

SPORTS ANTI-DOPING HANDBOOK

2012

0800 DRUGFREE



VALID FROM

01 JANUARY - 31 DECEMBER 2012

INFORMATION INSIDE COULD SAVE YOUR CAREER



DRUG FREE SPORT NZ

www.drugfreesport.org.nz



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Instructions for Athletes

WHAT IS IN THIS HANDBOOK?

This handbook has been designed to provide you with important information about the WADA Prohibited List, the steps you need to take before using medications or supplements, what happens in a doping control test and advice on some of the most common medications and their status in sport.

This handbook also provides information about all of our support services such as phone numbers, text service, online enquiries and how to get help if you are travelling.

HOW TO USE YOUR HANDBOOK?

We recommend that you keep this within reach at all times. Maybe in your gym or training gear bag for instance. Anytime you need information in a hurry – refer to it here.

YOUR RESPONSIBILITY



Under the World Anti-Doping Code strict liability policy, you are responsible for any substance found in your body, regardless of how it got there.

Website:
www.drugfreesport.org.nz

Hotline: 0800 DRUGFREE (378437)

International: +64 9 582 0388

Fax: +64 9 580 0381

email: info@drugfreesport.org.nz

**“THE
RESPONSIBILITY
IS YOURS!”**



DRUG FREE SPORT NZ

What level are you competing at?

What level are you competing at? continued

It is important to know what level you are competing at as this will determine whether or not you need a TUE to use a prohibited substance in advance of testing or if you can apply retrospectively. See page 20 for information on obtaining a TUE. ENSURE YOU KNOW WHAT LEVEL YOU ARE COMPETING AT OR ASK DFSNZ.



NOTE: All International and National Level Athletes must apply for a TUE in advance.

ARE YOU IN A REGISTERED TESTING POOL WITH YOUR INTERNATIONAL FEDERATION?

You must apply in advance for an exemption to use any prohibited medication using a Therapeutic Use Exemption Form (TUE) available from your International Federation's website. More information on TUE applications can be found on page 20.

ARE YOU COMPETING AT INTERNATIONAL EVENTS?

Your International Federation or the Event Organisers may require that you submit a TUE to them directly. DFSNZ recommends that you contact either your National Sports Organisation, the Organising Committee or the relevant International Federation to find out whether the event is deemed to be "international" for the purposes of applying for a TUE.

A NATIONAL LEVEL ATHLETE?

To qualify as a National Level Athlete you must be in at least one of the following categories:

- You are in the DFSNZ Registered Testing Pool (DFSNZ will inform you if you are in this pool) and you are not an International Level athlete;
- You are in the DFSNZ National Testing Pool (DFSNZ will inform you if you are in this pool) and not an International Level athlete;
- If you 'compete' in the 'National Championships' of sports set out on the facing page.

The following list of events and categories is current as of 1 January 2012. The list may be updated during 2012. **Note:** You are deemed a national level athlete if you are competing in the 'elite open age' category of any of the events listed on the facing page.

SPORT	DESIGNATED NATIONAL CHAMPIONSHIPS
ATHLETICS	National Track and Field Championships
BASKETBALL	National League
BOXING	National Championships
CANOEING	National Championships (Sprint)
CRICKET	National First Class Competitions (Men and Women)
CYCLING	National Track Champs, National Road Champs
FOOTBALL	National League Men and Women
HOCKEY	National League Men and Women
NETBALL	ANZ Championships
ROWING	National Championships
RUGBY UNION	Super 15 & ITM Cup (premiership & championship)
SWIMMING	National Championships
TRIATHLON	All National Championships and Ultra Distance (Ironman)
WEIGHTLIFTING	National Championships

NOT AN INTERNATIONAL OR NATIONAL LEVEL ATHLETE?

If you do not compete at an international or national level, you do not need to gain a TUE in advance for prohibited medications. If you return an adverse analytical finding (positive test) you will be notified and must seek a retrospective TUE providing sufficient documentation to show clearly that the prohibited substance identified was properly administered/prescribed by a registered medical practitioner. Furthermore, the dosage was not such that it could have improved your performance.



IF UNSURE ABOUT YOUR LEVEL, CONTACT DFSNZ ON 0800 DRUGFREE FOR CLARIFICATION.

Times of Testing

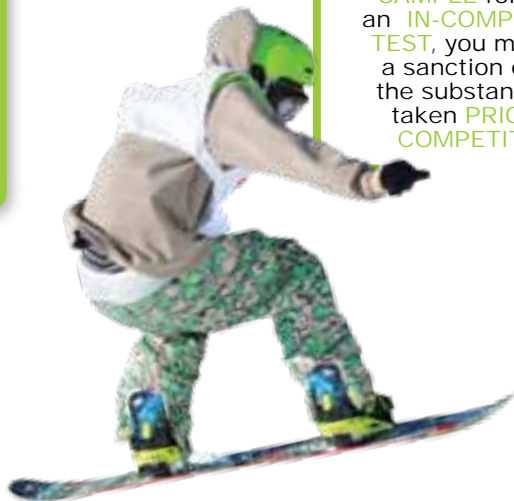
Times of Testing *continued*

PROHIBITED IN-COMPETITION

These are substances or methods which are prohibited at the time of competition - the period commencing twelve hours before a Competition through to the end of such Competition and the sample collection process related to such Competition. In some events, in-competition can commence days before you compete, e.g. the Commonwealth Games in-competition period normally commences from the day that the athlete village is open.



