



MARCH 2008

INADVERTENT RISKS

PURE
PERFORMANCE

HOTLINE 1800 020 506 T 13 000 ASADA (13 000 27232) W www.asada.gov.au

WHAT ARE THE MAIN INADVERTENT RISKS TO ATHLETES?

- > Taking medications that haven't been correctly checked, including both prescription and over the counter medications.
- > Supplements.
- > Travelling Overseas.
- > The annual Prohibited List change.
- > Therapeutic use exemptions.

HOW DO I CHECK THE STATUS OF PRESCRIPTION OR OVER THE COUNTER MEDICATIONS?

- > Athletes must check the status of any substance they intend to use by either calling the ASADA Anti-Doping Hotline 1800 020 506 or visiting www.asada.gov.au

ALWAYS TELL YOUR DOCTOR YOU ARE AN ELITE ATHLETE SUBJECT TO DOPING CONTROL

WHAT ARE THE RISKS OF SUPPLEMENT PRODUCTS?

- > ASADA is unable to determine the status of supplement products because in Australia and many other countries, supplement products are not subject to the same rigorous standards that pharmaceutical drugs are.
- > Supplements may contain impurities that are not specified on the label.
- > Supplements pose a much higher risk to athletes than pharmaceutical products

WHAT DO I NEED TO DO BEFORE AND WHILST TRAVELLING?

- > Check all medications before leaving and take any medications you require with you.
- > Declare all medications to Customs and carry a doctor's letter outlining any medical conditions.
- > Check the status of overseas medications with the relevant Anti-Doping Agency.
- > Ensure all Standard and Abbreviated Therapeutic Use Exemptions are up to date and approved before you travel and begin taking medications.

HOW OFTEN IS THE PROHIBITED LIST UPDATED AND WHEN DOES IT COME INTO EFFECT?

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

I HAVE APPLIED FOR A STANDARD THERAPEUTIC USE EXEMPTION. WHAT DO I NEED TO DO BEFORE I BEGIN TAKING THE MEDICATION?

- > Athletes must not begin taking prohibited medications until they have received written confirmation from ASDMAC or the relevant Therapeutic Use Exemption Committee (TUEC) of their Standard Therapeutic Use Exemption applications approval.