

protect your career

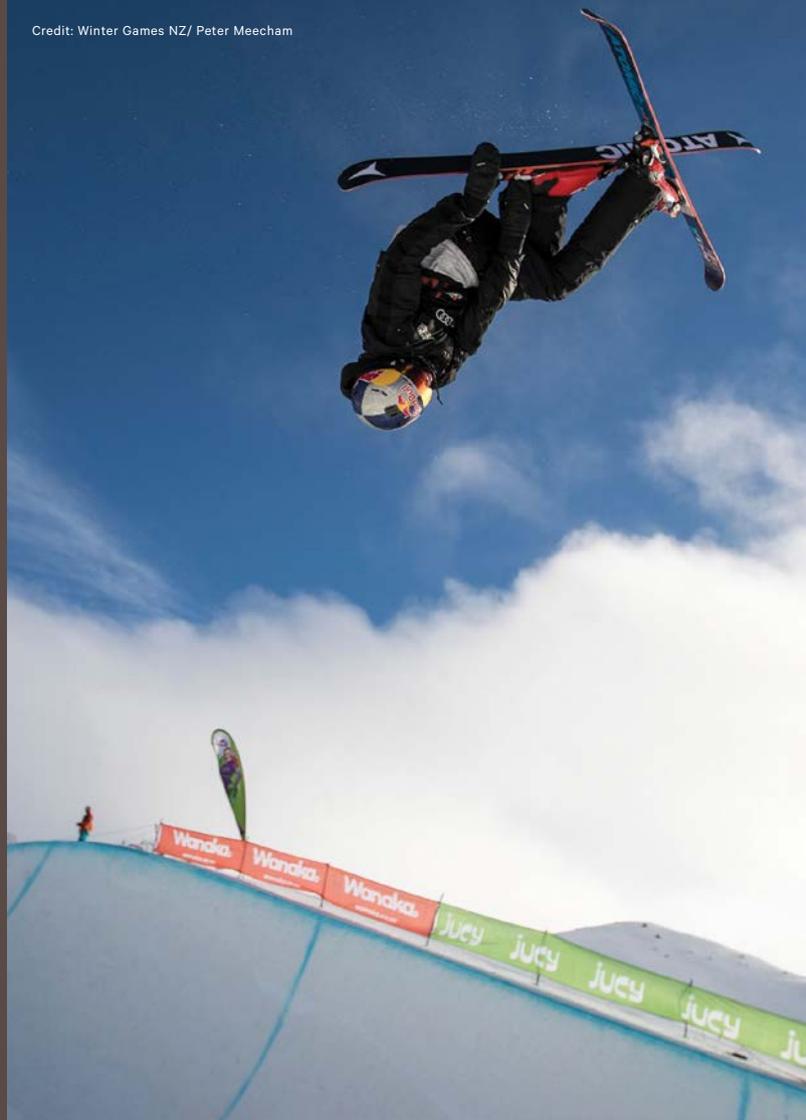
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clean sport handbook —————  
twentyeighteen

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 **drugfree sport**  
 new zealand

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## ➤ contact us

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

TUE enquiries: [TUE@drugfreesport.org.nz](mailto:TUE@drugfreesport.org.nz)

report doping: [intel@drugfreesport.org.nz](mailto:intel@drugfreesport.org.nz)

phone: +64 9 582 0388

fax: +64 9 580 0381

medications text service: **Text name of medication to 4365** (cost 20 cents)

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

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# clean sport handbook 2018

Keep this guide handy so that you can access anti-doping information easily. It's designed to provide clear guidance to assist you to understand and follow New Zealand's Sports Anti-Doping Rules and compete in the spirit of clean sport.

## **Your Role in Clean Sport** **4**

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### **Doping control** **6**

Who can be tested?	6
Your rights and responsibilities	7
What happens during a doping control test?	8
Analysis and results	10
Consequences of an ADRV	11

## **The Rules** **12**

---

## **What's Prohibited?** **14**

---

The Prohibited List	15
Recreational drugs	17
Supplements	18
How to report doping in sport	19

## **Medications** **20**

---

Common medications	20
How to check a medication	21
Advice for travelling athletes	23
Therapeutic Use Exemptions (TUE)	24
Status of common medications in sport	30

## **Athlete whereabouts** **36**

---

## **Education** **38**

---

E-Learning	38
Good Clean Sport – Youth	40

## **Find out more** **42**

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# clean sport

## your role in clean sport

### **Athletes**

As an athlete competing at any level, you have a responsibility to compete clean.

