

RESOURCE CATALOGUE

ANTI-DOPING

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

February 2023



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

Enquiries about the licence and any use of this document can be sent to:

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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

A man with short dark hair and glasses, wearing a green button-down shirt, is smiling while looking at a tablet computer he is holding with both hands. The background is a blurred cityscape. The image has a dark blue overlay on the left side where the text is located. A thin yellow diagonal line runs from the bottom right towards the center.

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.



SPORT INTEGRITY
AUSTRALIA

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

ANTI-DOPING RULES

GENERIC

FILE TYPE:



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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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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.

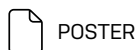
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PARA

REDUCE YOUR RISK GENERIC

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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

SPORT INTEGRITY AUSTRALIA

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MALE

FEMALE

CLEAN SPORT IS YOUR RESPONSIBILITY

GENERIC

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CLEAN SPORT IS YOUR RESPONSIBILITY

SPORT INTEGRITY AUSTRALIA

SPORT INTEGRITY APP

- Check medications on Global DRO
- Find low risk supplements
- Check if you need a Therapeutic Use Exemption (TUE)
- Report an issue
- Give feedback or ask a question

The App also has information on all sport integrity issues, anti-doping rules, testing programs, the health effects of doping, supplement and nutrition advice, overseas travel considerations and more. Just click on the menu icon.

 Download the App from the Apple Store and Google Play store here.

ONLINE EDUCATION

- Sport Integrity Australia's eLearning website: elearning.sportintegrity.gov.au
- Visit the site for courses on integrity topics including: Clean Sport 101, Child Safeguarding in Sport Induction, introduction courses to anti-doping, match-fixing and illicit drugs, along with specific courses for parents and coaches.

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www.sportintegrity.gov.au

FRONT

ANTI DOPING IS YOUR RESPONSIBILITY

SPORT INTEGRITY AUSTRALIA

BACK

CLEAN SPORT IS YOUR RESPONSIBILITY

SPORT INTEGRITY AUSTRALIA RUGBY AU

SPORT INTEGRITY APP

- Check medications on Global DRO
- Find low risk supplements
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QUESTIONS?
 Email: education@sportintegrity.gov.au
 Safe Sport Hotline: 1800 161 361
 Enquiries: 1300 027 232

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@spointegrity.gov.au, call our Safe Sport Hotline **1800 161 361** or enquire **1300 027 322**

GETTING TESTED CHECKLIST GENERIC

FILE TYPE:



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ELIGIBLE FOR CO-BRANDING

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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CONTACT US

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COMPETITION MAKE SURE YOU ARE READY! COMING UP?

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 MAKE SURE YOU ARE READY! COMING UP?

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!**



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 SPECIFIC

ATHLETE GUIDE TO SAMPLE COLLECTION

GENERIC

FILE TYPE:



BOOKLET

AVAILABLE FOR:



PRINT



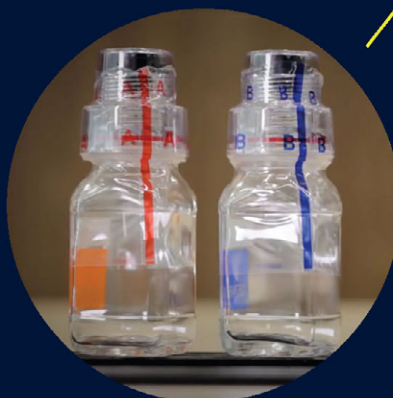
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SPORT INTEGRITY
AUSTRALIA

ATHLETE GUIDE to **SAMPLE COLLECTION**

April 2022



DRIED BLOOD SPOT POSTER

GENERIC

FILE TYPE:



POSTER


AVAILABLE FOR:



PRINT



DIGITAL




SPORT INTEGRITY
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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

WHEREABOUTS

GENERIC

FILE TYPE:



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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



**SPORT INTEGRITY
AUSTRALIA**

WHEREABOUTS IS YOUR NEXT EVENT?

Use the **WADA Athlete Central app** to update **ADAMS** with your flight and accommodation details, including hotel room number.

WHEREABOUTS HAS MY INTERNET GONE?

Internet down?
Can't access **ADAMS**?
No internet is no excuse.
Contact **Sport Integrity Australia**.

WHEREABOUTS IS YOUR NEXT CAMP?

Use the **WADA Athlete Central app** to update **ADAMS** with your camp information, including flight and accommodation details, and hotel room number.

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 &
COPY OPTIONS

CBD & CANNABIS

GENERIC

FILE TYPE:



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CBD & CANNABIS

A recent study found that **21% of CBD products contained THC** (banned in sport).

Unfortunately, it is impossible to know how much THC or other cannabinoids are in a CBD product just from looking at the label, and it is impossible to predict how long it will take for THC or other cannabinoids to clear your system.



FACTS

Cannabinoids are banned in competition. Technically, CBD is not banned. **However, if you use a CBD product, you are still at risk of testing positive to Cannabinoids and facing a sanction**, including a ban from sport and other consequences such as damaging your own reputation, and the teams.



REASON

Scientifically, it is nearly impossible to extract only CBD from the cannabis plant. Therefore, you should assume that all CBD products contain other prohibited cannabinoids, including **THC, CBN, CBG as well as CBD.**



ADVICE

Even though CBD is not banned in sport, **the use of a CBD product is risky.** If you use a CBD product, you are taking a risk with your career and reputation.

Athletes prescribed cannabinoid products by a Medical Practitioner for a documented medical condition, may be able to apply for a Therapeutic Use Exemption (TUE). See further information on the **Cannabinoids/Cannabis TUE Checklist**.



RESOURCES

<https://www.sportintegrity.gov.au/what-we-do/therapeutic-use-exemption/frequently-asked-questions-tue>
<https://www.sportintegrity.gov.au/news/integrity-blog/2022-02/medicinal-cannabis-sport-insight-athletes-and-support-people>

CONTACT US

Please visit our website [sportintegrity.gov.au](https://www.sportintegrity.gov.au), contact us at education@sportintegrity.gov.au, phone the Safe Sport Hotline **1800 161 360**, or enquire **1300 027 232**

GLUCOCORTICOIDS CHANGES – FLYER

ATHLETE FOCUS

FILE TYPE:



POSTER


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CORTISONE (GLUCOCORTICOID) INJECTION CHANGES

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

From 1 January 2022, **all GC injections will be 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).

IV DRIP INFUSIONS

GENERIC

FILE TYPE:



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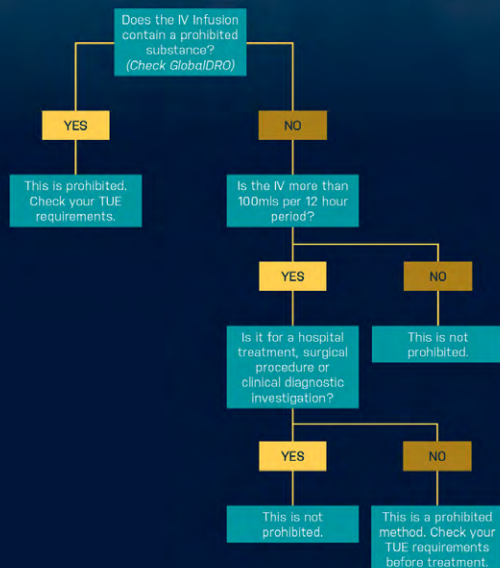


IV DRIP INFUSIONS

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.



FIND OUT MORE

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

DO YOU NEED A TUE?

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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:

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FOOD FIRST

REAL FOOD.
REAL BENEFITS.
NO RISK.

NO ONE EVER TESTED **POSITIVE** FOR BANANA.

