

protect your career

sports anti-doping handbook 2016

drugfree sport

new zealand

we stand for clean sport.

Our logo tells our story and reflects the values and principles of Drug Free Sport NZ. We want to see clean sport in which athletes compete on a level playing field and achieve because of their own hard work and talent not due to performance enhancing drugs or methods.

The symbols in our logo reflect this aim.





Zero Tolerance: Detection and Accountability

We have zero tolerance for cheating in sport through drug use. We work to detect drug use through investigation, testing and analysis. We help athletes to understand the anti-doping rules so that they can be accountable for their part in creating a culture of clean sport.



Equality: Integrity and Fair Play

The equality sign demonstrates our commitment to protecting equity and fairness in sport so that all athletes can be confident they are competing on a level playing field. In doing so, we protect the integrity of sport and the spirit of fair play.



The Torch: Leadership and the Spirit of Sport

Echoing the Olympic torch, this symbol highlights our pledge to be a leader in promoting excellence in sport and our dedication to the values and qualities embodied in the true spirit of sport.



The Target: Focus and Commitment

The target highlights our focus and commitment to ensuring New Zealand sport is clean and drug free and reflects the focus and commitment required of the athletes we work with to be their very best.

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welcome

your anti-doping handbook

This guide aims to help you as an athlete understand and follow New Zealand's sports anti-doping rules in order to protect your sporting career and assist you to compete in the spirit of clean sport.

Drug Free Sport NZ is the national anti-doping organisation responsible for the enforcement, education and promotion of clean sport in New Zealand.

in this guide, we'll give you details about:

- sports anti-doping rules
- substances and methods which are prohibited
- supplements and their risks
- advice on commonly used medications
- applying to use a prohibited substance
- drug testing
- recording your whereabouts.

There's information in this book for those who support athletes as well: parents, coaches, trainers, and medical professionals.

Keep this guide handy so that you can access information easily and share it with those involved in your sporting career.

Drug Free Sport NZ is here to help. If you have any questions or queries please don't hesitate to contact us:

website

www.drugfreesport.org.nz

email

info@drugfreesport.org.nz

hotline

0800 DRUGFREE (378 437)

international

+64 9 582 0388

fax

+64 9 580 0381

clean sport

your role in clean sport

As an athlete you have a responsibility to play your part in creating a culture of clean sport that rewards talent, hard work and dedication, not cheating through drug use.

If you're competing at any level of sport, you could be drug tested at any time, particularly if you compete at a national or international level.

This means you need to take care with everything that you consume: food, drugs, medications, supplements, vitamins, vaccinations, energy drinks – everything.

It doesn't matter whether you intend to cheat through drug use or not: if you return a positive test or break other anti-doping rules you could face a ban from all sport.

it's your responsibility



Under the World Anti-Doping Code strict liability policy an athlete is personally responsible for any prohibited substance found in their body regardless of how it got there.

clean sport

the rules

New Zealand's Sports Anti-Doping Rules reflect those of the World Anti-Doping Agency's (WADA) World Anti-Doping Code and Prohibited List. WADA's Code and List are recognised throughout the world.

There are ten key anti-doping rules. We've summarised these below. You can and should read the full version of the rules on our website: www.drugfreesport.org.nz

New Zealand's anti-doping rules state that as an athlete you should not:

1. test positive for a prohibited substance
2. use or attempt to use a prohibited substance or method
3. refuse to provide a sample for drug testing
4. fail to file accurate whereabouts information or miss a test (if you're a Registered Testing Pool Athlete)
5. tamper with any part of the doping control process
6. possess prohibited substances or methods
7. traffic or attempt to traffic a prohibited substance or method
8. administer a prohibited substance or method

continued over page...

9. 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.

If you are found to have committed any of the above, you could be banned from all sport for a period of years. It could end your career and ruin your reputation.

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?

prohibited list

The Prohibited List is put out by the World Anti-Doping Agency (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 our website, www.drugfreesport.org.nz, but 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 Androgenic Steroids

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

Alcohol

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 www.drugfreesport.org.nz. To check a medication call 0800 DRUGFREE (378 437) or text the drug name to 4365 (cost 20 cents).

what's prohibited?

supplements

There are many dietary supplements available and you may be tempted to use them.

You will need to assess your need for supplements carefully because taking them can be risky.

Here's why:

- supplements could contain substances which are prohibited in sport
- supplements may not have adequate quality control or accurately label ingredients so you cannot be sure of exactly what's in them.

