

Drugs in Sport Key Points

Your Responsibilities

As an athlete you:

- Must find out which substances and methods are prohibited
- Must be aware of the rules in your Anti-Doing Policy and what is prohibited
- **are responsible for anything found in your system**
- Make sure that any medical treatment you receive does not violate your anti-doping policy
- **ASADA adopts the strict liability principle - ignorance is no excuse**

PROHIBITED LIST

AT ALL TIMES		IN-COMPETITION
SUBSTANCES	METHODS	SUBSTANCES
Anabolic agents	Manipulation of Blood & Blood Components - Enhancement of oxygen transfer	Stimulants
Peptide Hormones, Growth Factors & related substances		Cannabinoids
Beta-2 antagonists	Chemical or physical manipulation	Narcotics
Hormone antagonists & metabolic modulators		Glucocorticosteroids
Diuretics & masking agents	Gene Doping	

CHECK YOUR SUBSTANCES

Check all Australian substances and methods prior to use regardless of the administration route

Online using the Global Drug Reference Online (Global DRO)

<http://www.globaldro.com/> OR call ASADA 13 000 ASADA (13 000 27232)

10 anti-doping rule violations

1. Presence
2. Use or attempted use
3. Refusing to provide a sample
4. Whereabouts
5. Tampering or attempted tampering
6. Possession
7. Trafficking
8. Administration and attempted administration
9. Complicity
10. Prohibited Association

Athletes only

Athletes and Support Personnel

SUPPLEMENT DANGERS

- Assess the need – Sports Dietician or Doctor
- Assess the risk –
 - Is it safe?
 - Is it effective?
 - Is it necessary
- Minimise the risk
 - AIS supplements Frame work
 - Third party testing – Informed-Sport or HASTA

FURTHER HELP OR INFORMATION

ONLINE

Website www.asada.gov.au

Athlete Whereabouts Online System (AWOS)

Global DRO www.globaldro.com

PUBLICATIONS

Can be downloaded from www.asada.gov.au or ordered through the Anti-Doping Hotline.

PHONE

13 000 ASADA (13000 27232)

Global DRO is smartphone compatible