

RESOURCE CATALOGUE

ANTI-DOPING

A suite of resources to help promote clean sport education to members, stakeholders and the wider sporting community.

September 2024



SPORT INTEGRITY
AUSTRALIA

ACKNOWLEDGEMENT OF COUNTRY

In the spirit of reconciliation we acknowledge the Traditional Custodians of Country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past, present and future and extend that respect to all Aboriginal and Torres Strait Islander peoples.

We recognise the outstanding contribution Aboriginal and Torres Strait Islander peoples make to sport in Australia and celebrate the power of sport to promote reconciliation and reduce inequality.

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CONTACT US

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PO Box 1744
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AUSTRALIA

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Email: education@sportintegrity.gov.au



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INTRODUCTION

Education is key to protecting the health and wellbeing of athletes, and upholding the integrity of Australian sport.

The Sport Integrity Australia Resource Catalogue - Anti-doping has been developed with sports in mind to provide a suite of electronic resources to help promote clean sport education to members, stakeholders and the wider sporting community.

The resources in this catalogue can be used at any time, and we encourage National Sporting Organisations to share with their stakeholders including State Sporting Organisations and their local clubs.

Resources contained within this document are available to download from our Resources page on the Sport Integrity Australia website. If you require a print-ready version of a resource, please contact education@sportintegrity.gov.au.

The Sport Integrity Australia education team are also available to co-brand resources and make the resources in this pack sport specific (look out for the ☆ symbol). Please contact education@sportintegrity.gov.au.

PRINT & DIGITAL MEDIA



11 ANTI-DOPING RULE VIOLATIONS POSTER

GENERIC

FILE TYPE:



POSTER

AVAILABLE FOR:



PRINT



DIGITAL

ANTI-DOPING RULE VIOLATIONS (ADRV)

Under the World Anti-Doping Code there are 11 possible Anti-Doping Rule Violations. Seven apply to Athletes, Support Personnel & Other Non-Participants and four apply to Athletes only.

ATHLETES

PRESENCE
Presence of a prohibited substance in an athlete's sample.

USE
Use or attempted use of a prohibited substance or method.

EVASION
Evading, refusing or failing to submit to sample collection.

WHEREABOUTS FAILURES
Failing to report whereabouts or being absent during the one-hour testing window. Three whereabouts failures in 12-months is an ADRV. *(RTP Athletes Only)*

ATHLETES, SUPPORT PERSONNEL & OTHER NON-PARTICIPANTS

TAMPERING
Tampering or attempted tampering with any part of doping control.

POSSESSION
Possession of a prohibited substance or method.

TRAFFICKING
Trafficking or attempted trafficking of any prohibited substance or method.

ADMINISTRATION
Administration or attempted administration to any athlete of any prohibited substance or method.

COMPLICITY
Intentionally assisting, encouraging, or covering up an ADRV by another person.

PROHIBITED ASSOCIATION
Associating in a professional or sport related capacity with anyone currently serving a sanction.

RETALIATION
Acts to discourage or retaliate against reporting to authorities.

WATCH THE VIDEO
"The 11 Anti-Doping Rule Violations"
YouTube Link.





FOR MORE INFORMATION

Please visit our website sportintegrity.gov.au, contact us at education@sportintegrity.gov.au, phone our Safe Sport Hotline **1800 161 361**, or enquire **1300 027 232**

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ANTI-DOPING RULES

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ANTI-DOPING RULES APPLY TO YOU

Athletes can be drug tested at competitions, at training, and at home. You can also be under investigation for doping by Sport Integrity Australia and not even know it.

Getting caught out can ruin your career and your reputation. Don't risk it. Check all your supplements, your medications, and make sure you know the rules.

Get educated by completing the Sport Integrity Australia eLearning courses.

FOR MORE INFORMATION
 Safe Sport Hotline: 1800 161 361 | Enquiries: 1300 027 232
 education@sportintegrity.gov.au | sportintegrity.gov.au

FEMALE

SPORT INTEGRITY AUSTRALIA

ANTI-DOPING RULES APPLY TO YOU

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MALE

SPORT INTEGRITY AUSTRALIA

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FOR MORE INFORMATION
 Safe Sport Hotline: 1800 161 361 | Enquiries: 1300 027 232
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PARA

REDUCE YOUR RISK GENERIC

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ELIGIBLE FOR CO-BRANDING

SPORT INTEGRITY AUSTRALIA

REDUCE YOUR RISK OF TESTING POSITIVE

USE THE SPORT INTEGRITY APP TO:

- Find a low risk supplement which has been batch tested for prohibited substances.
- Check if a medication is prohibited in sport.
- Report and integrity issues or suspicious activity.
- Give feedback on an anti-doping test or ask us a question.

CONTACT US
Safe Sport Hotline: 1800 161 361
Enquiries: 1300 027 232
education@sportintegrity.gov.au
sportintegrity.gov.au

Download the Sport Integrity app from the Apple Store and Google Play Store

FEMALE

SPORT INTEGRITY AUSTRALIA

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MALE

SPORT INTEGRITY AUSTRALIA | **Water Polo AUSTRALIA**

REDUCE YOUR RISK OF TESTING POSITIVE

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- Check if a medication is prohibited in sport.
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SPORT SPECIFIC

APP AND ELEARNING FLYER

GENERIC

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ELIGIBLE FOR CO-BRANDING

FRONT

BACK

SPORT SPECIFIC

PROHIBITED ASSOCIATION POSTER

GENERIC

FILE TYPE:



POSTER

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PROHIBITED ASSOCIATION

DO YOU KNOW WHO'S IN YOUR CORNER?

Prohibited Association is one of the eleven Anti-Doping Rule Violations which aims to protect athletes from people who have broken the rules or might influence them to cheat.

Under the Prohibited Association rule, athletes are not allowed to knowingly associate with anyone in a sport-related context who is serving an anti-doping sanction, or who are (or have been) involved in the inappropriate or illegal use or sale of performance enhancing drugs.

Examples of types of association that are prohibited include:



Receiving coaching



Obtaining therapy



Obtaining training



Obtaining nutrition or medical advice



Obtaining advice regarding strategy or technique



Allowing the athlete support person to serve as an agent or representative



Obtaining treatment or prescriptions

This rule also extends to activities included as part of online coaching seminars or online exercise programs. If an athlete knowingly participates in an online training or coaching program run by an individual currently serving a sanction (or as set out above), they risk committing an Anti-Doping Rule Violation.

If an athlete breaks the Prohibited Association rule, they risk a ban from sport of up to **two years**.

Protect yourself

All athletes should be aware of who they are associating with in a sports-related capacity, by:

- Checking the list of people currently serving sanctions in Australia on the Sport Integrity Australia website
- Checking the international list of Athlete Support Personnel who are currently suspended from working with Athletes or other people on the WADA website
- Google any new trainers/coaches for any association with performance enhancing drugs



Scan QR Code to
Report a Concern



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AUSTRALIA**

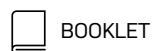
CONTACT US

Please visit our website **Making an Integrity Complaint or Report**, download and report via the **Sport Integrity app (Report an Issue form)**, email at reporting@spertintegrity.gov.au, call our Safe Sport Hotline **1800 161 361**, or enquire **1300 027 322**

ANTI-DOPING RULE VIOLATION HANDBOOK

GENERIC

FILE TYPE:



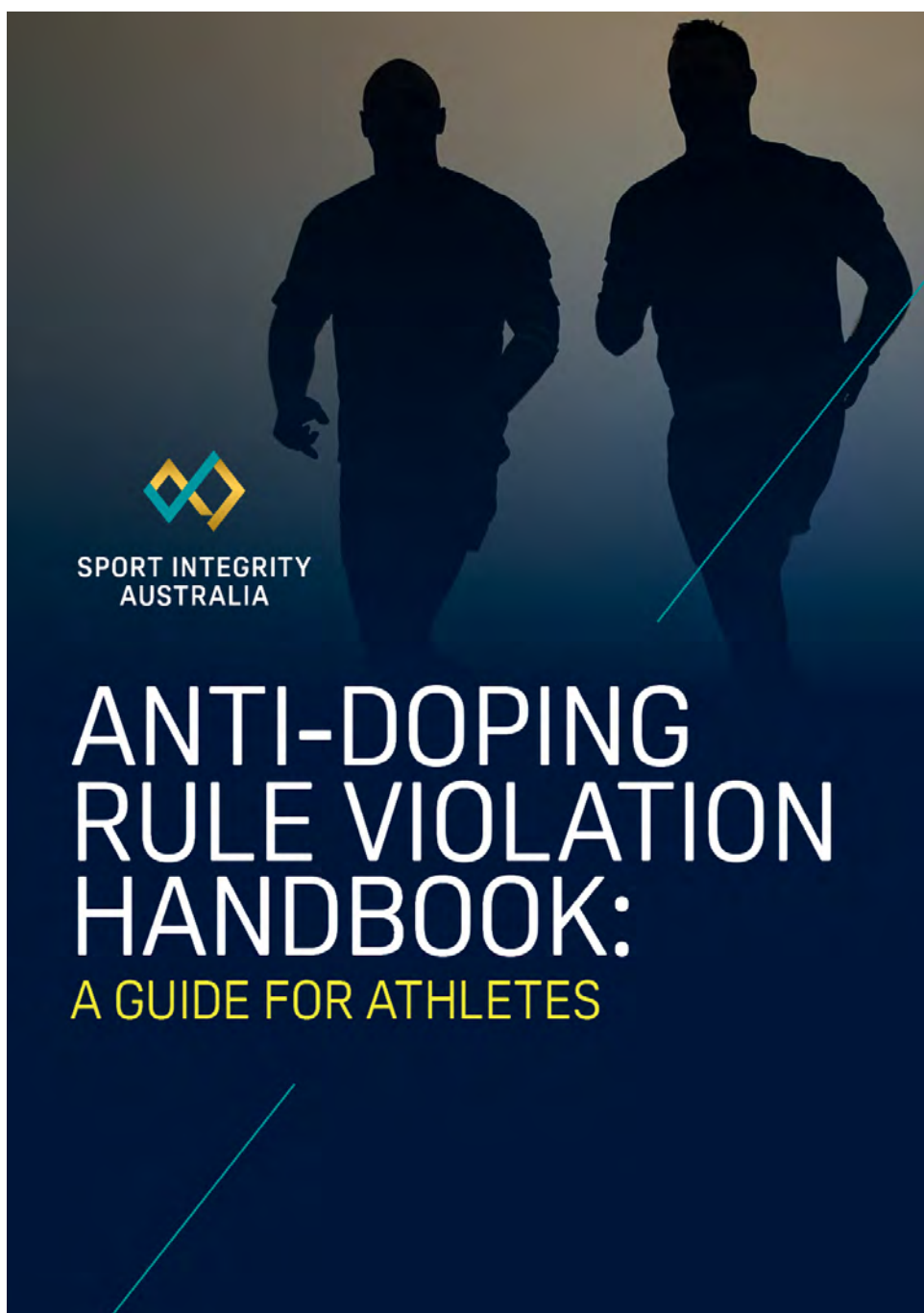
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WHAT HAPPENS TO MY SAMPLE? GENERIC

FILE TYPE:



AVAILABLE FOR:



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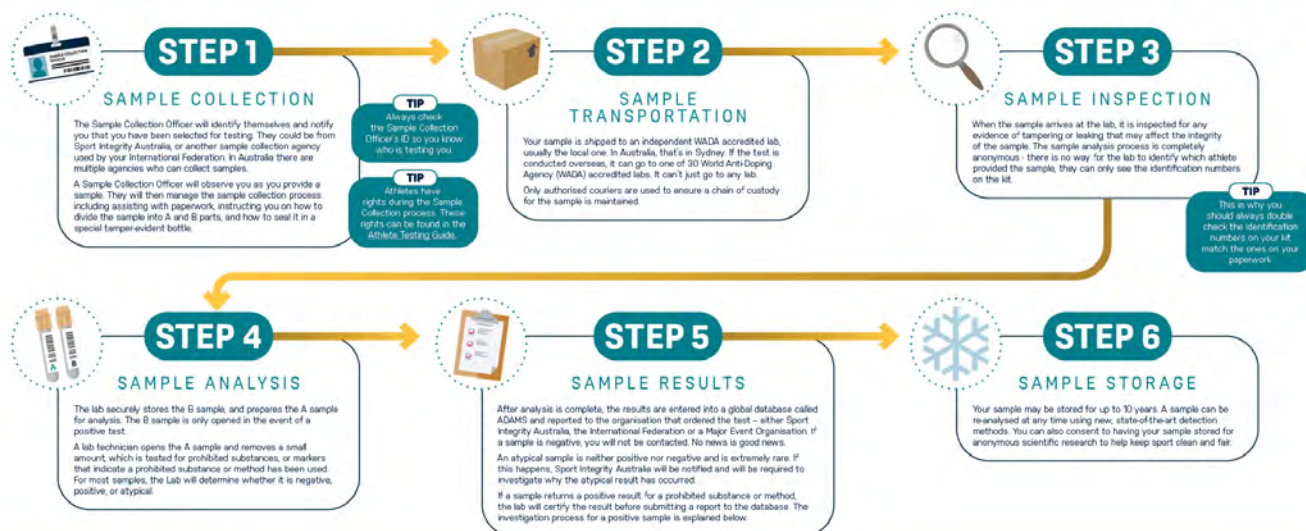


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WHAT HAPPENS TO MY SAMPLE?

SPORT INTEGRITY AUSTRALIA

Every sample you provide is collected, analysed and investigated according to international rules set out in the World Anti-Doping Code. These rules are designed to protect your rights, and ensure the process is the same no matter where you are tested in the world. Let's explore the journey your sample takes from collection to storage.



INVESTIGATION IN THE EVENT OF A POSITIVE TEST

If a positive result is confirmed during sample analysis, the Lab submits a report into ADAMS and Sport Integrity Australia is notified of the positive result. Sport Integrity Australia matches the testing kit identification numbers on the report to the athlete who provided the sample. The athlete will then be notified of the positive result. The athlete is advised of their rights during the investigation process, and options for wellbeing support.

In the event of a positive test, all athletes have the right to have their B sample analysed. Athletes may attend the B sample

opening and analysis in person, or appoint a representative. Alternatively, athletes can waive their right to have their B sample analysed.

From here, Sport Integrity Australia will undertake its investigation process according to the investigation rules set by the Code. This process is designed to gather all the evidence and facts that led up to the positive result. This is especially important when an athlete can't remember or show how the substance entered their system. An investigation may involve interviewing witnesses,

including the athlete. Depending on the substance or method involved, the athlete may be suspended while the investigation takes place - there are strict rules in the Code about this, and the rules are the same worldwide. It is up to the Anti-Doping Organisation conducting the investigation as to whether any provisional suspension is announced publicly or not.

Once the investigation is finalised, the length of sanctions, if any, is determined and a report is prepared for WADA. After a sanction is received by the athlete, they can elect to contest the outcome

in a hearing - this could be before the National Sports Tribunal, the Court of Arbitration for Sport or a sport's disciplinary body. WADA and the International Federation have 30 days to appeal any decision by Sport Integrity Australia, or a tribunal. Once this process is over, the outcome will be published on the Sport Integrity Australia website, according to the Code.

GETTING TESTED CHECKLIST

GENERIC

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ATHLETES CAN BE TESTED ANYWHERE, ANYTIME. MAKE SURE YOU ARE READY!

1

Download the Sport Integrity App and use it to make your way through the following steps.

2

TAKING A MEDICATION?
Use the 'Check a Medication' tab to access Global DRO to make sure your medication isn't banned in sport.

3

TAKING A BANNED SUBSTANCE FOR MEDICAL PURPOSES?
Use the Therapeutic Use Exemption Checker to see if you need a TUE, and complete the paperwork if required.

4

USING SUPPLEMENTS?
Use the 'Check a Supplement' tab to check the risk of your product. Supplements are the leading cause of inadvertent positive tests in Australia.

5

NEVER BEEN TESTED?
Prepare yourself by going through a virtual reality test on the App. (Search for it under the menu icon)

6

KNOW THE RULES?
A positive test is only one way to be banned from sport. Read up on the 11 Anti-Doping Rule Violations.

7

COMPLETED YOUR EDUCATION?
Access the Sport Integrity Australia online courses by clicking on the Get Educated tab.

8

TRAIN AND COMPETE CLEAN!

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COMPETITION COMING UP? MAKE SURE YOU ARE READY!

