



ATHLETICS NORTH QUEENSLAND

DRUGS IN SPORT POLICY

Athletics North Queensland (ANQ) recognizes Athletics Australia's (AA) anti-doping policy, which is outlined within the Athletics Australia By-Laws.

- 8.2 The Association may, where practicable, conduct in accordance with the General Rules, Regulations and Procedures of AA doping control, a report of which shall be submitted to AA from time to time.
- 8.3 The Association may conduct doping control at all North Queensland or District Championships and at Inter-club meetings or any other events conducted under the auspices of the Association.
- 8.4 The Association shall permit the Australian Sports Anti-Doping Authority or AA to conduct arbitrary doping control at any event conducted under its auspices when requested to do so.
- 8.5 Every registered athlete shall submit to doping control and provide all samples as and when requested to do so.
- 8.6 Every registered athlete shall answer such questions and undergo such further tests as required by the Association or the Australian Sports Anti-Doping Authority.

All athletes should know and understand that taking drugs (or doping if you prefer) is a form of **cheating**. Notwithstanding, the risks still persist in this form of cheating. With random out of competition drug tests being undertaken by the **Australian Sports Anti-Doping Authority**, there is an increasing likelihood of being detected.

This leads to the possibility of what might be termed 'inadvertent' doping. For instances, the Medical Commission of the IOC has banned a concentration of caffeine of more than 12 micro-gram/ml in a urine sample. This can be reached by 6 to 8 cups of coffee, or 10 cans of cola or 3 family bars of chocolate (or a combination of these) taken over a relatively short period.

Also there are many produces available over the counter, without prescription, at a chemist or supermarket, which have high levels of caffeine. Some of these are Cafergot, Drixine Suppressant, Ergodryl, Mogral, No Doz, No Doz Plus and Travacalm. **Clearly, any of these products should be avoided before or during an event.**



However, other banned drugs are not only contained in medicines which may be prescribed by doctors. If you have a minor illness such as influenza, then virtually every preparation you might purchase, without prescription, at a chemist or supermarket will contain a prohibited substance. Even 'vitamin' preparations may contain banned drugs, e.g. Catovit. Be particularly careful of so called 'vitamin' products, which can be purchased overseas.

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