IF A SUBSTANCE is FOUND in YOUR SAMPLE following an IN-COMPETITION TEST, you may face a sanction even if the substance was taken PRIOR TO COMPETITION.



PROHIBITED IN AND OUT-OF-COMPETITION

These are substances or methods which are prohibited at all times. This is due to either their potential when used in training to have long term performance enhancing effects (such as Anabolic Steroids) or the potential to mask other Prohibited Substances.



If you use a SUBSTANCE or METHOD which is PROHIBITED OUT-OF-COMPETITION at ANYTIME, WITHOUT a THERAPEUTIC USE EXEMPTION (subject to notes on page 3) then you will have been deemed to have COMMITTED an Anti-Doping Rule VIOLATION and a SANCTION may apply.



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Special Caution


Special Caution continued

PSEUDOEPHEDRINE

PSEUDOEPHEDRINE IS PROHIBITED IN COMPETITION

Pseudoephedrine may be used to treat colds, flu or hayfever. It is only prohibited in competition. If you are tested in competition, and your sample contains high levels of pseudoephedrine (more than 150 micrograms per millilitre) it is a positive test. In accordance with WADA Guidelines we advise the following:

- Do not use medications that contain pseudoephedrine within 24 hours of competing;
- Always follow the manufacturer's guidelines;
- Consider using an alternative medication – there are many alternatives which contain permitted substances such as phenylephrine.

 **IMPORTANT REMINDER:** *Pseudoephedrine is found in many products which are available over the counter at pharmacies in New Zealand. These are usually cold and flu tablets.*

GLUCOCORTICOSTEROIDS (GCS)

Many athletes are treated with GCS for injuries, allergic reactions, hayfever, asthma respiratory issues and sometimes before or after surgery. These medications can be administered in various ways, please read the following for clarification of their status.

If you are a National or International level athlete and are administered a GCS systemically (into vein, muscle or orally) you must obtain a TUE in advance.

BEWARE: SYSTEMIC/INJECTED ADMINISTRATION OF GCS (INTO VEIN, MUSCLE OR ORALLY) IS PROHIBITED IN COMPETITION.



ORAL PREDNISONE is PROHIBITED IN COMPETITION

NON-SYSTEMIC ADMINISTRATION OF GCS IS PERMITTED (CONDITIONS OVER)

This includes intra-articular injections into joints (e.g. Kenacort) and inhaled corticosteroids for treatment of respiratory issues (e.g. Flixotide).

These products are permitted provided they are legitimately prescribed and used at the levels appropriate to treat the condition or injury.

TOPICAL ADMINISTRATION OF GCS IS PERMITTED.

This includes eye drops (e.g. Maxidex, Tobradex), ear drops (e.g. Sofradex), ointments, nasal sprays (e.g. Flixonase, Alanase, Beconase).



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ASTHMA MEDICATIONS FOR INTERNATIONAL AND NATIONAL LEVEL ATHLETES

Asthmatics are commonly prescribed Beta-2 agonists or Glucocorticosteroids. This section explains the status of these medications and the steps you need to take in order to gain permission for their use.

BETA-2 AGONISTS

New status for FORMOTEROL for 2012

Formoterol (e.g. Oxis, Foradil, Symbicort) is now PERMITTED by inhalation (max 36 micrograms per 24 hours).



NATIONAL and INTERNATIONAL level athletes NEED TO APPLY for a TUE before using ANY PROHIBITED ASTHMA MEDICATION.

ASTHMA MEDICATIONS FOR ALL OTHER ATHLETES

Non-National/International Level athletes do not need to apply for a TUE in advance to use asthma medications. If an adverse analytical finding (positive test) occurs they will be notified and must seek a retrospective TUE. (*Information on obtaining a TUE can be found on page 20 of the Handbook.*)

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ASTHMA GUIDANCE CHART

INHALERS	INTERNATIONAL LEVEL	NATIONAL LEVEL	NON NATIONAL/INTERNATIONAL
Salbutamol by inhalation (e.g Ventolin, Respigen)	Permitted**	Permitted**	Permitted**
Salmeterol by inhalation (e.g Serevent)	Permitted**	Permitted**	Permitted**
Formoterol (e.g. Oxis, Foradil, Symbicort)	Permitted**	Permitted**	Permitted**
Terbutaline (e.g Bricanyl)	TUE from IF (IF's website)	TUE from DFSNZ (www.drugfreesport.org.nz) (www.sportscheck.org.nz)	TUE if tested and adverse finding occurs
Bambuterol (e.g Bambec)	TUE from IF (IF's website)	TUE from DFSNZ (www.drugfreesport.org.nz) (www.sportscheck.org.nz)	TUE if tested and adverse finding occurs
Non-Systemic Glucocorticosteroids (e.g Beclazone, Flixotide, Pulmicort)	Permitted**	Permitted**	Permitted**

OTHER MEDICATIONS

Systemic Glucocorticosteroids (e.g Prednisone, Dexamethasone, Kenacort) Oral tablets or systemic injections	TUE from IF (IF's website)	TUE from DFSNZ (www.drugfreesport.org.nz) (www.sportscheck.org.nz)	TUE if tested and adverse finding occurs
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National Level includes DFSNZ RTP and NTP athletes and others who compete in national competitions defined on page 2.

** Permitted—These medications are permitted by inhalation provided they are legitimately prescribed and used at acceptable therapeutic doses (**0800 DRUGFREE** for more information).

continued

SUPPLEMENTS

As with all areas of the World Anti-Doping Code, strict liability is applicable in relation to supplements. It is vital you are fully aware of the risks associated with using supplements. See page 17 for further information on supplements.

