

# Drugs In Sport:

Getting up to speed on the issue



Presented by

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- Sports Medicine Australia -

# Sports Medicine Australia



- Peak authority on all issues relating to sports medicine, sports science & exercise
- Prevention, management & rehabilitation of sporting injuries
- State wide community education programs
- Health Promotion
- Healthway Sponsorships (Drug Free & Healthy Club)
- Manage the WA Drugs In Sport Strategy



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“At first, at least, we do it because we like  
it and like it because it is nice.”

(Stewart, 1987, pg6.)

# National Drug Strategy 2004-2009



# What is Anti-Doping?

Doping is the use of substances and/or methods prohibited under a sports anti-doping rules

Doping practices are prohibited in sport because they:

- endanger the health of athletes
- can artificially enhance sports performance
- 'violate the spirit of sport'

# SMA (WA) & Anti-Doping

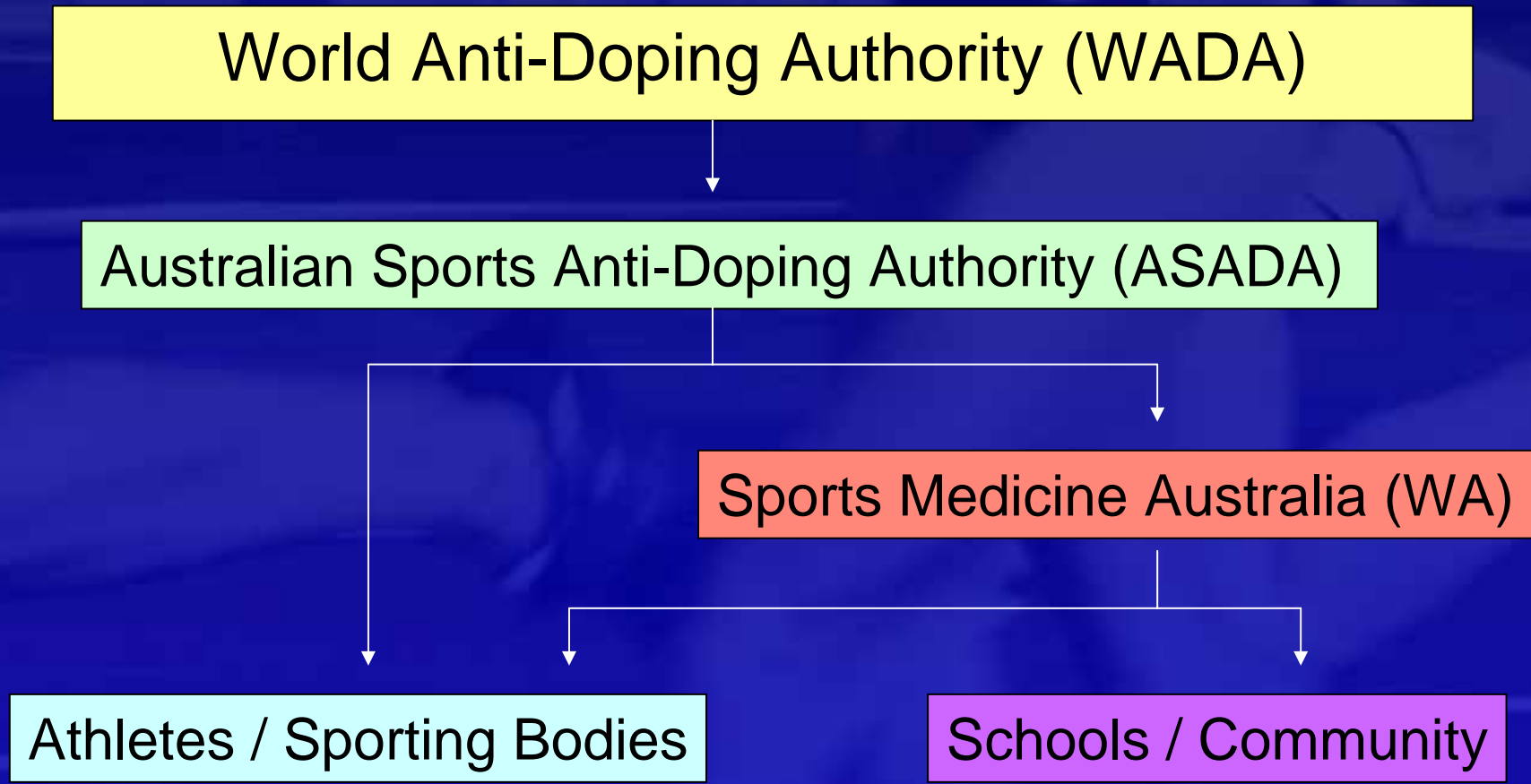
World Anti-Doping Authority (WADA)

