

protect your career

17

clean sport handbook —————
twentyseventeen

 **drugfree sport**
 new zealand

GOODCLEANSPORT

Instilling strong values and good habits in young kiwi athletes today, will empower them to succeed in sport and life tomorrow.

Good Clean Sport is a values-based movement aiming to educate and inspire every young kiwi athlete to become the best they can be through their involvement in competitive sport.

While the importance of competing clean will be a key feature, so too will educational content promoting the wider values, ethics and spirit of sport – like fair play, respect, teamwork, courage, humility, commitment, friendship and enjoyment.

Primarily aimed at our young aspiring elite athletes, Good Clean Sport will also reach out to coaches, parents, schools and clubs as they play a vital role in providing the best possible environment for young athletes to enjoy learning, growing and succeeding through playing sport.

The Good Clean Sport movement will roll out during 2017 across various communications channels and will seek to mobilise the entire New Zealand sporting community to promote the wider Good Clean Sport message.

So, welcome to the team – it's great to have you on board!

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welcome

your clean sport 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 (DFSNZ) is the national anti-doping organisation responsible for the enforcement, education and promotion of clean sport in NZ.

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

- sports anti-doping rules
- e-learning
- what to do if you suspect someone is doping
- substances and methods which are prohibited
- supplements and their risks
- advice on commonly used medications
- applying to use a prohibited substance
- testing
- recording your whereabouts

There's information in this book for support personnel; 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. It's designed to provide clear guidance to assist you. For a complete and accurate description of the Rules, refer to the Sports Anti-Doping Rules 2017 on the DFSNZ website.

website

www.drugfreesport.org.nz

email

info@drugfreesport.org.nz

medications hotline

0800 DRUGFREE (378 437)

medications text service

Text name of medication to 4365 (cost 20 cents)

international

+64 9 582 0388

fax

+64 9 580 0381

education

e-learning

DFSNZ has introduced e-learning programmes to ensure that as many athletes and support personnel as possible have access to clean sport education.

Our new programmes mean that athletes and support personnel can access a range of modules about the anti-doping rules and the risks of doping, from anywhere in the world, at any time.

Created and designed in NZ, the DFSNZ e-learning initiatives provide comprehensive clean sport education to help athletes and support personnel understand their responsibilities to clean sport and the risks associated with doping.

Level One Programme

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

Level Two Programme

Introduced in January 2017, the Level Two course is for athletes and support personnel who have previously completed the DFSNZ 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 national and international levels.



Coaches (support personnel) Programme

Also introduced in 2017, this course 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 10) apply directly to support personnel.

How do I get started?

Simply visit the DFSNZ website and click on e-learning in the green box on the homepage. Follow the prompts and away you go!

education

the youth project

A specially designed clean sport education programme is now available to support and educate young athletes and support personnel in NZ secondary schools.

The Youth Project is a partnership between DFSNZ, NZ Rugby, NZ Secondary School Sports Council, NZ Olympic Committee, Sport NZ, NZ Athletes Federation and the NZ Rugby Players Association.

The initiative offers education workshops to select secondary schools with top performing athletes.

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 range of learning opportunities are available including:

- workshops for high performing athletes and their support personnel
- e-learning education which will both assist learning and also measure knowledge and understanding of core clean sport concepts
- written resource materials for distribution to both sportspeople and, in particular, parents who are identified as key stakeholders in the programme.

clean sport

your role in clean sport

Athletes

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. 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.

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.

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're 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. It has been noted that increased pressure on athletes to become bigger, perform better and get stronger has led to signs of risky behaviour which can include the use of prohibited drugs.

How do I support an athlete to compete clean?

- understand the anti-doping rules
- create a proactive 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 or sample
- highlight the risk of supplements and herbal remedies
- support the athlete during periods of high risk (attaining the next level of sport, stress, injury, recurring injury or preparing for an elite event)
- provide support for the athlete during a drug test
- ensure the athlete checks medications, supplements, vitamins etc with DFSNZ
- report any doping activity or suspicions in confidence to DFSNZ
- ensure any Therapeutic Use Exemption (TUE) requirements are met
- complete the e-learning Coaches module and encourage your athlete to complete the e-learning programmes.

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 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 the DFSNZ website, use the medications hotline or medications text service.

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 labelled ingredients

Supplements include:

- protein shakes
- vitamins
- energy drinks
- herbal remedies
- meal replacements
- products which aim to assist weight loss, muscle development or provide energy during workouts.

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.

how to report doping in sport

Intelligence and Investigations

Any information passed on to DFSNZ 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. Unless someone is willing to take a stand, drug cheats can continue cheating at the expense of clean athletes.

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 with or without their knowledge?
- Have you observed or do you know of any doping activity?
- Does that knowledge sit uneasily with your personal values?
- Do you want to protect cheats at the expense of clean athletes?

report it now



Call DFSNZ in confidence on 0800 DRUGFREE or email: intel@drugfreesport.org.nz

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
- 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 needs to apply for a TUE?

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

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 certain criteria.

The criteria for an international level athlete is determined by a sport's International Federation.

If you are competing internationally you should check with your Federation and be clear about your responsibilities around TUEs.

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?

DFSNZ determines whether you're a national level athlete. Check the DFSNZ website for details, but in general terms you are classified as a national level athlete if you are:

- 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 NZ at the elite level in:
 - Athletics
 - Basketball
 - Canoeing
 - Cricket
 - Cycling
 - Football
 - Hockey
 - Netball
 - Rowing
 - Rugby League
 - Rugby Union
 - Softball
 - Swimming
 - Triathlon
 - Weightlifting

If you're not sure what level athlete you are contact your National Sport Organisation (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, 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, your application may take longer to process, 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.

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.

Submit your application to:

Drug Free Sport NZ

Email: 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).



Know what level athlete you are to determine whether or not you need a TUE before taking medications.

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:
 - 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 may be required before you take a medication depending on your sport and the level at which you compete (national, non-national, international). 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 medical documentation attached (eg. test results and Specialist endorsement where relevant).
-
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
-
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, an approval certificate will be provided with copies sent to your medical professional and your national sporting organisation. TUEs last for different lengths 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

Methylphenidate (Ritalin / Concerta)

antibiotics

Permitted

All antibiotics available
in New Zealand are
permitted in sport

Prohibited at all times - Requires a TUE

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)

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

Permitted

When given while you are at hospital, in surgery or travelling in an ambulance to hospital.

Prohibited

IV infusions and/or injections of more than 50ml per six hours require a TUE (eg. iron infusions given at a medical clinic or intravenous rehydration)



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.

doping control

who can be tested?

If you compete in a sport that has agreed to NZ's Sports Anti-Doping Rules you could be drug tested. 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. 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, 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 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 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 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 the direct view 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

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 doping control officer know whether you have taken any medications or supplements recently

Once your samples are sealed in tamper-evident containers, the doping control officer 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 New Zealand Sports Tribunal (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.

being informed

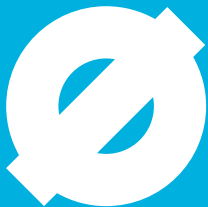
find out more

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:

- attend an education seminar with other athletes to get a good understanding of the rules
- visit our website at www.drugfreesport.org.nz
- complete our e-learning courses: Level One, Level Two or Coaches via the DFSNZ website
- check medications by completing an online medication check, by using our hotline 0800 DRUGFREE (378 437) or by texting the drug name to 4365
- check supplements by completing an online supplement check via the DFSNZ website 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 to us in confidence.



for more information

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

international: **+64 9 580 0381**

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)

www.drugfreesport.org.nz
