



ANTI-DOPING, SOCIAL DRUGS & WHEREABOUTS GUIDE

FOR CLUB STAFF

SEASON 2024/25
WOMEN'S SUPER LEAGUE &
WOMEN'S CHAMPIONSHIP



FOR ALL



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INTRODUCTION

The purpose of this Anti-Doping, Social Drugs and Whereabouts Guide for season 2024/25 is to inform Clubs in The Women's Super League and The Women's Championship of their responsibilities with regards The FA Anti-Doping Regulations and The FA Social Drugs Regulations.

As was the case last season, Clubs in The Women's Super League will be required to submit whereabouts information (Squad lists, Player home addresses and weekly training schedules).

May we also take this opportunity to thank you for your continued support of the anti-doping programme and should you require any guidance or support throughout the season please contact the relevant member of the team from the contacts section (page 23).

ANTI-DOPING

FA ANTI-DOPING REGULATIONS

The FA Anti-Doping Regulations 2024/25 include mandatory education requirements for Clubs who compete in the Premier League, EFL, WSL and WC. These are detailed in the Anti-Doping Regulations between Reg. 140 and 143.

EDUCATION

Club Visits

Clubs are obliged to arrange an integrity education session for their Players each season, this will cover anti-doping, social drugs, discrimination, social media, on field issues and betting integrity. Full details and how to book yours in have already been sent separately to each General Manager.

UK Anti-Doping Introduction to Clean Sport course

A Club participating in the Women's Super League and Women's Championship shall at all times ensure that at least two members of its Player Support Personnel have completed the UKAD Introduction to Clean Sport e-learning course. The Introduction to Clean Sport course provides an overview of anti-doping for all individuals who require clean sport education as part of their role in supporting Players. Split into six core modules, the course can be completed in bite size chunks. As well as the mandatory requirement detailed above, we would strongly encourage any member of staff who has any involvement in anti-doping at the Club to complete the course.

The course can be accessed via the Clean Sport Hub (www.ukad.org.uk/cleansporthub) where you will need to register for an account. Please note the Introduction to Clean Sport certification is valid for two years, after which years you will need to complete a short renewal course. You will receive an email prompting you to complete the renewal course to the email address you used to sign up initially.

Videos

The FA Anti-Doping team has developed a series of short videos, aimed at Players covering a range of essential anti-doping topics. Each video can be accessed at www.TheFA.com/anti-doping or through the Player Essentials App. A summary of each video is below:

- Checking Medications and TUE's
- Keeping Football Clean
- The Testing Process Explained

RESOURCES

There are a number of anti-doping resources available to you designed to assist the education of your Players on anti-doping. The resources are split between online tools available on The FA website and printed publications and posters. You will receive the following in advance of the season:

- FA Anti-Doping Advice Card
- Player Essentials Guide
- Anti-Doping posters

If you require any additional copies or electronic pdf versions of the education resources do not hesitate to get in touch (see contacts on page 20).

Once received, please confirm receipt of your resources and that they have been passed onto Players by emailing anti-doping@TheFA.com.

The table on next page highlights where the resources can be located. As a reminder the resources provided by The FA are free and available to use by all Clubs.

The FA Anti-Doping team are always available to deliver anti-doping workshops to your Club staff and Players. Please contact [Myles Blenkinsop](#) to arrange a workshop (see contacts on page 23).

RESOURCE	DETAIL	ONLINE OR PRINTED	AVAILABLE FROM
FA ANTI-DOPING AND SOCIAL DRUG VIDEO SERIES	Cover a range of anti-doping topics including testing, social drugs, whereabouts, medications and supplements.	Online	www.TheFA.com/anti-doping and Resources tab on the Online Whereabouts system
PLAYER ESSENTIALS GUIDE	Covers all governance and regulation issues including anti-doping, betting and discrimination. It will be available in several languages	Both and App	The app will be able to be downloaded from both the Apple and Google Play Stores ahead of the new season. A pdf version will be available to download at www.TheFA.com/anti-doping , and on the Online Whereabouts system.
FA ANTI-DOPING ADVICE CARD	Covers all anti-doping issues facing Players including banned substances, whereabouts, TUE applications, supplements and checking medication	Both	www.TheFA.com/anti-doping Resources tab on the Online Whereabouts system and hard copies issued to Clubs in pre-season. Additional printed copies available by contacting Myles Blenkinsop.
FA ANTI-DOPING REGULATIONS	Covers Anti-Doping Regulations for the season	Both	www.TheFA.com/anti-doping , Resources tab on the Online Whereabouts system and part of The FA Handbook
ANTI-DOPING POSTERS	Separate posters covering the dangers of social drugs, whereabouts, supplement contamination and asthma medication.	Both	Issued to all Clubs in pre-season. Additional copies can be ordered from Myles Blenkinsop.



