



DRUG FREE SPORT NZ

ATHLETE HANDBOOK 2008

Valid from 1st January – December 31st 2008



REGISTER ONLINE

www.drugfreesport.org.nz

BENEFITS:

- E-newsletters
- Invites to special events
- Reminders about status of medications
- Athlete interviews
- Online learning

HOW?

Go to www.drugfreesport.org.nz and click the “**login**” button
Complete your details and that’s it!



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IMPORTANT REMINDERS

CORTICOSTEROIDS - Banned In-Competition



Corticosteroids (technically known as glucocorticosteroids) are subject to different restrictions depending on the manner in which they are administered.

Kenacort, Prednisone, Dexamethasone, are all examples of corticosteroids.

ALWAYS ENSURE THAT THE CORRECT THERAPEUTIC USE EXEMPTION HAS BEEN GRANTED BEFORE USING CORTICOSTEROIDS. REFER TO PAGE 4 FOR MORE DETAILS.

ASTHMA MEDICATIONS - Check them first



Most relievers and preventers require an Abbreviated Therapeutic Use Exemption. Oral corticosteroids like Prednisone for severe asthma still require a Standard Therapeutic Use Exemption.

ALWAYS ENSURE THAT THE CORRECT THERAPEUTIC USE EXEMPTION HAS BEEN APPLIED FOR BEFORE USING ASTHMA TREATMENTS. REFER TO PAGE 7 FOR MORE DETAILS.

CANNABIS - Banned In-Competition



Cannabis remains on the WADA Prohibited List for 2008. WADA has deemed that cannabinoids meet 2 of the 3 designated criteria:

- performance enhancing.
- harmful to health.
- contrary to the spirit of sport.

Traces of cannabis may be detected in a sports doping test many weeks after it was last taken.

"All medications need to be checked but if you are subject to one or more of the following conditions it is likely that prohibited substances will be part of the recommended treatment; **asthma, severe hay fever or other allergic reactions, diabetes, ADHD, hair loss, severe acne and other severe skin conditions.**

Every time you require some kind of medical / surgical intervention you need to ensure that any substances administered are either permitted or are essential and qualify for a TUE, this includes dental surgery.

Ensure that you inform every doctor or specialist who treats you of your status as an athlete and request that (if it is not already there) a note alerting all relevant people to that status be added to your file.

WADA

Prohibited List 2008

PROHIBITED LIST

PROHIBITED SUBSTANCES AND METHODS

Here is a summary of the classes on the 2008 list and comment on points which most frequently cause confusion. For the official and definitive version refer to the web site: www.drugfreesport.org.nz

☒ PROHIBITED AT ALL TIMES

- S1** Anabolic Agents – Testosterone replacement therapy is prohibited.
- S2** Hormones and related substances Insulin is prohibited without a Standard TUE.
- S3** Beta-2 Agonists - Formoterol, salbutamol, salmeterol and terbutaline are permitted by inhalation with an abbreviated TUE (refer to website). All other use is prohibited.
- S4** Hormone Antagonists and Modulators – Examples - Aromatase inhibitors, clomiphene, cyclofenil, tamoxifen.
- S5** Diuretics and other Masking Agents - Includes, Probenicid, plasma expanders, finasteride ("Propecia").
- M1** Enhancement of oxygen transfer - Note: Includes blood doping.
- M2** Chemical and Physical Manipulation. Intravenous Infusion is prohibited.
- M3** Gene Doping.

☒ PROHIBITED IN COMPETITION ONLY

- S6** Stimulants - pseudoephedrine and caffeine are permitted. BZP (benzylpiperazine), the active ingredient in some party pills is a banned stimulant.
- S7** Narcotics - Codeine, dextromethorphen, dextropropoxyphene, dihydrocodeine, diphenoxylate, ethylmorphine, pholcodine, propoxyphene, and tramadol are permitted. All non steroidal anti-inflammatories as well as over the counter analgesics are permitted.
- S8** Cannabinoids
- S9** Glucocorticosteroids

All glucocorticosteroids are prohibited when administered orally, rectally, intravenously or intramuscularly. Their use requires a Standard Therapeutic Use Exemption approval.

Except as indicated below, other routes of administration require an Abbreviated Therapeutic Use Exemption. (eg: Asthma Inhalers).

