and to leave you free to focus on your lifting.

Our reputation for high level sportspersonship and moral engagement is what gives us our meaning, so we need to keep our house in order, and prepare ourselves for today's confusion on rules and supplements.

The UKAD Assurance Framework is very good for us, especially for testing, general safeguarding and reputation. It is a challenge, and a big undertaking in the first year. The Assurance Framework is a kind of MOT. It has a broad reach of mandatory requirements, covering Organisation and Governance, Legal, Communications, Intelligence and Investigation, Testing and Education.

UKAD is a world leader on anti-doping education. It's e-learning courses are short, convenient, easy to follow, and comprehensive.

We need you to keep us on track. We reckon on supporting competitors and hosts with information packs, expecting everyone to engage with the UKAD Clean Sport Hub.

Whilst we raise awareness, you alone are responsible if you violate the code, so please regularly check the British Powerlifting website and the UKAD Clean Sports Hub. Check medications and nutrition supplements with Global DRO and the WADA prohibited list (2023 list published).

Please don't hesitate to get in touch if you encounter any problem or need advice.

Enjoy your lifting,

Chris Gilbert

British Powerlifting Doping Control Officer and Anti-Doping Education Lead
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Please see the next page for a list of useful websites to visit for more information.

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USEFUL WEBSITES

[UKAD Assurance Framework | UK Anti-Doping](#)

[Anti Doping \(britishpowerlifting.org\)](#)

[Athletes | UK Anti-Doping \(ukad.org.uk\)](#)

[Athlete Support Personnel | UK Anti-Doping \(ukad.org.uk\)](#)

[Coach Clean e-learning | UK Anti-Doping \(ukad.org.uk\)](#)

[The Prohibited List | World Anti-Doping Agency \(wada-ama.org\)](#)

[Athlete Support Personnel - Rights and Responsibilities | UK Anti-Doping \(ukad.org.uk\)](#)

[Clean Sport Essentials Athlete Support Personnel.pdf \(ukad.org.uk\)](#)

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