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

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



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.

Research found that 1 in 5 supplements sold in Australia contained a banned substance not listed on the ingredients label.

Why take the risk of testing positive to a protein powder?



BROCCOLIPUS
A state of physical eliteness gained from a broccoli intake diet.



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

BROCCOLI



SPORT INTEGRITY AUSTRALIA

FOOD FIRST

REAL FOOD.
REAL BENEFITS.
NO RISK.

NO ONE EVER TESTED **POSITIVE** FOR DRUMSTICK.

Almost one Australian athlete tests positive to a supplement each month.

Why take the risk of testing positive to a protein powder?



DRUMSTICKUS
A state of physical eliteness gained from the consumption of chicken drumsticks.



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

CHICKEN

PROTEIN FORTIFIED FOODS

GENERIC

FILE TYPE:



POSTER

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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

Carman'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.



SARMs

GENERIC

FILE TYPE:



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SARMs

SPORT INTEGRITY AUSTRALIA


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

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PARENTS' GUIDE TO CLEAN SPORT

GENERIC

FILE TYPE:



BOOKLET

AVAILABLE FOR:



PRINT



DIGITAL



SPORT INTEGRITY
AUSTRALIA



world
anti-doping
agency

PARENTS' GUIDE TO SUPPORT **CLEAN SPORT**



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](#)

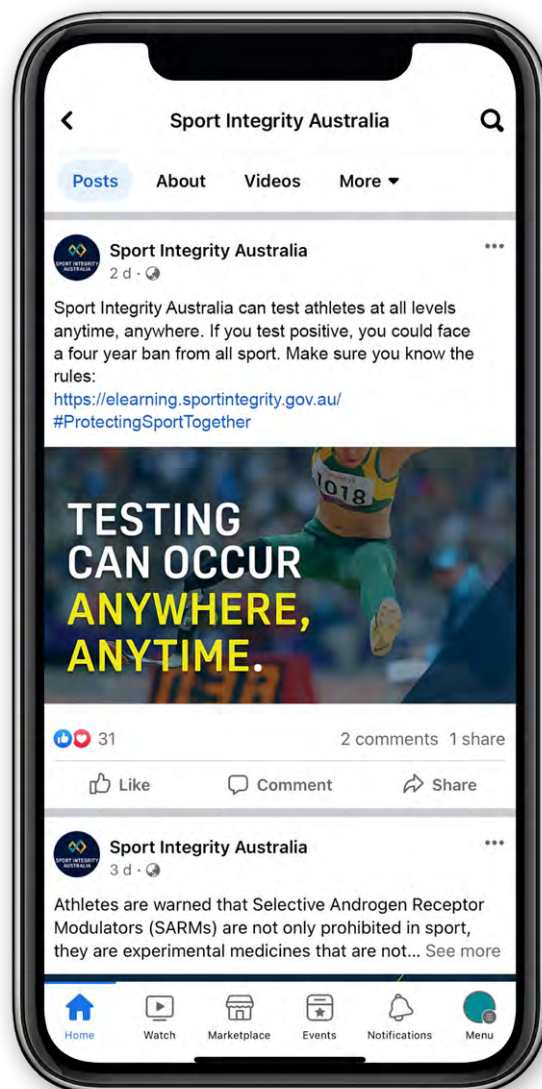
SUPPORTING COPY - OPTION 2

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:

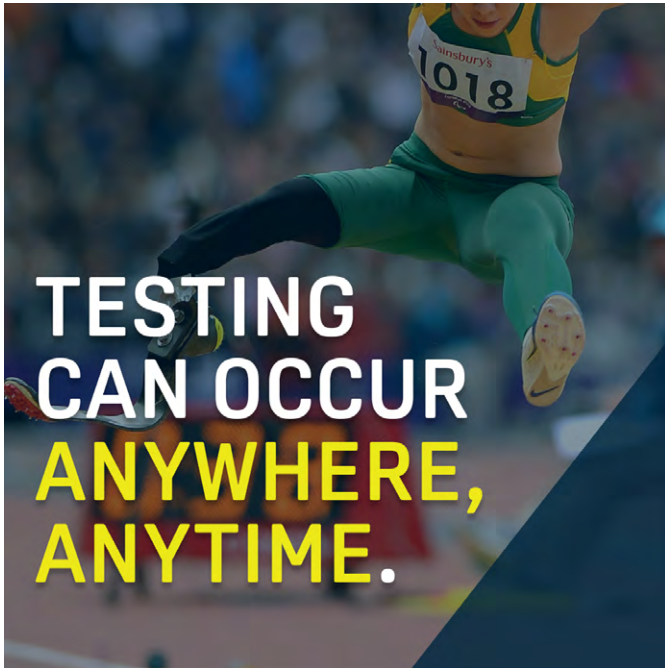
<https://elearning.sportintegrity.gov.au/>
[#ProtectingSportTogether](#)

TIP:

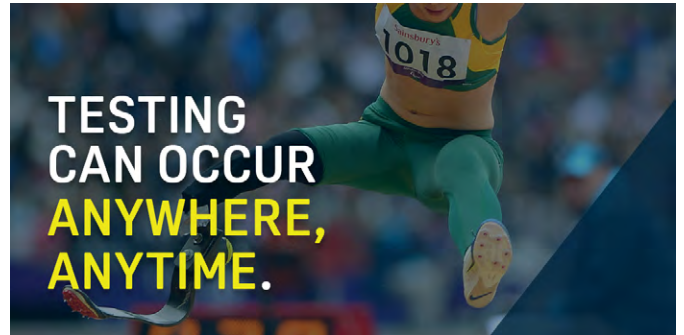
Please copy and paste the supporting copy straight into your social media post to avoid any mixed or inconsistent messaging with Sport Integrity Australia.



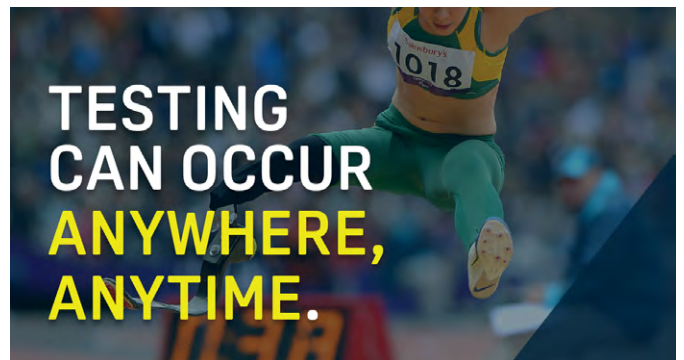
INSTAGRAM:



TWITTER:

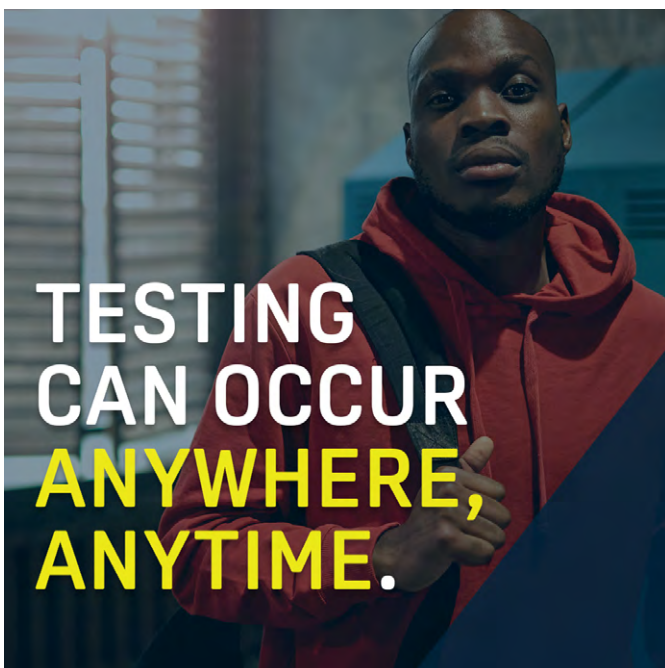


FACEBOOK:



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>

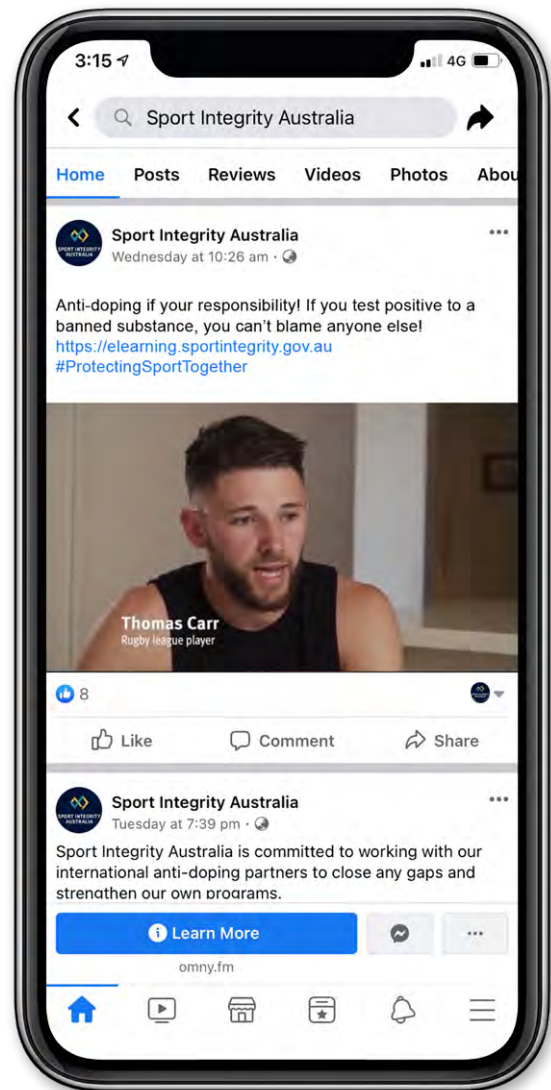
#ProtectingSportTogether

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

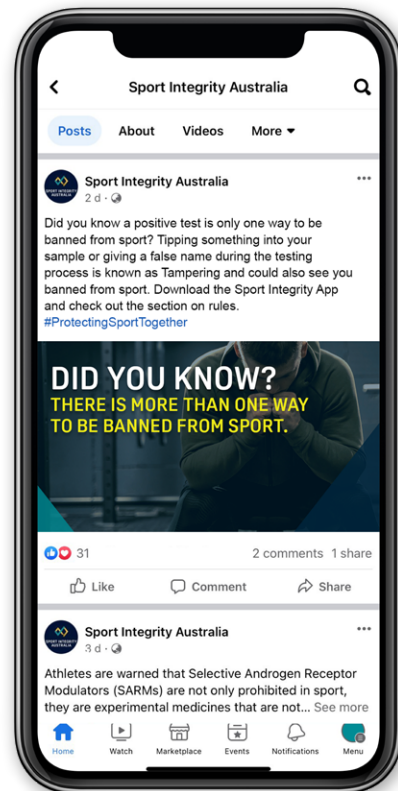


ANTI-DOPING RULE VIOLATIONS

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:

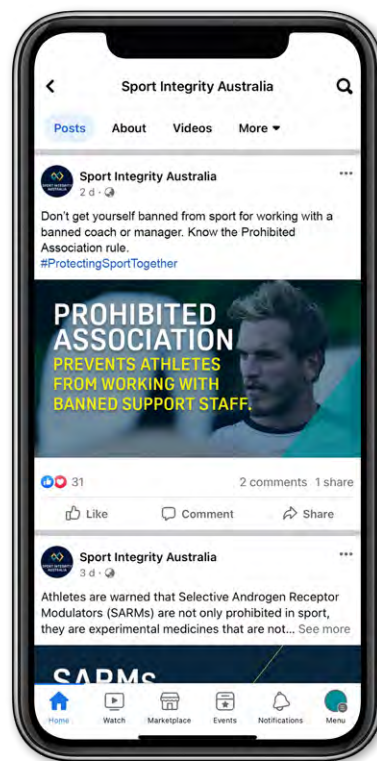


ANTI-DOPING RULE VIOLATIONS CONT.

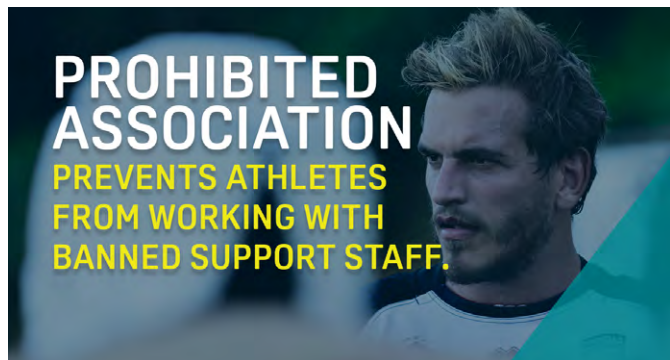
SUPPORTING COPY

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

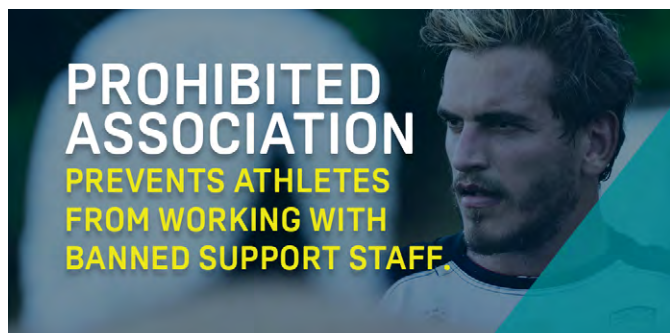
[#ProtectingSportTogether](#)



FACEBOOK:



TWITTER:



INSTAGRAM:

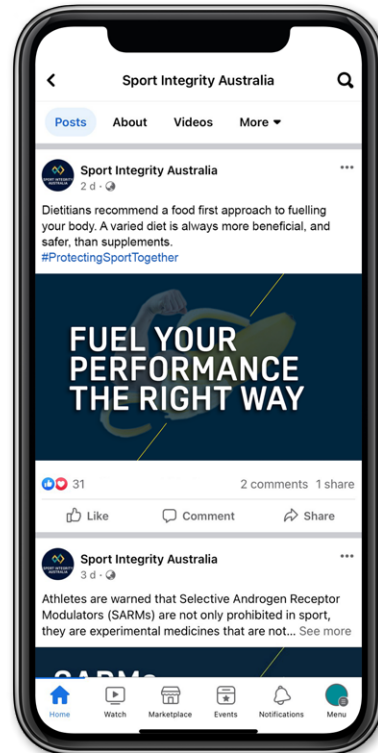


SUPPLEMENTS

SUPPORTING COPY

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

[#ProtectingSportTogether](#)