1 Download the Sport Integrity App and use it to make your way through the following steps.

SEASON STARTING SOON? MAKE SURE YOU ARE READY!

1 Download the Sport Integrity App and use it to make your way through the following steps.

2 TAKING A MEDICATION?

TOURNAMENT COMING UP? MAKE SURE YOU ARE READY!

1 Download the Sport Integrity App and use it to make your way through the following steps.

2 TAKING A MEDICATION?

3 TAKING A BANNED SUBSTANCE FOR MEDICAL PURPOSES?

4 USING SUPPLEMENTS?

5 NEVER BEEN TESTED?

6 KNOW THE RULES?

7 COMPLETED YOUR EDUCATION?

8 TRAIN AND COMPETE CLEAN!

SPORT INTEGRITY AUSTRALIA

HEADLINE OPTIONS

ATHLETES CAN BE TESTED ANYWHERE, ANYTIME. MAKE SURE YOU ARE READY!

1 Download the Sport Integrity app and use it to make your way through the following steps.

2 TAKING A MEDICATION?

3 TAKING A BANNED SUBSTANCE FOR MEDICAL PURPOSES?

4 USING SUPPLEMENTS?

5 NEVER BEEN TESTED?

6 KNOW THE RULES?

7 COMPLETED YOUR EDUCATION?

8 TRAIN AND COMPETE CLEAN!

SPORT INTEGRITY AUSTRALIA

SPORT SPECIFIC

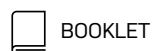
PRINT & DIGITAL MEDIA – ANTI-DOPING TESTING

SPORT INTEGRITY AUSTRALIA - RESOURCE CATALOGUE: ANTI-DOPING

9

ATHLETE GUIDE TO SAMPLE COLLECTION GENERIC

FILE TYPE:



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DRIED BLOOD SPOT POSTER GENERIC

FILE TYPE:



POSTER


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DIGITAL

 **SPORT INTEGRITY AUSTRALIA**

DRIED BLOOD SPOT TESTING

Dried Blood Spot (DBS) sample collection uses a small amount of blood from a device that attaches to an athlete's upper arm (or in some cases a finger prick). The blood is collected and dried on absorbent material, then sealed securely and sent to a WADA-accredited lab for analysis. This new method differs from a normal blood sample collection, which withdraws much more blood via a needle into a vein in an athlete's arm.

OVERVIEW

- DBS is a **quick and simple way** of collecting a blood sample
- It involves drawing a **few drops of blood from a device that attaches to an athlete's upper arm** (or in some cases a finger prick)
- The blood is **collected on absorbent material, secured into a tamper-proof container where the blood spots dry, and sent for analysis**



FACTS

- DBS testing **does not replace full blood tests or urine tests**, and it is up to the anti-doping organisation to decide which test to use
- DBS samples **do not require a Blood Collection Officer** and can be collected by a Doping Control Officer
- **A and B samples** are collected in the same device
- **Alternate collection sites** (such as the torso) can be used for athletes with impairments
- Athletes **do not get to choose** which kind of blood test they do and should **always comply with the testing staff**

BENEFITS

- **Less time to collect**
- **Less invasive**
- **Less painful**
- **Smaller needle**
- **Less blood** required (about 25x less)
- Unlike traditional blood collection, **does not require a long resting period** after exercise

CONTACT US

 sportintegrity.gov.au  education@sportintegrity.gov.au  **Safe Sport Hotline: 1800 161 361**
Enquiries: 1300 027 232

COCAINE FACTSHEET

GENERIC

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COCAINE

Cocaine is an illegal and highly addictive drug usually found in the form of a white powdery substance. The use, possession and trafficking of cocaine (or any attempt) is banned in sport and can carry serious consequences for athletes and their support staff under anti-doping, sport and criminal codes. Between 2018 and 2024, there have been 20 anti-doping matters involving cocaine use by Australian athletes.

COCAINE AND SPORT

Anti-Doping Rules

Under anti-doping rules the use or possession of cocaine is prohibited during the 'In-Competition' period – this begins at 11:59pm the night before a competition and lasts until the end of competition and/or any athlete testing*. If an athlete is found to have used or possessed cocaine during this In-Competition period, they face a ban from all sport of up to 4 years.

Since cocaine can stay in someone's system for many days after it was initially consumed, it is possible that an athlete could test positive to cocaine on the day of their event, even if they did not use it during the In-Competition period.

If this occurs, the athlete will be given an immediate suspension from sport, and will be required to prove that they did not use the cocaine during the In-Competition period. This can involve getting legal representation, medical experts and witnesses. These cases can sometimes also go to a tribunal, and the athlete may be suspended until the process is complete.

If the athlete can prove they used the cocaine Out-of-Competition through this process, they may receive a ban of 1 or 3 months under WADA's 'Substance of Abuse' rules. The amount of cocaine in an athlete's sample can be an indicator of when the cocaine was used, as well as other forms of evidence as part of an investigation.

It is important to note that athletes and their coaches, managers and support staff can also be found in breach of the anti-doping rules for Trafficking or Attempted Trafficking of cocaine. Importantly, these rules do not rely on testing, and apply at all times – not just during the In-Competition period. If an athlete or support person sells or provides cocaine to someone else, they face a ban of 4 years to life.

* This period may vary for some sports (for example, Equestrian) or for major events like the Olympics or Paralympics.

Sport Rules

Anti-doping testing only looks for cocaine in samples collected during the In-Competition period – anti-doping laboratories do not look for cocaine in Out-of-Competition samples.

However, in addition to anti-doping rules, some sports (like Rugby League and Rugby Union) also have rules in place about the use of cocaine outside of game days, which can include mid-week illicit substance testing. These testing programs, rules and consequences are determined by each sport, not by Sport Integrity Australia.

All sports in Australia are also required to have rules in place to recognise any criminal sanction regarding cocaine under their integrity policies. This means if someone is found guilty of a crime involving illegal drugs, the sport can take action against that person too.

Criminal Rules

The possession, trafficking or use of cocaine can also be a criminal matter and can lead to a criminal record, and jail time. Criminal convictions can also be used as evidence in anti-doping matters.



WWW.SPORTINTEGRITY.GOV.AU



HEALTH RISKS OF COCAINE

Cocaine presents a risk to the general population and is particularly harmful to young people. It is a highly addictive drug and can cause serious health problems, including heart and lung disease, stroke, and kidney failure.

Cocaine may be abused as a performance enhancing drug. It can increase heart rate and blood pressure, and can cause a range of health problems. It is a highly addictive drug and can cause serious health problems, including heart and lung disease, stroke, and kidney failure.

HOW LONG DOES COCAINE REMAIN IN MY SYSTEM?

Cocaine is a stimulant that can be detected in the body for up to 30 days. It is a highly addictive drug and can cause serious health problems, including heart and lung disease, stroke, and kidney failure.

Should I Use Cocaine?

It is strongly advised that you do not use cocaine. It is a highly addictive drug and can cause serious health problems, including heart and lung disease, stroke, and kidney failure.

COMBINING COCAINE AND EXERCISE

Combining cocaine and exercise can be dangerous. It can increase heart rate and blood pressure, and can cause a range of health problems, including heart and lung disease, stroke, and kidney failure.

Cocaine: 7 Key Points for Athletes

- 1. Cocaine is a stimulant that can be detected in the body for up to 30 days.
- 2. Cocaine is a highly addictive drug and can cause serious health problems, including heart and lung disease, stroke, and kidney failure.
- 3. Cocaine may be abused as a performance enhancing drug.
- 4. Cocaine can increase heart rate and blood pressure, and can cause a range of health problems, including heart and lung disease, stroke, and kidney failure.
- 5. Cocaine is a highly addictive drug and can cause serious health problems, including heart and lung disease, stroke, and kidney failure.
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For More Information

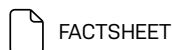
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COCAINE FLYER

GENERIC

FILE TYPE:



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COCAINE USE IN SPORT

7 KEY POINTS FOR ATHLETES



DANGERS TO YOUR HEART

Using cocaine before or during exercise is incredibly dangerous and can lead to heart attack while working out. Cocaine naturally raises your heart rate which, when combined with the additional exertion of exercise, can be deadly. Cocaine can also cause irregular heart beat, known as cardiac arrhythmia.



PERFORMANCE IMPACT

Cocaine use can cause heart enlargement which reduces your cardiac output, how long you can sustain high levels of exercise, and therefore performance. Cocaine can also lead to poor decision making and increased risk taking, leading to poorer tactical and strategic performance.



UP TO 4 YEAR BAN, OR EVEN LIFE

If you possess or use cocaine during the In-Competition period*, you face a ban of up to 4 years. If you sell or give cocaine to anyone else (or attempt to), you face a ban of 4 years to life. This trafficking rule applies at all times (even at bars, nightclubs, or during the week) and also applies to support personnel like coaches, managers and team medical staff.



IMMEDIATE SUSPENSION

If you use cocaine during the Out-of-Competition period, it can still be in your sample on the day of competition. If this happens, you will be given an immediate suspension from sport, and will need to prove when you used the cocaine. This may require getting lawyers, scientific experts, and witnesses at your own cost. If you can prove you used cocaine outside of competition, you may receive a ban of 1 or 3 months.



DETECTION PERIOD

There is no clear timeframe for how long cocaine will stay in your system. It varies based on the amount used, your metabolism, weight, diet etc. Drinking alcohol while using cocaine can make it stay present in your system for longer. Athletes should not use past drug or anti-doping test results as a way to understand how long cocaine will be detected as it will change each time.



CRIMINAL CONVICTION

Criminal convictions regarding cocaine are a breach of every sport's integrity policies and can lead to a ban from sport. Criminal convictions can also be used as evidence in anti-doping matters.



ILLICIT DRUG TESTING

Your sport may also conduct Out-of-Competition illicit drug testing. This is different to anti-doping testing, and the rules are determined by your sport.



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* The In Competition period begins at 11:59pm the night before a competition and lasts until the end of a competition and/or any athlete testing. This period may vary for some sports (for example, Equestrian) or for major events like the Olympics or Paralympics.

WHEREABOUTS

GENERIC

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NEED TO UPDATE YOUR
WHEREABOUTS?
THERE'S AN APP FOR THAT.

Use the WADA Athlete Central app to easily update your whereabouts in **ADAMS**.

Safe Sport Hotline: 1800 161 361
Enquiries: 1300 027 232
athlete@sportintegrity.gov.au



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WHEREABOUTS
IS YOUR NEXT EVENT?

Use the WADA Athlete Central app to update ADAMS with your...

WHEREABOUTS
HAS MY INTERNET GONE?

Internet down?
Can't access ADAMS?

WHEREABOUTS
IS YOUR NEXT CAMP?

Use the WADA Athlete Central app to update ADAMS with your...

WHEREABOUTS
IS YOUR INJURY?

Training schedule changed due to injury?
Update your whereabouts.

Safe Sport Hotline: 1800 161 361
Enquiries: 1300 027 232
athlete@sportintegrity.gov.au



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HEADLINE OPTIONS

NEED TO UPDATE YOUR
WHEREABOUTS?
THERE'S AN APP FOR THAT.

WHEREABOUTS
IS YOUR NEXT EVENT?

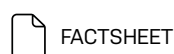
WHEREABOUTS
IS YOUR NEXT CAMP?

WHEREABOUTS
HAS MY INTERNET GONE?

SPORT SPECIFIC

SUPPORTING AN ATHLETE ON WHEREABOUTS GENERIC

FILE TYPE:



FACTSHEET

AVAILABLE FOR:



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SPORT INTEGRITY AUSTRALIA

SUPPORTING AN ATHLETE ON WHEREABOUTS

Athletes who are part of the Registered Testing Pool (RTP) or National Testing Pool (NTP) are required to provide their Whereabouts for all 365 days of the year.

QUARTERLY SUBMISSION DEADLINES

The quarterly submission dates are:

- Quarter 1: 15 December 23:59
- Quarter 2: 15 March 23:59
- Quarter 3: 15 June 23:59
- Quarter 4: 15 September 23:59

Athletes can put a calendar reminder in their phone for submission deadlines.

WHEREABOUTS REQUIREMENTS

Athletes need to provide different Whereabouts requirements dependent on which testing pool they are in:

	REQUIREMENTS OF ATHLETES					
	Contact details/home address	Overnight address (ADAMS)	Training schedule (ADAMS)	Regular activities (work, study etc.) (ADAMS)	Competition schedule (including travel schedule) (ADAMS)	60 minute testing window (5am-11pm) (ADAMS)
REGISTERED TESTING POOL (RTP)	✓ (ADAMS)	✓	✓	✓	✓	✓
NATIONAL TESTING POOL (NTP)	✓ (ADAMS)	✓	✓	✓	✓	
DOMESTIC TESTING POOL (DTP)	✓ (DIRECT TO SPORT)					








WHEREABOUTS VIOLATIONS (RTP ONLY)

Filing Failure

- Incomplete or inaccurate information
- Submitting late

Missed Tests

- Not available for testing during the 60-minute time slot

Three Whereabouts Failures in a 12-month period = Anti-Doping Rule Violation (ADRV) and a potential two-year ban

METHODS OF SUBMITTING/UPDATING

All entries must be submitted via ADAMS

Website: <https://adams.wada-ama.org/adams> **SMS Emergency:** +18 192 724 278

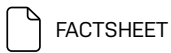
App: Athlete Central **Email:** athlete@sportintegrity.gov.au

For further information on Whereabouts, please visit [Tell Us Where You Are \(Whereabouts\)](#) on our website.

AVOIDING WHEREABOUTS FAILURES

GENERIC

FILE TYPE:



AVAILABLE FOR:



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HOW TO AVOID WHEREABOUTS FAILURES



SPORT INTEGRITY
AUSTRALIA

- 1 Complete your Whereabouts in advance**
Quarterly due dates can be found on Sport Integrity Australia's website www.sportintegrity.gov.au/resource/tell-us-where-you-are-whereabouts
- 2 Follow Sport Integrity Australia on social media for Whereabouts reminders**

FACEBOOK facebook.com/SportIntegrityAus	TWITTER twitter.com/ProtectingSport	INSTAGRAM Instagram.com/sportintegrityaus
--	---	---
- 3 Your Whereabouts must be accurate at all times**
- 4 Most important is your 60 minute timeslot**
You must be easily found and easily accessible (no security gates).
Phone calls are not always used to find you.
You must be able to hear the doorbell or door knock.
- 5 Add phone numbers to all your Whereabouts locations**
Keep contact details updated on the MY PROFILE page in ADAMS.
- 6 Download the ADAMS app**
Set alarms for your upcoming 60 minute timeslot and location.
- 7 If ADAMS is down or inaccessible**
Email changes to Sport Integrity Australia athlete@sportintegrity.gov.au.
Email changes to your International Federation (if applicable).
Use Whereabouts SMS number +618192724278 (check this service is activated in your ADAMS profile).
- 8 Nominate an authorised representative**
They can assist you with your ADAMS Whereabouts.
Contact Sport Integrity Australia if you wish to take up this option athlete@sportintegrity.gov.au.
- 9 No reasons**
Holidays, an injury or the off-season are not valid reasons for inaccurate Whereabouts.
ADAMS system issues is not a valid reason, unless you have proof.
For system issues contact Sport Integrity Australia: 1300 027 232, or athlete@sportintegrity.gov.au.

ANY WHEREABOUTS QUESTIONS OR CONCERNS
Contact Athlete Services at athlete@sportintegrity.gov.au or
phone 1300 027 232 (select option 2)

CBD USE IN SPORT

GENERIC

FILE TYPE:



POSTER

AVAILABLE FOR:



PRINT



DIGITAL

CBD USE IN SPORT

5 KEY FACTS FOR ATHLETES



BANNED INGREDIENT

Athletes are not allowed to use Cannabis during the In-Competition period* because Cannabis includes the banned ingredient THC. Even if Cannabis is used Out-of-Competition, if THC is still in an athlete's body during an In-Competition test, it can result in a positive test and a possible ban from sport.



HIGH RISK

Technically, CBD products are not banned at any time, however using CBD is risky for athletes. This is because even products marketed as containing 'pure' CBD can still be contaminated with THC and cause an athlete to test positive. One study found that 21% of CBD products contained THC.



NO BATCH-TESTING

There are currently no batch-tested CBD products available in Australia that meet Sport Integrity Australia's threshold to be considered 'low risk', or to be listed in the Sport Integrity app.



POSSIBLE BAN FROM SPORT

If you use a CBD product and test positive during competition, you can be banned from sport.