That way, you can be confident that your performance outcomes are not attained by taking short cuts, relying on substances or breaking the rules to gain an advantage. You also have a role in creating and maintaining a culture of clean sport which shows respect for the spirit of sport.

You could be tested at any time, so you need to ensure you check every substance before taking it or having it administered. This includes supplements, medications, vaccines, vitamins, herbal remedies, energy drinks – everything! Be careful when ordering substances online or accepting false guarantees that substances are safe for athlete use.

### **Athlete Support Personnel**

Support personnel have a significant and influential role to play in supporting clean sport, particularly through the sporting cultures in which athletes participate. The majority of athletes will seek information about anti-doping matters from a support person before any other source.

Whether you are a coach, parent, manager, medical professional or any other type of support person, you need to have a good understanding of anti-doping and your responsibilities. To best support clean sport you can:

- › Complete the DFSNZ Level 1 and Coaches E-learning programmes
- › Organise a DFSNZ education seminar or workshop
- › Create a sporting environment which rejects cheating and unethical behaviour
- › Understand the Sports Anti-Doping Rules
- › Be mindful of placing unrealistic pressure on athletes
- › Know the risks of supplement use
- › Support athletes in times of stress i.e returning from injury, when performance outcomes dictate funding, scholarships or selection, when preparing for pinnacle events or when overwhelmed by sporting, personal and professional responsibilities
- › Understand the doping control process and offer to be a support person for your athlete if requested
- › Remind athletes to check all substances prior to their use and provide support throughout the Therapeutic Use Exemption (TUE) process if required
- › Know how to report doping in sport to DFSNZ.

You're likely to be a role model for the athlete so your views on clean sport will count for a lot.

# doping control

## who can be tested?

If you compete in a sport that has agreed to New Zealand's Sports Anti-Doping Rules you can be tested at any time, regardless of what level you compete at, your age or what sport you play. Most sports in NZ have signed up to these rules and that means no matter what level you're competing at, you need to comply.

Athletes in DFSNZ's Registered Testing Pool (RTP) or National Testing Pool (NTP) are tested more regularly than other athletes. However, any athlete can be tested at any time – either in-competition or out-of-competition.

### Where does drug testing take place?

In-competition testing takes place either immediately after you've finished competing or at any time during the course of the event, tournament, regatta, or games.

Out-of-competition testing can take place at any time of the year and at any location, including your home, training venue, hotel or when you're overseas.

If you're selected for testing, you will be notified by a doping control official working for, or on behalf of DFSNZ. You may request identification and authorisation.

➤ Any athlete can be tested at ANY time

### Your rights and responsibilities

If you're selected for testing, you'll be advised of your rights and responsibilities. You'll be offered a copy of this handbook for further information.

Going through the doping control process can be unnerving, especially if it's your first time. Remember, you are encouraged to have a support person with you.

**If you've been selected for testing, you must provide a sample. If you fail to do so, it may result in an anti-doping rule violation and a ban from all sport.**

### Throughout the doping control process you have the right to:

- have a representative (parent, coach or friend) with you
- have an interpreter if required
- ask for additional information about the sample collection process
- request a delay in reporting to the doping control station for valid reasons (eg. attending a medal ceremony, fulfilling media commitments)
- request modifications if you have a disability or are under 18 years old.



### And you have the responsibility to:

- > remain in sight of the doping control officer (DCO) at all times
- > produce valid identification at doping control
- > comply with the sample collection process
- > report to the doping control station as soon as possible
- > recognise that if you choose to eat or drink prior to providing a sample, you do so at your own risk.

### What happens during a doping control test?

When you're notified for drug testing, you may need to provide a urine sample, a blood sample, or both.

You will be accompanied to the doping control station where you'll wait until you're ready to provide the sample.

The DCO will explain the sample collection process to you. You can ask questions at any time.