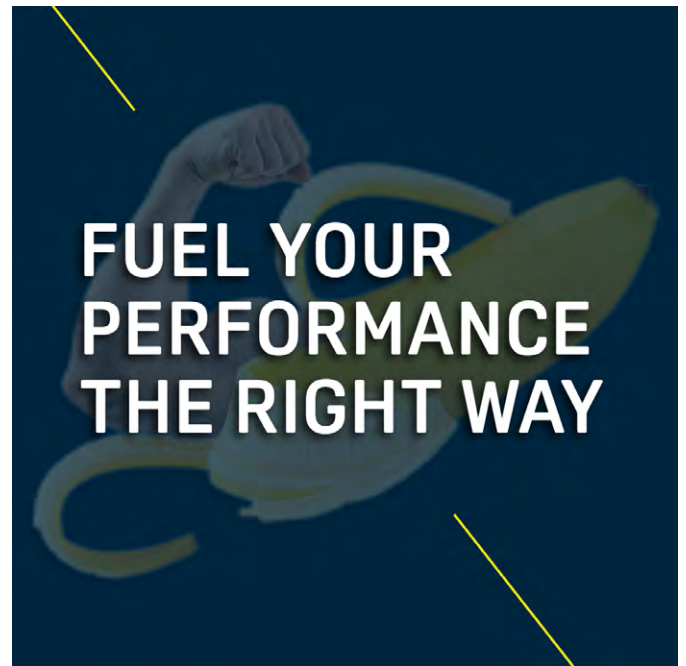
FACEBOOK:



TWITTER:



INSTAGRAM:

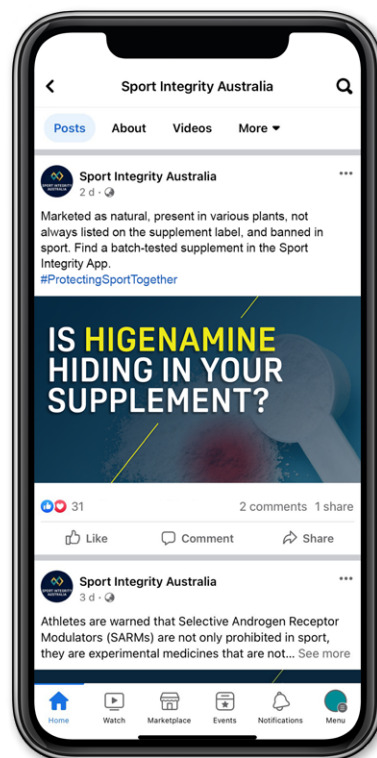


SUPPLEMENTS CONT.

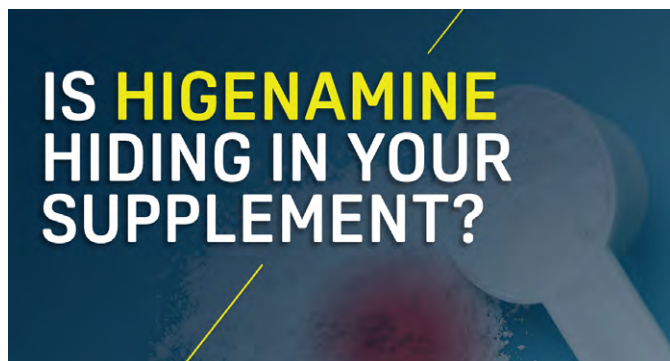
SUPPORTING COPY

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:



INSTAGRAM:



TWITTER:

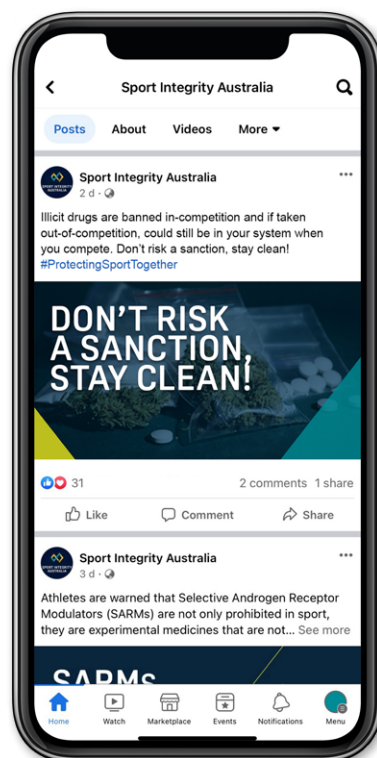


ILLICIT DRUGS

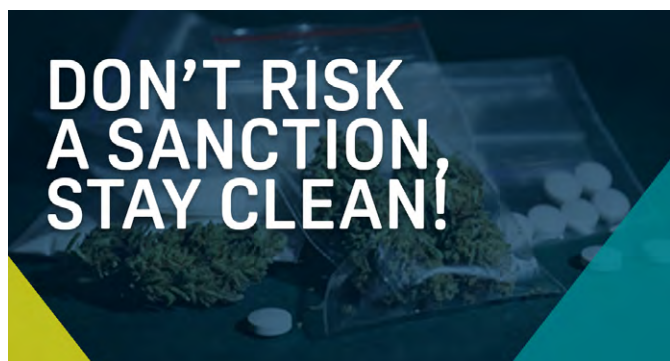
SUPPORTING COPY

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:

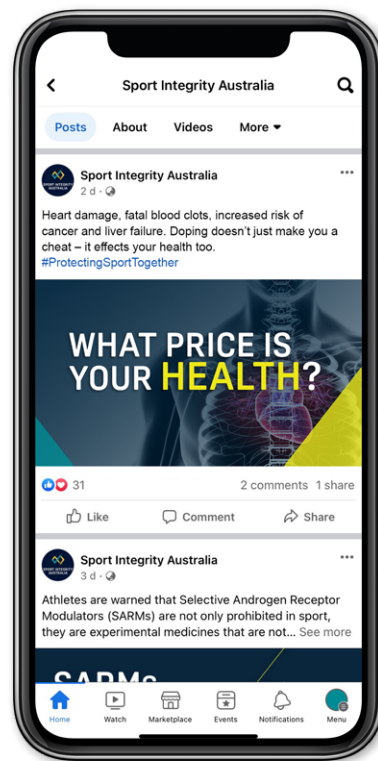


HEALTH EFFECTS OF DOPING

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:

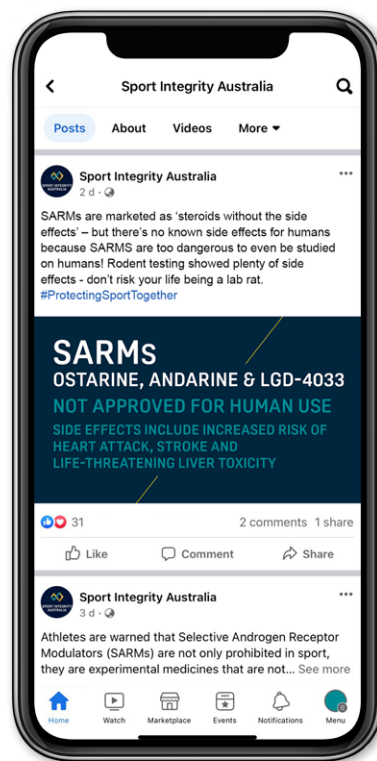


HEALTH EFFECTS OF DOPING CONT.

