1. Anti-Doping Overview
2. Anti-Doping Rule Violations
3. Prohibited Substances and Methods List
4. Therapeutic Use Exemptions
5. Drug Testing Procedure
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1. Anti-Doping Overview

- WADA
- ASADA
- AFL
- State Leagues
1. Anti-Doping Overview

- What is doping?
- Why is anti-doping important?
- Why do athletes dope?
- What are the consequences?
2. Anti-Doping Rule Violations

**ATHLETES ONLY**

- Presence of a prohibited substance or its metabolites or markers
- Use or attempted use of a prohibited substance or method
- Refusing a test or evading a test

**ATHLETES & SUPPORT PERSONNEL**

- Tampering or attempting to tamper with any part of doping control
- Possession of prohibited substances or methods
- Trafficking or attempted trafficking of a prohibited substance
- Administration or attempted administration of a prohibited substance
3. Prohibited Substances & Methods

- Know what is permitted, and what is prohibited.
- World Anti-Doping Code Prohibited List (the List) identifies substances and methods that are banned.
  - The list is updated every year on 1st January
### 3. Prohibited Substances & Methods

#### AT ALL TIMES

<table>
<thead>
<tr>
<th>SUBSTANCES</th>
<th>METHODS</th>
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<tbody>
<tr>
<td>Anabolic agents</td>
<td>Manipulation of Blood and Blood Components</td>
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<tr>
<td>Hormones &amp; related substances</td>
<td>Chemical or physical manipulation</td>
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<tr>
<td>Beta-2 agonists</td>
<td>Gene Doping</td>
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<tr>
<td>Hormone antagonists &amp; modulators</td>
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<tr>
<td>Diuretics &amp; masking agents</td>
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</table>

#### IN-COMPETITION

<table>
<thead>
<tr>
<th>SUBSTANCES</th>
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<tbody>
<tr>
<td>Stimulants</td>
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<tr>
<td>Cannabinoids</td>
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<tr>
<td>Narcotics</td>
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<tr>
<td>Glucocorticosteroids</td>
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</tbody>
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What would YOU do?

You can feel yourself starting to get a head cold and it’s the night before a big game. You go to the chemist and ask for medication that will help get rid of the cold.

What is the risk?
Case Study

- Travis Casserly
- Drug tested after 2010 WAFL Grand Final, took Sudafed before and during game to treat hay fever
  - Presence and use
  - Pseudoephedrine
  - Two year ban
Check your substances: [www.asada.gov.au](http://www.asada.gov.au)
What would YOU do?

Your coach has told you that you need to get stronger over the pre-season so you start hitting the gym more. A guy who works out at the same gym says he’s got a great supplement that will help you put on size quicker. He gives you some to sample for yourself.

What is the risk?
ASADA and the AFL cannot advise on the status of supplements:

- Contents may vary from batch to batch; may intentionally or unintentionally contain prohibited substances
- Athletes who take supplements are at risk of committing an anti-doping rule violation.
Case Study

- Player in the WAFL
- Given the drug by someone at the gym to gain weight
- Drug tested at state team training
- Presence and use
- Nandrolene
- Two year ban
Strict liability principle

Athletes are held strictly responsible for any substance found in their body, regardless of how it got there.

Ignorance is no excuse!
4. Therapeutic Use Exemptions

Therapeutic Use Exemptions (TUEs) allow an athlete to use a prohibited substance or method for medical reasons.

Wait for approval (30 days) before taking the prohibited substance or method (except in case of emergency).

Visit the ASADA website at www.asada.gov.au to download the TUE application form.
5. Drug Testing Procedure

- Through ASADA, the AFL and State Leagues implement a comprehensive drug testing program (in & out of competition).
- Detects prohibited substances or methods through blood and urine testing.
- All ‘athletes’ under the National Anti-Doping Scheme may be tested without notice.
- ATHLETES MUST COMPLY OR FACE SANCTIONS
6. Intelligence and Investigations

- You don’t have to be tested to be sanctioned

- Over a third of ASADA’s sanctions come from intelligence and investigation activities

- ASADA has close relationships with other government organisations such as Customs, the AFP and the Australian Crime Commission
What would YOU do?

During pre-season training, you are told your skin folds are two high and you need to get them down before the next fitness test in 8 weeks. You see an ad online for a supplement that will help you lose body fat quickly. You decide to order some to try out.

What is the risk?
Case Study

- Francis Bourke (Rugby Union)
- Australian Customs intercepted a package addressed to Bourke at the Sydney Gateway Facility
- Possession and attempted trafficking
- Growth hormone
- Four-year ban

Sunshine Coast rugby player Francis Burke cops four-year ban for possession of growth hormone

The Australian Rugby Union have banned Sunshine Coast Stingrays player and coach, Francis Burke, for four years for the possession and attempted trafficking of growth hormone releasing peptide-4.

The ban has been upheld by the Australian Sports Anti-Doping Authority (ASADA), who were originally alerted to a suspect package by customs in Sydney on November 30, 2010.

Following an extensive investigation by ASADA, the matter was referred to the ARU as a potential violation of its anti-doping code.

The ban imposed on Mr. Bourke by the ARU was backdated to the date of his provisional suspension.

Therefore, he is ineligible to participate as an athlete or support person until 25 January 2016 in any sports that have adopted a World Anti-Doping Agency compliant anti-doping policy.

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What can YOU do....

- Be familiar with the AFL Anti-Doping Policy
- ALWAYS check your substances before taking anything
- Take supplements at YOUR own risk
- AVOID ordering products from overseas
- Apply for a TUE if a banned substance is prescribed
- YOU are responsible – IGNORANCE IS NO EXCUSE!