CANNABINOIDS/SYNTHETIC CANNABINOIDS

Cannabinoids are one of the most commonly used illicit drugs and can remain in the body for a number of weeks. Both Natural and Synthetic THC are **PROHIBITED IN COMPETITION**. For further information, see page 19.



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SERVICES TO HELP YOU CHECK MEDICATIONS

TEXT SERVICE

Text the name of the medication or active ingredient to 4365 (texts cost 20c).

THIS SERVICE IS NOT SUITABLE FOR CHECKING SUPPLEMENTS OR OVERSEAS MEDICATIONS – PLEASE VISIT www.drugfreesport.org.nz and click on “Checking a Supplement” quick link. Or call 0800 DRUGFREE. If overseas, call +64 9 582 0388.

DRUG FREE SPORT WEBSITE ENQUIRY

www.drugfreesport.org.nz

Click on “Checking a Medication” or “Checking a Supplement” in the quick link menu, complete all fields and we will email you the answer.

PHONE 0800 DRUGFREE (378437)

Call our 0800 number anytime from within New Zealand. After hours you will be diverted to a staff member who can assist you.

MIMS RESOURCES

Most medical professionals use MIMS resources. MIMS tells medical practitioners the status of all medications and also provides guidance for TUE applications.

*** ALWAYS ASK YOUR DOCTOR, DENTIST OR SURGEON TO REFER TO MIMS BEFORE PRESCRIBING OR GIVING YOU A MEDICATION.**



REMEMBER: ALWAYS INFORM all
MEDICAL PROFESSIONALS who TREAT
you, that you are an ATHLETE
SUBJECT to TESTING.

continued

SPORTSCHECK WEBSITE

Visit www.sportcheck.org.nz for fast track information on the use of medications in sport.

ATHLETE WALLET CARD/ATHLETE KEYRING

As a reminder, we have provided the 'Athlete Wallet Cards' and 'Athlete Keyrings' which should be carried at all times and presented every time you are purchasing medications or being treated.

The cards have important contact details and instructions that will help you avoid taking prohibited substances inadvertently.

DO YOU HAVE YOUR WALLET CARD OR KEYRING?

If not, contact us on **0800 DRUGFREE** or visit the athlete section at www.sportcheck.org.nz to order your wallet card or keyring today.



REMEMBER to SHOW your CARD or KEYRING WHEN at PHARMACIES.



If you've got it show it



Don't forget to update your Athlete Wallet Card with the new 2012 one. Make sure you show it and help us to help you.

Terenzo Bozzone
5 Times World Champion Triathlete

Common Medications

Common Medications *continued*

This information is intended to be a quick guide to assist you in treating non-serious conditions.

Always advise your MEDICAL PROFESSIONALS that you are an athlete subject to sports drug testing and ask that they refer to the MIMS resources or ask them to call **0800 DRUGFREE** to clarify the status of substances.

COLD / FLU / SORE THROAT MEDICATIONS

Permitted	Prohibited
Phenylephrine (e.g. Lemsip and Maxiclear products) Paracetamol (e.g. Panadol). All Antibiotics.	IN-COMPETITION All medications that contain pseudoephedrine are prohibited (Guidelines can be found on page 6). Morphine based cough syrup (e.g. Gees Linctus)

HEADACHES / PAIN / INFLAMMATION

Permitted	Prohibited
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).	IN-COMPETITION All medications that contain morphine (e.g. Sevredol, Kapanol, m-Eslon) Fentanyl (e.g. Durogesic, Rapifen) Pethidine Oral/Systemic GCS (e.g. Prednisone, Medrol)

ANTIBIOTICS

Permitted	Prohibited
All antibiotics available in NZ are permitted in sport.	Important: Probenecid is a prohibited masking agent. Occasionally a MEDICAL PROFESSIONAL may recommend its use with antibiotics. Probenecid is prohibited at all times without a TUE.

HAYFEVER / SINUSITIS MEDICATIONS

Permitted	Prohibited
Antihistamines (e.g. Loratab, Loraclear, Claratyne, Claramax, Phenergan, Polaramine, Razene, Telfast, Zadine, Zyrtec). Nasal sprays (e.g. Flixonase, Alanase, Beconase, Drixine, Otrivin).	IN-COMPETITION All medications that contain pseudoephedrine are prohibited. (Guidelines can be found on page 6). Oral/Injected GCS (e.g. Prednisone, Kenacort, Dexamethasone)

SKIN CONDITIONS

Permitted	Prohibited
Topical GCS (e.g. Beta Cream/ ointment, DP Lotion/ Cream, Derm-Aid, Egocort, Hydrocortisone Cream, Locoid, Skincalm).	IN-COMPETITION Oral/Systemic GCS (e.g. Prednisone, Medrol)

continued

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.



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Supplements



CASE STUDY

Name: **Adam Dean**

Representative sport: **Rugby**

Adam, a 17 year old Rugby Player was achieving his highest honours at his age group in Rugby, receiving international caps for England at the Under 18 group.

Following the pressures of being told he needed to be “bigger, faster and stronger”, Adam began the use of supplements to complement his training and diet. Although aware of having to adhere to the rules of the Prohibited List, the education Adam had received had not made him fully aware of the risk of potential contamination of supplements and he decided to make his decision based on his own research. Adam chose a supplement that did not have any prohibited substances on the product label, a product that also made claims of being “suitable for drug tested athletes”.