You should be extremely wary of products which market themselves as aiding in weight loss, building muscle or providing energy because these are more likely to contain substances which are included on the Prohibited List.

use supplements at your own risk



Drug Free Sport NZ cannot guarantee the safety of any supplement, but you can check the risks by calling 0800 DRUGFREE (378 437), emailing info@drugfreesport.org.nz or using the 'Check Supplements' tab on our website.

what's prohibited?

recreational drugs

As an athlete you need to respect your body and treat it well. This means steering clear of things which could be harmful to your health, including recreational drugs.

Many recreational drugs are prohibited in sport so you need to know that if you're drug tested and something like cannabis is found in your system, you could face a ban from all sport.

Here's what you need to know about recreational drugs:

- recreational drugs 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 try to avoid this if you can.

don't risk it



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



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.

Later, we'll take you through how to apply for permission to use a prohibited substance or method to treat a medical condition if you have no other options (Pg 24).

If you're unsure, you can always ring 0800 DRUGFREE (378 437) to check the status of a medication.

a guide to the status of **common medications in sport**

cold / flu / sore throat medications

Permitted

Phenylephrine
(e.g. Lemsip and Maxiclear
products)

Paracetamol (e.g. 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 (e.g. Gees Linctus)

antibiotics

Permitted

All antibiotics available
in NZ are permitted in
sport

Prohibited At All Times

Probenecid is commonly
prescribed with antibiotics.
It is prohibited without
a Therapeutic Use
Exemption (TUE)

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

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

Fentanyl
(e.g. Durogesic, Rapifen)

Pethidine

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

hayfever / sinusitis medications

Permitted

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

Nasal sprays
(e.g. 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
(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

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

nausea / vomiting

Permitted

e.g. 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

tell your doctor



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

medications

treat with special caution

If you need to take a medication that contains a prohibited substance, you may need to apply for special permission (i.e. a Therapeutic Use Exemption or TUE). If you are a national or international level athlete, you will need to apply for a TUE before you use the medication (pg 24).

Remember, always tell your medical professional that you're an athlete who could be drug tested at any time.

You may require special permission before using the following medications by applying for a Therapeutic Use Exemption (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.

Permitted (by inhalation only)

Salbutamol (e.g. Ventolin, Respiqen), Salmeterol (e.g. Serevent), Formoterol (e.g. Oxis, Foradil, Symbicort) and Glucocorticoids (e.g. Beclazone, Flixotide, Pulmicort)

Prohibited in Sport

Terbutaline (e.g. Bricanyl), Bambuterol (e.g. Bambec) and oral Glucocorticoids (Prednisone, Prednisolone), oral salbutamol (e.g. Ventolin in syrup form)

diabetes

Prohibited in Sport

Insulin

Its use requires a Therapeutic Use Exemption (see pg 24)

infections

All antibiotics are permitted, however it is a common practice to administer probenecid with antibiotics.

Probenecid is prohibited and requires a Therapeutic Use Exemption (see page 24).

attention deficit hyperactivity disorder (adhd)

Prohibited in Sport

Methylphenidate (Ritalin / Concerta)

Its use requires a Therapeutic Use Exemption (see pg 24)

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.

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

Fortunately, we've made it easy for you to check the status of medications in various ways.

Text

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

This service is not available outside of New Zealand and is not for checking supplements or overseas medication.

Website enquiry at www.drugfreesport.org.nz

Click on the Check Medications or Check Supplements box on the home page. Complete all fields and we will email you an answer.

Phone 0800 DRUGFREE (378 437)

Call our 0800 number anytime from within New Zealand to check whether a medication is prohibited.

Phone Drug Free Sport NZ internationally (+64 9 582 0388)

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 doping control.

check all medication



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 you buy overseas have the same brand name as those in New Zealand, but contain different ingredients 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 the UK, Canada, the USA or Japan, use 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 Drug Free Sport NZ on +64 9 582 0388.

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, prohibited substances.



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 you may need to 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 Therapeutic Use Exemption or TUE.

Before a TUE is granted, the following will be considered:

- will you experience significant health problems if you don't take the medication?
- will the substance significantly enhance your sporting performance?
- is there a reasonable and permitted alternative medication you could take for the illness or condition?

Who needs to apply for a TUE?

If you are a national or international level athlete and you need to take a medication that is on the Prohibited List, you must apply for a TUE **before** you take the medication (unless it's a medical emergency).