THERAPEUTIC USE EXEMPTIONS

If a doctor prescribes you a cannabinoid for a medical condition, you may be eligible for a Therapeutic Use Exemption (TUE), however the criteria is very strict.

Use the checklist to find out what you need for a TUE application: [ASDMAC Cannabis/ Cannabinoids TUE Checklist | Sport Integrity Australia \(sportintegrity.gov.au\)](#).

Visit [Therapeutic Use Exemption \(TUE\) | Sport Integrity Australia \(sportintegrity.gov.au\)](#) for further information.

* The In-Competition period begins at 11:59pm the night before a competition and lasts until the end of a competition and/or any athlete testing. This period may vary for some sports (for example, Equestrian) or for major events like the Olympics or Paralympics.



SPORT INTEGRITY AUSTRALIA

CONTACT US

Please visit our website sportintegrity.gov.au, email us at asdmac@sportintegrity.gov.au, enquire on **02 6222 4283 (ASDMAC)**, or call our Safe Sport Hotline **1800 161 361**

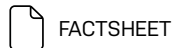


SPORT SPECIFIC

GLUCOCORTICOID INJECTIONS

ATHLETE FOCUS

FILE TYPE:



FACTSHEET

AVAILABLE FOR:



PRINT



DIGITAL



CORTISONE (GLUCOCORTICOID) INJECTIONS*

Background

Doctors prescribe and administer Glucocorticoid (GC), "cortisone", injections for the management of medical conditions which may include:

- Inflammation in joints, bursa (bursitis) or around tendons
- For impingement (pressure) on nerves in the spinal canal from disc bulges
- For severe allergies such as anaphylaxis.

All GC injections are prohibited In-Competition.

If you are prescribed a GC injection during the In-Competition period you will need to determine if you require an in-advance Therapeutic Use Exemption (TUE), or whether you only need to plan for a retroactive TUE. You can check your TUE requirements on the Sport Integrity app.

If you receive a GC injection **during competition** without a valid TUE, you can receive a ban from sport.

GCs can stay in your system for anywhere between 3 days to 10 weeks. This means you may still test positive to a GC In-Competition, even if you used it Out-of-Competition. If you receive a GC injection outside of competition, but test positive during competition you will be required to prove how and when the GC entered your system, or face a ban from sport.

If you have a GC injection, you will need a medical record which includes:

- a medical diagnosis where a GC injection is the recognised treatment
- a permitted alternative was tried, not available or not considered the best treatment option
- the GC type given, dose and by what means (such as a copy of the radiologists report if the injection is given under ultrasound or X-ray guidance).

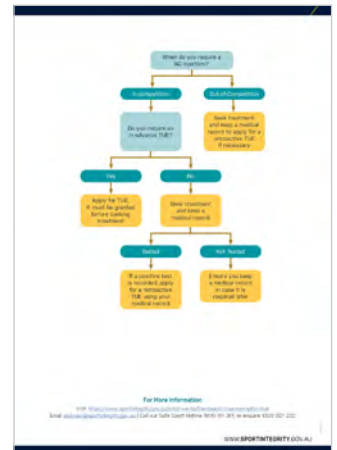
You can also avoid testing positive to GCs In-Competition by directing your doctor to the Glucocorticoid wash-out periods on the Sport Integrity website.

As athletes, you should have the medical treatment you require but it is important that you discuss your athletic status with your doctor and check all medications on GlobalDro and supplements on the Sport Integrity app.

The wash out period of GC varies depending on the type used. If you use it close to competition, it may show up in doping control. The most commonly injected GCs have a washout period of 3 to 5 days, but some are longer. The following flow chart explains the process for athletes who require GC both In- and Out-of-Competition.

*Remember, the oral and rectal administration of glucocorticoids is also prohibited In-Competition. Make sure you always check Global DRO before using any substances.

WWW.SPORTINTEGRITY.GOV.AU



BACK

FRONT

GLUCOCORTICOIDS INJECTIONS – FLYER

ATHLETE FOCUS

FILE TYPE:



AVAILABLE FOR:



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DIGITAL




SPORT INTEGRITY
AUSTRALIA

CORTISONE (GLUCOCORTICOID) INJECTIONS

Glucocorticoid (GC) injections are prescribed and administered by doctors to manage conditions like inflammation, impingement and severe allergies in athletes.

All GC injections are prohibited In-Competition.


IN-COMPETITION*

If you need a GC injection In-Competition, you will require a Therapeutic Use Exemption (TUE). Your level of competition will determine if you need an in-advance or planned retroactive TUE. If you require an in-advance TUE you will need to apply **prior** to the injection. If not, you will need to ensure you have appropriate records for your injection.

You can check whether you need an in-advance TUE on the Sport Integrity app.


OUT-OF-COMPETITION

Glucocorticoids are allowed to be used Out-of-Competition, however they cannot be in your system while competing. Even if you have an injection in the off-season, or between games, you can still test positive to GCs In-Competition. If you use a GC Out-of-Competition, you should keep a medical record of the injection. If you test positive, you can then use this to verify when the injection was given.


THE BOTTOM LINE

Glucocorticoid injections are banned during the In-Competition period. If you need one for legitimate medical purposes, check the Sport Integrity app for your TUE requirements and keep a medical record. You should always discuss any treatment with your doctor and check any medications you are taking on GlobalDRO.

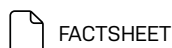
 **FIND OUT MORE**
Download the Sport Integrity app
Email: asdmac@sportintegrity.gov.au
Safe Sport Hotline 1800 161 361 | Enquiries 1300 027 232

*The In-Competition period begins at 11:59pm the night before an event, and finishes after the event (and any testing processes that follow).

GLUCOCORTICOID INJECTIONS

MEDICAL FOCUS

FILE TYPE:




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**SPORT INTEGRITY AUSTRALIA**



GLUCOCORTICOID INJECTIONS

Background

Glucocorticoid (GC) injections are commonly prescribed for the management of medical conditions which include:

- Inflammation in joints, bursa or tendon sheaths.
- For neural impingement syndromes and disc pathology (epidural).
- For severe allergies such as anaphylaxis.

All GC injections are prohibited In-Competition. Previously some routes of GC injection were permitted In-Competition (e.g. local, joint) but now all injectable GCs are prohibited In-Competition, along with all oral GC preparations.

Athletes who require an in-advance Therapeutic Use Exemption (TUE) will need to apply prior to receiving a GC injection in the competition period.

If the athlete does not require an in-advance TUE, they need to prepare a medical file in case they are required to complete doping control and subsequently apply for a retroactive TUE.

You can use the Sport Integrity app to check an athlete's TUE requirements.

If an injection is administered in the pre-competition period there may be persisting presence of the substance in the doping control sample of an athlete, because of the varying washout period of GCs. Athletes do not need to apply for an in-advance TUE for injections administered prior to competition (in the GC washout period), but need to prepare a medical record in case they are selected for doping control and the GC is detected during testing.

WADA advises that most commonly used GCs for injection have a washout period of between 3 and 5 days, but some, such as Triamcinolone are longer and can be up to 60 days for intra-muscular injection. We encourage physicians to avoid Triamcinolone due to its long washout period, and use other glucocorticoids where possible, unless there is a specific reason why this GC is clinically indicated.

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FRONT

Glucocorticoid Name	Glucocorticoid	Maximum Dose*
Dexamethasone	All glucocorticoids	9 days
Hydrocortisone	Injectable Triamcinolone, Triamcinolone acetonide	10 days
Methylprednisolone	Injectable Triamcinolone, Triamcinolone acetonide, Methylprednisolone	10 days
Triamcinolone	Injectable Triamcinolone	10 days
Local injections (including intra-articular, intra-tendinous, epidural and epidural) and intra-muscular and	All glucocorticoids	5 days
Oral	Injectable Triamcinolone, Triamcinolone acetonide, Methylprednisolone, Triamcinolone hexacetonide, All glucocorticoids	10 days
Oral	Injectable Triamcinolone, Triamcinolone acetonide	10 days

*This table is intended to be used to determine the maximum licensed dose for the purpose of the competition period (in-competition or out-of-competition) for athletes who are not in-competition. Athletes who are in-competition must apply for a TUE prior to receiving a GC injection in the competition period. Athletes who are not in-competition must apply for a TUE prior to receiving a GC injection in the competition period.

†The maximum dose available is based on the maximum licensed dose for the purpose of the competition period.

‡The maximum dose available is based on the maximum licensed dose for the purpose of the competition period.

§The maximum dose available is based on the maximum licensed dose for the purpose of the competition period.

¶The maximum dose available is based on the maximum licensed dose for the purpose of the competition period.

For more information
Visit www.sportintegrity.gov.au
Email medications@sportintegrity.gov.au
Or call 1800 653 477

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BACK

GLUCOCORTICOID INJECTIONS – FLYER

MEDICAL FOCUS

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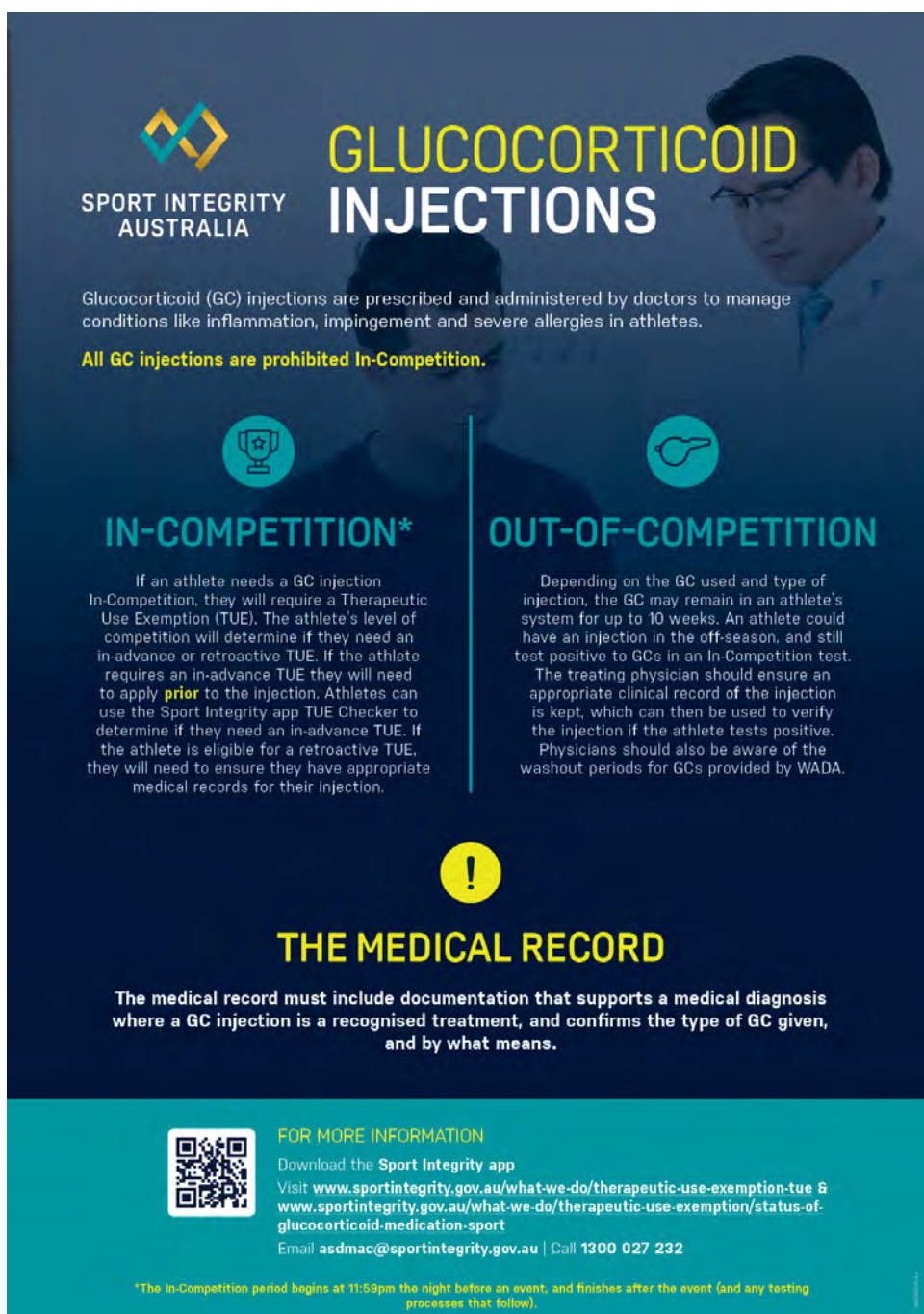
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SPORT INTEGRITY AUSTRALIA


GLUCOCORTICOID INJECTIONS

Glucocorticoid (GC) injections are prescribed and administered by doctors to manage conditions like inflammation, impingement and severe allergies in athletes.


All GC injections are prohibited In-Competition.


IN-COMPETITION*


If an athlete needs a GC injection In-Competition, they will require a Therapeutic Use Exemption (TUE). The athlete's level of competition will determine if they need an in-advance or retroactive TUE. If the athlete requires an in-advance TUE they will need to apply **prior** to the injection. Athletes can use the Sport Integrity app TUE Checker to determine if they need an in-advance TUE. If the athlete is eligible for a retroactive TUE, they will need to ensure they have appropriate medical records for their injection.


OUT-OF-COMPETITION

Depending on the GC used and type of injection, the GC may remain in an athlete's system for up to 10 weeks. An athlete could have an injection in the off-season, and still test positive to GCs in an In-Competition test. The treating physician should ensure an appropriate clinical record of the injection is kept, which can then be used to verify the injection if the athlete tests positive. Physicians should also be aware of the washout periods for GCs provided by WADA.


THE MEDICAL RECORD

The medical record must include documentation that supports a medical diagnosis where a GC injection is a recognised treatment, and confirms the type of GC given, and by what means.

 **FOR MORE INFORMATION**

Download the **Sport Integrity app**
Visit www.sportintegrity.gov.au/what-we-do/therapeutic-use-exemption-tue & www.sportintegrity.gov.au/what-we-do/therapeutic-use-exemption/status-of-glucocorticoid-medication-sport
Email asdmac@sportintegrity.gov.au | Call **1300 027 232**

*The In-Competition period begins at 11:59pm the night before an event, and finishes after the event (and any testing processes that follow).

DOCTOR AND PHARMACIST APP FLYER

MEDICAL FOCUS

FILE TYPE:



AVAILABLE FOR:



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**SPORT INTEGRITY AUSTRALIA**

MEDICATIONS AND SUPPLEMENTS

EDUCATIONAL RESOURCES FOR DOCTORS AND PHARMACISTS

SPORT INTEGRITY APP

- Check whether a medication is banned in sport
- Find low risk supplements that reduce the chance of a positive test
- Check if an athlete needs a Therapeutic Use Exemption (TUE) and what documentation is required
- Report an integrity issue
- Give feedback or ask a question.

The app also has information on anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice and more.



Download the app from the [Apple Store](#) and [Google Play](#) store here.



How To Check if a Supplement is Batch Tested



How to Check a Medication using the Sport Integrity app



How to check if a TUE is required using the Sport Integrity app



FOR MORE INFORMATION

 sportintegrity.gov.au  education@sportintegrity.gov.au  1300 027 232

DOCTOR AND PHARMACIST FLYER

MEDICAL FOCUS

FILE TYPE:



FLYER

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SPORT INTEGRITY AUSTRALIA

MEDICATIONS AND SUPPLEMENTS

EDUCATIONAL RESOURCES FOR DOCTORS AND PHARMACISTS



CBD & Cannabis Poster



IV Drip Infusions Poster



Protein Fortified Foods Poster



Supplement Risk Analysis Poster



Cortisone (Glucocorticoids) Changes Factsheet and Flyer



Practitioner Flowchart Video

All above resources are available on the Sport Integrity Australia Resources Page

FOR MORE INFORMATION


sportintegrity.gov.au


education@sportintegrity.gov.au


1300 027 232

IV DRIP INFUSIONS

GENERIC

FILE TYPE:



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AVAILABLE FOR:



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SPORT INTEGRITY AUSTRALIA

IV DRIP INFUSIONS

All IV infusions and/or injections of more than 100ml per 12 hour period are prohibited at all times except for those administered during a hospital treatment, surgical procedure or clinical diagnostic investigation.

This means that athletes can be sanctioned for receiving an IV, even if it is for a non-prohibited substance such as Vitamin B.