Assuming that the information provided by the manufacturer was accurate and substantiated, Adam began to take the supplements as part of this training regime. Adam tested positive to 19-Norandrosterone (a prohibited anabolic agent) and the only explanation Adam could comprehend was that the positive test was attributable to the supplements that he was taking. Adam was banned for two years from Rugby.



Adam **WASN'T AWARE** of the risks with **SUPPLEMENTS**. Make sure you are, or **RISK A BAN** from **ALL SPORT!**

continued

SUPPLEMENTS



THE **INADVERTENT USE** of a **SUPPLEMENT CONTAINING a PROHIBITED SUBSTANCE WOULD NOT** be a **VALID** excuse if such a substance was found in your sample.

DFSNZ advises all athletes to consult with a sports nutritionist before using supplements and to be cautious when considering taking supplements due to the following reasons:

- Supplements are not manufactured under the same rigorous standards as pharmaceuticals;
- Some supplements have been contaminated with prohibited substances;
- Labelling laws are not the same in all countries. This could mean some ingredients are not listed on the bottle;
- There are some supplements which are available in NZ containing prohibited substances such as Geranium Extracts, DHEA, Methylhexanamine, DMAA.



DFSNZ CANNOT GUARANTEE THE STATUS OF ANY SUPPLEMENT PRODUCT IN SPORT. THIS INCLUDES ALL NUTRITIONAL, DIETARY AND SPORTS SUPPLEMENTS.

YOU CAN CHECK THE RISKS ASSOCIATED WITH A SUPPLEMENT BY CONTACTING US AT **0800 DRUGFREE (378437)**.

We will do our best to provide guidance on the listed ingredients and the risks that could be associated with the brand or product that you are checking.



PLEASE NOTE that **SUPPLEMENTS** are taken at your **OWN RISK**.

NATURAL AND SYNTHETIC THC

Cannabinoids are one of the most commonly used illicit drugs and are prohibited. Cannabis can be stored in the body for a long time which may result in an athlete failing a test many weeks after using the drug.

Passive inhalation of cannabis is very unlikely to result in a failed test – but we do advise athletes to avoid situations where smoke could be inhaled involuntarily. If tested positive to Cannabis, an athlete can be banned for up to two years.

SYNTHETIC CANNABIS (SPICE, KRONIC) IS ALSO PROHIBITED IN COMPETITION.



An athlete can **TEST POSITIVE** for **CANNABIS EVEN** if it was **INGESTED** many weeks **PRIOR** to the **COMPETITION**.

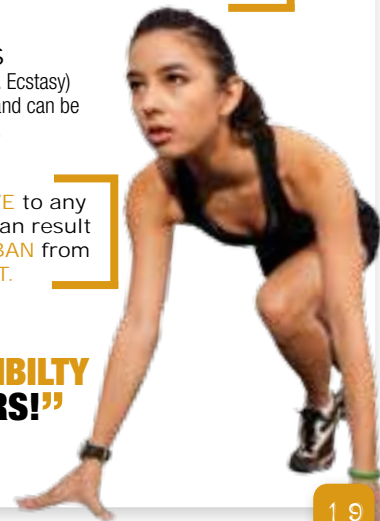
RECREATIONAL DRUGS

Cocaine, BZP and Amphetamine (e.g. Ecstasy) are **PROHIBITED IN COMPETITION**, and can be detected several days after ingestion.



TESTING POSITIVE to any of these **DRUGS** can result in a **FOUR YEAR BAN** from **ALL SPORT**.

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Therapeutic Use Exemptions (TUE)

Therapeutic Use Exemptions (TUE) *continued*

The TUE process provides an opportunity for athletes who require treatment with a prohibited substance to apply for permission to use it. The process involves completing a specific form and submitting it to a TUE Committee for approval.

WHAT ARE THE CRITERIA FOR GRANTING A TUE?

- You would experience significant health problems without taking the prohibited substance or method;
- The therapeutic use of the substance would produce no significant enhancement of performance, and;
- There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method.

INFORMATION REQUIRED TO SUPPORT THE TUE APPLICATION

When applying for a TUE it is important that your application is supported with comprehensive medical evidence, (lab results, Xrays etc). There also needs to be confirmation that permitted alternatives have been trialled and in most cases, specialist opinion is necessary. A TUE application can take up to 2 weeks.

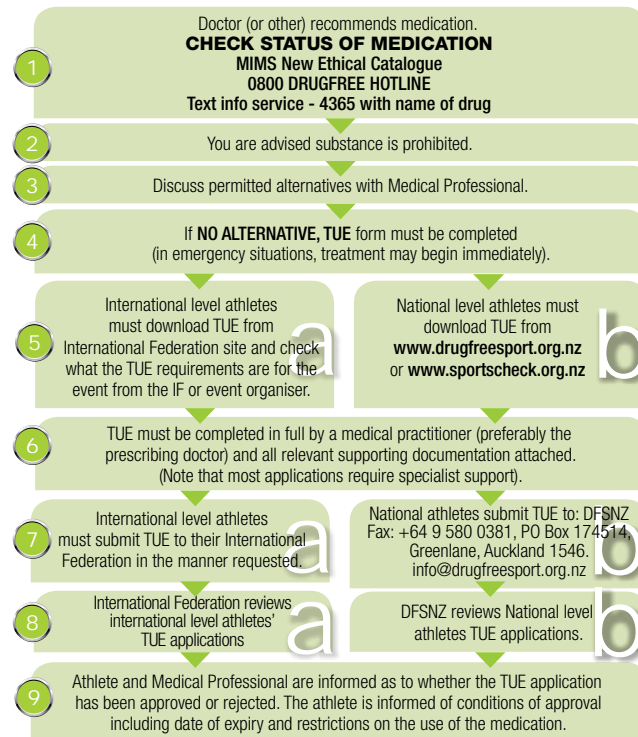
PLANNED SURGERY/DENTAL PROCEDURES?