### Here's what happens if you're asked to provide a urine sample:

- > you choose a collection vessel in which to provide your urine sample
- > you provide a urine sample in the direct view of a DCO

- > you choose a sample kit in which to seal your urine sample
- > you pour your urine sample into two sample collection bottles (A and B)
- > you seal the samples and place them in the transport box
- > you let the DCO know whether you have taken any medications or supplements recently

### A trained professional will take your blood. Here's what happens in a blood test:

- > you choose a kit for sample collection
- > you sit down and rest for ten minutes
- > there may be a delay taking your blood sample if you have just exercised
- > a blood collection officer draws blood from your arm
- > you seal the vials containing your sample
- > you let the DCO know whether you have taken any medications or supplements recently

Once your samples are sealed in tamper-evident containers, the DCO will go through the paperwork with you to ensure all the details are correct. You'll also have the opportunity to make comments about the doping control process, including any concerns you may have.

- > you sign the relevant paper work.

### Analysis and results

Your sample will be transported to a WADA accredited or approved laboratory.

The laboratory will analyse the sample and then notify DFSNZ of the result.

If your result is negative, you will be informed.

### What happens if I test positive?

If your sample tests positive, DFSNZ will check that the proper procedures were followed to collect your sample. We'll also check whether you have a TUE in place to explain the findings.

You will be notified that you have returned a positive test and asked for an explanation. You will also have the opportunity to request that analysis of your "B" sample be carried out.

If all is in order, DFSNZ will then refer an allegation of an Anti-Doping Rule Violation (ADRV) against you to The Sports Tribunal of New Zealand (or the Anti-Doping Tribunal within your sport).

### The consequences of an ADRV

The consequences of breaking the rules are tough and may ruin your reputation and possibly end your career.

#### **The sanctions for an ADRV can include:**

- > being banned from all sport (competing, training, coaching)
- > disqualification of competition results
- > publication of your anti-doping rule violation
- > possible financial penalties.

If you are cheating, the ban for a first offence will be four years and if it's a second offence you could face a life ban from all sport.



# clean sport

## the rules

NZ's Sports Anti-Doping Rules reflect those of the World Anti-Doping Agency's (WADA) World Anti-Doping Programme and Prohibited List. WADA's Programme is mandatory in sport and recognised throughout the world.

There are ten anti-doping rules which we've summarised below.

### > 01

test positive for a prohibited substance

### > 02

use or attempt to use a prohibited substance or method

### > 03

evade testing or refuse to provide a sample for drug testing

### > 04

fail to file accurate whereabouts information or miss three tests in 12 months (if you're a Registered Testing Pool athlete)

### > 05

tamper with any part of the doping control process

### > 06

possess prohibited substances or methods

### > 07

traffic or attempt to traffic a prohibited substance or method

### > 08

administer a prohibited substance or method

### > 09

cover up an anti-doping rule violation

### > 10

associate with someone, such as a coach or medical professional, who has been found guilty of an anti-doping rule violation or equivalent.

Remember, if you are found to have broken any of the ten anti-doping violations, you could be banned from all sport (competing, training, coaching) for a period of years.

It could end your career and ruin your reputation.

We strongly recommend that you read the full version of the rules on the DFSNZ website.

## know the anti-doping rules



If you break the rules, whether you intend to cheat or not, you could face a ban from all sport.

what's prohibited?

# the prohibited list

The Prohibited List is put out by WADA every year and details all substances and methods that are prohibited in sport.

A substance or method may be included on the list if it meets any two of the following criteria:

- > it has the potential to enhance sporting performance
- > it presents an actual or potential health risk to the athlete
- > it violates the spirit of sport.

You can view the full Prohibited List on the DFSNZ website.

The tables on the following pages will give you a summary of the kinds of substances and methods that are prohibited in sport.

## prohibited at all times (in and out-of-competition)

### Substance

---

Non Approved Substances

---

Anabolic Agents

---

Peptide Hormones, Growth Factors and related substances

---

Beta-2-Agonists

---

Hormone and Metabolic Modulators

---

Diuretics and other Masking Agents

---

### Method

---

Manipulation of blood and blood components

---

Chemical or physical manipulation of a sample

---

Gene doping

---

## prohibited in competition

### Substance

---

Stimulants

---

Narcotics

---

Cannabinoids (including synthetic)

---

Glucocorticoids

---

## prohibited in certain sports

### Substance

---

Beta-Blockers

---

## it's up to you



It's your responsibility to check the status of any substance or method before using it. To see a full version of the Prohibited List visit the DFSNZ website, use the medications hotline or medications text service.

