



Australian Government

Australian Sports
Anti-Doping Authority

June 2007

FACT SHEET

Inadvertent Risks to Athletes

PURE
PERFORMANCE

PO Box 345 Curtin ACT 2605 T +61 (0) 2 6206 0200
F +61 (0) 2 6206 0201 E asada@asada.gov.au
HOTLINE 1800 020 506 www.asada.gov.au

Inadvertent Risks:

1. Supplements;
2. Over the counter medications;
3. Prescription medications;
4. Checking Medications;
5. Travelling overseas;
6. The Prohibited List;
7. TUE approvals.

What are the main inadvertent risks to athletes?

1. Supplements.
2. Over the counter medications.
3. Medications prescribed by a non-sports physician.
4. Taking medications that have not been correctly checked.
5. Travelling Overseas.
6. Neglecting to check the status of medications when the new prohibited list comes into effect in January each year.
7. Taking medications for an illness/medical condition prior to receiving a confirmed approval from the relevant TUE Committee.

1. Supplements

- > ASADA is unable to determine the status of supplement products
- > Supplements may contain impurities that are not specified on the label
- > In Australia and many other countries, supplement products are not subject to the same rigorous standards that pharmaceutical drugs are
- > Supplements pose a much higher risk to athletes than pharmaceutical products
- > For more information see the Supplements Fact Sheet or visit the ASADA website at www.asada.gov.au

2. Over the counter medications

- > Before purchasing and taking over the counter medications, athletes should check the status of the medication by calling the ASADA Anti-Doping Hotline 1800 020 506.

3. Prescription medications

- > Always tell your doctor you are an elite level athlete who is subject to Doping Control.
- > Before a doctor prescribes you a medication, insist he/she check if the medication is permitted in sport. He/she can do so by using a current MIMS directory or by calling the ASADA Anti-Doping Hotline 1800 020 506.

ANTI-DOPING HOTLINE

1800 020 506

WEB www.asada.gov.au

STAMPOUT DOPING

1800 645 700



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CHECK OUT YOUR SUBSTANCE

A POLICY OF STRICT LIABILITY APPLIES IN SPORT

Athletes should ensure that any substance they are using is permitted in sport

Call ASADA before we call on you

4. Checking Medications

- > Athletes are reminded to ensure they check the status of any substance they are using by visiting the ASADA website www.asada.gov.au. Alternatively they may phone the ASADA Anti-Doping Hotline 1800 020 506.

5. Travelling overseas

- > Check all medications with the ASADA Anti-Doping Hotline 1800 020 506 before leaving.
- > Carry a doctor's letter outlining any medical conditions.
- > Declare all medications to Customs.
- > Check the status of overseas medications with the relevant Anti-Doping Agency.
- > Take any medications you require with you.
- > Complete all Standard Therapeutic Use Exemptions and Abbreviated Therapeutic Use Exemptions before you leave.
- > Ensure all Standard and Abbreviated Therapeutic Use Exemptions are up to date and approved before you begin taking medications.

6. The Prohibited List

- > The World Anti-Doping Agency Prohibited List is updated each year.
- > The list comes into effect from the 1st of January with no amnesty period.
- > Changes to the list are usually available on the WADA website www.wada-ama.org/en/ from October onwards.

7. TUE approvals.

- > Athletes are advised they must not begin taking prohibited medications until they have received written confirmation from ASDMAC or their International Federation of their STUE applications approval.