Topical preparations when used for dermatological, aural/otic, nasal, buccal cavity, and ophthalmologic disorders are not prohibited and so do not require any form of TUE.

☒ PROHIBITED IN PARTICULAR SPORTS IN COMPETITION

- P1** Alcohol.
- P2** Beta-Blockers.

Refer to www.drugfreesport.org.nz for sports list.



HOW CAN I CHECK MEDICATIONS?

There are 3 easy ways to check the status of a medication before you take it.

IMPORTANT NOTE: Drug Free Sport NZ can only give advice on medications purchased in New Zealand. If you are overseas and require help please use one of the numbers listed on the inside of the back cover of this booklet.

CHECK THE STATUS WITH A MEDICAL PROFESSIONAL



Doctors, Pharmacists, Dentists and others have access to the MIMS New Ethicals Catalogue. This contains the status of medications and details any exemption that is necessary before the medication can be used.

CALL 0800 DRUGFREE



Our staff are happy to assist with any information related to the status of medications and supplements. We can also assist with TUE processes and any other questions you may have related to medications. This service is available during normal working hours. After hours, the service will provide you with a list of alternative numbers for emergency situations.

DRUG SPACE



For easy instructions text the word 'drug info' to 556.

This is a world first service that allows you to check on the status of a medications 24 hours a day, 7 days a week from your mobile phone.

Simply text the word drug, followed by a space, then ingredient name or the product name 556.

You will receive a message back informing you of the status of the medication or ingredient in sport.

You can even check what medications are permitted in sport for a particular illness or symptom by texting the word drug, followed by a space, then the symptom or illness to 556.

Texts cost 20 cents per message.

drug space
drug info when u need it

The NEW TXT SERVICE that allows you to check the status on a medication instantly.

TXT "drug info" to 556 for instructions

NOTE ▶ TXTS COST 20C PER MSG

GETTING THERAPEUTIC USE EXEMPTION TO USE SUBSTANCES ON THE PROHIBITED LIST

IMPORTANT INFORMATION

Athletes who are designated as "International Level" must submit all TUE's to their International Federation and meet any additional requirements they may have. Please contact the relevant National Sports Organisation to check the athlete's status and to ensure that the correct forms are submitted.

THERAPEUTIC USE EXEMPTIONS (TUE)

Athletes, like all others, may have illnesses or conditions that require them to take particular medications. If the medication an athlete is required to take to treat an illness or condition happens to fall under the Prohibited List, a Therapeutic Use Exemption may give that athlete the authorisation to take the needed medicine.

WHAT ARE THE CRITERIA FOR GRANTING A TUE?

- The athlete would experience significant health problems without taking the prohibited substance or method;
- The therapeutic use of the substance would not produce significant enhancement of performance, and;
- There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method.

What is the difference between an Abbreviated TUE and a Standard TUE?

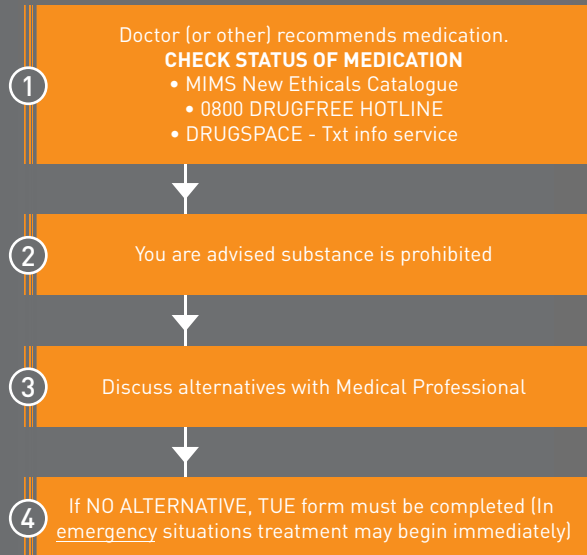
ABBREVIATED TUE	STANDARD TUE
Only for corticosteroids by non-systemic routes (local routes of administration other than dermatological applications which are not prohibited and do not require any TUE) and for beta-2 agonists (formoterol, salbutamol, salmeterol and terbutaline) by inhalation.	For any treatment involving a substance or method on the Prohibited List which is not covered under the Abbreviated TUE process.
Using the Abbreviated TUE Form.	Using the Standard TUE Form.
A notification is sent to the athlete by the relevant organisation upon receipt of a duly completed request. Note: A review by the TUEC may be initiated at any time during the duration of the TUE.	Will be reviewed by a TUE Committee.
Athlete can begin treatment as soon as the form has been received by the relevant organisation.	If approved, athlete can begin treatment only after formal notification that the Exemption has been granted (except where "exceptional circumstances" apply).