TESTING

The below information refers to anti-doping testing. For information about The FA's social drugs testing programme see page 16.

As a reminder, a new World Anti-Doping Code and associated International Standards came into operation in January 2021. As a result of this, Anti-Doping testing is now solely determined by UK Anti-Doping (UKAD), with The FA having no advance notice of any testing that takes place within English football.

As The FA will not know where anti-doping testing is taking place until after a test happens, please be aware that any issues that are raised to the UKAD Doping Control Personnel on the day of a drug test may take longer to reach The FA anti-doping team. Please note there is no limit to the amount of times Clubs and individual Players can be tested and Players are likely to be tested multiple times during the season/within a short timeframe.

Players may be tested at anytime, including at matches, training sessions or home addresses at no advance notice. The first time Clubs will be aware of testing is when a drug testing team arrives at the stadium/training ground and makes contact with a Club official.

Although the Doping Control Officials will do their utmost not to disrupt your training sessions, please remind your coaching staff and Players to be respectful to the testing teams when they arrive.

Any match could be selected for drug testing, therefore Clubs should be aware that delays to the departure after a game could be incurred.

Please keep this in mind when booking flights/trains departing after matches.

Please also note that The FA cannot assist with transportation costs for Players delayed in the Doping Control Station (DCS).

Doping Control Station (DCS)

A Doping Control Station (DCS) must be made available for testing as soon as possible after the testing team arrive at your training ground or stadium. Should there be a significant delay in the provision of an appropriate DCS, then this will be reported to The FA. In order to conduct testing the Doping Control Officials will need an area for their sole use, which should consist of:

- A clean, adequately-lit private waiting area, with sufficient seating for the Players waiting to be tested.
- A clean, private working area of sufficient size, which should contain tables to do the paperwork and split the samples after a test.
- Private toilets.

If you are uncertain as to what constitutes an adequate facility at either your training ground or stadium, please contact us and we will send a representative to assess your facility and offer guidance.

Urine and blood tests

Players may be selected for a urine and/or blood test. Blood and urine tests are used to detect different substances and the Doping Control Personnel who notifies a Player will make it clear which samples are to be provided.

Access for Doping Control Personnel

As a reminder, once the Doping Control Personnel arrive for testing, the Club must allow the Doping Control Personnel access to observe the Players. This includes on a match day providing access for a minimum of two (2) officials in the tunnel area itself, where the officials can physically observe the full pitch and all of the players. Or, as an alternative, a minimum of two (2) seats within the stand itself where the officials can easily accompany the selected players from the field of play either during or after the match

Player notification on a match day

On a match day, Club staff will be asked to assist with the selection process. Players will be selected for testing either through a selection draw, or will have been pre-selected for testing.

No Players should leave the stadium without the knowledge of the Doping Control Personnel until the end of the match and the selected Players for testing have been notified. The Clubs assistance in identifying players for testing is greatly appreciated.

From the point of notification, it is a requirement for a Player to be chaperoned until the test is complete, this includes any team briefings that take place either at half time or at the end of the match.

Reporting to the Doping Control Station (DCS)

Players are required to report to the DCS immediately after they are notified for a drug test. Players must not enter the changing room before reporting to the DCS. **This will be reported as a breach of The FA Anti-Doping Regulations.** Once Players have reported to the DCS they may be allowed to return to the changing room for a team debrief with consent from the Lead DCO. However, the Player must be chaperoned by a UK Anti-Doping official at all times.

Showers

Showers are not permitted prior to providing a sample at urine tests, unless in exceptional circumstances. The Lead DCO may allow a Player to shower prior to a blood only test.

Testing at home

As in any other sport, a Player can be tested at anytime and at any location. This includes at their home address.

Negative test letters

As a reminder The FA does not issue negative test letters to Players or Clubs

following a test. One reason is that samples can be retested many years after the test should new detection methods be available to the laboratory. Clubs should be aware that should there be a positive test UK Anti-Doping usually informs The FA around one to two months after the sample is received. Therefore, should you not have been contacted by The FA within this period then the principle of 'no news is good news' normally applies.