## what's prohibited?

# recreational drugs

All illegal recreational drugs are banned in sport during competition 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 could 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
- > 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 an extended period
- > passive inhalation of cannabis or other drugs is unlikely to result in a positive test, but you should avoid situations where this might occur.

## don't risk it



Testing positive for a recreational drug can result in a ban from all sport.

# supplements

DFSNZ advises you to be wary of taking supplements and to carefully examine whether you really need them or whether your nutritional needs could be met through changes to your diet. Supplements include:

Protein shakes, vitamins, energy drinks, herbal remedies, meal replacements and products which claim to assist weight loss and muscle development and those supplements which claim to provide energy before and during workouts.

While DFSNZ cannot guarantee the safety of any supplement, we can give a risk assessment. Taking supplements is risky because they may contain substances which are prohibited in sport and all ingredients may not be listed on the label. Many supplements do not have adequate quality control so you cannot be 100% sure of what's in them.



Use the DFSNZ Supplement Check. Visit [www.drugfreesport.org.nz](http://www.drugfreesport.org.nz) and click the link in the red box on the Homepage.

# how to report doping in sport

## Intelligence and Investigations

DFSNZ has a dedicated intelligence and investigations team and any information passed onto them will be dealt with in the strictest confidence. We rely increasingly on the efforts of athletes and support personnel to expose drug cheats in sport. Our investigators also work closely with Medsafe and the New Zealand Customs Service to catch those who are bound to the Sports Anti-Doping Rules and choose to import prohibited substances online.

Ask yourself these questions:

- > Do you know or suspect an athlete that is doping?
- > Are you aware of a support person who is helping an athlete dope or doping an athlete without their knowledge?
- > Have you observed or do you know of any doping activity?
- > Does that knowledge sit uneasily with your personal values?

## report it now



Call DFSNZ in confidence on 0800 DRUGFREE (378 437), email [intel@drugfreesport.org.nz](mailto:intel@drugfreesport.org.nz) or report doping in sport via the DFSNZ website.

medications

## common medications

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

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

Here we've listed some common medications and whether they're prohibited in sport or not.

On the following pages, we'll take you through how to apply for permission to use a prohibited substance or method to treat a medical condition.



## tell your medical professional

Tell your medical professional that as an athlete you could be drug tested and **insist** that they check that the medication prescribed is allowed in sport.

medications

## how to check a medication

You're not expected to remember or know every substance that's prohibited in sport, but you are expected to check everything you take BEFORE taking it.

It's your responsibility to let medical professionals know that you're an athlete who could be tested. Ways to check your medications:

### **Text**

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 and you will receive an instant answer.

### **Phone 0800 DRUGFREE (378 437) in NZ**

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

### **Phone +64 9 582 0388 from overseas**

You can call us from anywhere in the world with a query about a medication.

### Medical Resources

Your medical professional will have access to resources which detail the status of all medications and routes of administration to determine whether something is permitted for use in sport.

If you're seeing a doctor, dentist, surgeon, or any other medical professional always ensure that they have referred to one of these resources before prescribing or giving you any medication.

Remember, it is your responsibility to tell your medical professionals that you are an athlete who may be subject to testing.

## > check all medication and the way it is given to you

Don't get caught out thinking a medication or supplement must be okay because it's commonly used. Check everything. If you return a positive test, you could face a ban from all sport whether you were intending to cheat or not.

## medications

# advice for travelling athletes

If you're travelling overseas and require medication for an ongoing condition, we recommend that you plan ahead and take enough medication to last for the period you're away.

Some medications purchased overseas have the same brand name as those in NZ, but contain different and possibly prohibited ingredients.

You should be extremely careful when purchasing any medication overseas and always inform a doctor or pharmacist that you're an athlete who could be drug tested.

You can check medications overseas in several ways:

- > in Australia, the UK, Canada, the USA or Japan, use [www.globaldro.com](http://www.globaldro.com)
- > contact the anti-doping organisation of the country you are in for advice. For a full list, see the WADA website
- > contact DFSNZ on +64 9 582 0388 or visit the DFSNZ website

You should also be wary purchasing supplements overseas.

> Don't assume medications or supplements purchased overseas are the same as in New Zealand. They could contain or be contaminated with a prohibited substance.

