

# 2021

**clean athletes. clean sport.**

 **drug free sport**  
new zealand



## 2021

### what you need to know

This guide contains examples of the most common prohibited and permitted medications and methods available in New Zealand.

As an athlete, it is your responsibility to check your medications and methods against the current Prohibited List before use.

**This guide does not present a comprehensive list however this can be viewed on our website.**

## therapeutic use exemptions (TUE)

If you get sick, injured or have an ongoing medical condition and the treatment you require is on the 2021 Prohibited List, you may need to apply for a TUE.

Some athletes need to apply for a TUE, and receive approval, BEFORE using a prohibited medication or method (unless it is a medical emergency).

**To find out if you need TUE approval in advance, please visit our website or contact us.**

## athlete

**We are here to support clean Kiwi athletes. If you have any questions or concerns, please contact us.**

- › When seeing any medical professional, tell them you are an athlete and could be tested anytime
- › You are 100% responsible for everything found in your system following a drug test
- › BEFORE using any medication or method you need to check if it is permitted in sport
- › If you become unwell while overseas, check your medication or method on our website
- › If a medication or method you require is prohibited, you may need to apply for a TUE and obtain approval before use (unless it is a medical emergency).

## athletes' anti-doping rights act

Approved by WADA, the Athletes 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.

**The Act includes rights:**

- › during testing missions
- › to a fair, independent, timely hearing
- › to report concerns without the threat of retribution or retaliation
- › to medical treatment
- › to education
- › to data protection
- › to compensation
- › to B Sample analysis.

**The full Act is available on the World Anti-Doping Agency website** <https://bit.ly/2JxST2u>

## contact us

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fax: +64 9 580 0381

email: [info@drugfreesport.org.nz](mailto:info@drugfreesport.org.nz)

To check a medication:

[www.drugfreesport.org.nz/medication-check](http://www.drugfreesport.org.nz/medication-check)

To speak out about doping: [intel@drugfreesport.org.nz](mailto:intel@drugfreesport.org.nz)



[www.drugfreesport.org.nz](http://www.drugfreesport.org.nz)

# common medications

**> asthma** If you use asthma inhalers and you are tested, be aware that maximum thresholds exist, and overuse of some inhalers could return a positive drug test. Follow the directions on the prescription label of your inhaler and talk with your medical professional if you need to use your inhaler frequently.

## Permitted

Glucocorticoids by inhalation (Beclazone, Flixotide, Pulmicort)

⚠ Salbutamol by inhalation (e.g. Ventolin, Respigen) - maximum thresholds exist

⚠ Salmeterol by inhalation (e.g. Serevent) - maximum thresholds exist

⚠ Formoterol by inhalation (e.g. Oxis, Foradil, Symbicort) - maximum thresholds exist

⚠ Vilanterol by inhalation (e.g. Breo Ellipta) - maximum thresholds exist

## Prohibited At All Times - TUE required

Terbutaline (e.g. Bricanyl)

Bambuterol (e.g. Bambec)

## > glucocorticoids

### Permitted

Glucocorticoids administered non-systemically (e.g. injections into the joint, inhaled and nasal sprays)

### Prohibited In Competition - TUE required

Glucocorticoids administered systemically (e.g. oral Prednisone, intra-muscular Kenacort injections, intravenous fluids and rectal suppositories)

## > cold / flu / sore throat

### Permitted

Phenylephrine (e.g. Lemsip and Maxiclear products)

Paracetamol (e.g. Panadol)

### Prohibited In Competition - TUE required

Pseudoephedrine: stop using it at least 24 hours before competition and only ever take the recommended dose

Morphine based cough syrup (e.g. Gees Linctus)

## > antibiotics

### Permitted

All antibiotics available in New Zealand are permitted in sport

### Prohibited At All Times - TUE required

Probenecid is commonly prescribed with antibiotics

## > headaches / pain / inflammation

### Permitted

Non Steroidal Anti-Inflammatories (NSAID)

Ibuprofen (e.g. Brufen, Nurofen, Panafen)

Diclofenac (e.g. Diclax, Voltaren, Cataflam)

Pain tablets (e.g. Aspirin, Codeine, Tramal, Tramadol\*, Paracetamol, Panadeine)

### Prohibited In Competition - TUE required

All medications that contain morphine (e.g. Sevredol, Oxynorm)

Fentanyl (e.g. Durogesic, Rapifen)

Pethidine

Oral/Systemic Glucocorticoids (e.g. Prednisone, Medrol)

\* Some sports may have additional regulations i.e. cycling

## > hayfever / sinusitis

### Permitted

Antihistamines (e.g. Lortab, Loraclear, Claratyne, Claramax, Phenergan, Polaramine, Razene, Telfast, Zadine, Zyrtec)

Nasal sprays (e.g. Flixonase, Alanase, Beconase, Drixine, Otrivin)

### Prohibited In Competition - TUE Required

Pseudoephedrine: stop taking it at least 24 hours before competition and only ever take the recommended dose

Oral/Injected Glucocorticoids (e.g. Prednisone, Kenacort, Dexamethasone)

## > skin conditions

### Permitted

Topical Glucocorticoids (e.g. Beta cream/ointment, DP lotion/cream, DermAid, Egocort, Hydrocortisone cream, Locoid, Skincalm)

### Prohibited In Competition - TUE Required

Oral/Systemic Glucocorticoids (e.g. Prednisone, Medrol)

## > nausea / vomiting

### Permitted

e.g. Antinaus, Buccastem, Maxolon, Nausicalm, Sea-Legs, Stemetil, Serecid, Gaviscon, Quick-eze, Gastrolyte, Mylanta

## > common methods

### ⚠ Needles

It is important that you check if your medication can be administered using a needle. In some situations, needles are permitted when administered into a joint however are prohibited when administered into a muscle.

### ⚠ IV fluids

All prohibited substances administered by IV require a TUE. Permitted substances which require IV infusion may not exceed 100ml per 12 hours without a TUE, unless it's given while at hospital, during surgery, or travelling in an ambulance. Infusions given in any other setting will require a TUE.

## > contraception

### Permitted

All oral contraceptives available in New Zealand are permitted in sport



# education

DFSNZ is committed to making sure that everyone involved has the clean sport education they need. That means support personnel such as coaches, medical professionals, managers and parents. These people play an important role in helping athletes comply with the rules, and creating a culture of clean sport.

Education is essential to the prevention of doping as it provides everyone with the knowledge and values to compete cleanly in sport. It also helps athletes and supporters to understand the rules, so that they're not broken by accident.

**Contact us today to book a free workshop or webinar by emailing** [education@drugfreesport.org.nz](mailto:education@drugfreesport.org.nz); or jump onto our website to start Clean Sport 101, our quick easy-to-understand online learning course.