HOW DO I APPLY FOR A TUE?

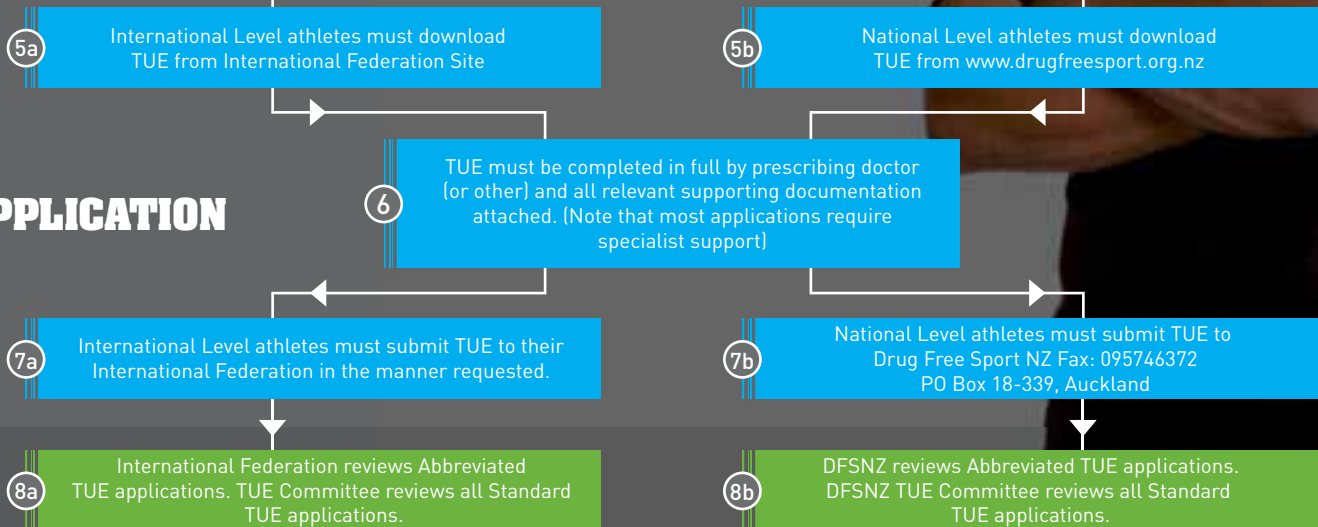
These forms are available from the Drug Free Sport NZ website: www.drugfreesport.org.nz. If you are competing at International Level you must obtain TUE forms from your International Federation's website.

Therapeutic Use Exemption

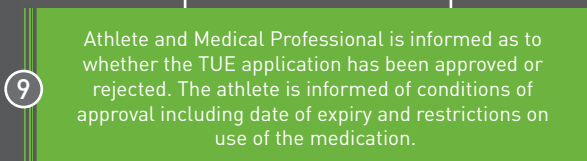
INVESTIGATION



APPLICATION



PROCESSING



2008

ASTHMA GUIDE

STANDARD INHALED ASTHMA MEDICATIONS BOTH “RELIEVERS” (FORMOTEROL, SALBUTAMOL, SALMETEROL AND TERBUTALINE) AND “PREVENTERS” (CORTICOSTEROIDS) STILL REQUIRE AN ABBREVIATED TUE. REMEMBER THAT THE USE OF ORAL CORTICOSTEROIDS LIKE PREDNISONE FOR SEVERE ASTHMA STILL REQUIRES A STANDARD TUE AND SPECIALIST ENDORSEMENT.



ATHLETES WHO ARE DESIGNATED AS ‘**INTERNATIONAL LEVEL**’ MUST SUBMIT ALL TUE’S TO THEIR INTERNATIONAL FEDERATION AND MEET ANY ADDITIONAL REQUIREMENTS THEY MAY HAVE. PLEASE CONTACT YOUR NATIONAL SPORTS ORGANISATION TO CHECK ON YOUR STATUS AND TO ENSURE THAT THE CORRECT FORMS ARE SUBMITTED.