WHEREABOUTS

Whereabouts is a tool to enable the planning of out-of-competition (non-match day) testing. As per last season, The FA will be requesting Whereabouts information for Clubs competing in the Women's Super League. One of the requirements will be Clubs providing The FA with weekly training schedules, detailing all training sessions via the Online Whereabouts System.

The full requirements are detailed on page 18.

It will not be a requirement for Clubs competing in the Women's Championship to provide Whereabouts but please note Players at any level can still be tested at any time.

THE WADA PROHIBITED LIST

The Prohibited List sets out the substances and methods prohibited in sport. Some substances and methods are prohibited at all times and others are only prohibited in-competition. Substances and methods can be added to the Prohibited List at any time; however, it is updated as a minimum once a year, coming into effect on 1 January.

ANTI-DOPING RULE VIOLATIONS (ADRVs)

Committing any ADRV is serious, and significant bans from football apply if an ADRV is committed.

See the next page for more information about ADRVs, and who they apply to.



PRESENCE

The presence of a prohibited substance or its metabolites or markers in a player's sample.

Ban: Up to four years* Applies to players only



EVASION, REFUSAL OR FAILURE

Evading, refusing, or failing to submit to sample collection.

Ban: Up to four years* Applies to players only



TAMPERING OR ATTEMPTED TAMPERING

Tampering or attempted tampering with any part of doping control. The 2021 Code makes it clear that engaging in fraudulent conduct (e.g. submitting falsified documents to an anti-doping organisation or asking a witness to lie in their witness statement) is an act of Tampering. From 1 January 2021, if an individual commits an act of Tampering relating to another ADRV, they can receive an additional consecutive ban.

Ban: Up to four years*

Applies to players, player support personnel and other participants



TRAFFICKING

Trafficking or attempted trafficking in any prohibited substance or prohibited method.

Ban: Four years to a lifetime

Applies to players, player support personnel and other participants



COMPLICITY OR ATTEMPTED COMPLICITY

Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity or attempted complicity involving an ADRV or any attempted ADRV.

Ban: Two years to a lifetime

Applies to players, player support personnel and other participants



ACTS TO DISCOURAGE OR RETALIATE AGAINST REPORTING TO AUTHORITIES

Acts that threaten or seek to intimidate another to discourage them from sharing information about doping (also referred to as whistleblowing), or retaliating against another for doing so.

Ban: Two years to a lifetime

Applies to players, player support personnel and other participants

USE

Use or attempted use by a player of a prohibited substance or a prohibited method.

Ban: Up to four years*

Applies to players only



POSSESSION

Possession of a prohibited substance or prohibited method.

Ban: Up to four years*

Applies to players, player support personnel and other participants



ADMINISTRATION OR ATTEMPTED ADMINISTRATION

Administration or attempted administration to any player of any prohibited substance or prohibited method.

Ban: Four years to a lifetime

Applies to players, player support personnel and other participants



PROHIBITED ASSOCIATION

Associating in a professional or sport-related capacity with a person such as a coach, doctor, physio or trainer who is serving a ban or who has been found guilty of a criminal or disciplinary offence equivalent to a doping violation.

Ban: Up to two years*

Applies to players, player support personnel and other participants



*This ban from sport can be increased by up to an additional two years as part of the aggravating circumstances rule. The bans outlined apply to first violations. Longer bans will be given to second and third offences, with up to a lifetimeban from sport possible.

MISCONDUCT

In addition to the above ADRVs, Participants can also receive a ban from football if they are found to have committed any act of misconduct relating to anti-doping. In particular, Participants should be aware that the following constitutes misconduct (though misconduct is not limited to these circumstances):

- Interference with the conduct of a drug test or any other aspect of the Anti-Doping Programme.
- Using threatening, abusive, indecent or insulting words or behaviour towards Doping Control Personnel.

STRICT LIABILITY

Strict Liability means that a Player is solely responsible for any banned substance they use, attempt to use, or is found in their body, regardless of how it got there and whether they intended to cheat or not.

SUPPLEMENTS

Players and Clubs should exercise caution should they choose to use any supplement.

ASSESS THE NEED: Diet, lifestyle and training should all be optimised before considering supplements. Players should assess the need for supplements by consulting a registered nutritionist, or a sports and exercise medicine doctor before taking supplements.

ASSESS THE RISK: If a Player makes the decision to use supplements, they should assess the associated risks and make informed decisions about the products they opt to use.

Supplements may claim to be drug-free or safe for drug-tested athletes but there are no guarantees that any supplements will be free from prohibited substances.

