

DRUGS IN SPORT

Queensland Athletics Position Statement:

1. Queensland Athletics condemns the use of performance enhancing substances in sport as both dangerous to the health of competitors and contrary to the ethics of sport. It recognises the need to take strong and positive action to eliminate doping.
2. No competitor, coach, official or organisation involved with or receiving financial or other assistance from Queensland Athletics, the Queensland Government or one of its Agencies, shall engage in a doping practice.
3. It is expected that all registered Queensland Athletes and Affiliated Clubs will adopt anti-doping policies and practices.
4. Queensland Athletics, in association with the Queensland Government and the Australia Sports Drug Agency, will adopt such measures as are necessary to combat sports doping. Preference will be given to measures of an educational nature but the testing of competitors for evidence of doping practices will be undertaken where circumstances indicate such action to be appropriate.
5. Anti-doping measures and policies of Queensland Athletics will be consistent with the principles of natural justice and shall respect competitors' rights to privacy.
6. Anti-doping measures and policies adopted by Queensland Athletics shall be consistent with those of the Queensland Government, the Australian Sports Drug Agency and the National Drugs Strategic Plan.
7. Queensland Athletics recognises the Australian Sports Drug Agency as the key agency in Australia for the development of programs to educate the sporting community and the community at large about the dangers of using drugs in sport.

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

This leads to the possibility of what might be termed 'inadvertent' doping. For instance, 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 products available over the counter, without prescription, at a chemist or supermarket which have a high level of caffeine. Some of these are Cafegot, 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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