Some medications required for surgery are on the prohibited list and will require a TUE. Please contact DFSNZ for clarification.

*** A TUE APPLICATION CAN ONLY BE SENT TO ONE AUTHORITY, EITHER DFSNZ OR YOUR INTERNATIONAL FEDERATION, NOT BOTH.**

*** FAILURE TO SUBMIT the APPROPRIATE DOCUMENTATION will DELAY your APPLICATION.**

OVERVIEW OF THERAPUETIC USE EXEMPTIONS (TUE)



NB: Some IF's will accept DFSNZ TUE approval for International level athletes



GUIDANCE FOR ATHLETES WHO ARE TRAVELLING

Some medications obtained overseas have the same brand name as medications sold in New Zealand, but they may contain different ingredients.



THE STATUS of **PRODUCTS** and **BRAND NAMES** in this resource apply only to products **PURCHASED** in **NEW ZEALAND**.

We advise that if you are travelling and you require medication for an on-going health issue that you should plan ahead and take enough medication to cover you while you travel.

BE EXTREMELY CAREFUL WHEN USING ANY OVERSEAS PRODUCTS.



DO NOT USE THE DFSNZ TEXT SERVICE WHILST OVERSEAS, HOWEVER DFSNZ CAN BE CONTACTED FROM OVERSEAS ON +64 9 582 0388.

ONLINE DRUG INFORMATION FOR TRAVELLING ATHLETES

You can check the status of medications in some countries using their online systems. Here are some services that will enable you to check medications purchased or prescribed in the countries listed.

If you purchase or are prescribed a medication in Canada, UK or USA, you can check the medication on www.globaldro.com.

CONTACT DETAILS FOR OTHER ANTI-DOPING ORGANISATIONS

You can contact the following organisations when travelling to check on the status of medications or for general enquiries.

INTERNATIONAL DIRECTORY

AUSTRALIA

Australian Sports
Anti Doping Authority
Hotline: 13 000 ASADA
(13 000 27232)
T: +61 (0)2 6222 4200
F: +61 (0)2 6222 4201
E: asada@asada.gov.au
W: www.asada.gov.au

AUSTRIA

National Anti-Doping
Agency
T: +43 1 505 80 35
F: +43 1 505 80 35 35
E: office@nada.at
W: www.nada.at

CANADA

Canadian Centre for Ethics
in Sport
T: +1 613 521-3340
F: +1 613 521-3134
CCES Info Line: +1 800-
672-7775

E: info@cces.ca
W: www.cces.ca
Go to athlete zone then go
to Global DRO
www.globaldro.com

CHINA

China Anti-Doping Agency
E: info@chinada.cn
W: www.chinada.cn

DENMARK

Anti-Doping Denmark
T: +45 4326 2550
F: +45 4326 2546
E: info@antidoping.dk
W: www.antidoping.dk

FINLAND

Finnish Antidoping Agency
T: +358 (0) 9 3481 2020
– International
F: +358 (0) 9 148 5195
E: info@antidoping.fi
W: www.antidoping.fi

FRANCE

Agence Française de Lutte
Contre le
Dopage
T: +33 (0)1 40 62 76 76
F: +33 (0)1 40 62 77 39
E: info@afld.fr
W: <http://www.afld.fr>

GERMANY

Nationale Anti Doping
Agentur Deutschland
T: +49 (228) 812 92 -0
F: +49 (228) 812 92 –
219
E: info@nada-bonn.de
W: www.nada-bonn.de

HONG KONG

Hong Kong Anti-Doping
Committee
T: +852 2890 3644
F: +852 2890 3677
E: antidoping@hkolympic.org
W: www.antidoping.hk

continued

Travelling continued



INDIA

National Anti-Doping Agency
T: +91 2436 8248
F: +91 2436 8274
E: info.nada@nic.in
www.nada.nic.in

IRELAND

Irish Sports Council
T: + 353-1-8608800
F: + 353-1-8608880
E: info@irishsportsCouncil.ie
W: www.irishsportsCouncil.ie/Anti-Doping

ITALY

Italian Anti-Doping
Department
Comitato Olimpico Nazionale
Italiano
T: +39 0636857917
F: +39 0636857277
E: antidoping@coni.it
W: www.coni.it

JAPAN

Japan Anti-Doping Agency
T: +81 5963 8030
F: +81 5963 8031
W: www.playtruejapan.org

NETHERLANDS

Anti Doping Authority of
The Netherlands
Hotline: 09002001000

T: +31 010-2170150
F: +31 010-2010159
E: info@dopingautoriteit.nl
W: www.dopingautoriteit.nl

NORWAY

Anti-Doping Norway
T: +47 915 09765
F: +47 21 02 92 19
E: post@antidoping.no
W: www.antidoping.no

OCEANIA

Oceania Regional
Anti-Doping Organization
T: +679 3302 140
F: +679 3302 082
E: oceaniarado@onoc.org.fj
W: www.oceaniasport.com/rado

