

## **Steroid Abuse Still Prevalent In Rugby, Says Craig Chalmers**

Craig Chalmers, the former Scotland and British & Irish Lions fly-half, has remarked he believes doping is increasingly prevalent and widespread in [rugby](#) union.

Craig also said he fears the rugby authorities are not doing enough for addressing the issue of doping in the wake of his son Sam Chalmers's positive test. Sam tested positive for Stanozolol (Winstrol) and Methandienone ([Dianabol](#)) and put the blame on Dragon Nutrition's Pro-SD. Both Methandienone and Stanozolol are listed as anabolic androgenic steroids in the list of prohibited substances by the World Anti-Doping Agency. However, UK Anti-Doping could not hold Dean Colclough, owner of Dragon Nutrition Supplement Company, as Pro-SD did not contain either Winstrol or Dianabol. The 19-year old rugby star who played for the Scotland Under-20s squad received a doping ban of two years.

Craig Chalmers said the thing with doping in rugby is that it goes on, he knows it goes on. The former British & Irish Lions fly-half also said he had not really thought about it that much before Sam's case but then he began asking some people about the stuff that Sam had taken and they seemed to say that it was very common. He went on to remark that Sam will come back from this episode more mature and a wiser person from it but he has done it all on his own and commented that Scottish Rugby have shown no support at all. Craig Chalmers also said Sam's former club Melrose have been pretty supportive but they can only do so much and remarked Scottish Rugby have shown no support at all. He commented there has not been any kind of attempt to try to find out why Sam did it and that disappoints him a lot because he's young, he made a mistake and he thinks that if he were the head of a sport in a country and he had seen what Sam had done, he did want to know why, and what made him do it.

The former Scotland rugby international players want to play for Scotland, Edinburgh or Glasgow. If they are not big enough or strong enough, the big thing is you've got to work hard and added Sam made a very, very poor decision and he has lived with that for the last 23 months and is just about to come out of that.

In a statement, [Scottish Rugby](#) said we as a governing body continually endeavor to educate players at all levels of the game on the consequences and repercussions which

come with taking banned substances, from both a health and a sporting perspective. It was further added that Scottish Rugby also works closely with our anti-doping partners, UK Anti-Doping and World Rugby, to ensure that our policies are highly effective in cracking down on the use of banned substances. Scottish Rugby also remarked that it has two anti-doping educators, who will be hosting roadshows, starting next season, at clubs and schools throughout the country to educate and inform on the risks of illegal performance enhancing drugs.