

clean sport guide

twentyseventeen



➤ supplements

You need to assess your need for supplements carefully before taking them as using supplements could be risky. Supplements (including vitamins and herbal remedies) could contain substances which are prohibited in sport and supplement ingredients are not always accurately labelled.

Before taking supplements, DFSNZ recommends that diet, training and lifestyle should all be considered.

While we can provide a general risk assessment for a particular supplement, we cannot guarantee that any supplement is free of prohibited substances. Please contact us for more details.

➤ recreational drugs

Cannabis and other recreational drugs (including cocaine, BZP and amphetamines) are prohibited in sporting competition. It's important for athletes to recognise that social drugs can be detrimental to your health and sporting performance and can result in a positive test weeks later.

If you're tested and something like cannabis is found in your system, you could face a ban from all sport. Don't risk it!

Part of being an athlete involves respecting your body and your health, and taking recreational drugs does not show this respect. Compete in the true spirit of sport.

➤ therapeutic use exemptions (TUE)

At some point you are bound to get sick or injured and may need to take a particular medication as treatment or for an ongoing condition, such as diabetes. If you need to take a medication or use a prohibited method that is on the 2017 Prohibited List, you can apply for a TUE.

If you are a national or international level athlete and need to apply for a TUE, you must apply AND gain approval BEFORE you take the medication (unless it's a medical emergency).

Other athletes can apply for a retroactive exemption, which means you only need to apply for a TUE if you return a positive test, however certain criteria applies. For more information on TUEs, please contact DFSNZ.

➤ your role in clean sport

As an athlete or athlete support person you have a responsibility to play your part in creating a culture of clean sport that rewards talent, hard work and dedication. If you're competing at any level of sport you could be tested at any time, particularly if you compete at a national or international level.

It doesn't matter whether you intend to cheat through using prohibited substances (or methods) or not. If you return a positive test or break other anti-doping rules, you could face a ban from all sport. DFSNZ is here to help. If you have any queries, please don't hesitate to contact us.

common medications

> asthma

If you use asthma inhalers, beware that maximum thresholds exist and overuse could return a positive 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	Prohibited At All Times - TUE required
Salbutamol by inhalation (eg. Ventolin, Respigen) - maximum thresholds exist	Terbutaline (eg. Bricanyl)
Salmeterol by inhalation (eg. Serevent) - maximum thresholds exist	Bambuterol (eg. Bambec)
Formoterol by inhalation (eg. Oxis, Foradil, Symbicort) - maximum thresholds exist	
Glucocorticoids by inhalation (Beclazone, Flixotide, Pulmicort)	

> glucocorticoids

Permitted	Prohibited In Competition - TUE required
Glucocorticoids administered non-systemically (eg. injections into the joint, inhaled & nasal sprays)	Glucocorticoids administered systemically (eg. oral Prednisone, intra-muscular Kenacort injections, IV Dexamethasone & rectal suppositories)

> antibiotics

Permitted	Prohibited At All Times - TUE required
All antibiotics available in New Zealand	Probenecid is commonly prescribed with antibiotics

> cold / flu / sore throat

Permitted	Prohibited In Competition - TUE required
Phenylephrine (eg. Lemsip & Maxiclear products)	Pseudoephedrine: stop taking it at least 24 hours before competition & only ever take the recommended dose
Paracetamol (eg. Panadol)	Morphine based cough syrup (eg. Gees Linctus)

> headaches / pain / inflammation

Permitted	Prohibited In Competition - TUE required
Non Steroidal Anti-Inflammatories (NSAID)	All medications that contain morphine (eg. Sevredol, Oxynorm, m-Eslon)
Ibuprofen (eg. Brufen, Nurofen, Panafen)	Fentanyl (eg. Durogesic, Rapifen)
Diclofenac (eg. Diclax, Voltaren, Cataflam)	Pethidine
Pain tablets (eg. Aspirin, Codeine, Tramal, Tramadol, Paracetamol, Panadeine)	Oral/Systemic Glucocorticoids (eg. Prednisone, Medrol)

> hayfever / sinusitis

Permitted	Prohibited In Competition - TUE required
Antihistamines (eg. Loratab, Loraclear, Claratyne, Claramax, Phenergan, Polaramine, Razene, Telfast, Zadine, Zyrtec)	Pseudoephedrine: stop taking it at least 24 hours before competition & only ever take the recommended dose
Nasal sprays (eg. Flixonase, Alanase, Beconase, Drixine, Otrivin)	Oral/Injected Glucocorticoids (eg. Prednisone, Kenacort, Dexamethasone)

> skin conditions

Permitted	Prohibited At All Times - TUE required
Topical Glucocorticoids (eg. DermAid, Egocort, Beta Cream/ointment, DP Lotion/Cream, Skincalm, Hydrocortisone Cream)	Oral/systemic Glucocorticoids (eg. Prednisone, Medrol)

> nausea / vomiting

Permitted
eg. Antinaus, Buccastem, Maxolon, Nausicalm, Sea-Legs, Stemetil, Serecid, Gaviscon, Quik-eze, Gastro-lyte, Mylanta

> contraception

Permitted
All oral contraceptives available in New Zealand are permitted in sport

> iv fluids

Permitted	Prohibited At All Times - TUE required
When given while you are at hospital, in surgery or travelling in an ambulance to hospital	IV infusions &/or injections of more than 50ml per six hours (eg. iron infusions given at a medical clinic)

contact us

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(text the name or the active ingredients of your medication)

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