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
OSTARINE, ANDARINE & LGD-4033
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TWITTER:

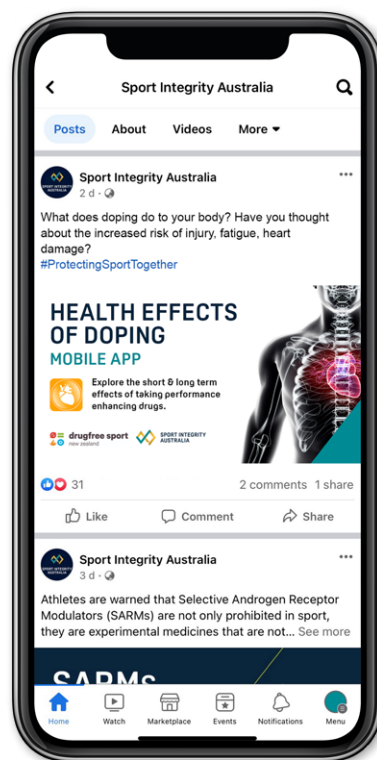
SARMs
OSTARINE, ANDARINE & LGD-4033
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SIDE EFFECTS INCLUDE INCREASED RISK OF
HEART ATTACK, STROKE AND
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HEALTH EFFECTS OF DOPING CONT.

SUPPORTING COPY

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

[#ProtectingSportTogether](#)



FACEBOOK:

HEALTH EFFECTS OF DOPING MOBILE APP



Explore the short & long term effects of taking performance enhancing drugs.



INSTAGRAM:

HEALTH EFFECTS OF DOPING MOBILE APP



Explore the short & long term effects of taking performance enhancing drugs.



TWITTER:

HEALTH EFFECTS OF DOPING MOBILE APP



Explore the short & long term effects of taking performance enhancing drugs.



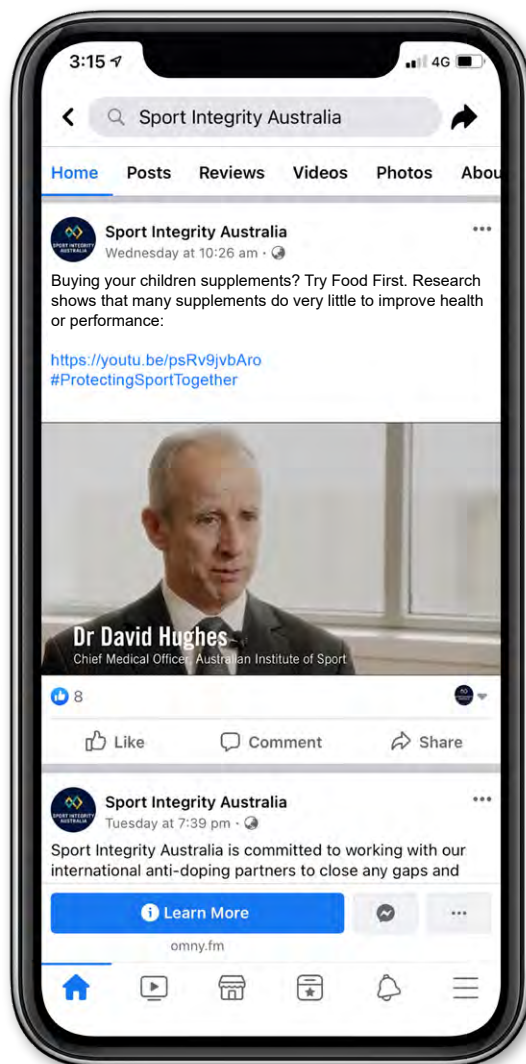
MESSAGES FOR PARENTS

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

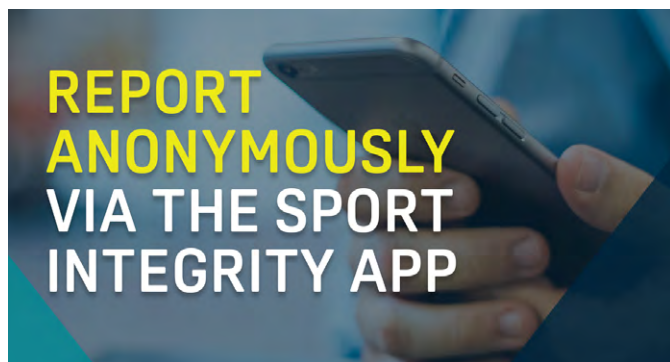
SUPPORTING COPY

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

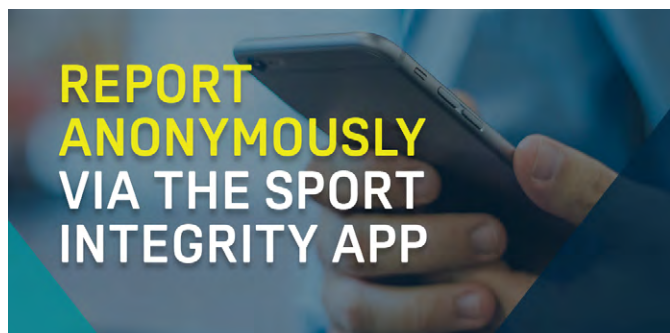
[#ProtectingSportTogether](#)



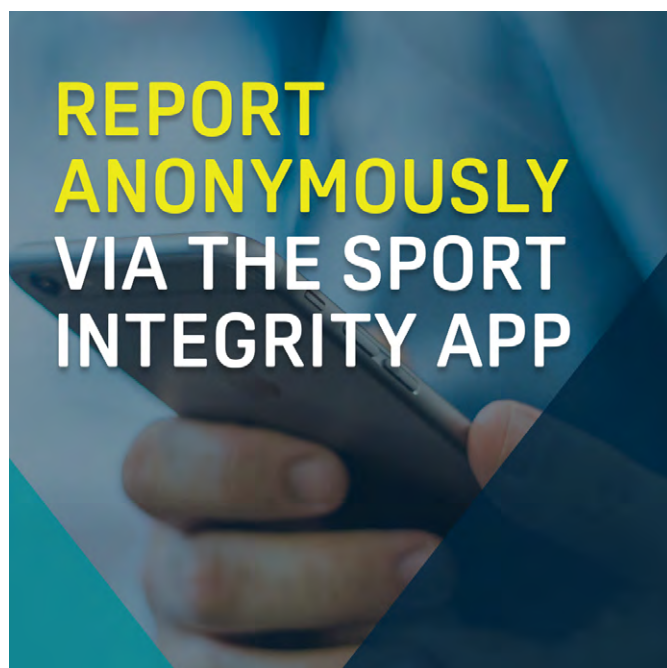
FACEBOOK:



TWITTER:



INSTAGRAM:

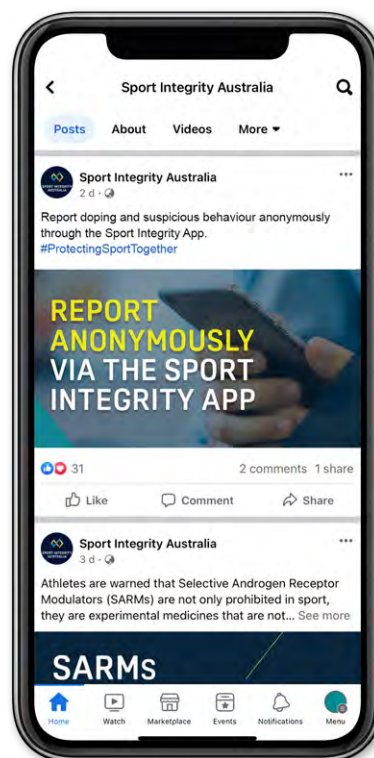


REPORT AN INTEGRITY ISSUE CONT.