Before using an IV or infusion, use this diagram to check whether it is prohibited or not.

```
graph TD; Q1[Does the IV Infusion contain a prohibited substance? (Check GlobalDRO)] -- YES --> A1[This is prohibited. Check your TUE requirements.]; Q1 -- NO --> Q2[Is the IV more than 100mls per 12 hour period?]; Q2 -- YES --> Q3[Is it for a hospital treatment, surgical procedure or clinical diagnostic investigation?]; Q2 -- NO --> A2[This is not prohibited.]; Q3 -- YES --> A3[This is not prohibited.]; Q3 -- NO --> A4[This is a prohibited method. Check your TUE requirements before treatment.];
```

FIND OUT MORE
Download the Sport Integrity App
Email: asdmac@sportintegrity.gov.au
Safe Sport Hotline 1800 161 361
Enquiries 1300 027 232

TRAMADOL CHANGES

GENERIC

FILE TYPE:

 FACTSHEET

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SPORT INTEGRITY
AUSTRALIA



TRAMADOL

Important change coming on 1 January 2024

What is changing?

From 1 January 2024, Tramadol will be banned during the in-competition period.

What is Tramadol?

Tramadol is a pain killer that is used to relieve and treat moderate to severe pain.

It is a prescription-only medicine and should always be used under the supervision of a medical professional.

It is often sold under various brand names including Tramal, Tramedo and Zydol.

Why is Tramadol banned?

As a strong painkiller, Tramadol can cause side effects such as physical dependence, addiction, and overdose, posing a health risk to athletes while also violating the spirit of sport.

What is the in-competition period?

The in-competition period begins at 11:59pm the day before your event or game starts, and concludes at the end of the doping control process for that event or game (e.g. when the last sample is provided and the Doping Control Station is closed).

Remember: Substances banned only in-competition that are used during out-of-competition period can be a risk for athletes. If athletes are tested in-competition they may return a positive test even if the substance was used out-of-competition.

What do athletes need to do?



Strict liability: Be aware of and understand the risks of inadvertent doping related to Tramadol usage.



Speak with your medical professional and coach to ensure they are aware of the change in status for Tramadol.



Ask your medical professional if an alternative medication is possible.



Know when the in-competition period starts and ends.



Prepare and complete a medical file and apply for a Therapeutic Use Exemption (TUE) if no alternative medication is available.

Learn more about the anti-doping rules and how they apply to you by completing Sport Integrity Australia eLearning.



Download the Sport Integrity app for more information on TUEs, and use the Medication and Supplement Checker.



For More Information

Visit our website sportintegrity.gov.au, contact us at education@sportintegrity.gov.au, phone our Safe Sport Hotline 1800 161 361, or enquire 1300 027 232

WWW.SPORTINTEGRITY.GOV.AU

DO YOU NEED A TUE?

SPORT SPECIFIC

FILE TYPE:



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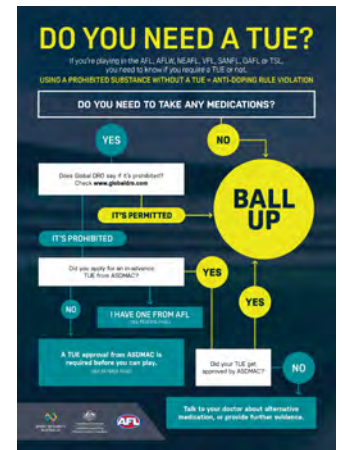
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ELIGIBLE FOR CO-BRANDING



BASEBALL



AFL

IMAGE PLACEHOLDER

Use your own sport tailored image to connect with your audience.

LOGO

Use your sport or organisation's logo.

FOOD FIRST

GENERIC

FILE TYPE:



POSTER

AVAILABLE FOR:



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ELIGIBLE FOR CO-BRANDING

SPORT INTEGRITY AUSTRALIA

FOOD FIRST

REAL FOOD.
REAL BENEFITS.
NO RISK.

NO ONE EVER TESTED POSITIVE FOR BANANA.

Many supplements contain ingredients not listed on the label, some of which are banned in sport.

Do you know what you're putting into your body?

BANANACEP
A state of physical eliteness gained from the consumption of bananas.

Download the Sport Integrity app to reduce your risk of testing positive from a supplement or medication.

BANANA

SPORT INTEGRITY AUSTRALIA

FOOD FIRST

REAL FOOD.
REAL BENEFITS.
NO RISK.

NO ONE EVER TESTED POSITIVE FOR BROCCOLI.

SPORT INTEGRITY AUSTRALIA

FOOD FIRST

REAL FOOD.
REAL BENEFITS.
NO RISK.

NO ONE EVER TESTED POSITIVE FOR TURMERIC.

Research shows that fat burners, muscle builders and pre workouts are the most likely supplements to contain ingredients banned in sport.

WHY RISK IT?

ELITE STATE
A state of physical eliteness gained from the consumption of chicken.

Download the Sport Integrity app to reduce your risk of testing positive from a supplement or medication.

BROCCOLI & CHICKEN

SPORT INTEGRITY AUSTRALIA

BASEBALL

FOOD FIRST

REAL FOOD.
REAL BENEFITS.
NO RISK.

NO ONE EVER TESTED POSITIVE FOR BANANA.

Many supplements contain ingredients not listed on the label, some of which are banned in sport.

Do you know what you're putting into your body?

BANANACEP
A state of physical eliteness gained from the consumption of bananas.

Download the Sport Integrity app to reduce your risk of testing positive from a supplement or medication.

SPORT SPECIFIC

PROTEIN FORTIFIED FOODS

GENERIC

FILE TYPE:



POSTER

AVAILABLE FOR:



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PROTEIN FORTIFIED FOOD

A study conducted by the AIS, Sport Australia and Sport Integrity Australia has found that commercially manufactured 'Protein Fortified Foods' (PFF) present no additional risk of containing substances banned in sport than other processed foods. This is the result of high quality food manufacturing standards in Australia.

However, some shops or cafes prepare and sell protein fortified foods that contain unidentified protein ingredients or added botanical ingredients (such as Maca powder) and as such are higher risk PFFs. PFFs containing hemp protein ingredients may contain trace amounts of the banned substance Tetrahydrocannabinol (THC) and should be avoided by athletes.

LOW RISK PFFs



Breakfast foods (cereals)

Weet-bix Protein
Uncle Toby's Oats Super Blends Protein
Uncle Toby's Breakfast Bakes



Cereal/nut bar

Cerman's Gourmet Protein Bar
Nice & Natural Protein Nut Bar



Bakery

Green's Protein Buttermilk Pancake Mix
The Healthy Baker Protein Muffin Mix



Dairy/dairy-free

Streets Blue Ribbon Protein Bar Ice cream



Drinks

Up & Go Protein Energize



Frozen Foods

Super Nature Super Protein Wellness Bowl
Coles PerForm frozen meals



Batch-tested protein supplements*

Supplements listed on the Sport Integrity app

HIGH RISK PFFs



Foods from cafes/food outlets

Un-named Protein Balls
Smoothies with added Protein Powder



Foods with hemp ingredients

Macro Protein Muffin Banana & Chia



Foods with botanical ingredients

Crankt Protein Bar



Non-batch tested protein powders, pre-workouts*

Protein supplements, pre-work outs not listed on the Sport Integrity app

*Protein supplements are not PFFs but it can be hard to tell the difference. If the first ingredient listed on the product label is protein, it is likely considered a protein supplement. If you are unsure whether it's a PFF or a protein supplement (e.g. high protein bar) look for batch-tested options.

The examples above are a guide – if you have questions about the risk of any product, contact Sport Integrity Australia at 1300 027 232.

SPORT INTEGRITY AUSTRALIA



SARMs

GENERIC

FILE TYPE:




AVAILABLE FOR:



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SPORT INTEGRITY AUSTRALIA

SARMs

Selective Androgen Receptor Modulators (SARMs) are a growing threat to Australian athletes. SARMs can often look like normal supplements and examples include **Ligandrol (LGD-4033)**, **Testolone/radarine (RAD-140)**, **Andarine**, and **Ostarine (Enobosarm)**. They are advertised heavily across social media and **claim to act like steroids**, but without any side effects.

Don't be fooled.

! SARMs CLAIMS

- Claim to **build muscle and bone density**
- Claim to have **no steroid-like side effects**
- Appear to be **manufactured in scientific labs**

📝 SARMs FACTS




- **Are banned in all sport**
- Have **not** undergone clinical trials
- Are **not approved** for human use
- Can be **manufactured in backyard labs**
- Are **linked to liver failure**
- Increase **risk of heart attack or stroke**

SARMs are now the most commonly detected performance enhancing drug in Australian sport.

Don't risk it.

Photo supplied by Wickers Australian Police

CONTACT US

 sportintegrity.gov.au  education@sportintegrity.gov.au  **Safe Sport Hotline: 1800 161 361**
Enquiries: 1300 027 232

SUPPLEMENT RISK STRATIFICATION

GENERIC

FILE TYPE:



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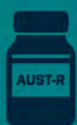


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SUPPLEMENT RISK ANALYSIS



TGA Registered medicines (AUST-R)

The products are the lowest risk due to their high level of regulation. AUST-R products have been fully assessed by the Therapeutic Goods Administration (TGA) for safety, quality and efficacy before they are sold. There is no doping risk to athletes if they choose to use an Australian registered medication, as long as there is no prohibited substance declared on the label.



Batch-tested products

As this testing is targeted at WADA prohibited substances, these are the next lowest risk group. We advise athletes that batch testing, while not a 100% guarantee, lowers doping risk.



TGA Listed medicines (AUST-L)

As these products have less regulation than Registered medicines and are not specifically tested for WADA Prohibited Substances, they have a higher risk of doping than both registered medicines and batch-tested products.

For Listed Medicines, Sport Integrity Australia educates athletes that due to the lower level of regulation there may be an inadvertent doping risk associated with these products. There have been examples of vitamin products obtained overseas which have been contaminated with WADA prohibited substances. These were potentially lower quality manufacturers, but this does highlight the risk with such products.

Sport Integrity Australia's advice regarding Listed Medications (such as vitamins and minerals) is that athletes should choose a batch tested listed medication over a non batch-tested one.



Non batch-tested, non AUST-L products

These products have the highest anti-doping risk and should be avoided by athletes. The Sport Integrity app includes hundreds of batch-tested products that athletes should choose from instead.



SPORT INTEGRITY AUSTRALIA

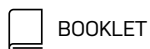
CONTACT US

Please visit our website [sportintegrity.gov.au](https://www.sportintegrity.gov.au), contact us at education@sportintegrity.gov.au, call our Safe Sport Hotline 1800 161 361, or enquire phone 1300 027 232

PARENTS' GUIDE TO CLEAN SPORT

GENERIC

FILE TYPE:



AVAILABLE FOR:



PRINT



DIGITAL



SPORTING EVENT BILLBOARDS

GENERIC

FILE TYPE:



BILLBOARD

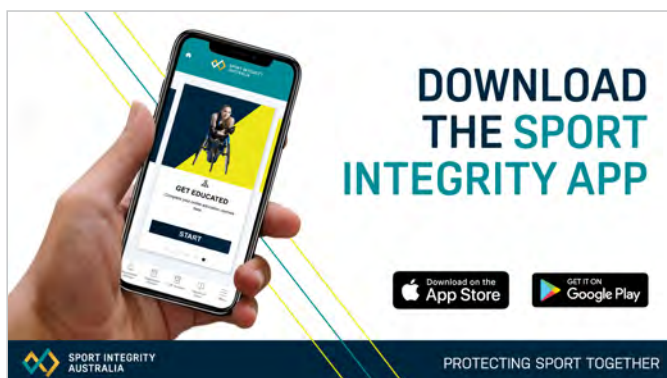
AVAILABLE FOR:



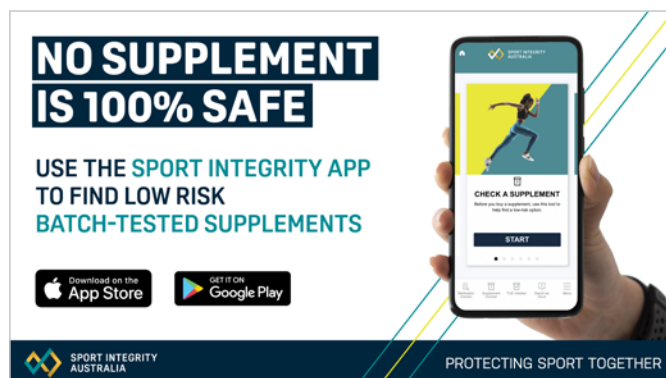
DIGITAL



ELIGIBLE FOR CO-BRANDING



APP DOWNLOAD BILLBOARD



SUPPLEMENT BILLBOARD



ADRV BILLBOARD



OUTREACH BILLBOARD



SAFEGUARDING BILLBOARD

ELECTRONIC DIRECT MAIL TILES

MIXED

FILE TYPE:



GRAPHIC

AVAILABLE FOR:



DIGITAL



ELIGIBLE FOR CO-BRANDING



**GET YOUR KNOWLEDGE INTO GEAR!
DO YOUR INTEGRITY EDUCATION**

Access via elearning.sportintegrity.gov.au



**DON'T RIDE WITH TRAINING WHEELS ON!
DO YOUR INTEGRITY EDUCATION**

Access via elearning.sportintegrity.gov.au

**DON'T RIDE ROGUE
DO YOUR INTEGRITY EDUCATION**

Access via elearning.sportintegrity.gov.au



SPORT INTEGRITY AUSTRALIA



**REDUCE YOUR RISK OF
TESTING POSITIVE
USING THE
SPORT INTEGRITY APP**



CHECK A SUPPLEMENT
Before you buy a supplement, use this tool to help find a low-risk option.

START

Download on the App Store | GET IT ON Google Play

SOCIAL MEDIA MESSAGING



This suite of anti-doping messages has been developed to be suitable on various social media platforms including Facebook, Twitter and Instagram, as well as email distribution.

The messages cover key risk areas and are aimed at athletes and their support network including coaches and parents.

If you would like the following suite of social media tiles, please contact education@sportintegrity.gov.au.

TESTING CAN OCCUR ANYWHERE, ANYTIME.

SUPPORTING COPY - OPTION 1

Sport Integrity Australia can test athletes at all levels anytime, anywhere. If you test positive, you could face up to a four year ban from all sport. Make sure you know the rules:

<https://elearning.sportintegrity.gov.au/>
[#ProtectingSportTogether](#)

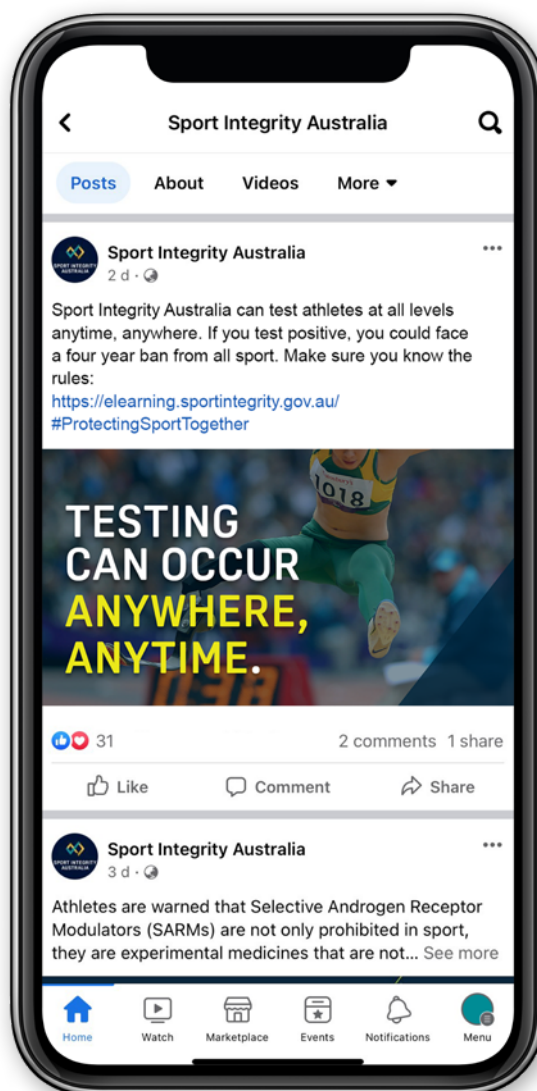
SUPPORTING COPY - OPTION 2

Athletes can be drug tested at a competition, at training, and at home. Breaking the rules can ruin your career and your reputation. Don't risk it and make sure you know the rules:

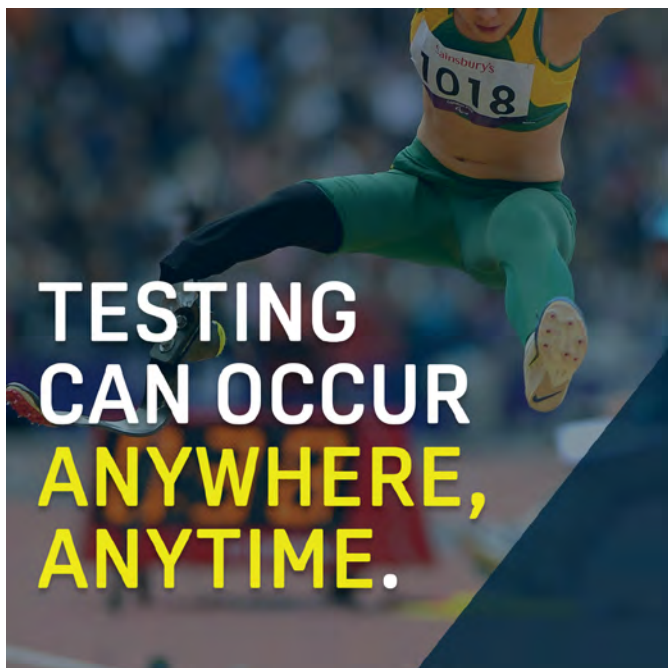
<https://elearning.sportintegrity.gov.au/>
[#ProtectingSportTogether](#)

TIP:

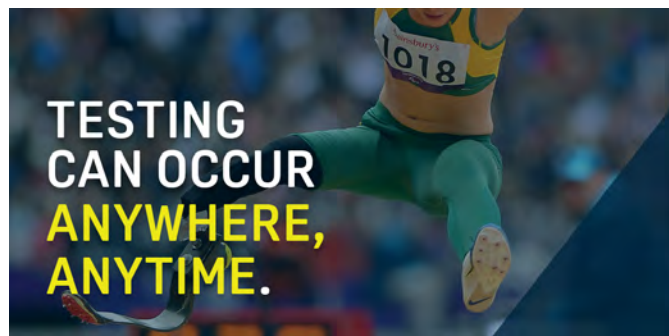
Please copy and paste the supporting copy straight into your social media post to avoid any mixed or inconsistent messaging with Sport Integrity Australia.



