

DFSNZ Best Practice for NSOs 2022

At Drug Free Sport New Zealand (DFSNZ), it's our mission to help protect the integrity and reputation of sport, safeguarding the health of our athletes.

We all want clean athletes competing in clean sport, where the best competitors succeed. For this to happen, we all have a role to play. We know that the vast majority of Kiwi athletes are clean, however we sometimes see people making bad decisions. Our aim is to work closely with national sports organisations, athletes and support personnel to prevent mistakes, and ensure that New Zealand sport is clean.

How we can help you:

- Provide support to ensure that your sports organisation has correctly adopted the New Zealand Sports Anti-Doping Rules
- Help you to develop an anti-doping education plan for your sport to reduce the risks of a doping scandal. Provide (free) education via in-person workshop, webinar, outreach event or online learning
- Help you to implement user-pays testing to meet international event requirements
- Operate a confidential service so any of your members can Speak Out and report doping or any suspicious activity
- Provide representation and advocacy at international anti-doping forums to ensure that other countries hold their athletes to the same high ethical standards as our clean Kiwi athletes.



Best Practice Checklist

2022

1. Have you correctly adopted the Sports Anti-Doping Rules (SADR)?

The SADR need to be adopted as a formal part of your NSOs constitution. If you are unsure of how to do this, please contact us for help.

2. Have you booked education sessions for your sport?

Have you worked with our team to develop an Anti-Doping education plan for your sport? Would you prefer an in-person workshop delivered by a former Olympian, or tailored online learning? There are a number of options available, all of which are free to you.

3. Have your staff completed the online training course for athlete support personnel?

Support personnel have a significant and influential role in supporting clean sport. Research has shown that the majority of athletes will seek information about anti-doping from a support person before any other source.

4. Have you promoted the Clean Sport 101 online course to your members?

Help preserve the high levels of integrity within sport in New Zealand and encourage your members to do this quick, simple online course.

5. Have you made information about clean sport readily available on your website?

Use our approved template on your website for easily accessible information for your athletes and members.

6. Have you provided DFSNZ with a list of your major competitions for the year?

Help us understand your schedule of events so we can remain proactive in supporting your athletes and support personnel in clean competition.

7. Do your athletes and athlete support staff know how to check medication?

Athletes are not expected to remember or know every substance that is prohibited in sport, but they are expected to check everything before taking it. Global DRO is a quick and easy tool that allows athletes and medical staff to efficiently check whether their medication is a prohibited substance.

8. Do your medical and coaching staff understand the therapeutic use exemption process (TUE)?

TUEs allow athletes to use, for therapeutic purposes only, an otherwise prohibited substance or method.

9. Have you checked the latest key changes to the 2022 Prohibited List and Sports Anti-Doping Rules (SADR)?

In order to keep up with science and the development of all things sport, necessary changes are made to the prohibited list and SADR on the 1st of January every year. For more information, please get in contact with us.

10. Do your athletes on the Registered Testing Pool (RTP) or National Testing Pool (NTP) know about the whereabouts app, Athlete Central?

To make the testing process as unpredictable and efficient as possible, DFSNZ implements the Whereabouts programme, a World Anti-Doping Agency (WADA) initiative for elite athletes. These athletes must provide us with information on their whereabouts during the day and where they'll be staying each night.

11. Have you promoted Speak Out to your athletes, support personnel and members?

Increasingly we rely on people within the sports community to provide us with information, and report any signs of doping or suspicious activity (under strict confidentiality). If you have concerns about possible doping in sport, we want to hear from you.

12. Do you and your athletes know their rights?

Approved by the WADA Executive Committee, the Athlete's Anti-Doping Rights Act protects an athlete's fundamental right to participate in clean sport, promoting health, fairness and equal opportunity for all athletes worldwide.

FAQs for NSOs

Can DFSNZ test anyone?

Anyone who is a member of a sport that is signed up to the Sports Anti-Doping Rules is subject to those rules. DFSNZ's testing programme is primarily focused on high performance athletes competing at the international level and emerging athletes competing at the national level, but DFSNZ can and does test lower level athletes where there is good reason.

What is the RTP and NTP?

The Registered Testing Pool (RTP) and National Testing Pool (NTP) are athlete groups created by DFSNZ or an International Federation (IF) as part of the Whereabouts programme. These groups of athletes are required to provide regular information about their location, so that we can find them for out-of-competition testing.

When athletes are added to a testing pool, they will be informed by DFSNZ or their IF and given all the relevant information about their Whereabouts responsibilities.

How long does it take to get results?

Results usually come back from the lab within four weeks, but they have been taking up to eight weeks in the COVID environment.

Athletes will only be notified if there is an issue with their test. So no news means good news. Athletes can still contact DFSNZ to check their results if they are concerned.

Will DFSNZ let me know if one of my athletes has returned a positive test or other rule breach?

After the athlete has been notified of an adverse analytical finding or rule breach, the NSO is also notified and kept updated throughout the process.

DFSNZ treat this process as confidential until any and all hearings have completed in relation to that result or breach. The exception would be if a response is required to comments made by the athlete in question, or their representatives.

What support or advice is available if one of my athletes tests positive, or purchases a prohibited substance?

DFSNZ can provide information about athlete's rights and responsibilities, the results management process and any next steps. We recommend that you ensure that your athlete is receiving support, as facing a potential anti-doping rule violation proceeding can be stressful.

The Sports Tribunal has a legal assistance panel scheme to help athletes get access to high quality and affordable legal representation.

Are positive tests the main way the athletes are caught out?

While testing is an important part of anti-doping – and positive tests are the source of many anti-doping rule violations (ADRVs) – there are other ways to fall foul of the Sports Anti-Doping Rules.

An increasing number of anti-doping rule violations are detected through means other than testing, such as through investigations we carry out based on intelligence we receive about suspected doping.

In New Zealand, many anti-doping rule violations are unintentional, where an athlete commits an anti-doping rule violation not because they intended to dope, but because they were not aware of the rules or acted irresponsibly.

Below are some examples of how your athletes could breach the rules:

- › Taking a supplement that is contaminated with a prohibited substance and returning a positive test;
- › Taking a medication that contains a prohibited substance and returning a positive test without a therapeutic use exemption in place (or not being eligible to apply for one after being tested).
- › Purchasing a prohibited substance on the internet (for your own use or for use by another person);
- › Receiving coaching or other sports related advice from someone who is currently serving a ban for doping;
- › Providing fraudulent information to an anti-doping organisation during testing or as part of an investigation.

All athletes and support personnel need to ensure they abide by the anti-doping rules.

If someone sees or hears something suspicious, what should they do?

If you or your staff have seen something or suspect that doping has happened, then contact DFSNZ and speak out. Have you seen someone with a bunch of syringes or pills, with no good explanation? Or an athlete with a sudden change in behaviour or appearance?

Anyone can contact us to discuss a concern. The best and most secure way is through the DFSNZ website, email intel@drugfreesport.org.nz or phone **0800 DRUGFREE (378 437)** and ask to report doping. DFSNZ wants to hear from athletes, coaches, managers, doctors, sports administrators, sponsors – basically anyone who has information to help keep sport clean.

How does DFSNZ's work intersect with the work of International Federations?

International Federations are also signatories to the World Anti-Doping Code, and we work alongside them to share information and collaborate on anti-doping programmes. Some IFs implement their own therapeutic use exemption (TUE) process, so your high-level athletes may have to apply to the IF for a TUE if they need to take a prohibited substance for medical reasons.

For a more in-depth guide to anti-doping best practice, [check out the DFSNZ website](#). Thanks for supporting clean sport!