To minimise the risks Players/Clubs must undertake thorough internet

research of any supplement product before. We also advise that you only use batch-tested supplement products. Informed Sport (www.informed-sport.com) is a risk-minimisation service for supplements and Players and Clubs should consult the site in order to carry out prechecks of any supplements they intend to use. Evidence of any checks that have been carried out should be kept.

ASSESS THE CONSEQUENCES: Testing positive for a substance contained in a supplement could result in a four-year ban.

1 Search by brand name, product name, Lot#/
Batch ID, product type or goal in the search box
and browse the more than 1200 certified
products on the informed Sport programme

2 Filter your search results by brand, product type,
formulation, goal, or regional availability

3 Learn more about a product and view all
tested lots on the product page - which
includes links to purchase from retail sites

CANNABIDIOL (CBD) PRODUCTS

There are a growing number of cannabidiol (CBD) products that can be purchased in forms such as oils, extracts, vape and e-liquids. CBD is one of around 110 known cannabinoids produced by the cannabis plant. It has a different chemical structure to THC, which is the psychoactive compound that illicit drug users use to get “high”. CBD does not have this effect.

CBD is not currently listed on the World Anti-Doping Agency’s Prohibited List. As a result, it is permitted to use in sport. However, despite the permitted status of CBD, Players must still consider the risk of inadvertently ingesting a CBD product that either has a higher THC concentration than expected or contains another cannabinoid that is prohibited in sport through contamination.

The use of any CBD product is at the Player’s own risk. As a result, CBD products should be considered in the same way as all other dietary supplements. To view UK Anti-Doping Athlete advisory note regarding CBD products visit:

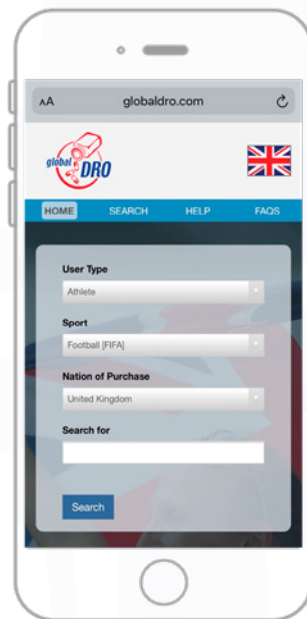
www.ukad.org.uk/athlete-advisorynote-cannabidiol-cbd

MEDICATION

Many medications available for common medical conditions, such as asthma or hayfever, may contain prohibited substances. Players need to be aware that these can be readily available in products prescribed by their doctor or bought over the counter in a pharmacy.

Players should check every single substance or medication before they use it, even if they have used it before. It is also important to remember that medications bought abroad may contain different substances than those in the UK and they should always check before they take them.

Global DRO (www.globaldro.co.uk) provides information about the prohibited status of licensed medications under the rules of sport based on the current World Anti-Doping Agency (WADA) Prohibited List,



for products sold in the United Kingdom, Canada, Japan, United States, Switzerland, New Zealand and Australia.

The system has the ability to check the status of branded medications and individual active ingredients as well as providing every search with a unique reference number for your records.

GLUCOCORTICIDS

As a reminder, glucocorticoids are prohibited in competition via all injectable routes of administration (including local injections).

UKAD have a TUE policy that sets out guidance for how athletes and doctors should comply with the regulations in relation to glucocorticoids. Further

information can be found in the infographic from UK Anti-Doping below and an FAQ document can be found at www.ukad.org.uk/special-topics.

ASTHMA MEDICATION

Although Players do not need to obtain a Therapeutic Use Exemption (TUE) to use a Salbutamol, Salmeterol or Formoterol inhaler they should be careful about how much they take.

As per the 2024 WADA Prohibited List, the permitted doses are detailed below:

- Salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 600 micrograms over 8 hours starting from any dose; Salbutamol by inhalation is not prohibited up to a maximum of 1600 micrograms over 24 hours, not to exceed 800 micrograms every 12 hours.