QATAR

Qatar National Anti-doping
Commission
W: www.qatarolympics.org

SAMOA

Samoa Anti-Doping Agency
T: +685 66653
Email: andrewtone@hotmail.com

SOUTH AFRICA

South African Institute for
Drug-Free Sport

T: 0861 0 72437
T: 0861 2 72437
E: info@drugfreesport.org.za
W: www.drugfreesport.org.za

SWITZERLAND

Anti-Doping Switzerland
T: 031 359 7444
T: 031 359 7449
F: 031 359 7449
E: info@antidoping.ch
W: www.antidoping.ch

UNITED KINGDOM

UK Anti-Doping
T: +44 (0) 2077667350
T: +44 (0) 2077667351
E: drug-free@uksport.gov.uk
W: www.ukad.org.uk
www.globaldro.com

UNITED STATES OF AMERICA

US Anti-Doping Agency
T: +1 719 785 2000
F: +1 719 785 2001
Toll Free: +1 866 6012632
Drug Reference Line:
T: +1 800 233 0393-
within USA
T: +1 719 785 2020 –
outside USA
W: www.usantidoping.org
www.globaldro.com

Athlete Whereabouts requirements

WHAT IS 'WHEREABOUTS'?

Whereabouts is information provided by athletes to enable the Anti-Doping Organisation to locate them for drug testing. Providing Whereabouts is about protecting all athletes' rights to compete clean. Being able to locate and test athletes without notice helps deter and detect the use of prohibited drugs and uphold the integrity of sport.

HOW DO YOU KNOW IF THESE REQUIREMENTS APPLY TO YOU?

National Sporting Organisations (NSO's) and DFSNZ work together to create testing pools from a variety of sports. Athletes are advised officially in writing if they are in a testing pool.

HOW DOES AN ATHLETE COMPLETE WHEREABOUTS REQUIREMENTS?

DFSNZ provides the following methods for submission of whereabouts information:

Website: www.drugfreesport.org.nz and click on: 'Athlete Whereabouts Login'

IF YOUR PLANS CHANGE, YOUR WHEREABOUTS CAN BE ALTERED AS FOLLOWS:

Website: www.drugfreesport.org.nz and click on: 'Athlete Whereabouts Login' and complete.

Mobile: Txt the word whereabouts to **4365** and follow the link in the text that is sent to you (texts cost 20 cents plus any data charges on your mobile account).

Freephone: **0800 DRUGFREE (378437)**

International: **+64 9 582 0388**

Athletes in the Registered Testing Pool (RTP) and the National Testing Pool (NTP) need to provide whereabouts information four times a year (due dates listed below) and update the information whenever it changes.

	Period	Submission Due Date
3rd Quarter	1 Jan to 30 Mar 2012	15 Dec 2011
4th Quarter	1 April to 30 June 2012	15 Mar 2012
1st Quarter	1 July to 30 Sept 2012	15 June 2012
2nd Quarter	1 Oct to 31 Dec 2012	15 Sept 2012
3rd Quarter	1 Jan to 30 Mar 2013	15 Dec 2012

 **For more information on Athlete Whereabouts, visit www.drugfreesport.org.nz.**

If athletes in a Testing Pool do not provide current and accurate whereabouts information, they may commit an Anti-Doping Rule Violation and be sanctioned.

WHAT ARE MY RIGHTS AND RESPONSIBILITIES RELATING TO SAMPLE COLLECTION?

On being notified you will be informed verbally and/or by way of a form:

- a) That you are required to provide a sample according to the Rules, or other relevant policy, adopted by your sport;
- b) Of the authority under which the sample collection is to be conducted;
- c) Of the type of sample collection and any conditions that need to be adhered to prior to the sample collection;
- d) Of your rights to:
 - i. Have a representative (such as a parent, coach or friend) and, if required, an interpreter;
 - ii. Ask for additional information (see following) about the sample collection process;
 - iii. Request a delay in reporting to the Doping Control Station for valid reasons;
 - iv. Request necessary modifications if you have a disability.



continued

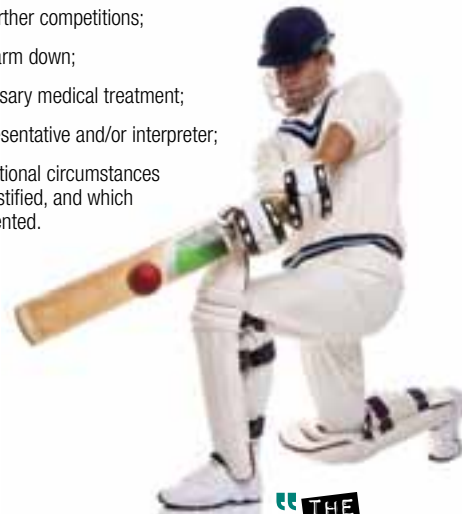
**“THE
RESPONSIBILITY
IS YOURS!”**

- e) Of your responsibilities and requirements to:
- i. Remain within sight of the Doping Control Official (DCO) or Chaperone at all times from the first moment of in-person notification until the completion of the sample collection procedure;
 - ii. Produce identification as required;
 - iii. Comply with sample collection procedures;
 - iv. Report to the Doping Control Station, unless delay is approved for valid reasons (see below*), as soon as possible.
- f) Of the location of the Doping Control Station.
- g) Of the possible consequences of failure to comply.



