

# Esports Wales

## Prohibited Substances & Stimulants Policy

**Status:** Board-approved policy

**Applies to:** Directors, Staff, Volunteers, Players, Officials, Clubs, Members, Partners

**Owner:** Board of Directors

**Integrity & Ethics Lead:** Board-appointed Director / Senior Officer

**Safeguarding Lead:** Designated Safeguarding Lead (DSL)

**Review cycle:** Annual

**Next review due:** 12 months from adoption

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### 1. Purpose

1.1 This policy sets out **Esports Wales CIC's** ("the Company") approach to the **use, misuse, and prohibition of substances and stimulants** that may:

- provide an unfair competitive advantage
- pose health, welfare, or safeguarding risks
- undermine the integrity of esports competition

1.2 It exists to:

- protect **fair play and competitive integrity**
  - safeguard the **health and wellbeing** of participants
  - provide clarity on acceptable and unacceptable substance use
  - complement the **Anti-Doping Policy (0406)**
  - ensure proportionate, esports-appropriate standards
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## 2. Scope

2.1 This policy applies to:

- all Esports Wales-sanctioned or recognised competitions, events, and programmes
- online, offline, and hybrid esports environments

2.2 It applies to all individuals involved, including:

- players and participants
- coaches, managers, and team staff
- officials and referees
- staff and volunteers
- Board members and contractors

2.3 This policy applies regardless of:

- age
  - level of competition
  - recreational or competitive status
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## 3. Core Principles

Esports Wales is guided by the following principles:

- **Health First** – participant wellbeing takes priority
- **Fair Competition** – no unfair advantage through substance use
- **Integrity** – honest, transparent participation
- **Safeguarding** – particular protection for children and young people
- **Proportionality** – responses appropriate to context and risk



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## 4. Prohibited Substances & Practices

4.1 The following are **prohibited** where used to gain an unfair competitive advantage or where they pose a risk to health or welfare:

### a) Misuse of Prescription Medication

- use of prescription-only medication not prescribed to the individual
- use of medication in a manner inconsistent with medical advice
- sharing or supplying prescription medication

### b) Illegal or Controlled Substances

- possession, use, or supply of illegal drugs
- use of controlled substances in breach of the law

### c) Stimulant Misuse

- excessive or unsafe use of stimulants (including substances intended to enhance alertness, focus, or reaction time)
- combining stimulants in a way that risks harm
- using substances specifically to bypass fatigue or impair judgement

### d) Coercion or Pressure

- pressuring or encouraging others to use substances
- normalising unsafe stimulant use within teams or communities

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## 5. Stimulants & Common Substances

5.1 Esports Wales recognises that some commonly available substances (e.g. caffeine-based products) are **widely used**.

5.2 However:

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- excessive or unsafe use is discouraged
- use must not endanger health or wellbeing
- use must not be promoted or encouraged in a way that pressures others

5.3 Products marketed as “performance enhancers” must be treated with caution and **must not** be promoted within Esports Wales activity.

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## 6. Legitimate Medical Use

6.1 Participants may use prescribed medication for legitimate medical reasons.

6.2 No individual will be penalised for:

- lawful, prescribed medication use
- treatment of diagnosed medical conditions

6.3 However:

- medication must be used as prescribed
  - misuse, sharing, or concealment may constitute a breach
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## 7. Young People & Safeguarding

7.1 Esports Wales recognises that:

- young people may be more vulnerable to pressure around performance
- stimulant misuse can pose heightened health and safeguarding risks

7.2 Where concerns involve:

- children or young people
- adults at risk



the matter may be treated as a **safeguarding concern** and managed under safeguarding procedures.

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## **8. Education & Prevention**

8.1 Esports Wales will:

- promote awareness of substance and stimulant risks
- encourage healthy preparation, rest, hydration, and nutrition
- challenge myths around “quick performance fixes”

8.2 Clubs, coaches, and partners are expected to:

- model healthy behaviour
  - discourage unsafe substance use
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## **9. Duty to Report**

9.1 All individuals covered by this policy have a responsibility to:

- act responsibly and safely
- discourage misuse of substances
- report concerns or suspicions

9.2 Failure to report concerns may itself constitute a breach of this policy.

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## **10. Reporting Concerns**

10.1 Concerns relating to prohibited substances or stimulant misuse may be reported via:

- the Integrity & Ethics Lead



- safeguarding reporting routes (where welfare is impacted)
- complaints procedures
- whistleblowing routes

10.2 Reports may be made:

- confidentially
- in good faith

10.3 No individual will be disadvantaged for raising concerns responsibly.

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## **11. Responding to Breaches**

11.1 Alleged breaches of this policy will be:

- taken seriously
- assessed proportionately
- handled fairly and confidentially

11.2 Esports Wales may:

- provide education or guidance
  - impose restrictions or suspensions
  - refer matters to safeguarding or welfare services
  - take disciplinary or governance action
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## **12. Sanctions**

12.1 Confirmed breaches may result in:

- warnings or education requirements
- suspension or disqualification from competition



- removal from roles or accreditation
- termination of involvement with Esports Wales

12.2 Sanctions will be:

- proportionate
  - consistent
  - focused on integrity and wellbeing
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### **13. Confidentiality & Information Handling**

13.1 Substance-related information will be:

- handled sensitively
- shared only on a need-to-know basis

13.2 Information may be shared where:

- safeguarding or welfare requires it
  - legal or regulatory obligations apply
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### **14. Roles & Responsibilities**

#### **14.1 Board of Directors**

- holds ultimate responsibility for integrity and participant welfare
- ensures appropriate oversight and policy alignment

#### **14.2 Integrity & Ethics Lead**

- oversees implementation of this policy
- manages reports and investigations
- reports trends and issues to the Board

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### 14.3 All Participants

- must comply with this policy
  - must prioritise health, safety, and integrity
  - must report concerns
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### 15. Linked Policies & Procedures

This policy must be read alongside:

- **0401 Integrity & Ethics Policy**
  - **0406 Anti-Doping Policy**
  - **0402 Match-Fixing & Competition Manipulation Policy**
  - **0403 Betting & Gambling Policy**
  - **0404 Anti-Bribery & Corruption Policy**
  - **0201 Safeguarding Policy Statement**
  - **0204 Duty of Care Policy**
  - **0116 Whistleblowing Policy**
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### 16. Monitoring & Review

16.1 Esports Wales will:

- monitor substance-related concerns and trends
  - review this policy annually
  - update it in response to emerging risks or guidance
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### 17. Adoption


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This Prohibited Substances & Stimulants Policy was approved by the Board of Directors of **Esports Wales CIC**.

**Date approved:** \_\_\_02/03/2026\_\_\_

**Signed (Chair):**\_\_\_  \_\_\_

