



Irish Olympic Handball Association

2023 Anti-Doping Review

Key Points

- The Irish Olympic Handball Association like all National Governing Bodies of sport in Ireland are subject to the Anti-Doping rules as laid out by Sport Ireland. Failure to achieve compliance with these rules means that the IOHA will not be eligible for funding from Sport Ireland or the relevant Government Department.
- Irish handball players continue to remain outside Sport Ireland's Registered Testing Pool of athletes.
- IOHA Website is updated annually with up-to-date regulations and other information.
- All players and Coaches are encouraged to complete the Sport Ireland Anti-Doping e-learning course. This online course is included on the curriculum of the Level 1 and Level 2 coaching awards.
The course covers key topics in anti-doping including the following:
 - Anti-doping rule violations
 - Testing procedures blood & urine
 - How to check medications
 - Therapeutic Use Exemptions
 - The risk of supplements and herbal remedies
 - Consequences of doping

At the very end, a certificate of completion will generate, which all athletes and coaches are encouraged to save this for own records.

If you would like to undertake the Sport Ireland course, you can create a login [here](#)

- New World Anti-Doping Agency rules will come into effect on the 1st of January 2024 and if anyone wants this information, I can forward it to them.
- The International Handball Federation (IHF) and European Handball Federation (EHF) websites both now have a comprehensive Anti-Doping section.

IHF/EHF Anti-Doping Update 2023

The EHF position.

10.1 The EHF Anti-Doping Unit (EAU) shall deal with the organization and handling of antidoping activities in handball in Europe (controls, non-intentional doping, education for young athletes, NADAs, medical exemptions (TUEs), whereabouts, violations, etc.).

10.2. The unit shall consist of a chairperson nominated by the EHF Executive Committee and an EHF office staff member.

10.3. Further members may be nominated by the EHF Executive Committee.

10.4. Anti-doping measures are implemented on the basis of the EHF Regulations for Anti-doping. The EHF Regulations for Anti-Doping shall be in compliance with the WADA Code and the IHF Anti-Doping Regulations. The responsibility regarding decisions on the EHF Regulations for Anti-Doping shall be with the EHF Executive Committee.

In 2022 the EHF has carried out 484 tests.

Men's National Team Competitions 36/21 (In competition tests/ out of competition test)

Women's National Team Competitions 24/21

Men's Club Competitions 112 Women's Club Competitions 112

Beach Handball 76 Younger Age Category Events M10 W72

Both the IHF and EHF have stepped up their activity in 2023 around Anti-Doping Education, with the IHF hosting a number of webinars for all involved in handball while the EHF held a seminar for National Federation Anti-Doping Officers.

Sport Ireland Anti-Doping Update

Since 2014, WADA has invited athletes, National and Regional Anti-Doping Organizations, Sports Federations, Governments, Major Event Organizers and all other anti-doping stakeholders worldwide to join the Agency's social media campaign to celebrate 'Play True Day' -- a day that is traditionally dedicated to raising awareness about the importance of Clean Sport among athletes, the public and others. April 14th.

"Sport Ireland Anti-Doping Have on January 9th launched medcheck.sportireland.ie, a Medicine checker website designed as a resource for athletes to check whether their medication contains a substance on the WADA prohibited list."

Did you know?

All medications, be they over the counter or prescription, may contain substances that are on the WADA Prohibited list. This list contains the details off all substances and methods that are prohibited in sport. The prohibited list is revised on an annual basis.

Advice for Athletes

The simple advice for all athletes is that they **MUST CHECK** the status in sport of all medication BEFORE CONSUMING it. Athletes can now check the status in sport of medication purchased in the Republic of Ireland via the NEW Medicine Checker website below.

<https://medcheck.sportireland.ie/>

Michael Moloney

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