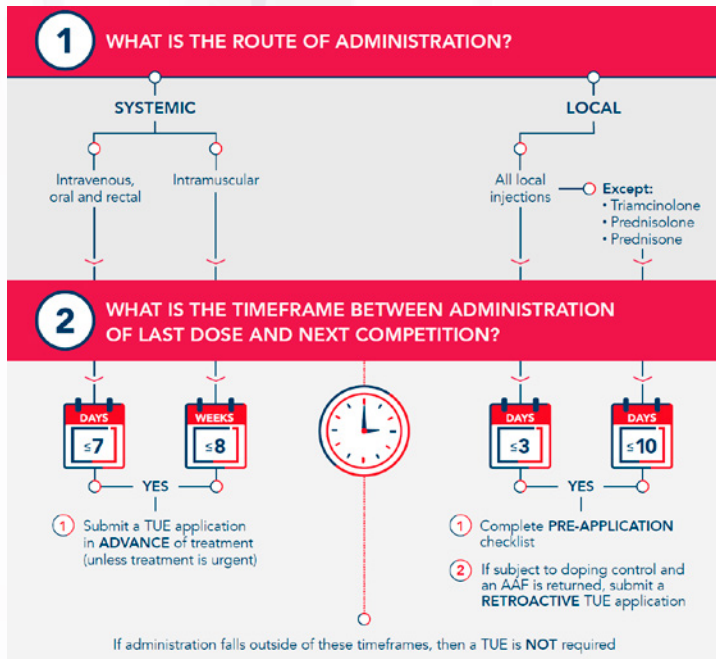
- Salmeterol by inhalation is not prohibited up to a maximum of 200 micrograms over 24 hours,
- Inhaled Vilanterol by inhalation is not prohibited up to a maximum 25 micrograms over 24 hours and
- Formoterol by inhalation is not prohibited up to a maximum 54 micrograms over 24 hours.

All other beta-2 agonists, regardless of route of administration, are prohibited at all times and at all dosages. Terbutaline is prohibited regardless of the route of administration.

Please note the above applies to the 2024 Prohibited List. Ensure you check the 2025 Prohibited List (when released) for any changes.

GOOD MEDICAL PRACTICE

In line with the General Medical Council's Good Medical Practice document, Club Medical staff should ensure that medical records are clear, accurate and legible and that clinicians are making records at the same time as the events they are recording or as soon as possible afterwards.



EMERGENCY MEDICINES - DO I NEED A TUE IN 2024?



In the course of emergency treatment (e.g. surgery or admission to A&E) athletes may be prescribed with medication or methods of administration which are prohibited in sport. See below for our guidance on when a TUE is necessary.

Treatments Prohibited In-Competition Only

A retroactive TUE will only be required if you are next due to compete within the following timeframes:

- **Adrenaline Auto-Injector (e.g. Emerade, EpiPen, Jext)**
Adrenaline (epinephrine) - within 3 days of last use
- **Narcotics**
e.g. fentanyl, morphine - within 7 days of last use
- **Intravenous or Oral Glucocorticoids**
e.g. dexamethasone, hydrocortisone, prednisolone - within 7 days of last use



Intravenous (IV) Infusions in Hospital

- IV infusions or injections of >100 ml per 12-hour period are prohibited, except when received as part of a hospital treatment
- IV infusions or injections received in a medical practitioner's office, medical facility at a sports venue, or IV clinic are prohibited, and require a TUE to cover use
- Always check the anti-doping status of the ingredients received within an IV infusion or injection, regardless of the volume



Treatments Prohibited At All Times

A retroactive TUE application should be submitted as soon as practical after receiving treatment (regardless of next competition date) for the following:

- **Blood Transfusions**
- **Diuretics & Masking Agents**
- **IV Infusions or Injections of >100 ml per 12-hour period (when received outside of a hospital setting)**
- **Nebulised Salbutamol or Terbutaline**



Top Tips

- Ensure that you obtain a copy of your drugs chart and all treatment records prior to being discharged (there will often be delays if you request these afterwards)
- Check the status of all medications given to you on Global DRO
- If a TUE is required, submit a TUE application form and copies of all medical records related to the treatment as soon as is practical
- If you are subject to Doping Control whilst in the process of applying for a TUE, record your treatment on the Doping Control Form and notify UKAD



Remember:

Emergency treatment should never be withheld due to anti-doping considerations. The health of the athlete should be the first and foremost priority.

Check your medications



THERAPEUTIC USE EXEMPTIONS (TUEs)

The Therapeutic Use Exemption (TUE) process is a means by which an athlete can obtain approval to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition.

The prohibited status of any medication can be checked at www.globaldro.com. Non-prohibited medications can be used immediately once prescribed. If the medication is prohibited and there are no permitted alternatives, the Player must comply with the applicable rules for TUEs. Failure to do so can result in the Player incurring an Anti-Doping Rule Violation (ADRV).

Unless in an emergency the following Players are required to apply for a TUE in advance of using a prohibited substance:

- Players competing in The Women's Super League.

All other Players can apply for a TUE retroactively, within five (5) days of the receipt of an Adverse Analytical Finding (positive test).