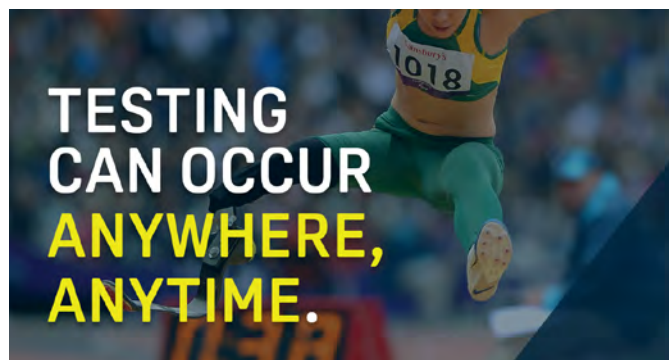
INSTAGRAM:



TWITTER:

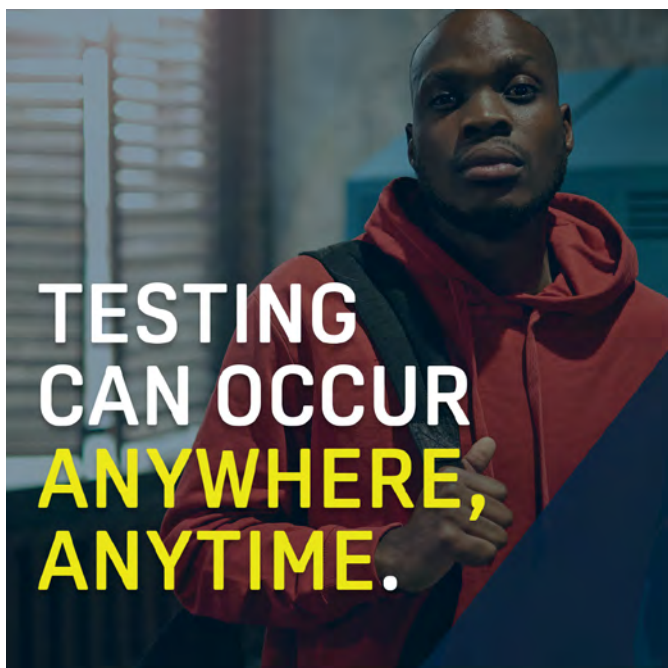


FACEBOOK:



ALTERNATE OPTION

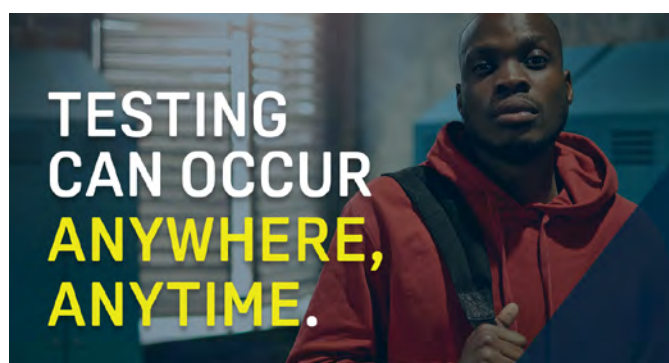
INSTAGRAM:



TWITTER:



FACEBOOK:



ANTI-DOPING IS YOUR RESPONSIBILITY

SUPPORTING COPY - OPTION 1

Anti-doping is your responsibility! If you test positive to a banned substance, you can't blame anyone else!

<https://youtu.be/XYa95iKNkjU>

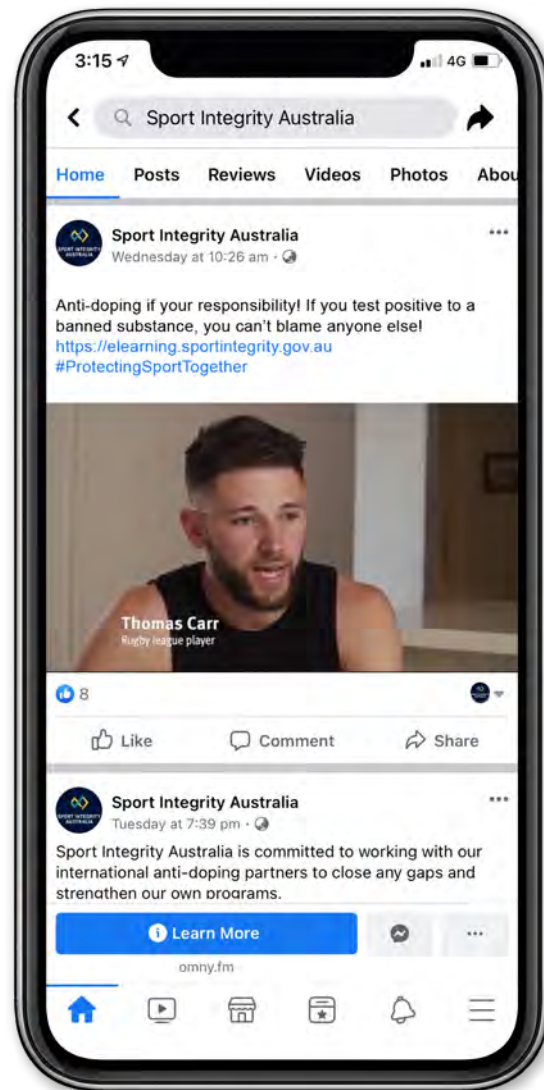
#ProtectingSportTogether

SUPPORTING COPY - OPTION 2

Has someone given you a substance to take? Always do your own checks and make sure it's allowed in sport. It's your responsibility

<https://youtu.be/XYa95iKNkjU>

#ProtectingSportTogether

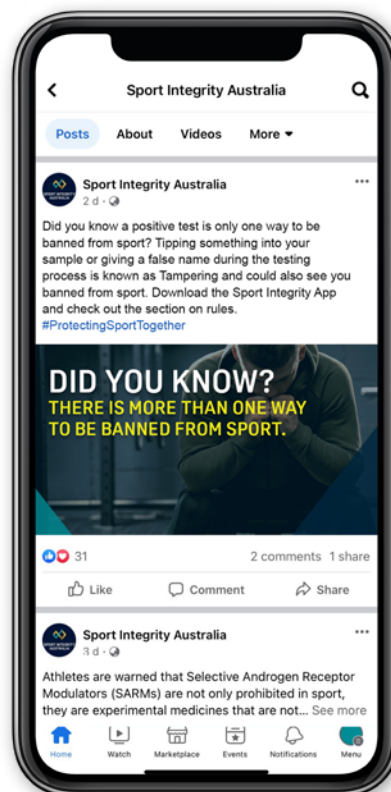


ANTI-DOPING RULE VIOLATIONS

SUPPORTING COPY

Did you know a positive test is only one way to be banned from sport? Tipping something into your sample or giving a false name during the testing process is known as Tampering and could also see you banned from sport. Download the Sport Integrity app and check out the section on rules.

[#ProtectingSportTogether](#)



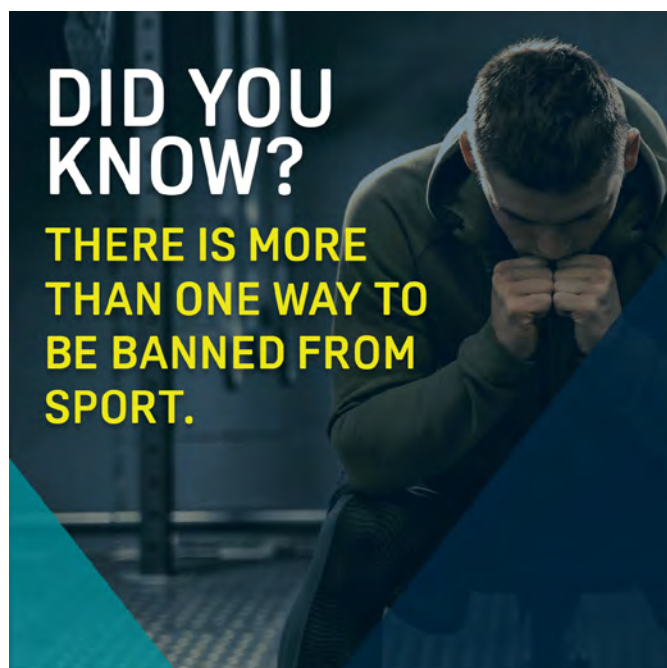
FACEBOOK:



TWITTER:



INSTAGRAM:

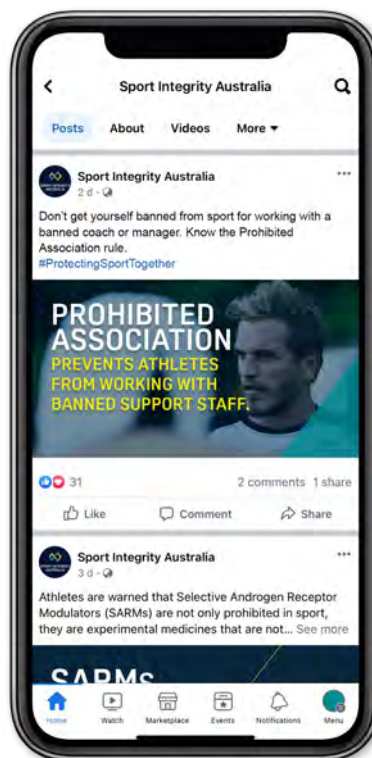


ANTI-DOPING RULE VIOLATIONS CONT.

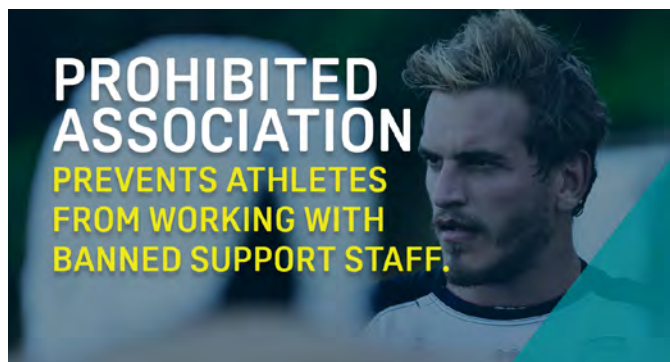
SUPPORTING COPY

Don't get yourself banned from sport for working with a banned coach or manager. Know the Prohibited Association rule.

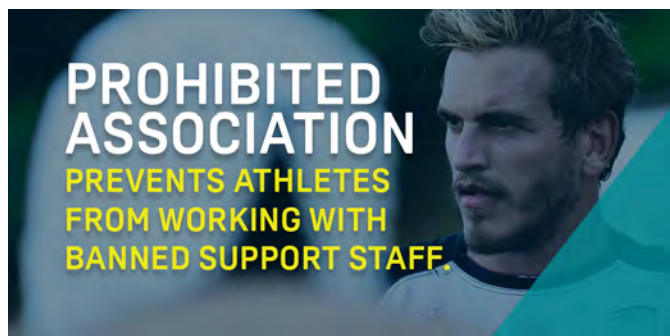
[#ProtectingSportTogether](#)



FACEBOOK:



TWITTER:



INSTAGRAM:

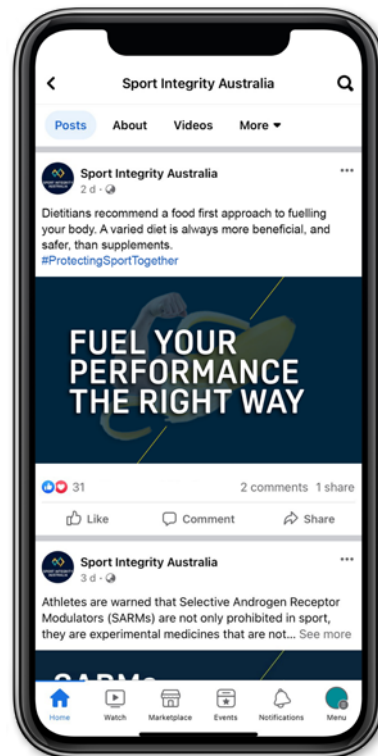


SUPPLEMENTS

SUPPORTING COPY

Dietitians recommend a food first approach to fuelling your body. A varied diet is always more beneficial, and safer, than supplements.

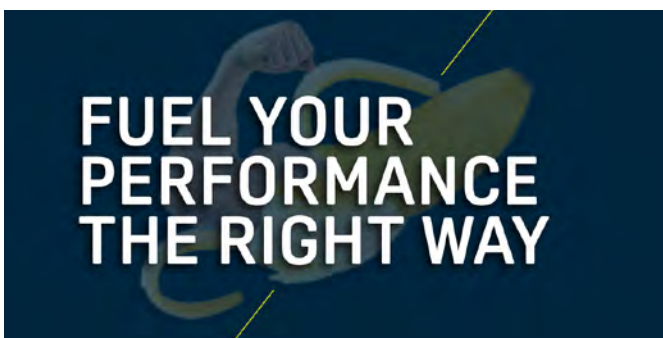
[#ProtectingSportTogether](#)



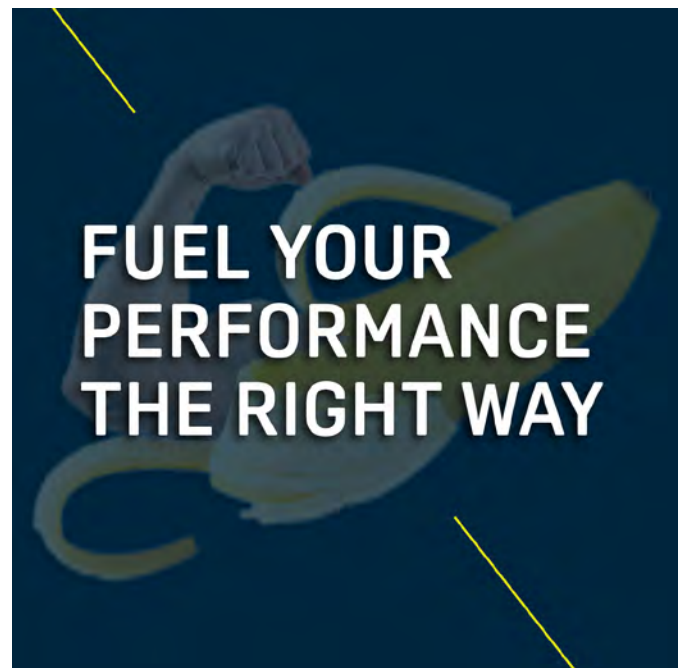
FACEBOOK:



TWITTER:



INSTAGRAM:

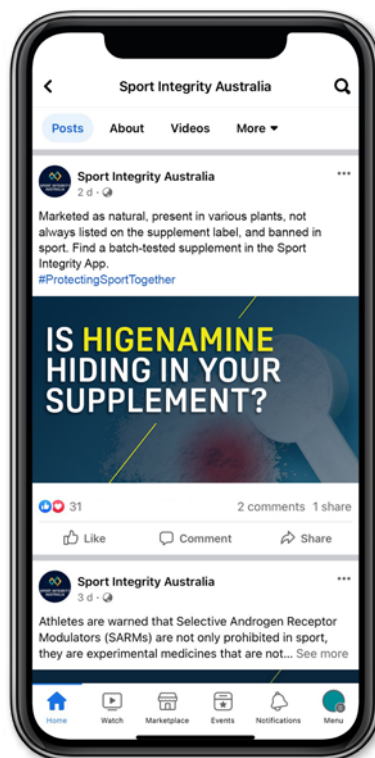


SUPPLEMENTS CONT.