INHALERS

- ✓ **PERMITTED** Intal, Vicrom.
- ✗ **PROHIBITED without an Abbreviated TUE**
Corticosteroids (brown preventers)
Beclazone 50, 100, 250 mcg,
Flixotide, Pulmicort, Respocort
(100 and Forte).
- ✗ **PROHIBITED without an Abbreviated TUE**
Beta 2 Agonists (blue relievers)
(e)formoterol, salbutamol,
salmeterol and terbutaline only.

EXAMPLE Airomir, Asmol (Inc. Uni-Dose), Bricanyl, Foradil, Oxis, Respolin, Salbutamol, Serevent, Symbicort, Ventolin (Inc. Forte - inhaler only).

- ✗ **PROHIBITED** Bambec, Berotec, Clenbuterol.

ORAL (TABLET / SYRUP)

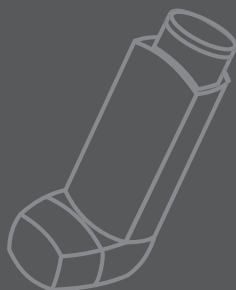
- ✓ **PERMITTED** Nuelin.
- ✗ **PROHIBITED** Apo-Prednisone, Bambec, Prednisolone, Prednisone, Ventolin (syrup), Volmax.

ANTIHISTAMINES

All antihistamines are permitted including Eye Drops, Nasal Drops, Topical Creams and Oral Medications, e.g. Avil, Claratyne, Hismanal, Polaramine, Teldane, Zyrtec.

*NOTE: To justify use of beta 2 agonists, International Federations and Event Organisers (e.g. IOC) may require results of tests proving asthma diagnosis, athletes competing internationally must check requirements with their sport.

*NOTE: All corticosteroid products administered orally or systemically require a Standard TUE. Refer to the Drug Free Sport NZ website for details and instructions.



2008

COMMON MEDICATIONS

DO NOT TAKE ANY
SUBSTANCE WITHOUT
CHECKING IT OUT!

NOTE: THIS INFORMATION IS INTENDED TO BE A QUICK GUIDE TO ASSIST ATHLETES IN TREATING NON-SERIOUS CONDITIONS. ALWAYS ADVISE YOUR MEDICAL PROFESSIONAL THAT YOU ARE AN ATHLETE SUBJECT TO SPORTS DRUG TESTING AND ASK THAT THEY REFER TO THE MIMS - NEW ETHICALS CATALOGUE OR ASK THEM TO CALL 0800 DRUGFREE TO CLARIFY STATUS OF SUBSTANCES.

SUPPLEMENTS



PLEASE NOTE THAT SUPPLEMENTS ARE TAKEN AT YOUR OWN RISK.

We advise all athletes to practice caution when considering taking supplements due to the following reason:

- Supplements are not manufactured under the same rigorous standards as pharmaceuticals.
- Some supplements have been cross-contaminated with banned substances (some studies have indicated up to 25% have been contaminated).
- Labelling laws are not the same in all countries. This could mean some ingredients are not listed on the bottle.
- Manufacturing standards vary greatly around the world.

Some supplement manufacturers use phrases such as “pharmaceutical standards” or “approved by XXX sports league”. This does not indicate that they are safe for use within sports.

Drug Free Sport NZ cannot determine the status of any supplement product in sport. This includes all nutritional, dietary and sports supplements.

ASTHMA

- ✓ **PERMITTED**
Intal, Vicrom.
- ✗ **PROHIBITED without an Abbreviated TUE**
Corticosteroids (brown preventers) Beclazone 50, 100, 250 mcg, Flixotide, Pulmicort, Respocort (100 and Forte). Beta 2 inhalers (blue relievers). Salbutamol, terbutaline, salmeterol, formoterol (e.g. Ventolin, Bricanyl, Foradil, Oxis, Serevent, Symbicort).
- ✗ **PROHIBITED**
Other beta 2 inhalers and all oral/systemic beta 2 agonists eg Bambec, Clenbuterol, oral Ventolin. Systemic corticosteroids e.g. prednisone.