For more information about the TUE process and to download TUE forms visit the UK Anti-Doping website at: www.ukad.org.uk/medicine.

UK Anti-Doping (UKAD) are the organisation responsible for granting medical approvals in English football.* Their contact details can be found below.

* If a Club or Player is participating in a UEFA/FIFA competition, the applicable UEFA/FIFA rules for TUE's will apply.

UK ANTI-DOPING ADDRESS

Post Loughborough Office, SportPark, 3 Oakwood Drive,
Loughborough LE11 3QF

Email tue@ukad.org.uk Contact number 020 7842 3450

SEARCH

Search on Global DRO to find out if your medication is prohibited in sport.

CHECK

Check if you need to apply for a Therapeutic Use Exemption (TUE) by using UKAD's TUE Wizard.

APPLY

If you need a TUE, submit an application alongside the relevant supporting medical evidence.

IS YOUR MEDICATION PERMITTED?

Medications prescribed by a doctor or bought directly over the counter may contain prohibited substances. It is your responsibility to check your medication before using it, even if you have used it before.

For more information on checking medications and applying for a TUE visit:

ukad.org.uk/searchcheckapply



SOCIAL DRUGS REGULATIONS

INTRODUCTION

As a reminder, The FA's Social Drugs Regulations, which The FA undertakes voluntarily and separately from its World Anti-Doping Agency (WADA) obligations, is detailed within the Social Drugs Regulations of The FA Handbook.

The FA's social drug programme is run completely separately to the anti-doping programme. Testing will be conducted by an external agency with an FA Supervising Officer present to help facilitate the smooth running of the process. For the avoidance of doubt, this will be separate to the anti-doping testing conducted by UK Anti-Doping and concerns social drug use out-of-competition i.e., not on a match day.

What is banned?

Social drugs are banned at all times by The FA. The term 'social drug' means any of the following: amphetamine, cannabinoids (for example, hashish and marijuana), cocaine, diamorphine (aka heroin), ketamine, lysergic acid diethylamide (aka LSD), mephedrone, methadone, methylamphetamine, methylenedioxymethylamphetamine (aka MDMA or ecstasy), and methylenedioxyethylamphetamine (MDEA).

Social Drug Testing

- Urine collection will be the primary method of sample collection
- Players will not be chaperoned following notification, unlike in Anti-Doping testing
- Sample provision will be directly observed by the collection officer, just like in Anti-Doping testing

Sanctions

- For a first offence a Player will receive a warning, fine and have to undergo a mandatory course of education and/or counselling/treatment.
- For a second or subsequent breach a Player will receive a three-month period of suspension, reduced to one month if the Player agrees to complete a course of education and/or counselling/treatment.
- For refusing to be tested or evading sample collection a suspension in the range of 4 to 12 months will be imposed.
- For full details on sanctions please see The FA Social Drugs Regulations.

Obligations on Clubs

- Clubs shall make available for the purposes of Social Drugs testing the same facilities that it makes available for testing pursuant to the Anti-Doping Regulations (as outlined on page 8).
- Assist the officials in completing the Whereabouts check.
- Ensure that no Players leave the site after the testers arrive.
- Provide assistance in locating and notifying the Players selected for testing.

WHEREABOUTS REQUIREMENTS

Whereabouts is a tool designed to support an effective no-notice out-of-competition testing programme.

The following pages outline the Whereabouts obligations for Clubs in The Women's Super League under The FA Anti-Doping Regulations ("the Regulations").

For the 2024/25 season, there are no Whereabouts obligations for Clubs playing in The Women's Championship, nor are there any individual Whereabouts obligations for Players in The Women's Super League or The Women's Championship.

Irrespective of these requirements and the Whereabouts obligations contained in the Regulations, Players across all Women's Leagues can be the subject of no advance notice out-of-competition testing at anytime and anywhere.

If you have any queries after reading the following requirements, please email: whereabouts@TheFA.com

1. WHEREABOUTS

1.1 SQUAD LIST REQUIREMENT

Clubs are required to provide The FA with an accurate First Team squad list. To meet the requirement of accurate squad lists, Clubs must comply with the following:

- A.** All First Team Players registered with the Club must be allocated to the First Team Squad List through the Online Whereabouts System.
- B.** Clubs must ensure their First Team Squad List is accurate and up to date at all times.
- C.** The Unallocated Squad List should only contain Players who are out on loan or who have left the Club.

1.2 PLAYERS' HOME ADDRESSES

It is the responsibility of the Club to submit a home address for all First Team Players via the Online Whereabouts System. This must include the Player's primary residence and any other address at which a Player regularly resides overnight. The Club must ensure the address(es) are kept accurate and up to date at all times.

