

Anti-Doping Plan for Malmö Rugby Club

Date: September 2026

We Want To:

- Protect our athletes' performances and competitions on equal terms.
- Promote a healthy training culture.
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Here's How We Prevent Doping in Our Club:

Preventive Measures

- We inform the club's leaders/coaches and other members about the current anti-doping plan.
- We communicate the club's anti-doping plan on our website, social media, and in other contexts, such as for the municipality, sponsors, and other partners.
- We promote our vaccination efforts, including ordering a certificate to display in our facilities.
- We encourage leaders/coaches and athletes to take the knowledge test at vaccineraklubben.se.
- We encourage leaders/coaches and athletes to complete the e-learning course "Real Winner" (renvinnare.se/en)
- MRC has decided that all coaches at all levels, all players from 15 years old, and board members must complete the e-learning course "Real Winner" (now also available in English- renvinnare.se/en). After training, a knowledge test in "Real Winner" must be taken to assess knowledge. The knowledge test at renvinnare.se should be repeated every two years. Individuals who have taken the test will receive a reminder when it is time again. Alternatively, World Rugby's anti-doping training "Keep Rugby Clean" is available at world.rugby/keep-rugby-clean. We follow up to ensure that everyone has completed one of the tests.
- The brochure "Doping Control" are available for active members and leaders at the club house.
- We ensure that our athletes, leaders, and other support staff understand how to behave during a doping control. This includes reading the good advice provided by Anti-Doping Sweden on antidoping.se, watching the video about how a doping control works, and actively discussing values and attitudes in the club.
- We utilize Anti-Doping Sweden's series of recorded lectures and accompanying guidance to deepen the knowledge of the club's leaders/coaches and athletes.
- We hold a special anti-doping week each year where we emphasize the issue more. This occurs in conjunction with the season start in April each year. During this time, we remind everyone to complete the Real Winner training. We share information about our anti-doping efforts, what we do, and where to find supplementary materials, etc. We also use Anti-Doping Sweden's newsletter and posts on social media as sources of news in the field. This communication is done via our social media and member newsletters.
- Anti-doping information is available on our website.
- Our goal is to only have collaborations/contracts with gyms that are certified against doping.
- We encourage our members to report suspected doping through Anti-Doping Sweden's reporting channels.

- We subscribe to Anti-Doping Sweden's newsletter and disseminate relevant news to our members.

Emergency Measures

We have a contingency plan for actions in case of suspicion of doping or if a doping case occurs.

In Case of Suspicion:

- When doping is suspected, selected board members immediately discuss the matter with the suspected person (along with a guardian if the person is under 18 years old). During this conversation, the board explains the basis for the doping suspicion, and the suspected person has the opportunity to state their position regarding the suspicion.
- Based on that discussion, the board decides on further actions, which may include ordering a doping test or reporting the suspected doping through Anti-Doping Sweden's channels for tips.
- The suspected person will be given the opportunity to provide documentation that supports their position.
- During the investigation period, the suspected person is suspended from training, matches, and social events organized by Malmö Rugby Club.

In Confirmed Doping Cases:

- The board (via Björn Ljungberg) immediately contacts the person in question.
- The person is immediately excluded from training, matches, and social events organized by Malmö Rugby Club for the duration of the doping suspension.
- The chairperson is responsible for communication with the media, sponsors, and partners.

This anti-doping plan will be updated in September 2029.