



## Anti-Doping Policy

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| Policy year | 2026/27                     |
| Reviewed    | September 2026              |
| Approved by | Black Ice Academy Directors |
| Next review | September 2027              |

### 1. Commitment to clean sport

Black Ice Academy supports clean, fair and safe sport. BIA expects athletes, coaches and athlete-support personnel to respect applicable anti-doping rules and to promote a culture in which performance is developed through training, nutrition, recovery and ethical practice rather than prohibited substances or methods.

### 2. Athlete responsibility

Under anti-doping rules, athletes can be strictly liable for prohibited substances found in their body. Athletes and, for younger athletes, their parents/carers should therefore take care with medicines, supplements and other products.

- Check medications before use using Global DRO or current UK Anti-Doping guidance where anti-doping rules apply.
- Tell healthcare professionals that the athlete participates in sport subject to anti-doping requirements.
- Seek advice about Therapeutic Use Exemptions (TUEs) where a prohibited medication or method is medically necessary.
- Be cautious with supplements. No supplement can be guaranteed risk-free; contamination or inaccurate labelling can create anti-doping risk.
- Never use, possess, supply, encourage or assist the use of prohibited substances or methods contrary to applicable anti-doping rules.

### 3. Coaches and athlete-support personnel

- Must not recommend, provide or facilitate prohibited substances or methods.
- Should encourage athletes to check medicines and obtain qualified medical advice.
- Must not diagnose or prescribe unless appropriately qualified.
- Must report suspected anti-doping misconduct through the appropriate governing-body or UK Anti-Doping route.
- Must protect athlete welfare and avoid supplement or weight-control practices that create health or safeguarding risk.

## 4. Prohibited List and testing

The World Anti-Doping Agency Prohibited List is updated at least annually and the current List must always be checked. The 2026 List took effect on 1 January 2026. Some substances and methods are prohibited at all times; others are prohibited only in competition or in particular sports.

Where an athlete is subject to testing or another anti-doping process, BIA will cooperate with lawful and applicable procedures and will support the athlete to understand their rights and responsibilities. For a child athlete, welfare and appropriate parent/carer involvement will be considered subject to the rules governing the process.

## 5. Breaches

Suspected anti-doping rule violations will not be investigated informally by BIA where this could interfere with the jurisdiction of SportCheer England, UK Anti-Doping, the International Cheer Union or another competent body. BIA may take proportionate interim safeguarding or participation measures where necessary.

## 6. Education

BIA will promote age-appropriate clean-sport education and will signpost athletes and families to UK Anti-Doping resources. This policy does not replace the anti-doping rules applicable to an athlete or competition.

## Key references

This policy should be read alongside Black Ice Academy's other safeguarding, conduct, first aid, inclusion and complaints policies. It has been prepared with reference to:

- SportCheer England Anti-Doping Policy.
- UK Anti-Doping: What's banned in sport - the Prohibited List.
- World Anti-Doping Agency 2026 Prohibited List.
- UK Anti-Doping guidance on medicines, Global DRO, supplements and Therapeutic Use Exemptions.
- Applicable International Cheer Union and competition anti-doping rules.

Legislation and guidance can change. Black Ice Academy will review this policy at least annually and sooner where law, statutory guidance, governing-body requirements or Academy practice changes.