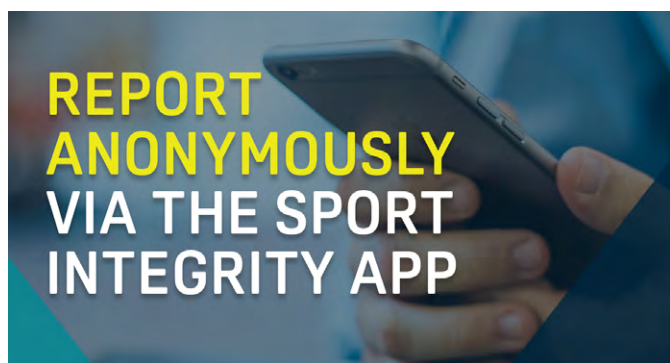
SUPPORTING COPY

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

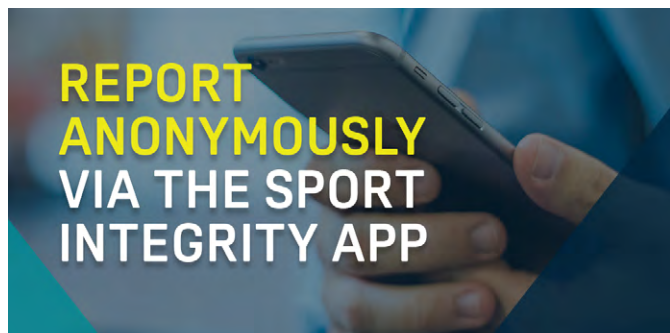
[#ProtectingSportTogether](#)



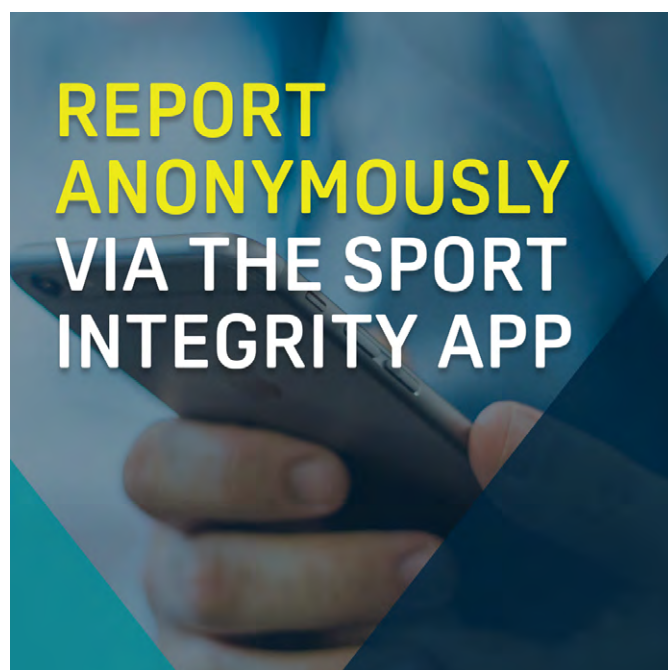
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TWITTER:



INSTAGRAM:



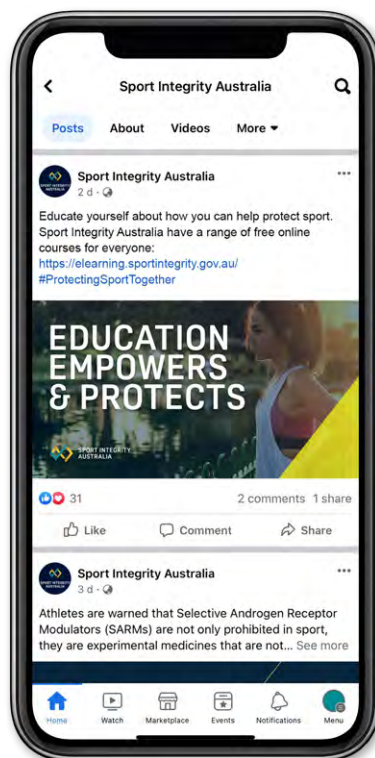
GET EDUCATED

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



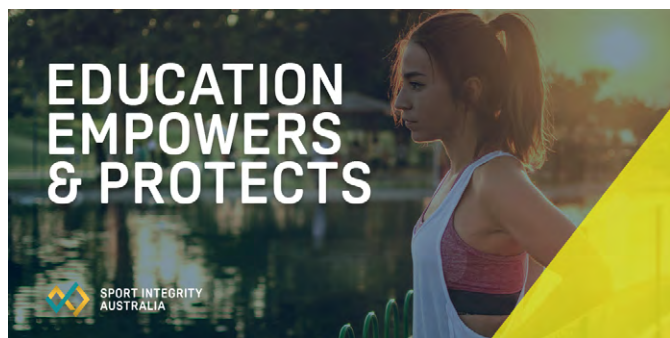
FACEBOOK:



INSTAGRAM:



TWITTER:



SPORT INTEGRITY APP

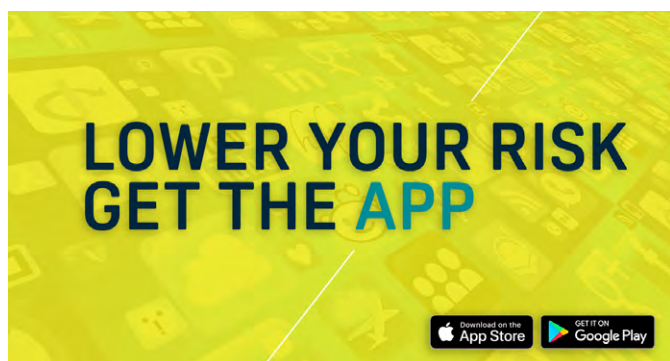
SUPPORTING COPY

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:



TWITTER:



INSTAGRAM:

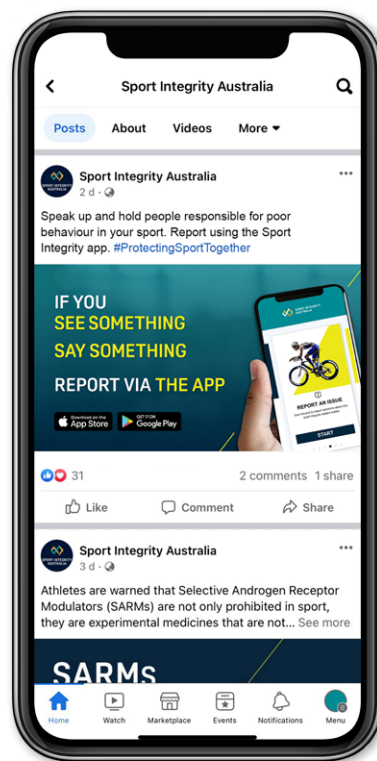


SPORT INTEGRITY APP: SEE SOMETHING

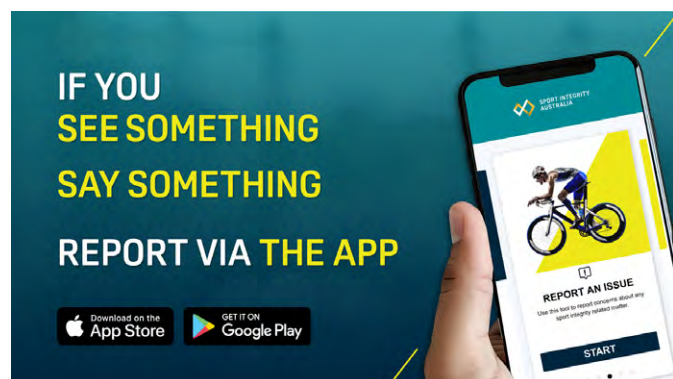
SUPPORTING COPY

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

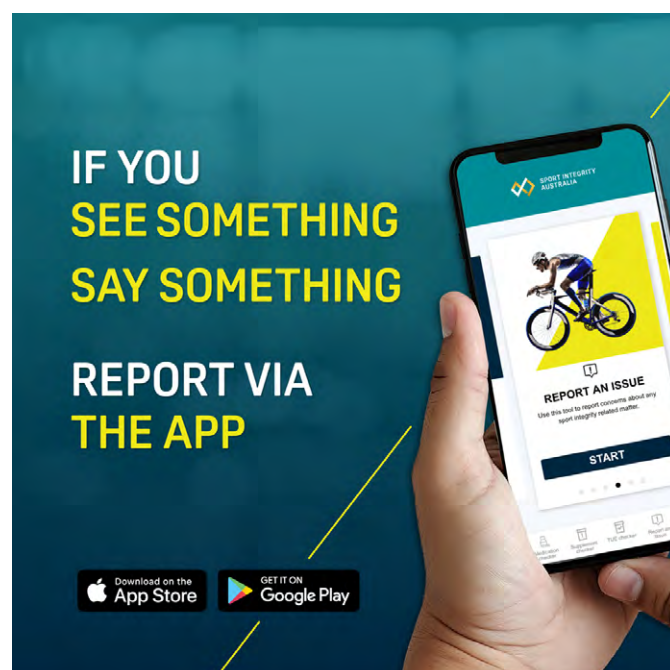
[#ProtectingSportTogether](#)



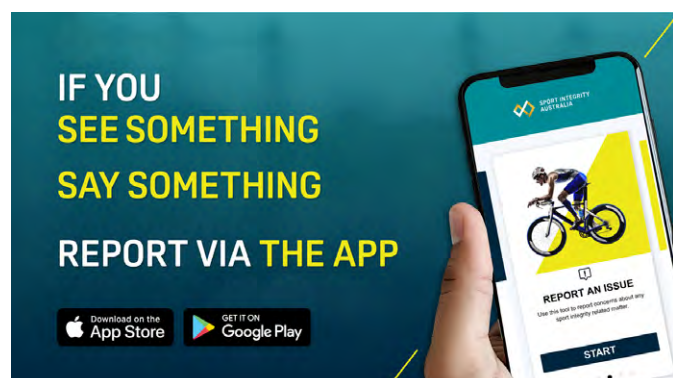
FACEBOOK:



INSTAGRAM:



TWITTER:

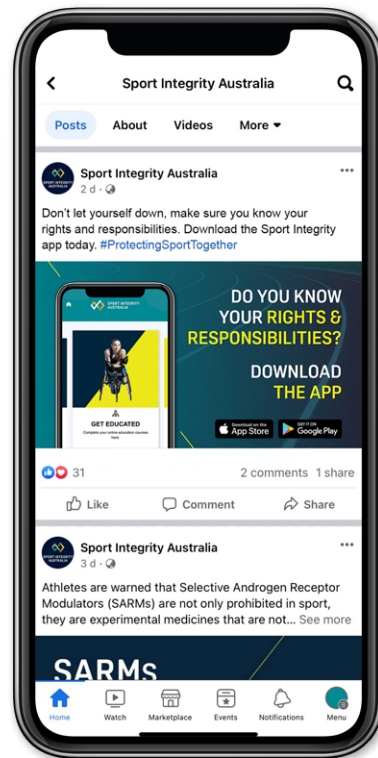


SPORT INTEGRITY APP: RIGHTS & RESPONSIBILITIES

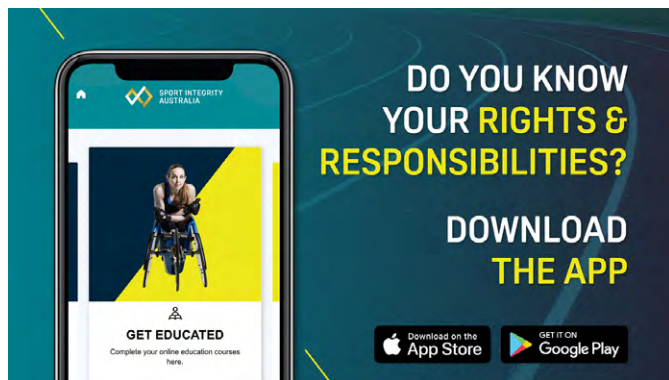
SUPPORTING COPY

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

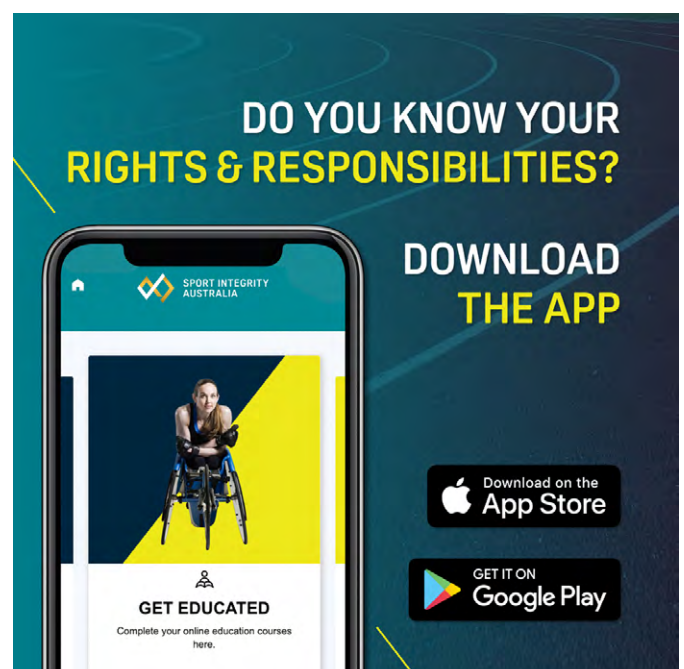
[#ProtectingSportTogether](#)



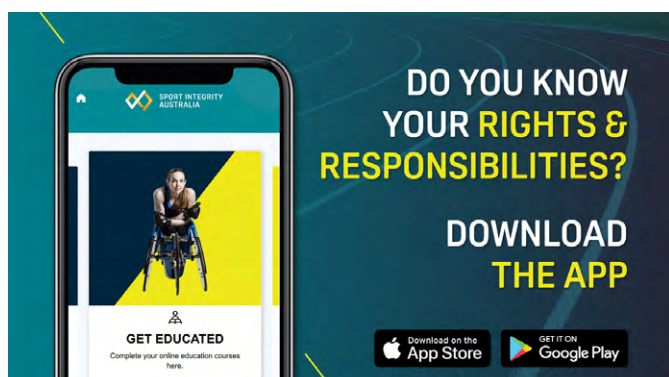
FACEBOOK:



INSTAGRAM:



TWITTER:

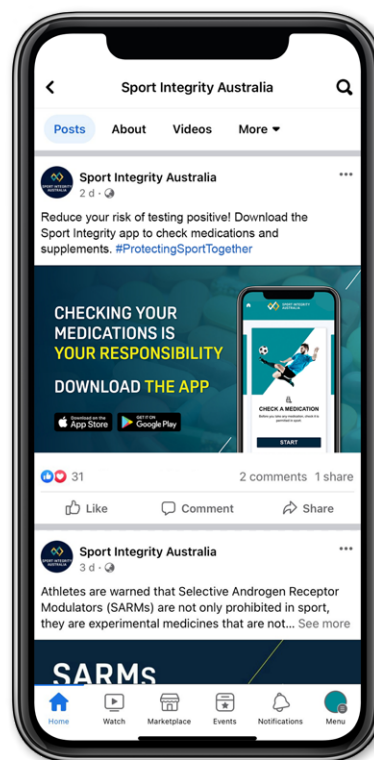


SPORT INTEGRITY APP: CHECKING MEDICATIONS

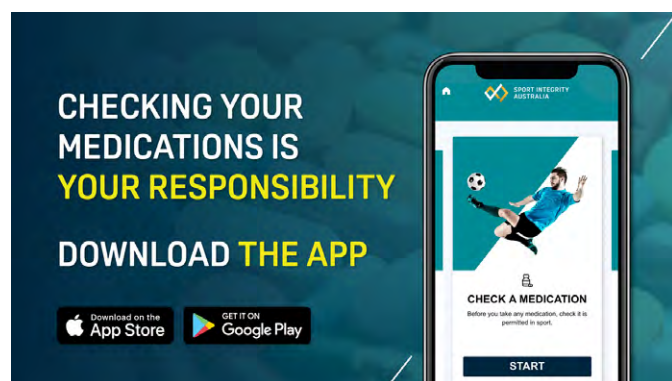
SUPPORTING COPY

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

[#ProtectingSportTogether](#)



