



## **LAKE ZURICH MAULERS YOUTH RUGBY CLUB**

### **Anti-Doping Policy**

#### **1. Purpose & Philosophy**

The Lake Zurich Maulers Youth Rugby Club (“the Club”) is committed to providing a **safe, healthy, and development-focused environment** for all athletes. Rugby is a sport built on **integrity, respect, and fair play**, and the use of performance-enhancing drugs or prohibited substances directly contradicts these values.

This policy exists to:

- Protect the health and safety of our athletes
- Promote fair competition
- Educate athletes and families on age-appropriate responsibility
- Establish clear expectations and consequences

#### **2. Scope**

Because the Club is a youth rugby organization, this policy emphasizes education and prevention, not punishment.

#### **3. Prohibited Substances & Practices**

The Club strictly prohibits the use, possession, distribution, or encouragement of the following by any athlete:

- Performance-enhancing drugs (PEDs)
- Anabolic steroids
- Hormones or hormone modulators
- Stimulants used for performance enhancement
- Illegal drugs or controlled substances
- Misuse of prescription medications
- Any substance banned by governing rugby or athletic authorities

#### **4. Medical Exceptions**

The Club recognizes that some athletes may require legally prescribed medications. In this instance, medications must be prescribed by a licensed medical professional, used as directed, disclosed confidentially to Club leadership if they may impact participation or safety. **No athlete will be penalized for legitimate medical treatment.**



## 5. Testing

The Club does not conduct drug testing as part of regular activities. However, athletes participating in league, regional, or national competitions may be subject to testing under those governing bodies' rules. The Club fully supports and complies with any applicable governing-body anti-doping regulations.

## 6. Violations & Response

Because this is a youth organization, responses prioritize [safety](#), education, and accountability.

If a potential violation is identified:

- The athlete will be removed from participation [in practice and competition](#), pending review
- Parents/guardians will be notified
- The situation will be reviewed by club leadership
- Appropriate action will be determined by the Club Board, which may include: education and counseling, temporary suspension, and/or permanent removal in serious cases.

All situations will be handled confidentially and respectfully.

## 7. Reporting Concerns

Concerns regarding potential doping or substance misuse may be reported confidentially to: a coach, [Club Welfare Officer \(CWO\)](#), Club President, and/or a member of the Club Board of Directors.

## 8. Commitment Statement

By participating in the Lake Zurich Maulers Youth Rugby Club, athletes and families acknowledge their commitment to clean sport, fair play, and athlete well-being. Rugby is a game of honor. We play hard. We play fair. We play clean.

## 9. Policy Review

This policy will be reviewed annually or as required by the Club Board of Directors.