SUPPORTING COPY

Marketed as natural, present in various plants, not always listed on the supplement label, and banned in sport. Find a batch-tested supplement in the Sport Integrity app.

[#ProtectingSportTogether](#)



FACEBOOK:



TWITTER:



INSTAGRAM:

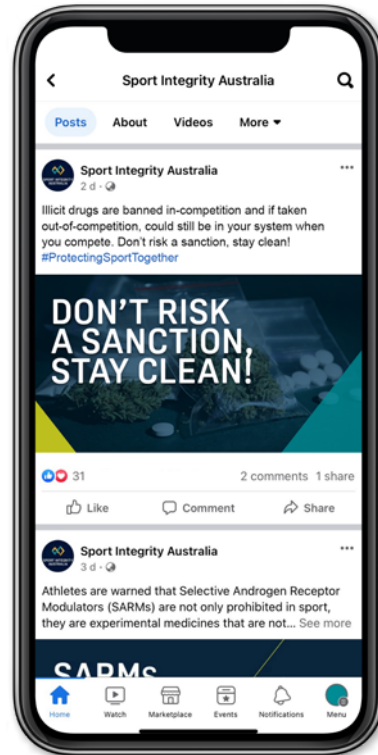


ILLICIT DRUGS

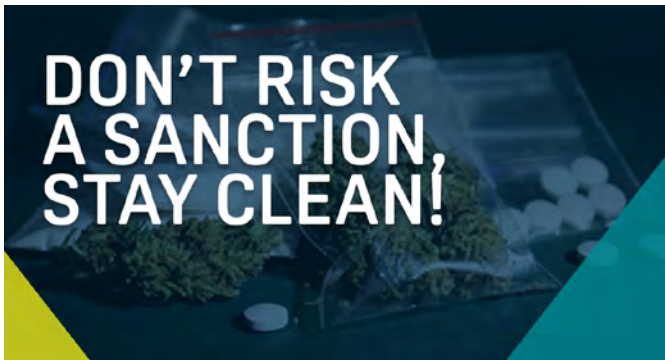
SUPPORTING COPY

Illicit drugs are banned in-competition and if taken out-of-competition, could still be in your system when you compete. Don't risk a sanction, stay clean!

[#ProtectingSportTogether](#)



FACEBOOK:



TWITTER:



INSTAGRAM:

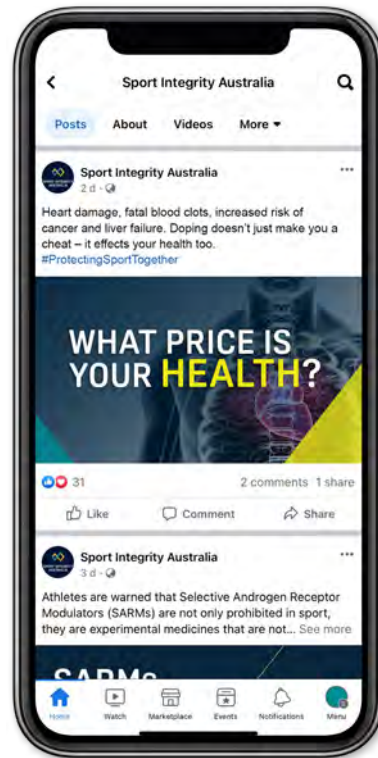


HEALTH EFFECTS OF DOPING

SUPPORTING COPY

Heart damage, fatal blood clots, increased risk of cancer and liver failure. Doping doesn't just make you a cheat – it effects your health too.

[#ProtectingSportTogether](#)



FACEBOOK:



TWITTER:



INSTAGRAM:

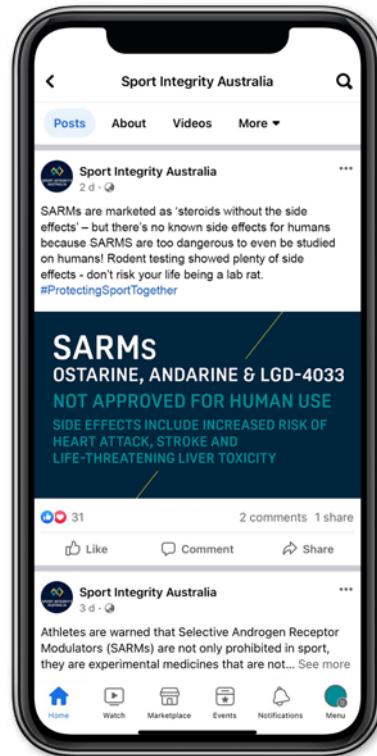


HEALTH EFFECTS OF DOPING CONT.

SUPPORTING COPY

SARMs are marketed as 'steroids without the side effects' – but there's no known side effects for humans because SARMs are too dangerous to even be studied on humans! Rodent testing showed plenty of side effects - don't risk your life being a lab rat.

[#ProtectingSportTogether](#)



FACEBOOK:

SARMs
OSTARINE, ANDARINE & LGD-4033
NOT APPROVED FOR HUMAN USE
SIDE EFFECTS INCLUDE INCREASED RISK OF
HEART ATTACK, STROKE AND
LIFE-THREATENING LIVER TOXICITY

INSTAGRAM:

SARMs
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TWITTER:

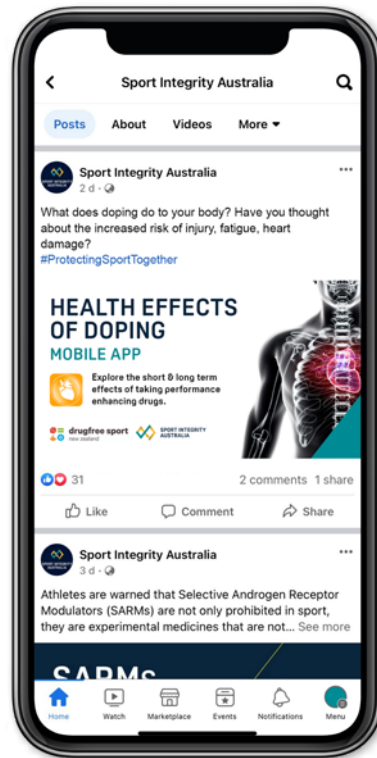
SARMs
OSTARINE, ANDARINE & LGD-4033
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SIDE EFFECTS INCLUDE INCREASED RISK OF
HEART ATTACK, STROKE AND
LIFE-THREATENING LIVER TOXICITY

HEALTH EFFECTS OF DOPING CONT.

SUPPORTING COPY

What does doping do to your body? Have you thought about the increased risk of injury, fatigue, heart damage?

[#ProtectingSportTogether](#)



FACEBOOK:



INSTAGRAM:



TWITTER:



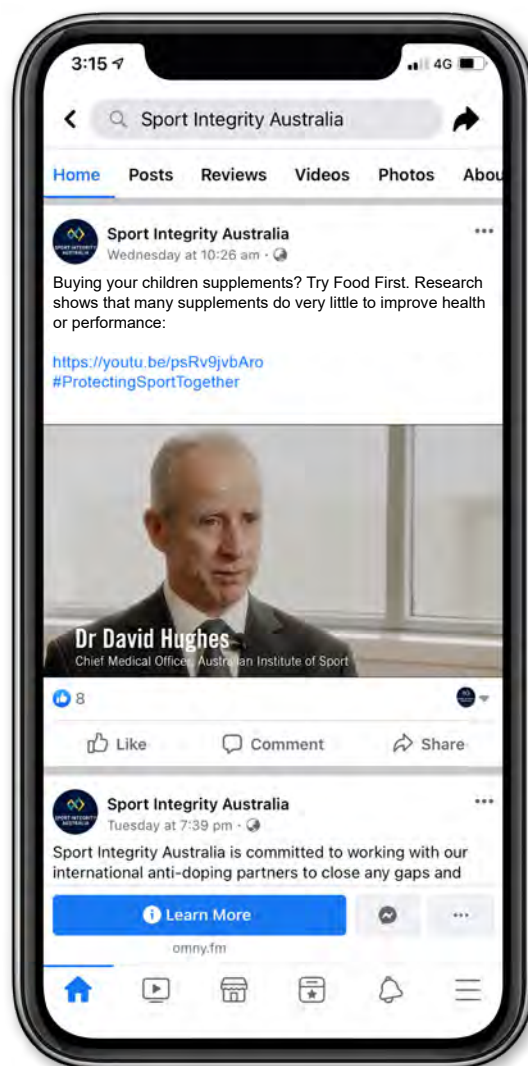
MESSAGES FOR PARENTS

SUPPORTING COPY

Buying your children supplements? Try Food First. Research shows that many supplements do very little to improve health or performance:

<https://youtu.be/psRv9jvbAro>

[#ProtectingSportTogether](#)



REPORT AN INTEGRITY ISSUE

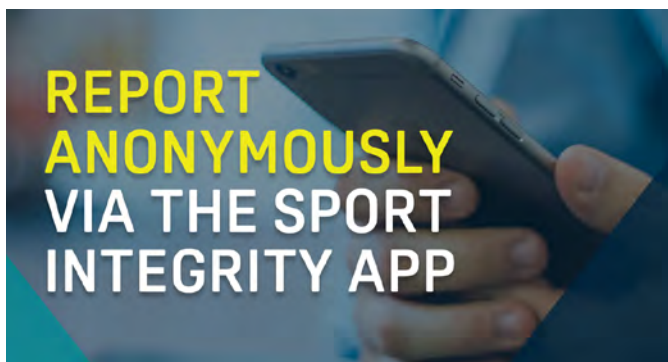
SUPPORTING COPY

Do you have the missing piece of the puzzle? Report all integrity issues anonymously using the Sport Integrity app.

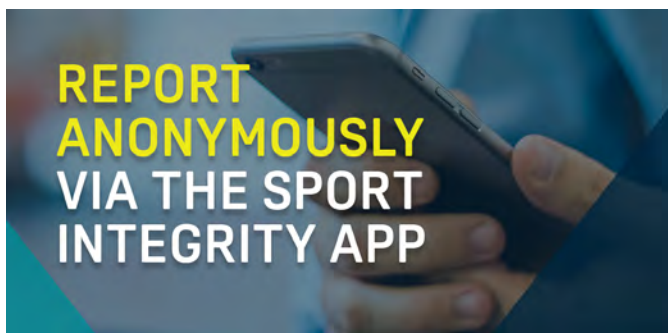
[#ProtectingSportTogether](#)



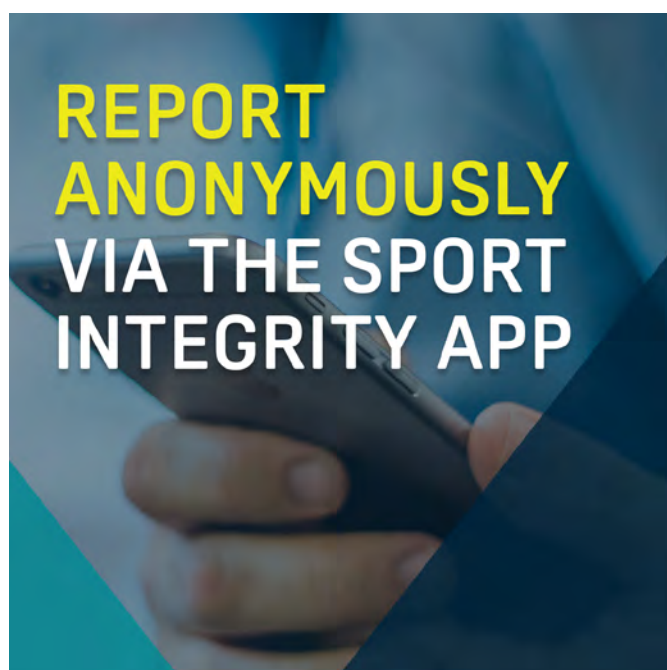
FACEBOOK:



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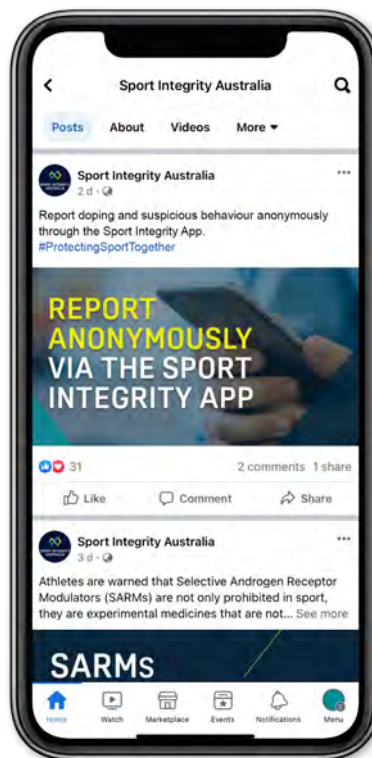


REPORT AN INTEGRITY ISSUE CONT.

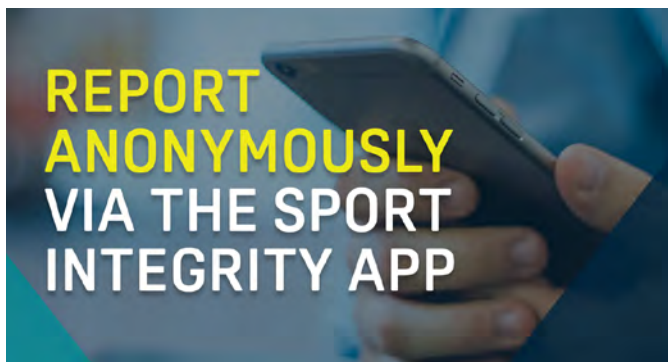
SUPPORTING COPY

Report doping and suspicious behaviour anonymously through the Sport Integrity app.