Australian Sports Anti-Doping Authority (ASADA)

Sports Medicine Australia (WA)

Athletes / Sporting Bodies

Schools / Community



# WA Drugs In Sport Strategy

Raise awareness, provide information and stimulate activity about drugs in sport issues for the active community in WA

Facilitate the implementation of appropriate policies at all levels of sport

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- ❖ Education & support service managed by SMA for state level athletes
  - ❖ Funding from the Department of Sport & Recreation for SMA education & 'one for one' testing for state level athletes in receipt of a government grant

# Drugs In Sport Education

## Two tiers of education programs;

1. One hour workshop designed for secondary students, junior athletes, teachers, parents and/or sporting clubs
2. Elite Athletes who are (or may be) subject to drug testing
  - Requested by ASADA
  - Requested by the team / organisation
  - State level athletes / teams in receipt of a government grant

# Anti-Doping Policies

- Every sport funded by the Australian Sports Commission is required to have an Anti-Doping Policy.
- ASADA conducts a drug testing program in accordance with their Anti-Doping Policy.

WADA & ASADA can provide standards and recommendations, however, ultimately the sport itself determines their own policies, sanctions and penalties.



# Illicit Drugs in Sport

Endanger health

Performance enhancing

Violate the spirit of sport

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## Stimulants

- Evidence that they improve performance due to stimulant affect
- Reports of deaths after athletes have consumed “normal doses” of amphetamines and then undertaken maximum physical activity
- Stimulatory effects of the drugs mask the bodies natural danger signs by giving the user energy to continue far past normal capacities

## Narcotics

- No performance enhancing benefits except masking of pain
- Harmful to health - pain is a warning sign something is wrong

## Cannabinoids

- Little or no performance enhancement benefit
- Endangers health
- Contravenes spirit of sport as it is an illicit drug

Hoy, 2007



Is illicit drug use in elite sport a  
reflection of societal usage?



**Wendell Sailor - Waratahs/Wallabies**  
Two year ban for testing positive to cocaine in 2006



## **Rashad Tucker - Melbourne Tigers**

Fined & reprimanded for testing positive to cannabis in 2006



## **Nathan Baggaley - Olympic Kayaker**

- Positive test for performance enhancing drugs in 2005 - 2 year ban
- Arrested February 2007 for possession of over 200 ecstasy tablets

# Elite Athletes & Illicit Drug Use

If illicit drug use in sport is not performance enhancing, should they be considered banned substances?

- Employment contract
- Anti-Doping Policy
- Paid not to
- Legality issues
- Role models
- Code of conduct
- Sponsors
- Teamwork

## Case Studies - Anti-Doping Policies

# National Rugby League

- Anti-Doping Policy in alignment to WADA's code
- Illicit drug tests in-competition only
- Positive test result for illicit drugs equals an automatic sanction

## Case Studies - Anti-Doping Policies

# Australian Football League

Two separate policies;

- Anti-Doping Policy
- Illicit Drugs Policy

3 strikes policy on illicit drugs

1<sup>st</sup> positive test – team doctor notified

2<sup>nd</sup> positive test – team doctor notified

3<sup>rd</sup> positive test – sanctions and details become public

AFL is the only Australian sport to conduct  
out of season illicit drug tests

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As an elite athlete, regular use of illicit drugs is likely to negatively affect their life and/or sporting performance in some way

# Drug Free Sponsorships

"True athletes complete 'Drug Free' or not at all!"

