

# Academy of Historical Arts



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## Anti-Doping Policy (For Historical Fencing)

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*Author:*  
Keith Farrell

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The Academy of Historical Arts is a division within Triquetra Services (Scotland), a charitable organisation registered in Scotland: registration number SC042086.



## Version and Copyright Information

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The Academy of Historical Arts asserts its right to change this policy at any time.

The Academy of Historical Arts believes that doping is not safe or fair, and is committed towards providing a level playing field for all of its competitors and practitioners.

### Alcohol

A general rule of thumb is that one unit of alcohol takes one hour to leave the blood system.<sup>1</sup> The Academy requires that participants in historical fencing activities are clear of alcohol in the blood system; it is not permissible to drink during or immediately before an activity, although it is permissible to have a small drink a few hours previously, as long as all units of alcohol have left the blood system by the time the historical fencing activity begins.

### Illegal Drugs

Anyone under the influence of illegal drugs will not be allowed to participate in historical fencing activities, and if it is proper to do so then the incident will be reported to the police.

If it is brought to the attention of an Academy administrator, instructor or activity leader that a person uses illegal drugs recreationally, but is always clean when attending activities, then a judgement call should be made about how to proceed.

### Medications / Legal Drugs

If an individual is under the influence of medications (over the counter and/or prescribed) or legal drugs for personal medical use, then the Academy administrator, instructor or activity leader should be made aware of this fact. If the instructions for the medication or drug suggest that the individual will be unsuitable to drive or to operate heavy machinery, then the Academy policy is that the individual should not be used swords or other weapon simulators, and should not participate in the historical fencing activities.

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<sup>1</sup> <http://www.healthguidance.org/entry/13207/1/How-Long-Does-Alcohol-Stay-in-Your-System.html> (accessed 18<sup>th</sup> May 2013)

### Coffee / Sports Drinks / Energy Drinks

Currently the Academy has no particular stance on the consumption of coffee, sports drinks or energy drinks (or any other drinks that people imbibe to help wake up or to help stay awake) before or during training activities, demonstrations and competitions. This may be revised as and when more formal tournaments and competitions are run on a more national scale.

### World Anti-Doping Code

The Academy of Historical Arts believes that the World Anti-Doping Code (developed by the World Anti-Doping Agency<sup>2</sup>) is a good idea and a great ideal towards which to strive. At the moment, it is beyond the ability of the Academy to enforce the strict level of testing on participants that this code can call for; however, as the sport of HEMA develops in this country, the Academy will endeavour to bring the *AHA Anti-Doping Policy* more and more in line with the World Anti-Doping Code.

The WADA list of prohibited substances is a useful reference document.<sup>3</sup>

### Miscellaneous

If any participant or competitor is found to be taking some form of substance with the intention that the substance will improve his or her performance beyond for a reason other than medication, then an Academy administrator, instructor or activity leader should consider revoking the individual's permission to participate in the activity until the substance is clear from his or her system and the individual can participate/compete with others on a fair, level and unaided platform.

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<sup>2</sup> <http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/The-Code/> (accessed 18<sup>th</sup> May 2013)

<sup>3</sup> <http://www.wada-ama.org/en/Science-Medicine/Prohibited-List/> (accessed 18<sup>th</sup> May 2013)