



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.

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

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.)

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?



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