Drug Free Sport NZ determines whether you're a national level athlete. You should check our website for up-to-date details, but in general terms you are classified as a national level athlete if you are:

- in Drug Free Sport NZ's Registered Testing Pool or National Testing Pool
- selected in a New Zealand Olympic, Paralympic or Commonwealth Games team
- on the long list for selection for a New Zealand Olympic, Paralympic or Commonwealth Games team
- competing in the elite or open grade category at a national championships event or are selected to represent New Zealand at the elite level in the following sports:

- Athletics
- Basketball
- Canoeing
- Cricket
- Cycling
- Football
- Hockey
- Netball
- Rowing
- Rugby League
- Rugby Union
- Softball
- Swimming
- Triathlon
- Weight lifting.

The criteria for an international level athlete is determined by a sport's International Federation. If you're competing internationally you should check with your Federation and be clear about your responsibilities around TUEs.

Other athletes do not require a TUE in advance. If you're one of these athletes you can apply for a retroactive exemption, which means you only need to apply if you're tested and you return a positive test. However, you will need to meet the criteria set out earlier in this section.

If you're not sure what level athlete you are contact Drug Free Sport NZ on 0800 DRUGFREE (378 437) or info@drugfreesport.org.nz or your National Sport Organisation (NSO) to check.

What do I need to include with my TUE application?

Your medical practitioner 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, preferably from a specialist
- confirmation that permitted alternative medications have been tried.

If you or your medical professional do not submit all of the required information, then your application will be delayed so it's important that you include the correct documentation.

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.

Do advise all medical staff that you're an athlete who could be drug tested and ask them to check whether all medications are prohibited in sport.

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 authority – Drug Free Sport NZ, your sport's International Federation or a Major Event Organiser (e.g. IOC).

Most athletes can apply to Drug Free Sport NZ. Call us to check and we'll advise you if you need to apply to your International Federation.

If you've got questions about the TUE process please contact Drug Free Sport NZ on 0800 DRUGFREE (378 437) or info@drugfreesport.org.nz

Overview of the Therapeutic Use Exemption process

This chart outlines the entire process for you.

-
1. Doctor or medical professional recommends a medication.
-
2. Check the status of medication:
 - 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.
 - call 0800 DRUGFREE (378 437)
 - text 4365 with name of drug (costs 20 cents).
-
3. If the medication is prohibited discuss permitted alternatives with your medical professional.
-
4. If there's NO ALTERNATIVE, a TUE application must be completed **before** you take the medication (in emergency situations, treatment may begin immediately).
-
5. Download an application form from www.drugfreesport.org.nz 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 practitioner (preferably the prescribing doctor) and all relevant supporting documentation attached. (Note that most applications require Specialist support).
-
7. Submit your application to Drug Free Sport NZ:
Fax: +64 9 580 0381 or
PO Box 17451, Greenlane, Auckland 1546 or
TUE@drugfreesport.org.nz

(Or to your International Federation if that's appropriate).
-
8. Your application will be reviewed by a TUE committee made up of medical professionals.
-
9. You and your medical professional will be told whether the application has been accepted or rejected. You will be told of any conditions attached to the TUE, including the date of expiry and restrictions on the use of the medication.
-



Most International Federations will accept Drug Free Sport NZ's Therapeutic Use Exemption approval for International level athletes.

athlete whereabouts

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

Drug Free Sport NZ has two groups of athletes who are regularly drug tested: 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, which is based on athletes' risk profiles.

If you are an RTP or an NTP athlete you need to file regular 'whereabouts' information with Drug Free Sport NZ 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, competing and travelling.

If you're an RTP athlete, you'll also be required to identify a 60-minute time slot between 6am and 11pm each day when you'll be available for testing at a location of your choice. You can select a time slot that fits your schedule, but you must be available and accessible for testing during that time.

Drug Free Sport NZ will not telephone you to locate you in the 60 minute period unless there are exceptional circumstances.

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

You need to file your whereabouts information by the following dates:

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

You can update your whereabouts information in the following ways:

- at www.drugfreesport.org.nz
- text the word whereabouts to 4365 and you will receive a link to submit a change of plan
- email whereabouts@drugfreesport.org.nz
- phone 0800 DRUGFREE (378 437)
- phone +64 9 582 0388 internationally.

If you want more information about athlete whereabouts and what's required of you, visit our website www.drugfreesport.org.nz/whereabouts



doping control

who can be drug tested?

If you compete in a sport that has agreed to New Zealand's Sports Anti-Doping Rules you could be drug tested. Most sports in New Zealand have signed up to these rules and that means no matter what level you're competing at you need to comply.

Athletes in Drug Free Sport NZ's Registered Testing Pool (RTP) or National Testing Pool (NTP) are tested more regularly than other athletes. But if you are not in the RTP or the NTP, it does not mean you will not be tested. 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 Drug Free Sport NZ.

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 can have a support person with you and you are advised to do so.