1.3 WEEKLY TRAINING SCHEDULE REQUIREMENT

Clubs are required to provide The FA with First Team weekly training schedules, detailing all training sessions. The FA defines a training session to be when five (5) or more Players are required to attend a session under instruction by the Club.

To meet the requirement of weekly training schedules, Clubs must comply with the following:

- A.** Submit weekly training schedules through the Online Whereabouts System before **10am** on the Monday of the relevant week (unless the Monday training session starts prior to 10am, in which case the weekly squad whereabouts must be received 30 minutes prior to the start of the Monday training session).
- B.** Notify The FA of the start and finish time of all training sessions.
- C.** Ensure the weekly training schedule is accurate at all times by notifying The FA of any changes (e.g. venue including full postcode/time/day) to the weekly training schedule no later than when a particular change is effective.
- D.** Where five (5) or more Players are involved in a 'Split Squad' training activity, it is the Club's responsibility to notify The FA (preferably in advance of a training session and, in any event, no later than when the Players leave the scheduled training venue to relocate to another). A 'Split Squad' training activity occurs when five (5) or more Players collectively participate in a Club training activity that takes place at a different venue to the scheduled squad training session, as listed on the weekly plan on the Online Whereabouts System, but within the same session time. Notification must include the names of the Players involved in the Split Squad training activity, the time of the activity and the venue.

NOTE: For A. B. C. and D. above, for any changes to training activity that are made **after** the start of the training session, notification to The FA must be via email or text message, not the Online Whereabouts System.

NOTE: Players can be tested at anytime and anywhere. If Clubs have any commitments to fulfil after the training times provided, we would encourage Clubs to provide these on the Online Whereabouts System within their weekly schedule so they can be taken into consideration during test planning. Examples of such commitments may include the team coach departure time for travel to an away game, visits to a local hospital or Players attending a funeral.

Any changes to the submitted training schedule can be communicated to The FA through any of the following methods:

- Via the Online Whereabouts System (changes to a particular session can only be made prior to the start of that particular session).
- Via email to whereabouts@TheFA.com.
- Via SMS to 07800 140 062.
- Or by voicemail, 24 hours a day, to 0844 980 8210

1.4 OTHER REQUIREMENTS

1.4.1 CLUB TOURS/TRAINING CAMPS

The FA must be notified in advance of any Club tour/training camp. Clubs must provide the following details:

- A. Location of the tour/training camp (must include hotel(s) address(es)).
- B. Daily training schedules and match schedules – to include location and local times.
- C. Start and end date of the tour/training camp; and,
- D. Contact details for a Club official who is with the squad.



1.4.2 CLUB END OF SEASON

Prior to the First Team squad's final training session, Clubs should notify The FA by email of the date when they will finish their season and no longer be training. After this date Clubs are no longer required to submit weekly training plans. Please also notify The FA, no later than a week before, of the date Players will return for pre-season training, it is from this date that normal Whereabouts requirements will resume.

1.5 FAILURE TO COMPLY WITH REQUIREMENTS

The FA operates a warning, strike and charge system. Both Club Whereabouts Warnings and Club Whereabouts Strikes remain valid for a period of 12 months.

1.5.1 STRIKES

A Club may incur a Whereabouts Strike if:

- A.** A Club fails to provide a weekly training schedule for a First Team Squad before 10 am on the Monday of the relevant week.
- B.** A Club fails to notify The FA of any changes to the weekly training schedule.
- C.** A Club fails to notify The FA of a Split Squad involving five (5) or more Players participating in Club activity at a different venue (within the same session time).
- D.** A Club fails to ensure an accurate and up to date First Team Squad List is provided at all times.
- E.** A Club fails to submit an accurate home address(es) for all First Team Players and/or fails to ensure that the address(es) provided are kept up to date at all times.

F. A Club provides The FA with inaccurate or false Whereabouts information.

G. A Club receives three(3) Warnings within a rolling 12-month period. It is on the 4th Warning, and every subsequent warning that a Whereabouts Strike will be issued.

If a Club receives three(3) strikes within a rolling 12-month period, the Club will be charged with a breach of Regulation 15 of the Anti-Doping Regulations.

1.5.2 WARNINGS

The decision to issue a Club Whereabouts Warning instead of a Strike for the reasons set out in 1.4.1 is at the absolute discretion of The FA.