## medications

# therapeutic use exemptions (TUE)

At some point, you are bound to get sick or injured and you may need to take a particular medication as treatment or take something for an ongoing condition, such as asthma, diabetes or Crohn's disease. If you need to take a medication that's prohibited, you can apply for a TUE.

### Who can apply for a TUE?

If you are an athlete you can apply for a TUE, however there are certain requirements depending on the sport and the level at which you compete.

If you meet the following criteria, you need to have a TUE in place **before** competing.

- › In DFSNZ's Registered Testing Pool or National Testing Pool
- › Selected or on the long-list for a NZ Olympic, Paralympic or Commonwealth Games team
- › Competing in the elite or open grade category at a national championship event, or selected to represent New Zealand at the elite level in:

- › Athletics
- › Basketball
- › Canoe/Kayak
- › Cricket
- › Cycling
- › Football
- › Hockey
- › Netball
- › Rowing
- › Rugby League
- › Rugby Union
- › Softball
- › Swimming
- › Triathlon
- › Weightlifting

The criteria for an 'international level' athlete is determined by your sport's International Federation. Check with your IF for their TUE requirements.

Other athletes do not require a TUE in advance. If you're one of these athletes, you can apply for a retroactive TUE, which means you only need to apply if you are tested and you return a positive test.



If you're not sure if you need a TUE in advance, contact your NSO or DFSNZ.

### What do I need to include with my TUE application?

Your medical professional will need to provide a variety of information in support of your TUE application.

#### This includes:

- › Comprehensive medical evidence to justify the use of the treatment (blood test results, consultation reports, specialist endorsement etc)
- › Confirmation that permitted alternative medications have been trialled

If your TUE application does not meet these requirements it may take longer to process causing a delay. Your TUE application must be approved before you compete.

Remember a TUE application can take up to two weeks, so don't leave it until the last minute to apply.

### What if I need emergency treatment?

If you have a serious accident or you require emergency medical treatment, don't hesitate. Your health always comes first and you should seek medical help immediately.

However, if you need a prohibited substance or method for the sake of your health, make a TUE application immediately after treatment (a retroactive TUE).

### Who do I apply to for a TUE?

A TUE application can only be sent to one anti-doping organisation; either DFSNZ, your sport's International

Federation or a major event organiser (eg. International Olympic Committee).

Most athletes can apply to DFSNZ. Most International Federations will accept DFSNZ's TUE approval for international level athletes but it's important to check.

### What happens if I return a positive test?

If you were not required to have a TUE in place prior to competition and have returned a positive result, you may retroactively apply for a TUE. This must be supported by full medical documentation. (See page 26)

Athletes who are required to have a TUE in place before competing and returned a positive result (in most cases), cannot apply for an exemption retroactively and sanctions may apply.

Submit your application to:

#### Drug Free Sport NZ

Email: [TUE@drugfreesport.org.nz](mailto:TUE@drugfreesport.org.nz)

Fax: +64 9 580 0381 or send to

PO Box 17451, Greenlane, Auckland 1546

(Or to your International Federation if that's appropriate).



Remember to inform all medical professionals that you are subject to drug testing. You must also check the status of every medication – prescribed or not.

## Overview of the TUE process

This list outlines the entire process for you.

1. Doctor or medical professional recommends a medication.
2. Check the status of medication:
  - › Medication Check. Visit [www.drugfreesport.org.nz](http://www.drugfreesport.org.nz) to check all medications to see if they're permitted or prohibited in sport.
  - › Remind all medical professionals that you are an athlete subject to doping control and ask that the status of use for each medication in sport is checked.
  - › Check with the medical team at your national sporting organisation
  - › Call 0800 DRUGFREE (378 437)
  - › Text 4365 with the name of the drug
3. If the medication is prohibited discuss permitted alternatives with your medical professional.
4. If there's NO alternative a TUE may be required before you take a medication depending on your sport and the level at which you compete. In emergency situations, treatment should begin immediately and a TUE application can be submitted retroactively.
5. Download an application form from the DFSNZ website or call us to check whether you need to apply to your International Federation.
6. The application MUST be completed in full by a medical professional and must include supporting documentation (eg. test results and Specialist endorsement where relevant). Failure to do this can cause delays.
7. Submit your application to Drug Free Sport NZ:  
 Fax: +64 9 580 0381 or  
 PO Box 17451, Greenlane, Auckland 1546 or email  
[TUE@drugfreesport.org.nz](mailto:TUE@drugfreesport.org.nz)
8. Your application will be reviewed by a TUE Committee made up of medical professionals. The application must meet the criteria set out by the WADA International Standard for TUEs.
9. If the TUE Committee approves your TUE application, you will be notified and a copy of the approval sent to the Chief Medical Officer at your national sporting organisation. TUE's last for different amounts of time depending on the medication, and it is your responsibility to check the expiry date and apply for renewal if you still require it.