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 (e.g. 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 official 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'll find out whether you need to provide a urine sample, a blood sample, or both.

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

The doping control official 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 front of a doping control official
- 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 doping control officer know whether you have taken any medications or supplements recently
- you sign the relevant paper work.

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
- a trained professional draws blood from your arm
- you seal the bottles containing your sample
- you let the doping control officer know whether you have taken any medications or supplements recently
- you sign the relevant paper work.

Once your samples are sealed in tamper-evident containers, the doping control official 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.

Analysis and results

Your sample will be transported to a World Anti-Doping Agency (WADA) accredited or approved laboratory.

The laboratory will analyse the sample and then notify Drug Free Sport NZ of the result.

If your result is negative, you will be informed.

If your sample tests positive, Drug Free Sport NZ 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.

Drug Free Sport NZ will then decide whether to refer an allegation of an Anti-Doping Rule Violation (ADRV) against you to the New Zealand Sports Tribunal (or the Anti-Doping Tribunal within your sport).

Blood samples that are collected for the purpose of the Athlete Biological Passport programme will not be reported on.

The consequences of an anti-doping rule violation

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

The sanctions for an anti-doping rule violation can include:

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

Under the 2015 World Anti-Doping Code most violations now face a four-year ban and if it's a second offence you could face a life ban from all sport.

it's not worth it



It's not worth the risk. Understand what the rules are, meet your responsibilities, compete clean and know that you're safe.



your role

support personnel

If you're supporting an athlete, as a parent, a coach, trainer, agent, manager, or a medical professional, you need to be aware of your responsibilities to help them compete clean.

You're likely to be a role model for the athlete you support, so your views on anti-doping and clean sport will count for a lot.

Here are some tips on supporting an athlete to compete clean and drug-free:

- promote the value of clean, drug-free sport
- understand the anti-doping rules
- make sure the athlete competes in a clean coaching environment
- help the athlete to understand the principle of strict liability: they are responsible for any prohibited substance found in their body
- make the athlete aware of the risk of supplements and herbal remedies

- support the athlete during periods of high-risk (movement to the next level of sport, preparing for an elite event, stress or injury)
- provide support for the athlete during a drug test
- check the medications, supplements, vitamins etc your athlete takes with Drug Free Sport NZ
- report any doping activity or suspicions in confidence to Drug Free Sport NZ.

being informed

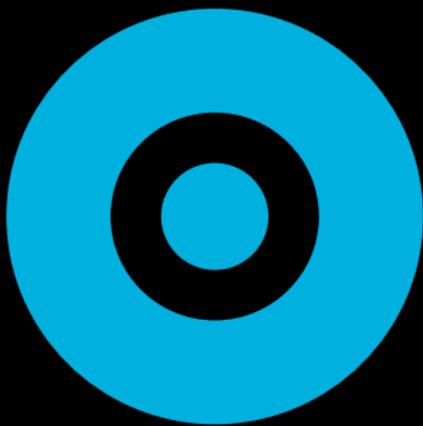
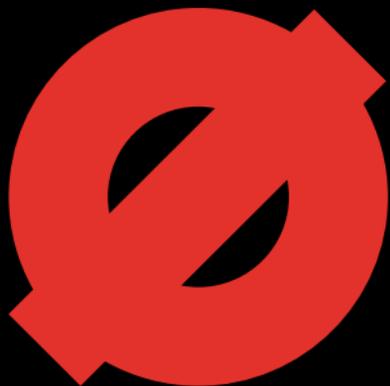
find out more

At Drug Free Sport NZ 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:

- attend an education seminar with other athletes to get a good understanding of the rules
- do a Drug Free Sport NZ online seminar
- visit our website at www.drugfreesport.org.nz
- check medications by completing an online medication check at www.drugfreesport.org.nz, by using our hotline 0800 DRUGFREE (378 437) or by texting the drug name to 4365
- check supplements by completing an online supplement check at www.drugfreesport.org.nz or by using our hotline 0800 DRUGFREE (378 437)
- check out the WADA World Anti-Doping Code at www.wada-ama.org/en/what-we-do/the-code
- read the WADA Prohibited list at <https://www.wada-ama.org/en/what-we-do/prohibited-list>

Finally, if you've witnessed doping activity or you suspect it may be going on, please report it in confidence to Drug Free Sport NZ.



for more information

www.drugfreesport.org.nz

hotline: 0800 DRUGFREE (378 437)

international: +64 9 582 0388

fax: +64 9 580 0381

email: info@drugfreesport.org.nz

text: 4365 (texts cost 20 cents)

(Text the name or the active ingredients of your medication).