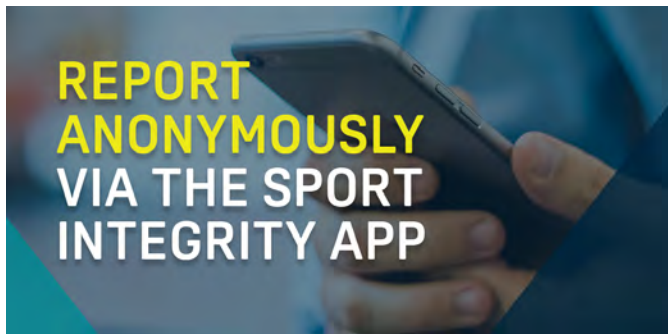
[#ProtectingSportTogether](#)



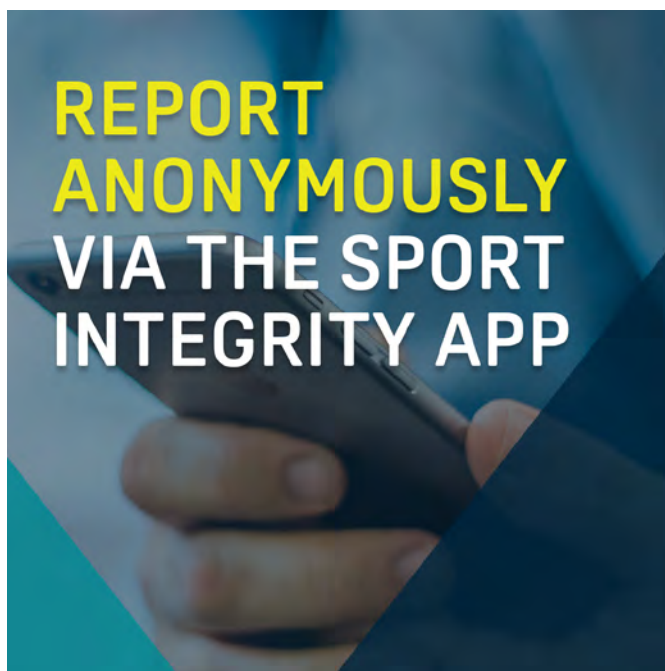
FACEBOOK:



TWITTER:



INSTAGRAM:

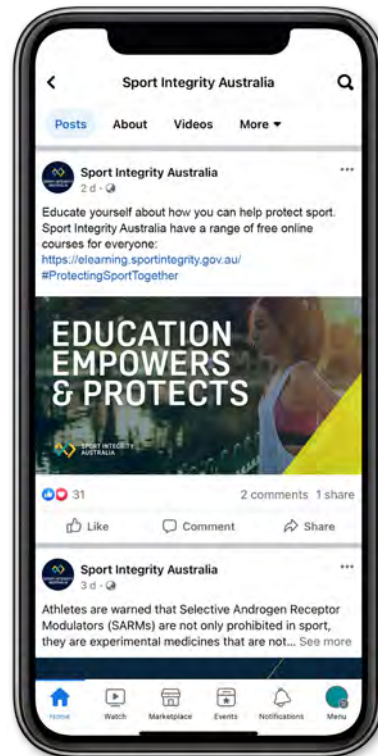


GET EDUCATED

SUPPORTING COPY

Educate yourself about how you can help protect sport. Sport Integrity Australia have a range of free online courses for everyone:

<https://elearning.sportintegrity.gov.au/>
#ProtectingSportTogether



FACEBOOK:



INSTAGRAM:



TWITTER:

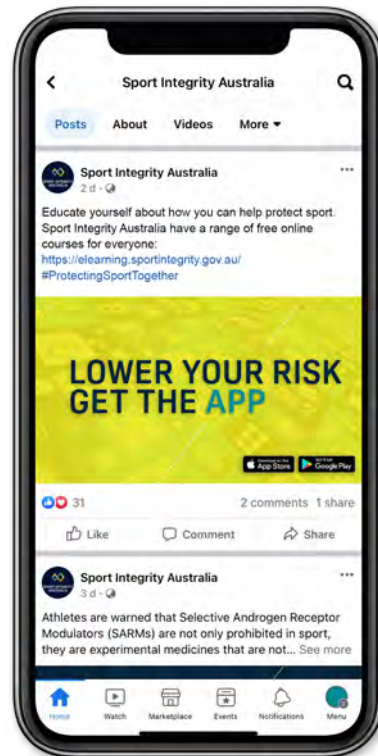


SPORT INTEGRITY APP

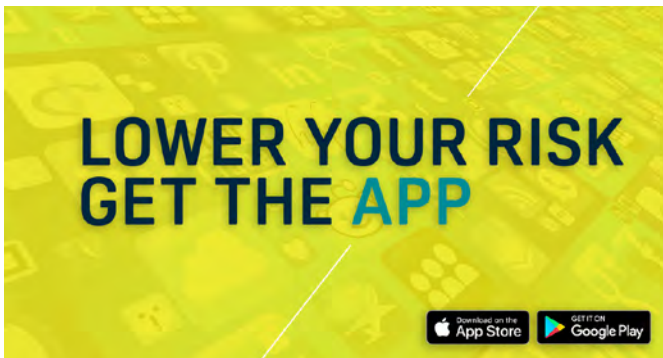
SUPPORTING COPY

Reduce your risk of testing positive! Download the Sport Integrity app to check medications, look for batch-tested supplements and report doping or suspicious activity.

[#ProtectingSportTogether](#)



FACEBOOK:



INSTAGRAM:



TWITTER:

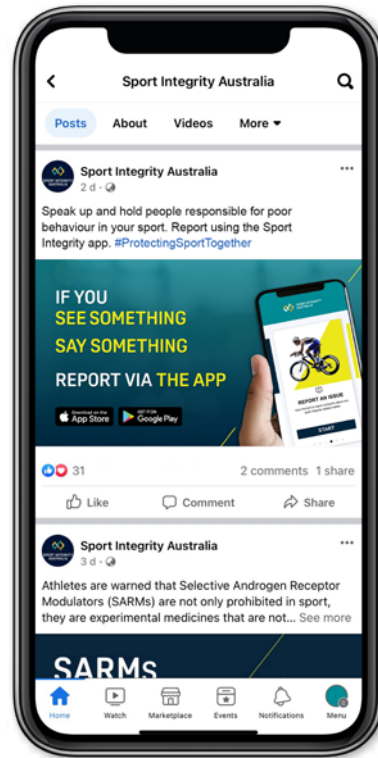


SPORT INTEGRITY APP: SEE SOMETHING

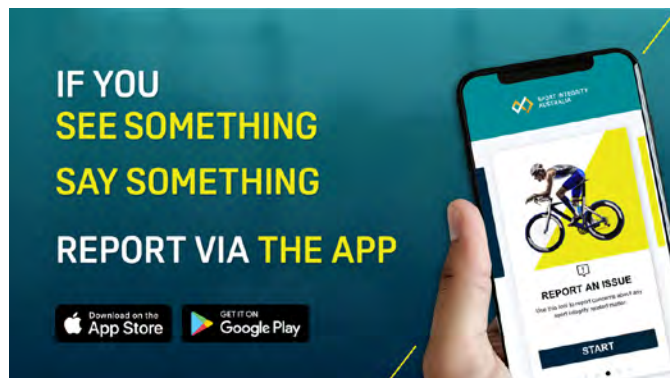
SUPPORTING COPY

Speak up and hold people responsible for poor behaviour in your sport. Report using the Sport Integrity app.

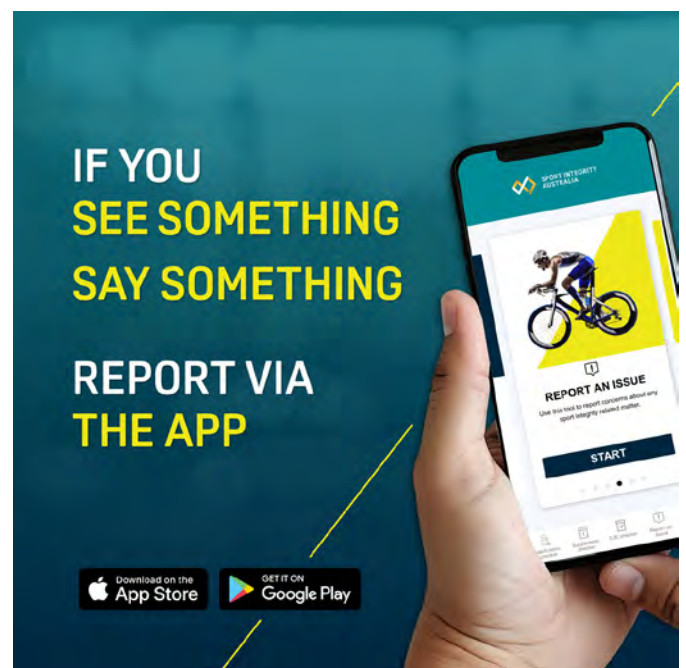
[#ProtectingSportTogether](#)



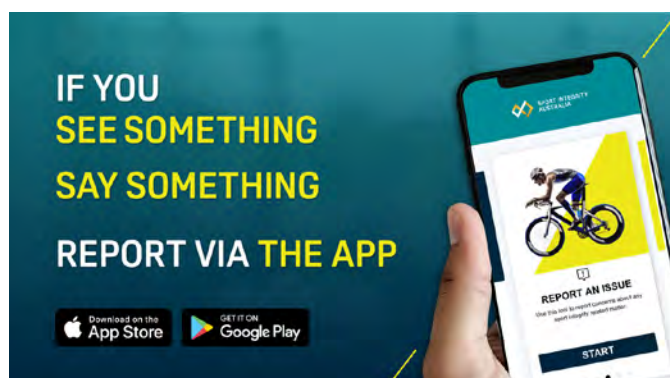
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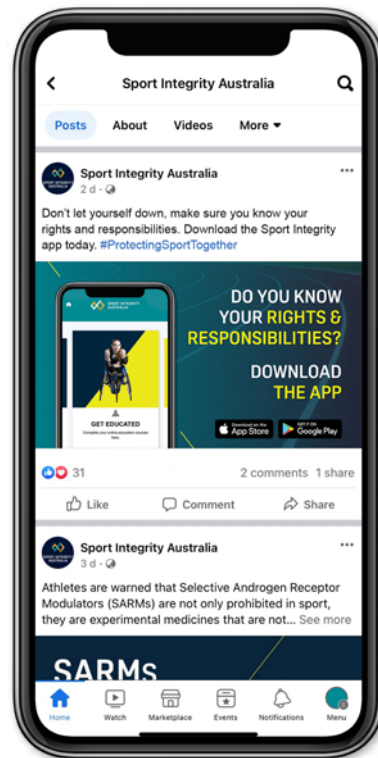


SPORT INTEGRITY APP: RIGHTS & RESPONSIBILITIES

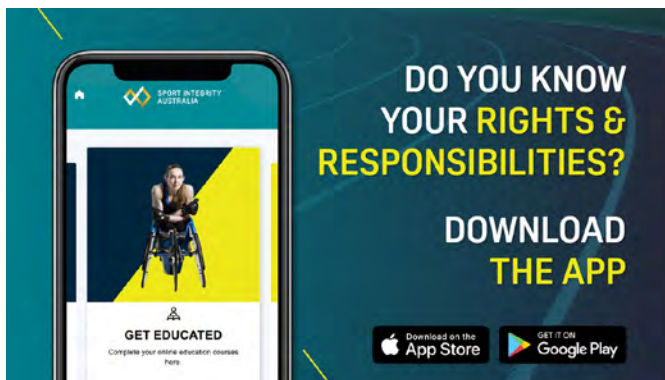
SUPPORTING COPY

Don't let yourself down, make sure you know your rights and responsibilities. Download the Sport Integrity app today.

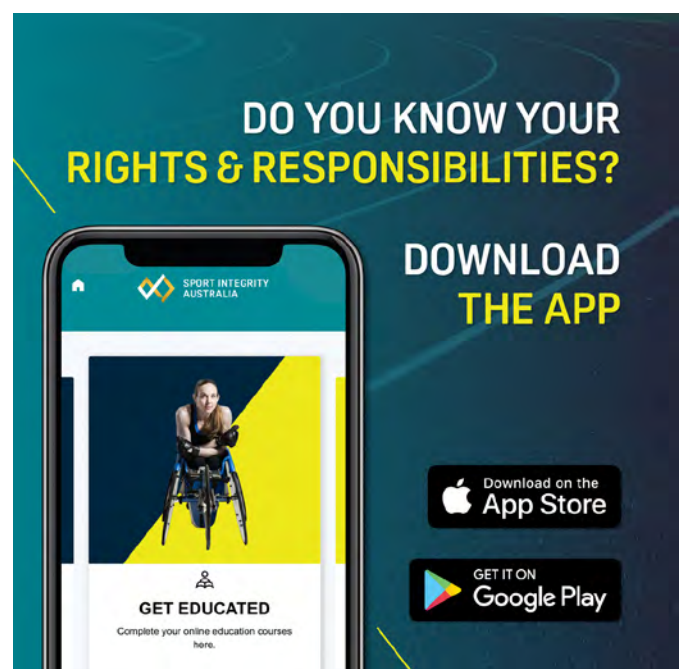
[#ProtectingSportTogether](#)



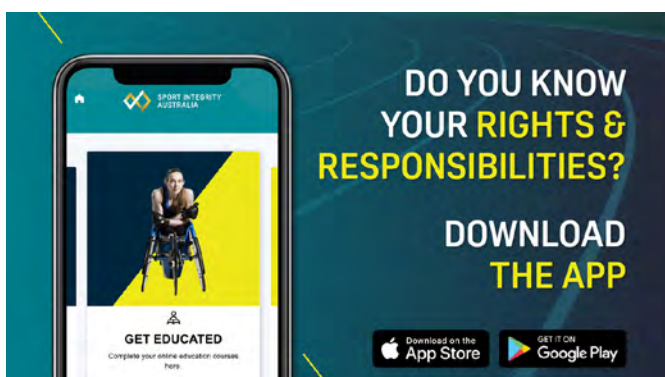
FACEBOOK:



INSTAGRAM:



TWITTER:

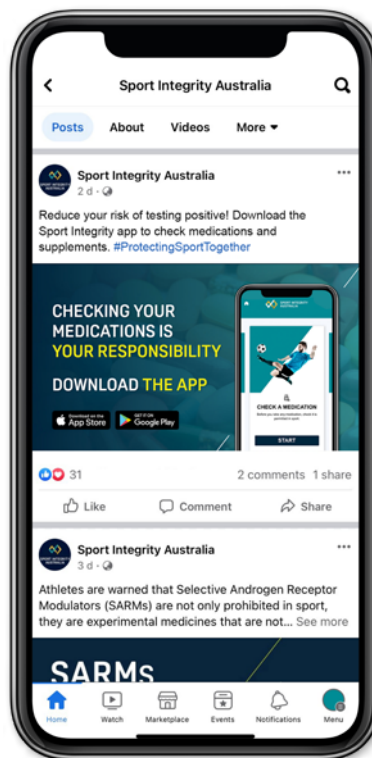


SPORT INTEGRITY APP: CHECKING MEDICATIONS

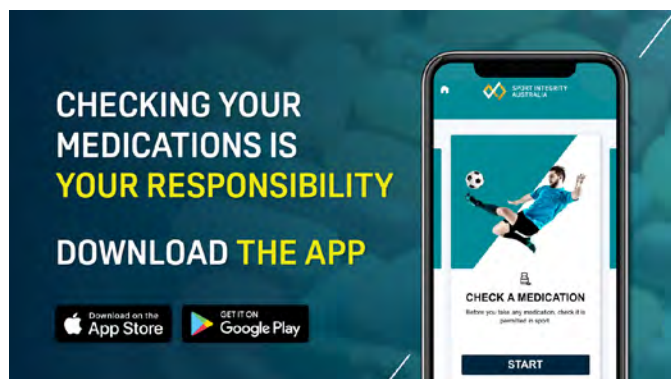
SUPPORTING COPY

Reduce your risk of testing positive! Download the Sport Integrity app to check medications and supplements.

[#ProtectingSportTogether](#)



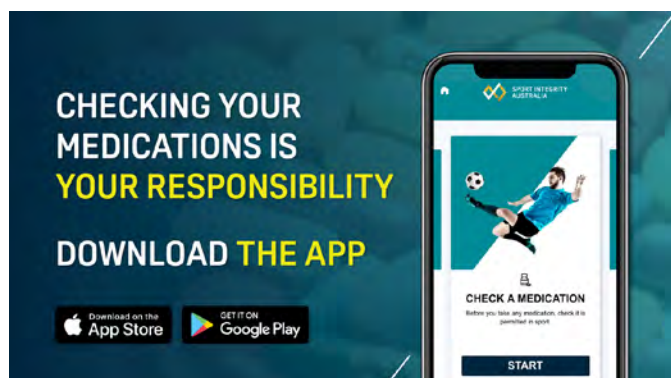
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INSTAGRAM:



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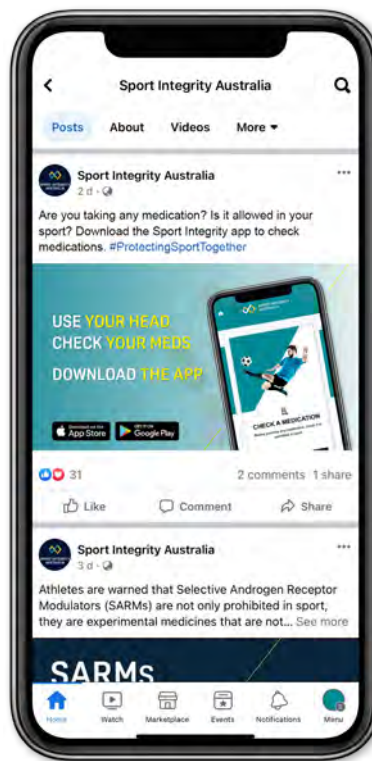


SPORT INTEGRITY APP: USE YOUR HEAD

SUPPORTING COPY

Are you taking any medication? Is it allowed in your sport? Download the Sport Integrity app to check medications.