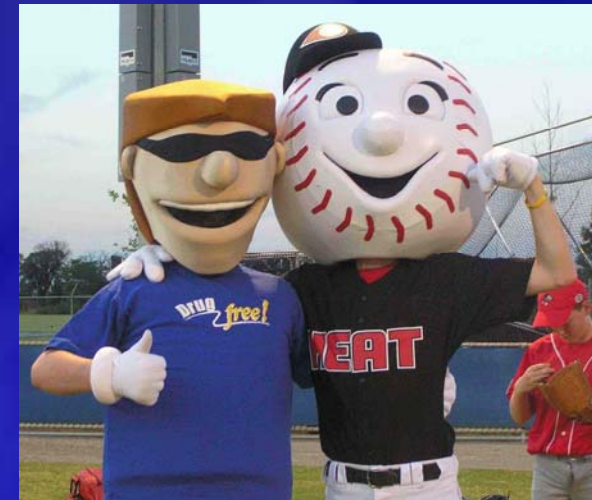
Perth Wildcats

WA Athletics

Perth Lynx

WA Baseball

- Policy & structural changes
- Promotion of Drug Free message
- Role modeling
- Educational components;
  - Schools
  - Clinics
  - Disadvantaged groups



# Relationship Between Sport & Alcohol

- Well established relationship
- Drinking is a good way to relax after training or match
- Important part of camaraderie
- Social hub especially in regional areas
- Many sporting clubs are sponsored by alcohol companies
- Large association between elite level sport and sporting events eg. Melbourne Cup & Western Derby
- Post sport celebration / socialisation

# Research

- 70% drink within their sporting club
- 54% said they drink between 1- 4 standard drinks at their club
- Further 15% reported drinking between 5 or 6 standard drinks at their club
- Further 12% reported drinking between 7 -10 standard drinks at their club
- Further 7% reported drinking more than 11 standard drinks at their club

(ADF, 2005)

# Alcohol Consumption at Sporting Clubs Amongst 18 - 30 year olds

- 27.6 % of all males aged between 18 - 30 are drinking at levels that risk short term harm every time they drink at their sporting club
- 80 % of all respondents reported driving from their club
- Of these 5.1% reported drinking 10 or more standard drinks

(ADF 2005)

