

a guide to safe drug & substance  
use for members and patrons of  
sports associations, clubs &  
fitness centres



# drugs & substances checklist



Prepared by the **Drugs in Sport Awareness Project**, an initiative of Sports Medicine Australia SA Branch  
with support from the SA Office for Recreation and Sport

Check out drug and substance practices in your organisation by ticking the boxes that best apply...

## 1 SAFE DRUG USE PRACTICES

**M**any forms of drug use are responsible and acceptable. Some drugs may even help to save lives, eg asthma medications and antibiotics, or be used to overcome injury or illness. The good health of the athlete should always be the first priority.



	never	sometimes	always	n/a
medications are used when needed and according to directions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
identification is made, at the beginning of the season of:				
• who requires medication	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• who can administer first aid and/or medications in an emergency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• the actual emergency procedures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
there is the encouragement of fair play by athletes, coaches, parents & officials	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
good training principles are promoted				
• balanced training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• injury prevention strategies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• encouragement for good nutrition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• good hydration is encouraged before, during & after activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
there is opportunity and a personalised program set for the recovery of sick or injured athletes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you ticked never or sometimes, take a little time to work out how your organization can promote the safe and responsible use of medications

### i

#### Need more information?

- collect FREE brochures with information about safe drug use, hydration, nutrition and stretching tips from your local National Pharmacy
- check out the Sports Medicine Australia (SA Branch inc) website [www.smartplay.net](http://www.smartplay.net)
- check out the Sports Medicine Australia (WA Branch inc) website [www.sport.net.au/smawa](http://www.sport.net.au/smawa)
- to train or update Level one or Level two Sports Trainers contact Sports Medicine Australia SA Branch, Tel: (08) 8234 6369 or WA Branch, Tel: (08) 9285 8033
- for support for coaches contact the Australian Coaching Council through the South Australian Sports Institute Tel: (08) 8416 6677 or in WA contact the Ministry of Sport and Recreation Tel: (08) 9387 9700

## 2

## ENCOURAGING MODERATE ALCOHOL CONSUMPTION AND A SMOKE-FREE ENVIRONMENT

**B**y far the most common drug abuse in Australian sport is alcohol and tobacco use by both athletes and spectators. While there is generally no harm if alcohol is consumed in moderation (if well hydrated and post activity), tobacco use by athletes and spectators is proven to be harmful no matter what the consumption rate. For athletes, tobacco use will also restrict maximum performances at both training and competition, and “undo” some of the benefits gained from exercise.

Smoke-free environments protect non-smokers from the harmful effects of environmental tobacco smoke, contribute to reducing tobacco consumption levels, encourage quitting attempts and discourage the uptake of smoking – particularly by young people.



	never	sometimes	always	n/a
your association/club/centre has a smoke-free policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
there are smoke-free areas:				
• indoors / clubrooms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• during training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• for spectators	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• in the change-rooms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
the sale of cigarettes and tobacco is banned (including vending machines)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
staff and association/club/centre officials refrain from smoking while representing the association/club	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
parents, coaches and other influential adults refrain from smoking when coaching, watching or working with juniors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
bar staff/servers are trained to implement responsible alcohol service	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
alcohol consumption by parents, coaches and other influential adults is discouraged in a junior sports environment:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• effective strategies are employed to prevent intoxication and underage drinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• food is on offer at all times alcohol is available	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• association/club/centre promotes and provides safe transport options	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• low alcohol and alcohol-free alternatives are available	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you ticked never or sometimes, identify strategies which encourage your athletes and spectators to drink plenty of non-alcoholic beverages and limit areas for smoking.

## i

### Need more information?

- for a copy of “How to introduce a Smoke-Free policy” contact the SA Smoking and Health Project Tel: 8291 4144 or Health Department of WA, Tel: (08) 9222 2045
- for a copy of “How to introduce an Alcohol policy” contact the Drug and Alcohol Services Council Tel: 8274 3333
- for assistance with policy development in WA contact the WA Drugs in Sport Project, SMA (WA), Tel: (08) 9285 8033

### 3 MISUSE OF DRUGS OR SUBSTANCES - WHAT CAN BE DONE?

Associations and/or clubs are sometimes confronted with the use by athletes (or spectators) of illegal substances or the misuse of legal medications or other substances. Reasons for use are varied but may include:

- a desire to increase size or enhance performance
- the desire to reduce recovery time (from training, competition or injury)
- the perception that the competition is gaining an unfair drug induced advantage
- a social "culture" or acceptance of a type of drug use within the environment
- not being aware the drug or substance is not permitted or illegal

It is unethical to use banned drugs or substances to try to increase performance. It is often not healthy, nor is it often legal, to misuse drugs or related substances. The longevity of associations and clubs relies on a "clean" image - juniors and families are more likely to be a part of this scene.

	never	sometimes	always	n/a
adopt an appropriate doping policy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
establish a code of conduct for the club relating to the appropriate use of drugs and substances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
expect that drugs & other substances will only be used for medical or "safe" purposes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
coaches, parents, administrators, & senior players model positive behaviour towards safe drug use, eg when sick or injured a senior athlete will use painkillers according to directions, rest and modify their training & playing routine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
encourage personal best performances and not a 'win at all costs' attitude	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
provide factual information about relevant substances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
review association/club/centre "Drugs & Substances Checklist" (at least annually)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In the event that an athlete, spectator or patron breaches the expectations of this "Drugs & Substances Checklist" the following actions can be taken:

1. speak discreetly to the offender(s) and remind or make them aware of policy, code or law
2. notify management or report the situation to the relevant authority to deal with the offender(s) according to the policy or code
3. remove offender(s) from the situation (if necessary or appropriate)
4. encourage offenders to seek advice (eg referral to a general practitioner, sports physician or counsellor)
5. take legal action or enforce the penalties/sanctions which may apply (including an appropriate hearing process)  
[NOTE: In Australia it is an offence to **possess** many illicit substances (eg anabolic steroids, marijuana). Therefore, if an illicit substance is discovered then it is important not to move it but to notify the police and have them come to the place where it was found.]
6. Reprimand offender (if required and detailed in policy)



#### Need more information?

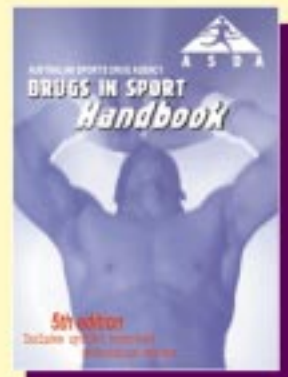
- The Australian Sports Drug Agency [ASDA] SA Sports Drug Education Unit, Tel: (08) 8416 6618
- The Drugs in Sport Awareness Project, Sports Medicine Australia SA Branch, Tel: (08) 8234 6369
- The WA Drugs in Sports Project, SMA(WA), Tel (08) 9285 8033
- Fitness SA, Tel (08) 8272 8399
- The Australian Drug Foundation - <http://www.adf.org.au>

## 4

## SUPPORTING ELITE ATHLETES who are eligible to be drug tested

Elite athletes eligible to be drug tested have resources and services available to them, and their support staff, to ensure that they do not inadvertently test positive to a banned substance.

If there is ever any doubt about a medication or substance then “**check it out**” in the Drugs in Sport Handbook [DISH] or by phoning the Australian Sports Drug Agency [ASDA] toll free hotline - 1 800 020 506.

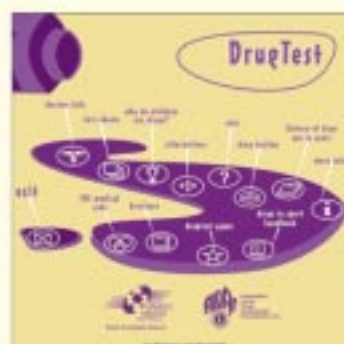


	never	sometimes	always	n/a
ensure that athletes, coaches & other support staff always carry <b>and use</b> a "Drugs in Sport Handbook" &/or wallet card	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ensure that athletes with conditions requiring the therapeutic use of drugs which are banned or restricted have provided adequate and correct notification to their NSO	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ensure athletes are aware of their sports doping policy and associated rights & responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
provide factual information about relevant substances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ensure athletes record and check medications or supplements which they use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ensure athletes are aware of the drug testing procedures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## i

### Need more information?

- Contact your State and/or National Sporting Organisation
  - ASDA Hotline - 1 800 020 506, for resources contact ASDA on (02) 6206 0223  
ASDA website - [www.asda.org.au](http://www.asda.org.au)
  - SA Sports Drug Education Unit, Tel: (08) 8416 6618
  - Drugs in Sport Awareness Project, Tel: (08) 8234 6369
  - The WA Drugs in Sports Project, SMA(WA), Tel (08) 9285 8033
- Need information in a hurry, or need to support your athletes and medical teams?  
DrugTest, an interactive CD-ROM, is available for purchase from RunTime Development [www.rtdev.com.au/products/drugtest](http://www.rtdev.com.au/products/drugtest) or by telephoning (08) 8212 0100



# DRUGS & SUBSTANCES CHECKLIST



This checklist has been developed as a guide for sporting associations, clubs and fitness centres to help develop a 'personalised' strategy for safe drug use in their sport /environment.

"Drug" use in sport is a much wider issue than the use of legal or illegal substances for performance enhancement. Importantly, it also includes the safe use of medicines and social drugs, such as alcohol and tobacco, and the need to support elite athletes, who are eligible to be drug tested, to ensure all drugs and substances they take are permitted.



This checklist contains guidelines in four main areas:

- 1 safe drug use practices
- 2 encouraging moderate alcohol consumption and a smoke-free environment
- 3 misuse of drugs or substances - what can be done?
- 4 supporting elite athletes who are eligible to be drug tested

Associations and clubs are encouraged to discuss the checklist at a committee meeting at the beginning of each season to ensure that theirs is an organisation that encourages safe (social and medicinal) drug use for its athletes and supporters.



Sincere appreciation is extended to the following organisations for their support in preparing this checklist:

- the South Australian Drugs in Sport Advisory Committee
- SA Sports Drug Education Unit
- Sports Medicine Australia SA Branch staff and members
- Alcohol. Go Easy project
- The Department for Human Services through the Drug and Alcohol Services Council
- The SA Office for Recreation and Sport
- Fitness SA
- SA Smoking and Health Project
- WA Drugs in Sport Project

## DRUGS IN SPORT AWARENESS PROJECT

*an initiative of Sports Medicine Australia SA Branch  
with support from The SA Office for Recreation and Sport*

