



10 June 2025

Attention: GolfRSA Players  
GolfRSA Clubs  
GolfRSA Unions  
GolfRSA Executives

## RE: ANTI-DOPING & SAIDS RESOURCES

Dear All

The understanding of drug free sport and its regulations is important for all competitive golfers, coaches, officials and their support teams to understand. Please find below a number of resources available to assist in this education and understanding. There is also research being conducted regarding unintentional doping, which they would appreciate submissions for.

### 1. **Advisory on Substances of Abuse**

Please find attached a letter issued from the South African Institute for Drugfree Sport relating to substance abuse, titled "**Advisory on Substances of Abuse**". *Please share this letter with all competitive golfers for their education and understanding.*

### 2. **SAIDS Website:** <https://drugfreesport.org.za/>

*Please share with all competitive golfers, coaches and officials the SAIDS website.* It has a wealth of information to support everyone regarding drug free sport and the regulations. Some areas to highlight are:

1. **Medication Check** – which can also be downloaded as an app, where all medication can be checked if it is safe to use in and/or out of competition
2. **Prohibited List 2025** – effective 1 January 2025.
3. **Education Resources** – this includes the ability for your union / club to book SAIDS Education for free
4. **Supplements** – which includes guidance on the use of supplements as an athlete
5. **Therapeutic Use Exemption** – which includes the process and guidelines required for applying for a TUE certificate for exemption of use of prohibited substances. It is important to note that this process can take 2 months to receive a certificate after all paperwork has been submitted in full. A TUE for use at national-level competitions is issued by SAIDS and a TUE for use at international-level competitions is issued by IGF.

### 3. **IGF, ITA & WADA:**

The IGF lists valuable resources you can access to support anti-doping education, these being:

1. ITA Education Program: <https://ita.sport/international-clean-sport-educator-program/>
2. ITA Athletes Hub: <https://ita.sport/athlete-hub/>
3. ITA Resources: <https://ita.sport/resources/>
4. WADA Adel Education: <https://adel.wada-ama.org/learn/signin>

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#### 4. Unintentional Doping Research Project

The World Anti-Doping Agency (WADA) is conducting research for its Unintentional Doping Research Project. The deadline to respond to the Agency's [Call for Contributions](#) is 23 June 2025. So far, they have received over 1,000 responses, and they hope to receive many more in the remaining weeks of the Call.

In this Call, WADA's [Taskforce on Unintentional Doping](#) invites everyone, including athletes, athlete support personnel (e.g., coaches, physicians, parents), anti-doping practitioners, academics, and policymakers to share their personal experiences, professional opinions, research evidence, and examples of emerging practices regarding unintentional doping.

Their aim is to better understand the causes and consequences of unintentional doping so they can develop preventative strategies for athletes, athlete support personnel and anti-doping organizations.

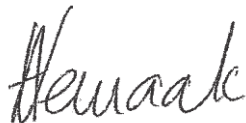
#### ***Make a submission***

To participate in the Call for Contributions, please fill in the form by clicking on the link below.

- Submissions are open to everyone.
- Submissions can be made anonymously.

[English](#)

Your sincerely,



Anne Vermaak  
Operations Manager