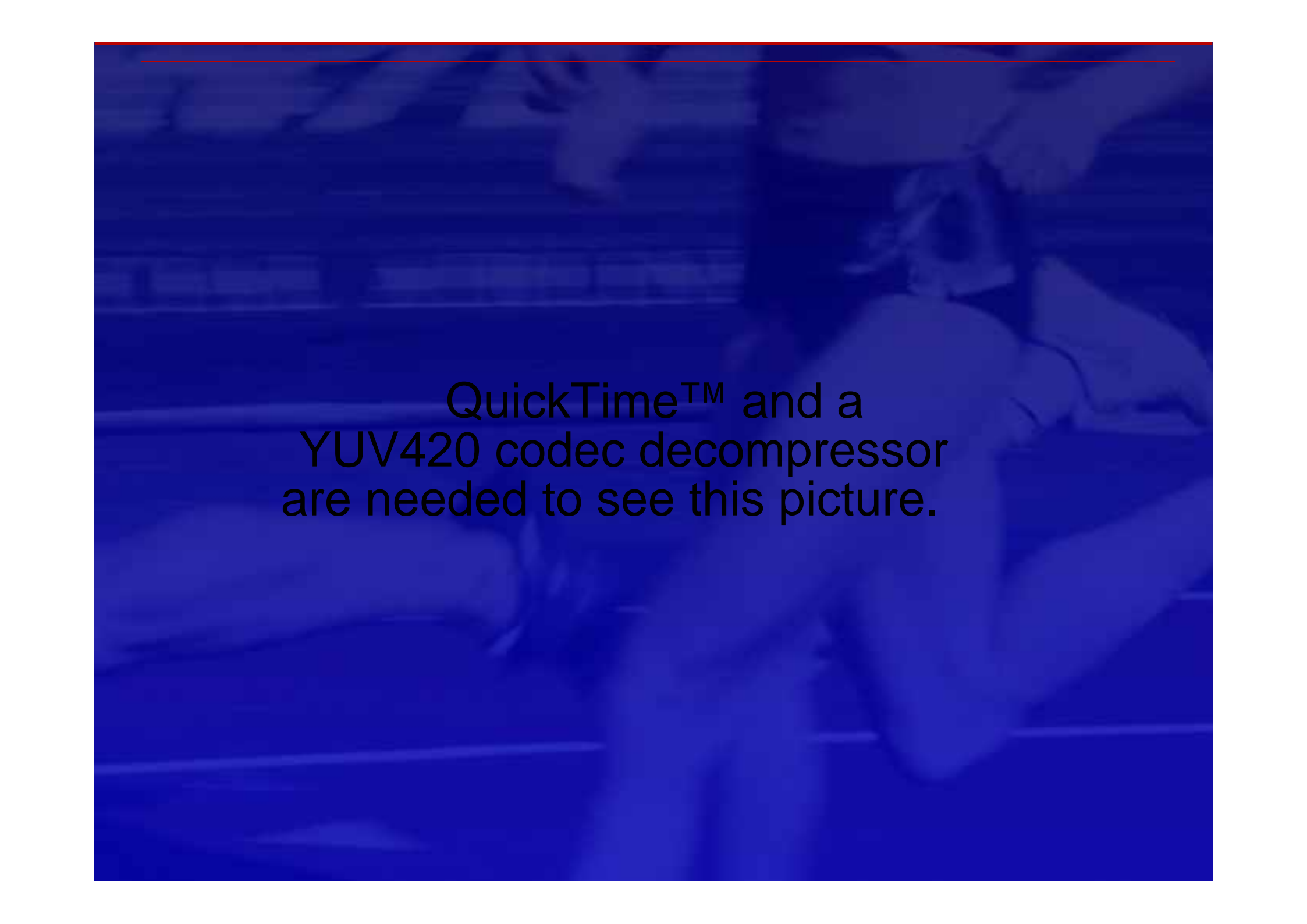
# Alcohol & Sporting Club Pilot Project

## Strategies

- Enlisted the support of community groups
- RSA Training to clubs
- Policy development
- Encouragement of alternate forms of revenue besides alcohol

## Results & Recommendations

- Need for localised project officers
- Time for fostering effective partnerships
- Use of sporting personnel
- Financial incentives

A blue-tinted background image showing a person sitting at a desk with a computer monitor. The person is wearing a light-colored shirt and is looking towards the camera. The desk has a computer monitor and some papers on it. The background is a solid blue color.

QuickTime™ and a  
YUV420 codec decompressor  
are needed to see this picture.

QuickTime™ and a  
TIFF (Uncompressed) decompressor  
are needed to see this picture.

# Good Sports Project

The program helps sporting clubs manage alcohol responsibly and reduce alcohol related problems such as binge and underage drinking

Currently being piloted in WA

# Healthy Club Sponsorship Program

- Sponsorship to sporting clubs of up to \$2000 for initiatives to make club's safer, healthier and to train and educate volunteers
- In return for sponsorship clubs are required to develop a Healthy Club policy incorporating
  - Alcohol
  - Drug use
  - Smoking
  - Sun Protection
  - Sport Safety
  - Healthy food choices



# Harm Reduction Strategies & Alcohol Policies



- Responsible Service of Alcohol Training
- Safer transport options
- Other sources of revenue (ie; food)
- Availability of food
- Role modeling
- Codes of conduct
- Low & non-alcoholic alternatives
- No happy hours
- No pub crawls
- No promotion of full strength beverages
- Free water

# www.smawa.asn.au

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## Managing Your Healthy Club Sponsorship

For information regarding your Healthy Club Sponsorship, please click on the relevant links. If you have any further queries, please phone Sports Medicine Australia on 9285 8033 or email Fiona at [fiona@smawa.asn.au](mailto:fiona@smawa.asn.au).

[Healthy Club Information and Policy Booklet \(pdf\)](#)  
(Includes sample policies, checklists and media templates)

[Sample Healthy Club Policy \(pdf\)](#)  
(Ideal for first time Healthy Club applicants)

[Sample Healthy Club Policy \(word doc\)](#)

### Sport Safety

[Beat the Heat – Hot Weather Guidelines](#)

[Expanding Your Sport Safety Policy](#) (2<sup>nd</sup> or more time applicants)

### Nutrition

[Healthy Food Choices: Hints & Tips](#)

[Expanding Your Healthy Eating Policy](#) (2<sup>nd</sup> or more time applicants)

### Alcohol

[Expanding Your Alcohol Policy](#) (2<sup>nd</sup> or more time applicants)

[Liquor Licensing Laws](#)

[Alcohol Service Training](#)

### Tobacco

[Expanding Your Tobacco Policy](#) (2<sup>nd</sup> or more time applicants)

[Tobacco Control Act 2006](#)

[Smoking In Enclosed Areas](#)

### Logo's

[Healthy Club Logo](#)

[Healthway Logo](#)

[Sports Medicine Australia Logo](#)

### Promotion Ideas

[Fact Sheets](#)

[Newsletters](#)

[Tips for Attracting Media](#)

### Education & Training Initiatives

# Questions??

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[www.smawa.asn.au](http://www.smawa.asn.au)

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