



# RISKS TO ATHLETES

## OVERVIEW

Athletes who are subject to anti-doping policies need to be aware of the risk of:

- taking medications that have not been correctly checked
- using supplements
- purchasing and/or using medications while overseas
- using cannabinoids
- not adhering to the required conditions for a Therapeutic Use Exemption (TUE).

## THE 2009 WORLD ANTI-DOPING CODE

The revised World Anti-Doping Code (Code) comes into effect on 1 January 2009. The revised Code will impose:

- new anti-doping policies for all sports
- new TUE standards and procedures
- new testing standards and procedures
- the 2009 Prohibited List
- new athlete whereabouts requirements.

## THE PROHIBITED LIST

The Prohibited List identifies substances and methods that are prohibited in sport. It is updated each year and comes into effect on 1 January with no amnesty period. The updated Prohibited List for the following year is available on the World Anti-Doping Agency website [www.wada-ama.org/en/](http://www.wada-ama.org/en/) around October each year.

## CHECKING MEDICATIONS

Athletes should always tell their doctor and pharmacist that they are an athlete who is subject to doping control.

Doctors and pharmacists can check the status of substances and methods they are prescribing or recommending by referring to a current MIMS reference book or the online MIMS database.

Athletes in Australia can check the status of substances and methods by calling the ASADA Anti-Doping Hotline on 1800 020 506 or by visiting the ASADA website at [www.asada.gov.au](http://www.asada.gov.au)

## SUPPLEMENTS

ASADA recommends that athletes do not take any supplements because athletes can not be certain what is in their supplement. In Australia, and in many other countries, supplement products are not subject to the same rigorous standards as pharmaceutical drugs. Supplements may contain impurities that are not specified on the label, and the impurities may contain prohibited substances.

## TRAVELLING OVERSEAS

Before leaving for overseas, athletes should check all medications and take any medications with them. All TUEs should be up-to-date and approved before travelling or using a medication.

Athletes should declare all medications to the Australian Customs Services and should also carry a letter from their doctor outlining any medical conditions.

Overseas medications that have the same, or similar, names or packaging as Australian medications may contain different substances. Athletes should check the status of overseas medications with the relevant National Anti-Doping Organisation (NADO) before purchasing the medication.



Contact information for other NADOs can be found on the ASADA website [www.asada.gov.au](http://www.asada.gov.au).

## CANNABINOIDS

Cannabinoids (e.g. marijuana, hashish) are a prohibited substance in-competition. Therefore, if an athlete tests positive for cannabinoids, it may result in an anti-doping rule violation. Athletes should be aware that cannabinoids, once taken, are stored in the body's fat cells and, if used in the days, weeks or months before a competition, can be detectable in a sample.

## THERAPEUTIC USE EXEMPTIONS (TUE)

Athletes must ensure that they follow the correct TUE application procedures, and must wait for written confirmation approving the TUE before they begin using a prohibited substance or method.

## MORE ANTI-DOPING INFORMATION

More information on each of the subjects above can be found on other ASADA fact sheets.

- ASADA website: [www.asada.gov.au](http://www.asada.gov.au)
- Telephone: 13 000 ASADA
- Facsimile: +61 (0)2 6222 4201
- Email: [asada@asada.gov.au](mailto:asada@asada.gov.au)
- WADA website: [www.wada-ama.org/en/](http://www.wada-ama.org/en/)