a guide to the status of

# common medications in sport

attention deficit hyperactivity disorder (ADHD)

## Prohibited in Sport - Requires a TUE

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Methylphenidate (Ritalin / Concerta)

## antibiotics

### Permitted

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All antibiotics available in New Zealand are permitted in sport

### Prohibited at all times - Requires a TUE

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Probenecid is commonly prescribed with antibiotics. It is prohibited without a TUE

## asthma

If you need to take medication to keep your asthma under control, you need to know which asthma medications are allowed in sport and which are not.

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 (see below). Follow the directions on the prescription label of your inhaler and talk with your medical professional if you need to use your inhaler frequently.

Please contact DFSNZ if you need more clarification.

### Permitted (by inhalation only)

---

Salbutamol - max thresholds exist (eg. Ventolin, Respigen)  
Salmeterol - max thresholds exist (eg. Serevent)  
Formoterol - max thresholds exist (eg. Oxis, Foradil, Symbicort)  
Glucocorticoids (eg. Beclazone, Flixotide, Pulmicort)

### Prohibited in Sport - Requires a TUE

---

Terbutaline (eg. Bricanyl),  
Bambuterol (eg. Bambec) and oral Glucocorticoids (Prednisone, Prednisolone),  
oral salbutamol (eg. Ventolin in syrup form)  
Vilanterol (eg. Breo Ellipta)

## cold / flu / sore throat medications

### Permitted

Phenylephrine  
(eg. Lemsip and Maxiclear products)

Paracetamol (eg. Panadol)

### Prohibited In Competition

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

Morphine based cough syrup (eg. Gees Linctus)

## contraception

### Permitted

All oral contraceptives available in New Zealand are permitted in sport

## diabetes

### Prohibited in Sport - Requires a TUE

Insulin

## skin conditions

### Permitted

Topical Glucocorticoids (eg. Beta cream/ointment; DP lotion/cream; DermAid; Egocort; Hydrocortisone cream; Locoid; Skincalm)

### Prohibited In Competition

Oral/Systemic Glucocorticoids (eg. Prednisone, Medrol)

## glucocorticoids

### Permitted

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

### Prohibited in competition - Requires a TUE

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

## hayfever / sinusitis medications

### Permitted

Antihistamines (eg. Loratab, Loraclear, Claratyne, Claramax, Phenergan, Polaramine, Razene, Telfast, Zadine, Zyrtec)

Nasal sprays (eg. Flixonase, Alanase, Beconase, Drixine, Otrivin)

### Prohibited In Competition

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

Oral/Injected Glucocorticoids (eg. Prednisone, Kenacort, Dexamethasone)

## nausea / vomiting

### Permitted

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

## headaches / pain / inflammation

### Permitted

Non Steroidal Anti-Inflammatories (NSAID)

Ibuprofen (eg. Brufen, Nurofen, Panafen)

Diclofenac (eg. Diclax, Voltaren, Cataflam)

Pain Tablets  
(eg. Aspirin, Codeine, Tramal, Tramadol, Paracetamol, Panadeine)

### Prohibited In Competition

All medications that contain morphine (eg. Sevredol, Kapanol, m-Eslon)

Fentanyl  
(eg. Durogesic, Rapifen)

Pethidine

Oral/Systemic  
Glucocorticoids  
(eg. Prednisone, Medrol)

## 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. Any IV infusion's given in a non-hospital setting such as an outpatients clinic, medical rooms or on-site ambulance will require a TUE regardless of whether or not it's permitted in sport.



# athlete whereabouts

All anti-doping organisations carry out testing outside of competition without advance notice to the athlete. These tests help to detect and deter drug use and protect clean athletes.