COUGH, COLD FLU

- ✓ **PERMITTED**
All antibiotics. Codral, Coldrex, Sudafed, etc. - all products previously prohibited due to pseudoephedrine.

DIARRHOEA

- ✓ **PERMITTED**
Diastop, Imodium, Lomotil, Motilium.
- ✗ **PROHIBITED**
Products containing morphine.

HAY FEVER

- ✓ **PERMITTED**
Antihistamines e.g. Claratye, Drixine, Otrivine, Phenergan, Polaramine, Telfast, Zyrtec. Corticosteroid sprays e.g. Alanase, Atomase, Beconase, Flixonase.
- ✗ **PROHIBITED**
Intramuscular glucocorticosteroid injections, products containing morphine.

SORE THROAT

- ✓ **PERMITTED**
Soluble aspirin or paracetamol gargle, Difflam.

VOMITING

- ✓ **PERMITTED**
Gastrolyte, Maxolon, Stemetil, Sea legs.

PAIN / INFLAMMATION

- ✓ **PERMITTED**
All non-steroidal anti-inflammatories. Aspro, Cataflam, Digesic, Disprin, Nurofen, Paracetamol, Panadeine, Ponstan, Tilcotil, Voltaren.
Only with an Abbreviated "TUE" - hydrocortisone local injections.
- ✗ **PROHIBITED**
Oral corticosteroids, eg, Medrol, Prednisone. Products containing morphine.

CONTRACEPTION

- ✓ **PERMITTED**
No oral contraceptives currently available are banned.

SKIN CONDITIONS

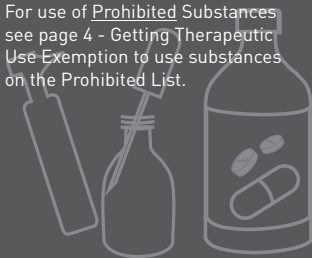
- ✓ **PERMITTED**
Corticosteroid preparations e.g. Beta Cream/ointment, DP Lotion/Cream, Derm-Aid, Egocort, Hydrocortisone Cream, Locoid, Skincalm.

"TUE's" (THERAPEUTIC USE EXEMPTIONS)

There are 2 types **ABBREVIATED** for most inhaled asthma treatments. **STANDARD** for use of all other prohibited substances including; insulin, prednisone and ritalin. Please check the Drug Free Sport NZ web site to ensure that any applications are completed fully and correctly.

RECOMMENDED PRECAUTIONS

- Do not take any medications given to you by others (athletes, coach, etc.) without checking them first.
- Vitamin, herbal and nutritional supplements may contain banned substances not listed on the label. Use of these products is at the athlete's own risk.
- ✗ For use of Prohibited Substances see page 4 - Getting Therapeutic Use Exemption to use substances on the Prohibited List.



Doping Control Procedure



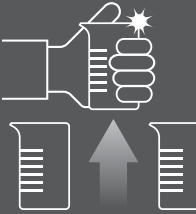
NOTIFICATION

Testing official wearing identification notifies athlete. Athlete must stay within sight of Testing Official.



REPORTING

Report to Doping Control Station within 60 minutes (Athlete may be accompanied by support person).



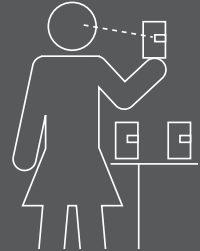
CHOOSE COLLECTION VESSEL

Choose a sealed, clean sample collection vessel.



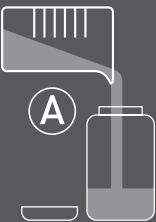
PROVIDE SAMPLE

Provide sample under direct sight of official.



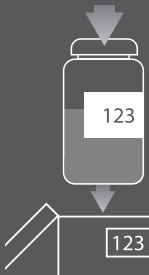
CHOOSE KIT

Choose security kit and verify numbers on bottles are the same.



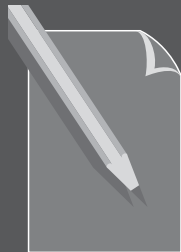
POUR SAMPLE

Pour sample into A and B bottle as instructed.



SEAL KITS

Seal bottles and place back into kit.