[#ProtectingSportTogether](#)



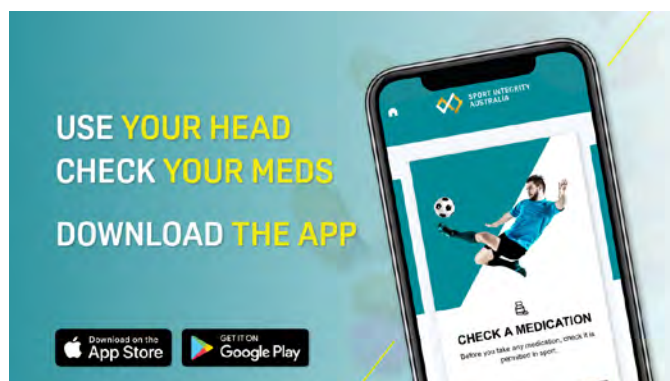
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INSTAGRAM:



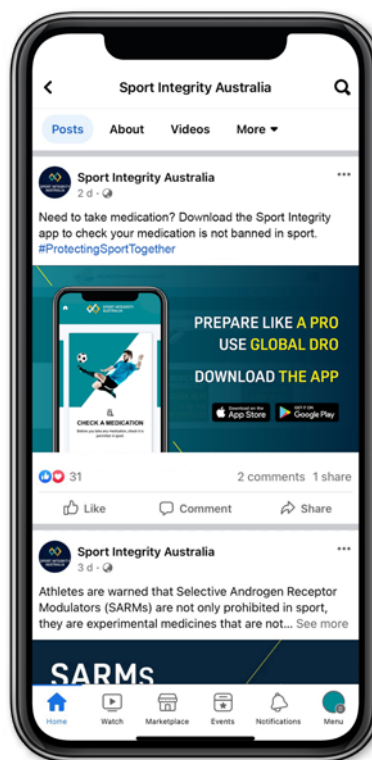
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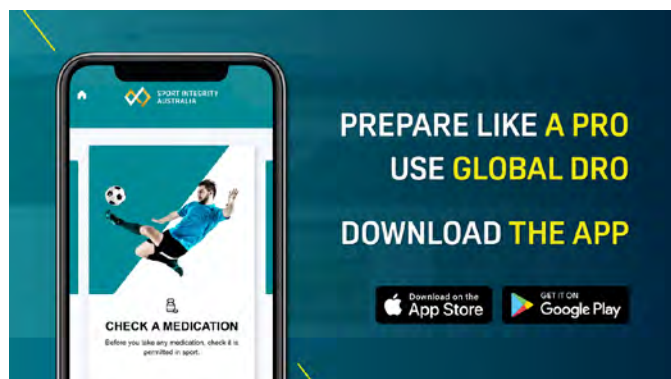
SPORT INTEGRITY APP: PREPARE LIKE A PRO

SUPPORTING COPY

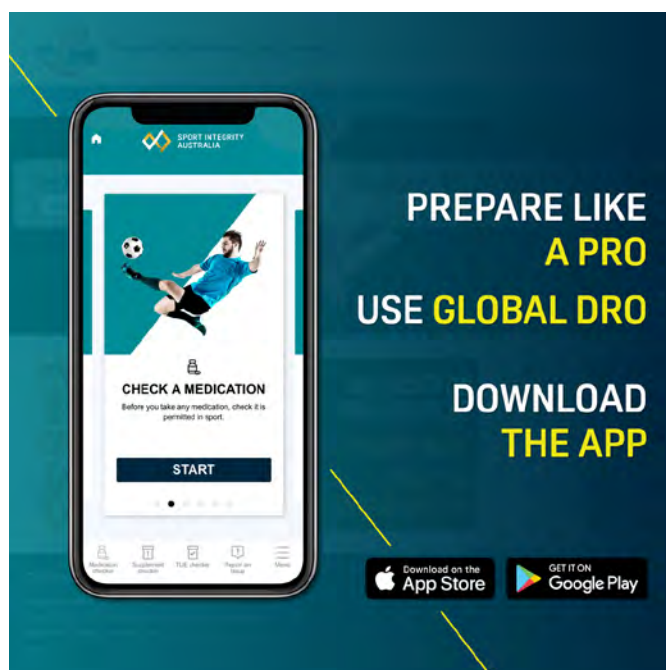
Need to take medication? Download the Sport Integrity app to check your medication is not banned in sport.
[#ProtectingSportTogether](#)



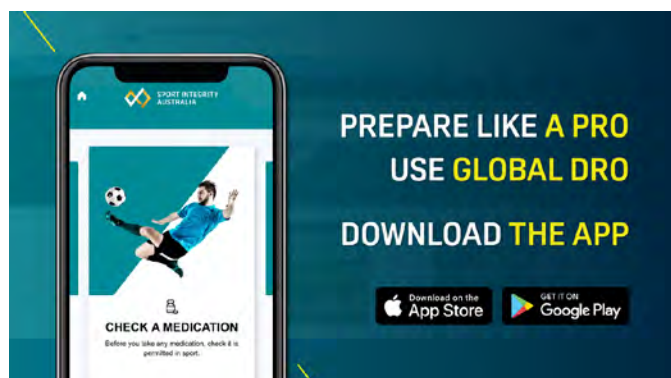
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INSTAGRAM:



TWITTER:



SPORT INTEGRITY APP: KNOWLEDGE ON TAP

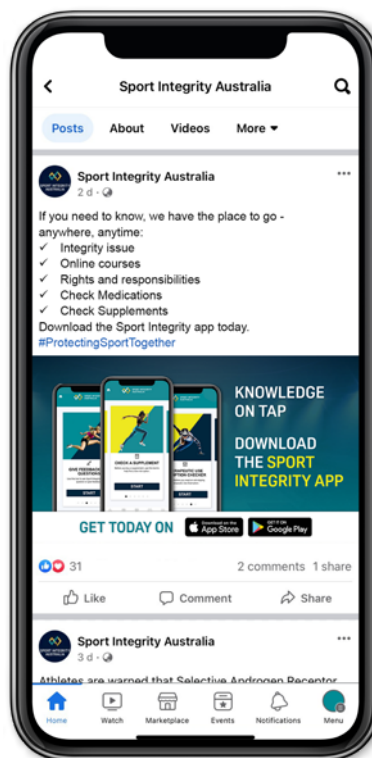
SUPPORTING COPY

If you need to know, we have the place to go -
anywhere, anytime:

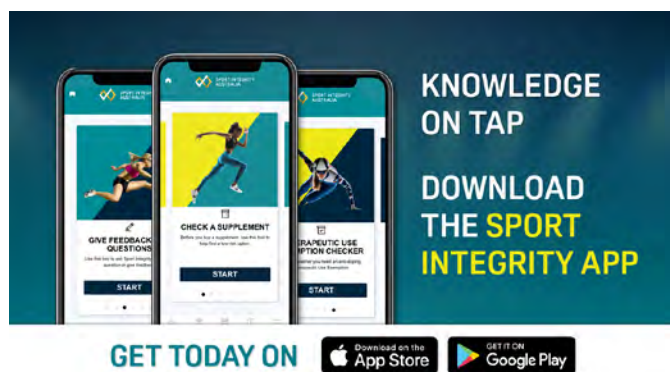
- ✓ Check Supplements
- ✓ Check Medications
- ✓ Complete education courses
- ✓ Check your rights and responsibilities
- ✓ Report an integrity issue

Download the Sport Integrity app today.

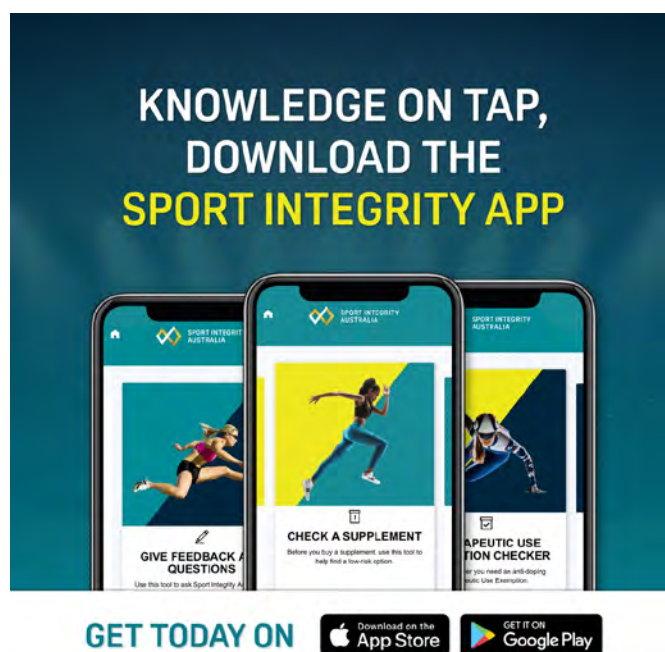
[#ProtectingSportTogether](#)



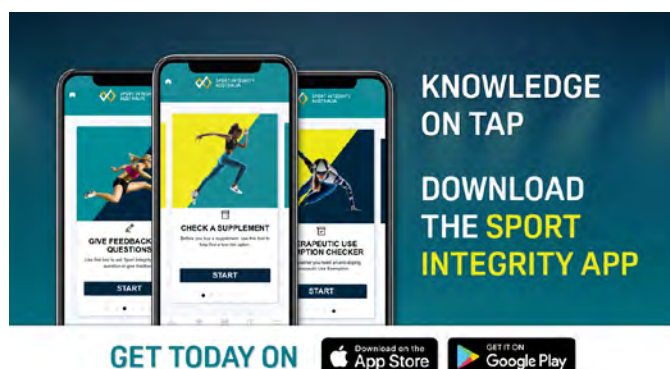
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INSTAGRAM:



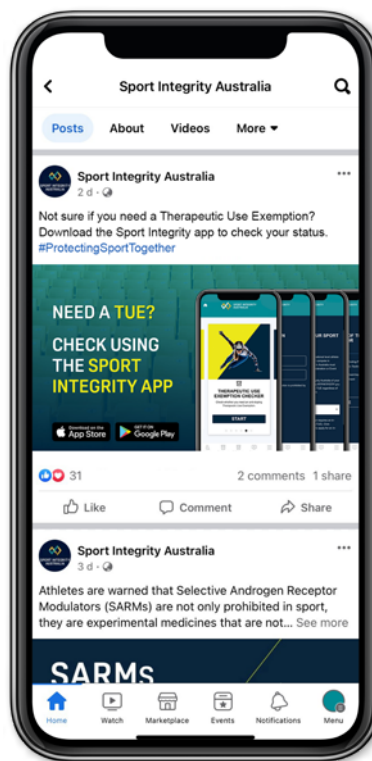
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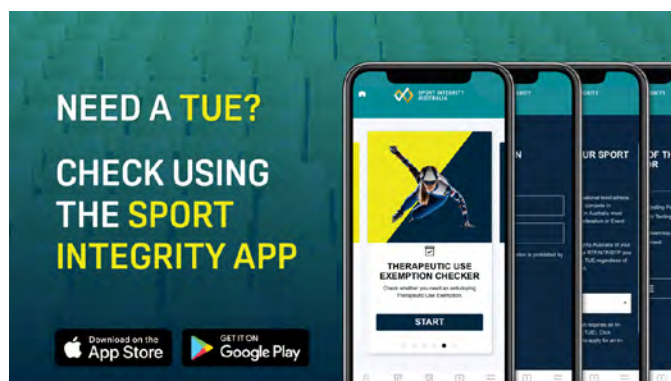
SPORT INTEGRITY APP: NEED A TUE?

SUPPORTING COPY

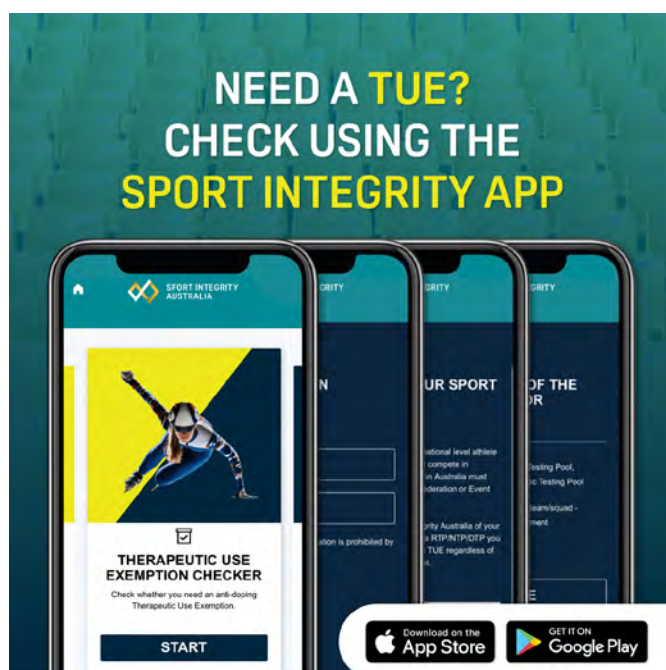
Not sure if you need a Therapeutic Use Exemption?
Download the Sport Integrity app to check your status.
[#ProtectingSportTogether](#)



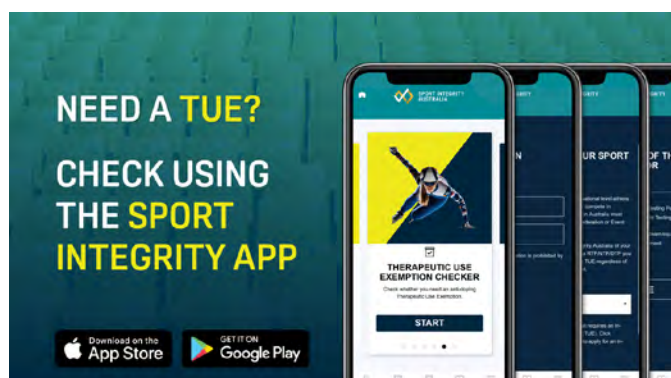
FACEBOOK:



INSTAGRAM:



TWITTER:



ONLINE COURSES



ELEARNING COURSE OVERVIEW

GENERIC

FILE TYPE:

 DIGITAL POSTER

AVAILABLE FOR:

 DIGITAL



SPORT INTEGRITY AUSTRALIA



eLEARNING COURSE OVERVIEW

- **Anti-Doping Fundamentals**
Comprehensive anti-doping education covering the rules and regulations related to anti-doping, the processes involved in testing, the ethical and health implications of doping, and the responsibilities of athletes and support personnel to uphold anti-doping standards.
- **Annual Update**
Released in December each year, this course reflects current trends in anti-doping and broader integrity issues including new prohibited substances, rule changes and other contemporary topics.
- **Classification Fundamentals**
An overview of the principles and practices for classifying athletes in sports. This course covers the rules and regulations relating to classification, the importance of fair Para-sport competition, the processes involved in assessing and categorising athletes, and the ethical and procedural standards for maintaining integrity in sports classification.
- **Clean Sport 101**
An introduction to anti-doping rules, rights and responsibilities written in plain English, this course provides an overview of the anti-doping landscape, and guidance on the resources and tools available when seeking more comprehensive information.
- **Coaches Course**
Coach-specific anti-doping education covering rules and regulations, ethical responsibilities, and the importance of supporting athletes to foster a clean sport environment.
- **Competition Manipulation and Sport Gambling**
An introduction to what competition manipulation is, different types of competition manipulation, and sport specific rules to assist with identifying breaches, recognising match-fixer strategies, and knowing how to report concerns.
- **Cyber Safety and Security for Sports**
An overview of potential cyber threats faced by sportspeople, featuring case studies and strategies to help sporting organisations equip themselves against cyber attacks.
- **Decision Making in Sport**
A series of challenging scenarios based on real-life predicaments faced by sportspeople at all levels. This course provides a framework to guide the application of personal values and principles to the ethical dilemmas of the sporting world.
- **Illicit Drugs in Sport**
With a focus on recreational illicit drug use, this course covers the effects of drug use on both health and sport performance, the importance of understanding the In-Competition period, developing a response plan to drug offers, and locating wellbeing and support services.

WWW.SPORTINTEGRITY.GOV.AU

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SPORT INTEGRITY AUSTRALIA

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