DFSNZ has two groups of athletes who are tested more regularly than other athletes: the Registered Testing Pool (RTP) and the National Testing Pool (NTP). You will be told if you've been assigned to one of these testing pools.

If you are an RTP or an NTP athlete you need to file up-to-date and accurate 'whereabouts' information with DFSNZ so that you can be easily located for drug testing at any time.

This includes logging details about your regular activities such as where you are living, training, working, studying, competing and travelling. You also need to log details of your competitions and travel plans.

Athletes need to file whereabouts information every quarter with DFSNZ and you'll need to regularly update information if and when your plans change.

## Whereabouts information needs to be filed by the following dates in 2017:

Quarter	Period	Due Date
1st quarter	1 July to 30 Sept	15 June
2nd quarter	1 Oct to 31 Dec	15 Sept
3rd quarter	1 Jan to 31 Mar	15 Dec
4th quarter	1 April to 30 June	15 Mar

To update your whereabouts information, go to:

**<https://athlete.drugfreesport.org.nz>**

If you would like more information about athlete whereabouts and what's required of you, please visit our website.

## education

# E-learning

DFSNZ has developed three E-Learning programmes to ensure that athletes and support personnel have access to clean sport education on any computer or mobile device, anywhere in the world.

Our online programmes enable athletes and support personnel to access a range of modules about the anti-doping rules and the risks of doping, providing more athletes than ever before with comprehensive education to help them understand their responsibilities to clean sport and the risks associated with doping.

### Level One

The seven-module clean sport programme covers essentials such as the Sports Anti-Doping Rules, prohibited substances and methods, taking medications while competing, TUE's, the risks of supplement use, drug testing, intelligence and investigations.

### Level Two

The six-module clean sport programme is for athletes and support personnel who have previously completed the Level One programme. Level Two recaps key anti-doping messages and provides updates on need-to-know information. This programme is primarily designed for those who compete or coach at a national or international level.

### Coaches Programme

This programme provides practical ideas for coaches to create clean sporting environments in which to support their athletes. DFSNZ recommends all coaches, managers and parents complete the Coaches e-learning programme. In fact, six of the ten anti-doping rules (refer page 12) apply directly to support personnel.

### How do I get started?

Visit the DFSNZ website and click on E-Learning in the green box on the homepage. Follow the prompts and away you go!





education

## Good Clean Sport – Youth

This programme has been developed to support and educate youth athletes on clean sport within the secondary school environment.

In collaboration with key stakeholders, this free values-based programme targets top performing athletes via in-school workshops. Good Clean Sport – Youth provides young athletes with the tools and information to make good decisions in preparation for a potential sporting career.

Topics covered within the workshops include:

- > Values in sport
- > Strict liability
- > Supplement and medications
- > Decision making

Support personnel are also encouraged to attend the clean sport workshops as they all have a key part to play in preparing young athletes for a potential sporting career.

A specific resource is provided to athletes following the workshop.

### How can a school book a workshop?

Visit the DFSNZ website and click on 'Good Clean Sport – Youth' in the green box on the home page.

being informed

## find out more

At DFSNZ we want to make it easy for you to compete clean. You can get more information about the Anti-Doping Rules and what you need to do to comply with them in the following ways:

- › Visit [www.drugfreesport.org.nz](http://www.drugfreesport.org.nz)
- › Check medications by completing the online medication check via our website or text the drug name to 4365
- › Check supplements by completing an online supplement form via our website
- › Attend an education seminar or workshop to get a good understanding of the Rules
- › Complete our E-Learning courses; Level One, Level Two or Coaches via our website
- › Check out the WADA World Anti-Doping Code and the full 2018 Prohibited List at [www.wada-ama.org](http://www.wada-ama.org)

Finally, if you've witnessed doping activity or you suspect it may be going on, please report it to us in confidence. Email [intel@drugfreesport.org.nz](mailto:intel@drugfreesport.org.nz) or call 0800 DRUGFREE (378 437)



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## for more information

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

TUE enquiries: [TUE@drugfreesport.org.nz](mailto:TUE@drugfreesport.org.nz)

report doping: [intel@drugfreesport.org.nz](mailto:intel@drugfreesport.org.nz)

phone: +64 9 582 0388

fax: +64 9 580 0381

medications text service: **Text name of medication  
to 4365** (cost 20 cents)

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

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