1.5.3 SANCTIONS

If a Club is charged with a breach of Regulation 15 in The FA Anti-Doping Regulations, and such breach is subsequently proven, The FA Regulatory Commission has all of the penalties set out in The FA Disciplinary Regulations 2024/25 at its disposal. Notwithstanding the above, The Judicial Panel has agreed that ordinarily any penalty will be financial.

FAQs

Q1. I have a question and am not sure where to find the answer, who should I contact?

WHEREABOUTS:

whereabouts@TheFA.com

EDUCATION:

Myles.Blenkinsop@TheFA.com
07866 005 025

GENERAL:

Malcolm.Burgess@TheFA.com
07977 451 573

GENERAL:

Sam.Mulhall@TheFA.com
07976 948 058

GENERAL:

Robert.Henderson@TheFA.com
07415 366 513

Q2. What should a Club do if a training session is cancelled at short notice?

A. The Club must notify The FA before the scheduled start of the training session that it has been cancelled. Such prior notification should be given via the Online Whereabouts System or sent to whereabouts@TheFA.com; via SMS to 07800 140 062; or by voicemail, 24 hours a day, to 0844 980 8210.

Q3. What should a Club do if a squad training session finishes earlier than the submitted schedule?

A. The Club must notify The FA that training has finished before players leave the training venue.

Q4. What should a Club do if an additional training session is added? E.g. After a match on a Saturday, the Manager decides to add a training session on the Sunday which had not previously been scheduled on the weekly plan.

A. The Club should notify The FA of the additional training session before the start of the session. Such prior notification should be given via the Online Whereabouts System or sent to whereabouts@TheFA.com; via SMS to 07800 140 062; or by voicemail, 24 hours a day, to 0844 980 8210.

Q5. What should a Club do if the squad arrive for a training session at the scheduled venue to find they are unable to use it, e.g. Due to a waterlogged pitch?

A. The Club should notify The FA as soon as possible that they will not be training at the scheduled venue. If the squad are relocating to an alternative venue or if the session is consequently cancelled, The FA must also be notified of this information prior to relocating. Such prior notification should be sent to whereabouts@TheFA.com; via SMS to 07800 140 062; or by voicemail, 24 hours a day, to 0844 980 8210. Please note, if the session start time on the Online Whereabouts System has passed, you will be unable to make changes to that particular session online. Notification must be via one of the other above methods.

Q6. Can more than one Club official have access to the Online Whereabouts System?

A. Yes, a Club can request as many accounts as they wish – to request an additional account for an individual within your Club please contact whereabouts@TheFA.com with the following details:

- Name
- Email
- FA Number (if known)
- Date of Birth

CLUB TOP TIPS:

- Weekly training schedules can be submitted up to four (4) weeks in advance.
- Although season plans are not a requirement under the Regulations, Clubs might consider a season plan to help with their weekly schedule requirement. Season plans will repopulate your weekly plan.
- Do not forget to click SUBMIT once you have inputted your weekly schedule. The “submit” button is under the squad’s weekly plan.
- Once the weekly plan for the squad has been submitted, the time and date will be populated next to the squad name above the weekly plan. Check the time and date to ensure submission has been successful.

- In the event that you are unable to access the system in order to submit your weekly training schedule, you should email your schedule to whereabouts@TheFA.com and then submit it onto the system at your earliest opportunity.
- Clubs are required to provide The FA with addresses for all First Team Players, of where they regularly reside. Please note, when a Club signs a new Player, the Player may have no address, or the address from a previous FA Women’s Super League Club will stay with her online record. Clubs must ensure these addresses are updated and accurate at all times.
- If a Club signs a Player on loan, it is the responsibility of the Loan Club to ensure the Player’s address(es) on the Online Whereabouts System are accurate and up to date at all times.

CONTACTS

Should you need any further information regarding anti-doping, our contacts are below.

In addition for general anti-doping enquiries you can use the email anti-doping@TheFA.com.

All whereabouts enquiries should go to whereabouts@TheFA.com

TARIK SHAMEL

Head of Integrity

M: 07930 360 415

Tarik.Shamel@TheFA.com

ROB HENDERSON

Anti-Doping Manager

M: 07415 366 513

Robert.Henderson@TheFA.com

MALCOLM BURGESS

Anti-Doping Coordinator

07977 451 573

Malcolm.Burgess@TheFA.com

SAM MULHALL

Anti-Doping Officer

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Sam.Mulhall@thefa.com

MYLES BLENKINSOP

Integrity Education Officer

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Myles.Blenkinsop@TheFA.com

WHEREABOUTS

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FOR ALL

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