***A DCO (Doping Control Officer) may accept a request from an Athlete to delay reporting to the Doping Control Station and/or once the Athlete arrives at the Doping Control Station and wishes to leave if the Athlete can be continuously chaperoned during the delay and if the request relates to the following activities:**

- a) Participation in a victory ceremony;
- b) Fulfilment of media commitments;
- c) Competing in further competitions;
- d) Performing a warm down;
- e) Obtaining necessary medical treatment;
- f) Locating a representative and/or interpreter;
- g) Any other exceptional circumstances which can be justified, and which shall be documented.



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URINE SAMPLE



1

NOTIFICATION
An anti-doping official will notify you that you have been selected for a doping control test. The official will be wearing identification and will ask you to sign a notification form.



2

REPORTING
You must remain in direct sight of the official and report to the doping control station to sign in as soon as possible. You may ask for a representative to accompany you. You may take drinks to help you give this sample.



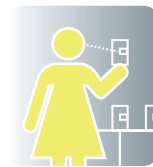
3

CHOOSE COLLECTION VESSEL
You will choose from a range of beakers. You will then be taken to a separate private area to provide your urine sample. A representative may be present in the toilet area, if you are a minor.



4 **PROVIDING A SAMPLE**

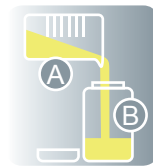
You are required to provide a urine sample in direct view of the anti-doping official. This will be a chaperone of your own gender. You will be asked to wash your hands, adjust clothing and, if necessary, your position so that a clear view is possible. You must provide a minimum of 90mls of urine. You must retain control of the collection vessel at all times and it must always be in sight of an official.



5

CHOOSING A TAMPER EVIDENT KIT

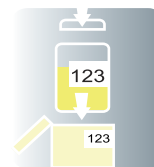
Keeping your sample in view, you can now choose a tamper evident sample kit. You will be instructed to open the kit and ensure that the numbers on the A and B bottles are identical. If any numbers do not match, the anti-doping official will ask you to select another sealed box.



6

POURING THE SAMPLE

You are responsible for pouring your own sample. If the sample is less than the required volume, this is called a partial sample. You will be asked to seal this and give additional samples until the volume requirement is met. The anti-doping official will test a small amount of the sample to ensure it meets analysis requirements and if not, you may be required to supply another sample.



7

SEALING THE KITS

You will be instructed to seal the sample bottles. The anti-doping official will also check they are sealed. They can then be placed back in a transport box.

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8 **COMPLETING THE PROCEDURE**

Lastly, you will be asked to disclose any medications or supplements you have recently taken. You can also write any comments on the form. You then sign out, taking your copy of the form and the procedure is finished.

BLOOD SAMPLE

Recent scientific developments have made blood testing an important tool for anti-doping organisations. The analysis of blood samples can detect prohibited substances that cannot be detected in urine such as human growth hormone (hGH). Blood is also collected to measure and monitor selected parameters for the Athlete Biological Passport Programme.



1

NOTIFICATION
Testing official wearing identification notifies athlete.



2

REPORTING Report to doping control station. A representative may join you.



3

CHOOSE KIT FOR SAMPLE COLLECTION
Choose a venipuncture and sample security kit.



4 **RELAX**

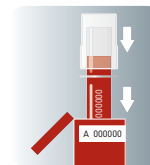
You will be required to rest for a minimum of 10-minutes.

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5

BLOOD COLLECTION
A trained, experienced phlebotomist will draw the blood for the test.



6

SEAL KITS
You will seal the bottles containing your tubes of blood.



7

COMPLETE PAPERWORK
Sign completed forms and take a copy.



HOW IS THE SAMPLE TESTED AND WHAT CAN THE SAMPLE BE USED FOR?

All samples collected from DFSNZ are sent to a World Anti-Doping Agency (WADA) accredited laboratory for analysis. The sample can be analysed to detect Prohibited Substances and Prohibited Methods identified on the Prohibited List and other substances that are in the WADA "Monitoring Programme". In addition it can be used to provide information relevant to the Athlete Biological Passport Programme.

HOW DO YOU KNOW THE SAMPLE IS SAFE?

The sample is managed in a complete chain of custody in tamper evident containers.

WHAT HAPPENS IF THE 'A' BOTTLE TEST PRODUCES A NEGATIVE RESULT?

The 'A' sample is opened and analysed first, and if there is no evidence of doping, the lab will notify DFSNZ who in turn, will notify the athlete and his or her National Sporting Organisation. There is no consequence and the athlete can continue competing.

WHAT HAPPENS IF THE 'A' BOTTLE TEST PRODUCES AN "ADVERSE ANALYTICAL FINDING" (POSITIVE TEST)?

If test results on the 'A' bottle are positive, the lab will inform DFSNZ who will notify the athlete and if no TUE is in place, his/her NSO, the athlete's international federation and WADA of the outcome. The athlete will normally be provisionally suspended. If DFSNZ has result management responsibility and no TUE applies, they will send the athlete a notice setting out the details, possible consequences and full information about the process.

The athlete will also be asked if he or she wishes to have the 'B' sample analysed.

WHAT HAPPENS IF THE 'B' BOTTLE TEST RESULT IS NEGATIVE?

The analysis result of the 'B' sample MUST confirm 'A' sample for doping violation to occur. If the 'B' does not confirm the 'A', there has been a negative test and the athlete can return to competition.

WHAT HAPPENS IF THE 'B' BOTTLE TEST RESULT CONFIRMS THE FINDING (OR THE ATHLETE WAIVES THE ANALYSIS OF THE 'B' SAMPLE)?

The athlete, WADA, the athlete's NSO and IF will be notified of the allegation of an anti-doping rule violation (ADRV). This notice will include particulars of the allegation and possible consequences. DFSNZ will refer the allegation to the Sports Tribunal or the athlete's NSO's equivalent Tribunal.

