

GOOD
CLEAN
SPORT

Month

Important information and tools to help
young athletes make good decisions

drugfreesport.org.nz

➤ This resource aims to help you, as an athlete, compete clean and help promote the importance and values of clean sport.

As an athlete, you have a responsibility to help create a culture of clean sport that rewards sportsmanship, character and performance.

Drug Free Sport NZ (DFS NZ) aims to protect and promote a culture of clean sport that rejects cheating through drug use. This means you need to take care with everything that you consume: food, medications, supplements, drugs, vitamins, vaccinations, energy drinks – everything.

Compete
Clean

> Values

What values do you admire in others?

Do your values change in the sporting environment compared to life outside of sport?

Should you change your values because others have lower standards?

What values would others say you have?

Remember, always stay true to your values, even if there are pressures to change them.



> Strict Liability

What does strict liability mean?

It makes a person responsible for their actions: personal responsibility.

What are you personally responsible for each day? Homework? Getting to class on time?

What commitments do you have to your family, friends or teammates? Do you take ownership of your responsibilities?

In sport, what is an example of strict liability? Who is responsible for taking your running shoes or boots to training? Who is responsible for checking supplements or medications?

🚫 Cheating

Cheating is defined as acting dishonestly or unfairly in order to gain an advantage. In sport, it generally relates to breaking the rules to gain unfair advantage in a competitive situation.

If each of us makes good decisions, we can create a level playing field. Do you break the rules in your sport? Do you break the rules because the referee, judge or umpire isn't watching?

Next time you think about breaking the rules, **STOP** and **THINK** – what will be the outcome of your cheating? Will this decision be a reflection of your values?

🔥 Olympic Values

**FRIENDSHIP,
RESPECT AND EXCELLENCE**

> Supplements

Do you take supplements such as protein shakes, pre-workout shakes, energy drinks, herbal remedies or vitamins?

Do you know what is in your supplements? It's important you assess your need for supplements because taking them can be risky.

Here's why:

- supplements could contain substances which are banned in sport and negative for your health
- supplements may not have adequate quality control or have all the ingredients correctly labelled

Be very careful about using supplements, particularly those that say they'll help you build muscle, lose weight or give you energy. Athletes take all supplements at their own risk!

Even if you are satisfied the ingredients are okay, often you will be paying for expensive supplements which have no benefit. Instead of supplements, a **'food first'** approach is best. We recommend eating nutritious food and making sure you get sufficient rest and time for recovery.



Supplements
are risky!

> Medications

As an athlete you train hard, but sometimes you get injured or sick. Or you may need to take regular medication for an ongoing condition, such as asthma or diabetes.

Common medications can contain ingredients which are prohibited in sport so you need to be very careful about everything you take in sport.

Check your
medication!



> How to check a medication

TXT: Text the exact name of your medication or active ingredient to **4365** (costs 20 cents).

This service is not available outside NZ and is not for checking supplements or overseas medications.

Website: Click on the Check Medications link on the DFSNZ homepage. Complete all fields to receive an instant answer.

Phone: 0800 DRUGFREE (378 437) in NZ

Call the 0800 number anytime from within NZ to check whether a medication is permitted or prohibited in sport.



> Recreational Drugs

All illegal recreational drugs are banned in sport and if you use them you're taking a risk. If you're drug tested and something like cannabis is found in your system, you will face a ban from all sport.

What you need to know about recreational drugs:

- they are potentially harmful to your health and their use violates the spirit of sport
- they will almost certainly limit your performance
- cannabis (and all its synthetic forms) is prohibited in-competition
- other recreational drugs, including cocaine, BZP and amphetamines are prohibited in-competition
- cannabis and other drugs can be stored in the body for a long time
- passive inhalation of cannabis or other drugs is unlikely to result in a positive test, but you should try to avoid this if you can.

Cannabis (including synthetic forms) and other recreational drugs are prohibited in sport. Don't get caught out like this!

› Support personnel

If you're supporting an athlete as a **parent, coach, trainer, agent, manager** or **medical professional** you need to be aware of your responsibilities to help them compete clean. You are likely to be a **role model** for the athlete so your views on clean sport will count for a lot.

Support personnel have a huge influence on athletes. Research shows that increased pressure on athletes to become bigger, perform better and get stronger, increases the likelihood of engagement in risky behaviours including the use of performance enhancing drugs.

Your athlete has recently received clean sport education – How can you support them to complete clean?

- understand the anti-doping Rules and Therapeutic Use Exemption (TUE) requirements
 - create a clear and positive anti-doping/clean environment that does not condone cheating in any guise
 - reiterate to the athlete that they are responsible for any prohibited substance found in their body
 - highlight the risk of supplements and herbal remedies
 - support the athlete during periods of high risk (progression to the next level of sport, stress, injury, recurring injury or preparing for an elite event)
 - ensure the athlete checks medications with DFSNZ
 - report any doping activity or suspicions in confidence to DFSNZ. Email: intel@drugfreesport.org.nz
 - complete the E-Learning Coaches module and make your athlete aware of E-Learning, Level One and Level Two. Visit: drugfreesport.org.nz/what-we-do/education/e-learning/
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for more information

hotline: **0800 DRUGFREE (378 437)**

email: **education@drugfreesport.org.nz**

text: **4365** (texts cost 20 cents)

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

www.drugfreesport.org.nz