COMPLETE PAPERWORK

Add necessary comments and information. Double check accuracy and sign form. Take a copy.

AROUND THE WORLD

WEBSITES & PHONE NUMBERS FOR CHECKING MEDICATIONS AROUND THE WORLD

- ★ **AUSTRALIA**
Australian Sports Anti Doping Authority
Hotline: 1800-020-506
Tel: +61 (0)2 6206 0200
Fax: +61 (0)2 6206 0201
Email: asada@asada.gov.au
Web: www.asada.gov.au
- ★ **AUSTRIA**
Austrian Anti-Doping Committee
Tel: +43 1 505 80 35 - International
Fax: +43 1 505 63 91 - International
Email: office@oeadc.or.at
Web: www.oeadc.or.at/de/
- ★ **CANADA**
Canadian Centre for Ethics in Sport
Tel: +1 613 521 3340 - International
Tel: 1800 672 7775 - Within Country
Email: SubstanceInquiries@cces.ca
Web: www.cces.ca
Online Drug Information Database:
Web: www.didglobal.com
- ★ **CHINA**
Chinese Olympic Anti-Doping Commission
Email: ad@cocadc.cn
Web: www.cocadc.cn/english/
- ★ **DENMARK**
Anti-Doping Denmark
Tel: +45 4326 2527 - International
Hotline: 7025 7112 - Within Country
Fax: +45 4326 2546
Web: www.doping.dk
- ★ **FINLAND**
Finnish Antidoping Agency
Tel: +358 9 3481 2020 - International
Tel: (0)9 3481 2020 - Within Country
Fax: (0)9 148 5195
Email: info@antidoping.fi
Web: www.antidoping.fi
- ★ **FRANCE**
Agence Francais de Lutte Contre le Dopage
Tel: +33 (0)1 40 62 76 76
Fax: +33 (0)1 40 62 77 39
Email: info@aflfd.fr
Web: <http://www.aflfd.fr/>
- ★ **GERMANY**
Nationale Anti Doping Agentur Deutschland
Heussallee 38 53113 Bonn
Tel: +49 (228) 812 92 0 - International
Fax: +49 (228) 812 92 - 29
Email: info@nada-bonn.de
Web: www.nada-bonn.de
- ★ **IRELAND**
Irish Sports Council
Tel: +353 1 240 7720 - International
Web: www.irishsportsCouncil.ie
Online Drug Information Database:
www.eirpharm.com
- ★ **ITALY**
Italian Green Line Rome
Tel: (06) 167 010 268 - Within Country
Web: www.coni.it
- ★ **NETHERLANDS**
Anti Doping Authority of The Netherlands
Hotline: 09002001000
Tel: +31 010-2170190
Fax: +31 010-2010159
Email: info@dopingautoriteit.nl
Web: www.dopingautoriteit.nl/
- ★ **NORWAY**
Anti-Doping Norway
Tel: +47 2102 9200 - International
Web: www.antidoping.no
- ★ **SOUTH AFRICA**
South African Institute for Drug-Free Sport
Tel: 021 448 3888 - Within Country
Web: www.drugfreesport.org.za
- ★ **SWITZERLAND**
Swiss Sports Federation (SSF)
Tel: +41 900 567 587 - International
Tel: (0900) 567 587 - Within Country
Web: www.dopinginfo.ch
- ★ **UNITED KINGDOM**
UK Sport - Anti-Doping Directorate
Drug Enquiry Line: +44 (0)20 7211 5130
Web: www.ukSport.gov.uk/
Online Drug Information Database:
www.didglobal.com
- ★ **UNITED STATES OF AMERICA**
US Anti-Doping Agency
Tel: + 1 719 785 2020 - International
Drug Reference Line: 1 800 233 0393
- Call within country
Web: www.usantidoping.org
Drug Reference Online:
www.usantidoping.org/dro

FOR THE LATEST NEWS & INFORMATION ABOUT
BANNED SUBSTANCES IN SPORT VISIT:

www.drugfreesport.org.nz

OR CALL:

0800DRUGFREE (0800 378 437)

drug  **space**
drug info when u need it

**The
NEW TXT SERVICE**
that allows you to
check the status on a
medication instantly.

TXT
"drug info"
to **556** for
instructions

NOTE ▶ TXTS COST 20C PER MSG

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