HEARINGS AND SANCTIONS

If the Tribunal decides the athlete has committed an ADRV, it will impose sanctions as required under the Rules.

POSSIBLE SANCTIONS

If you are caught with the presence of a Prohibited Substance and/or Prohibited Method in your system, you are liable to face a sanction. The penalty for the first offence could range from a reprimand to a four year ban. Repeat offenders can face a life ban from all sports, globally.

SAMPLE STORAGE (THE TANK)

Even if your sample produces a negative result, DFSNZ may choose to freeze and store it so that it is available for future analysis if necessary.

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WADA PROHIBITED LIST - 2012 CHANGES

- **beta-2 Agonist** - Formoterol (e.g. Oxis, Foradil and Symbicort) is now permitted by inhalation (maximum 36 micrograms per 24 hours).
- **Alcohol** is no longer on the List as a prohibited in-competition substance for ninepin and tenpin bowling.
- **Beta Blockers** are no longer prohibited in bobsleigh and skeleton, curling, modern pentathlon, motorcycling, sailing and wrestling.

You should always check the status of any substance or method before using it by calling **0800 DRUGFREE** (378437) or text the drug name or ingredient to 4365 (texts cost 20 cents).

Here is a summary of the classes on the 2012 WADA Prohibited List and comment on points which most frequently cause confusion.

For the official and definitive version refer to our web site: www.drugfreesport.org.nz.

SUBSTANCES WHICH ARE PROHIBITED AT ALL TIMES

S0 NON-APPROVED SUBSTANCES

The abuse of medications and substances for the purpose of performance enhancement that are not included in other sections of the List and are not approved by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or that have been discontinued).

S1 ANABOLIC ANDROGENIC STEROIDS (AAS)

Endogenous (substance which is capable of being produced by the body naturally e.g. Testosterone, Androstenedione). Exogenous (a substance which is not ordinarily capable of being produced by the body naturally e.g. Stanozolol, Boldenone). Other anabolic agents such as clenbuterol.

S2 PEPTIDE HORMONES, GROWTH FACTORS AND RELATED SUBSTANCES

Human Growth Hormone, EPO, Luteinizing Hormone, Insulins, Corticotrophins.

S3 BETA-2-AGONISTS

Bambuterol (e.g. Bambec) and Terbutaline (Bricanyl) are prohibited in sport at all times.

Salbutamol (e.g. Ventolin, Respigen), Salmeterol (e.g. Serevent) and Formoterol (Oxis, Foradil, Symbicort) are permitted by inhalation (see page 9).

S4 HORMONE AND METABOLIC MODULATORS

These are substances that an athlete might use to attempt to mask steroid use or avoid side effects of their use. (e.g. Tamoxifen).

S5 DIURETICS AND OTHER MASKING AGENTS

Probenecid, plasma expanders and Diuretics such as Diamox are examples of prohibited substances.

continued

METHODS THAT ARE PROHIBITED AT ALL TIMES

M1 ENHANCEMENT OF OXYGEN TRANSFER

Blood doping, including use of any red blood cell products or enhancing oxygen uptake with blood based substitutes is prohibited.

M2 CHEMICAL OR PHYSICAL MANIPULATION

Tampering or attempting to tamper in order to alter the integrity or validity of a sample is prohibited.

M3 GENE DOPING

Transfer of cells or genetic elements with the potential to enhance athletic performance is prohibited.

SUBSTANCES AND METHODS PROHIBITED IN COMPETITION ONLY

S6 STIMULANTS

BZP (Benzylpiperazine), the active ingredient in some party pills is prohibited. DMAA variously called Methylhexanamine, Dimethylpentylamine, 1, 3, Dimethylamylamine, Geranamine and Octopamine (variously called Citrus Aurantium, Advantra Z, Bitter Orange) and others are examples of prohibited substances that are appearing in some substances.

S7 NARCOTICS

Morphine, Fentanyl and Fortral are examples of prohibited narcotics. Codeine, Tramadol, Nurofen and Voltaren are examples of permitted pain treatment medications.

S8 CANNABINOIDS (INCLUDING SYNTHETIC)

IMPORTANT REMINDER: Cannabis can be stored in the body for long periods of time. An athlete can fail a test many weeks after using Cannabis. Passive inhalation of cannabis is very unlikely to result in a failed test – but we do advise athletes to avoid situations where smoke could be inhaled involuntarily.

S9 GLUCOCORTICOSTEROIDS (GCS)

Systemic administration of GCS is prohibited. This includes injections into veins or muscles, oral use (e.g. Prednisone) and suppositories. Non-systemic administration of GCS such as intra-articular injections (e.g. Kenacort), or inhaled corticosteroids (e.g. Flixotide) are permitted.

Topical administration of GCS is permitted. This includes eye drops (e.g. Maxidex, Tobradex), ear drops (e.g. Sofradex), ointments, nasal sprays (e.g. Flixonase, Alanase, Beconase).



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continued

STRONG ENOUGH TO BE CLEAN



Wear your band with pride

For more information on how you can sign the pledge and join our sporting community, visit us at www.drugfreesport.org.nz



DRUG FREE SPORT NZ

HOTLINE : 0800 DRUGFREE (378 437)

INTERNATIONAL : +64 9 582 0388

FAX : +64 9 580 0381

EMAIL : info@drugfreesport.org.nz

www.drugfreesport.org.nz