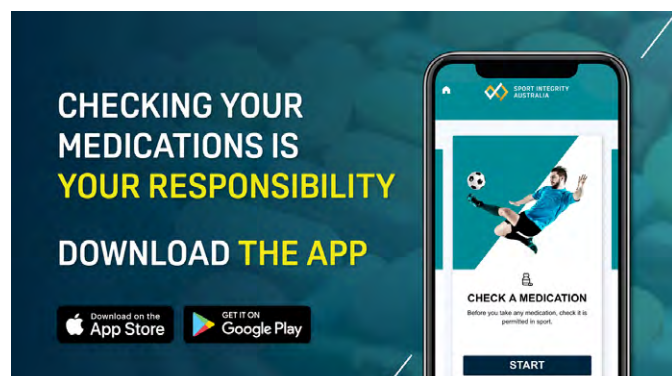
FACEBOOK:



INSTAGRAM:



TWITTER:

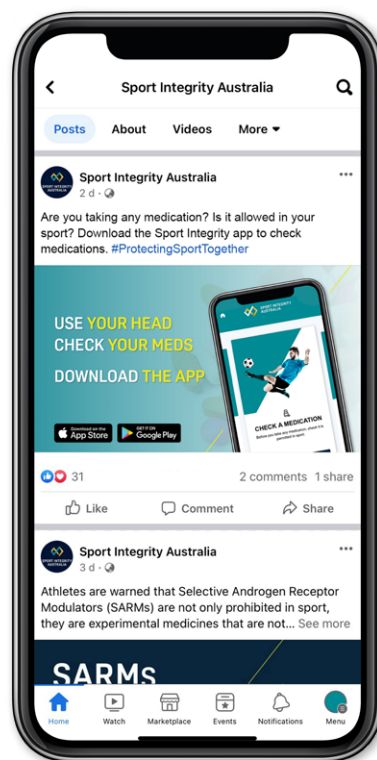


SPORT INTEGRITY APP: USE YOUR HEAD

SUPPORTING COPY

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

[#ProtectingSportTogether](#)



FACEBOOK:



INSTAGRAM:



TWITTER:

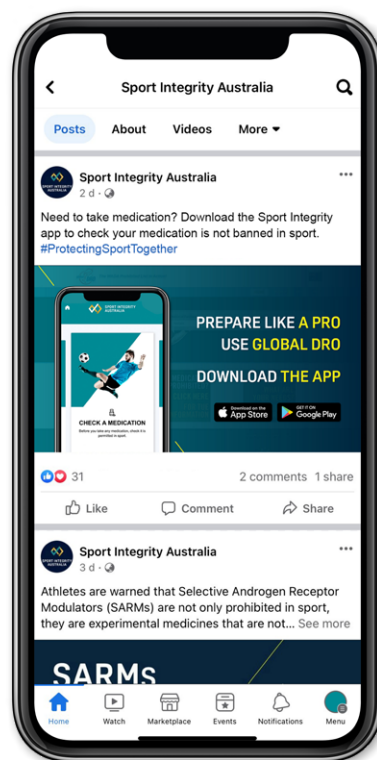


SPORT INTEGRITY APP: PREPARE LIKE A PRO

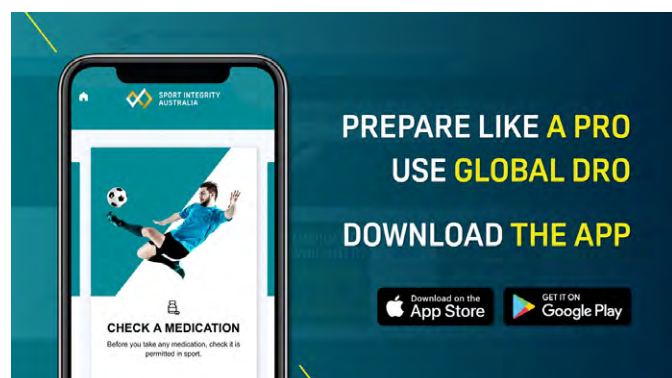
SUPPORTING COPY

Need to take medication? Download the Sport Integrity app to check your medication is not banned in sport.

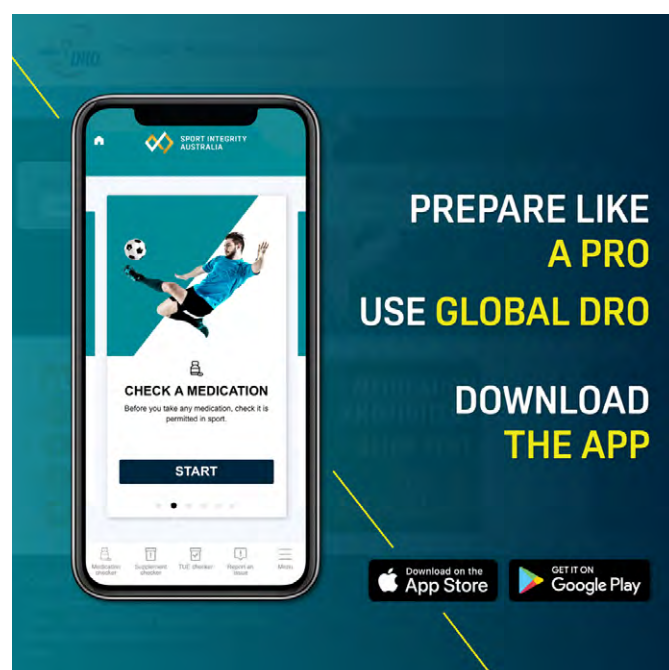
[#ProtectingSportTogether](#)



FACEBOOK:



INSTAGRAM:



TWITTER:



SPORT INTEGRITY APP: KNOWLEDGE ON TAP

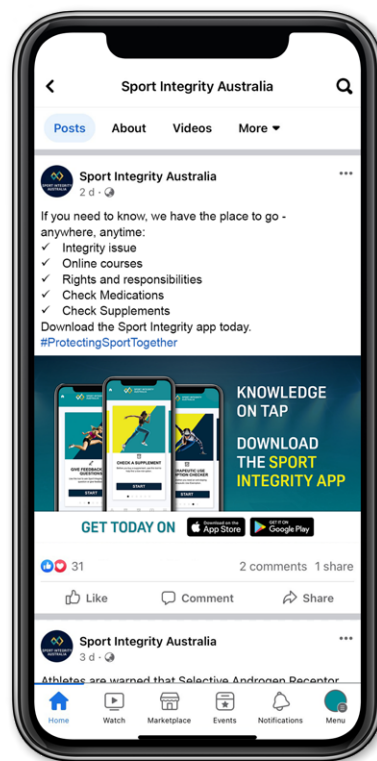
SUPPORTING COPY

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

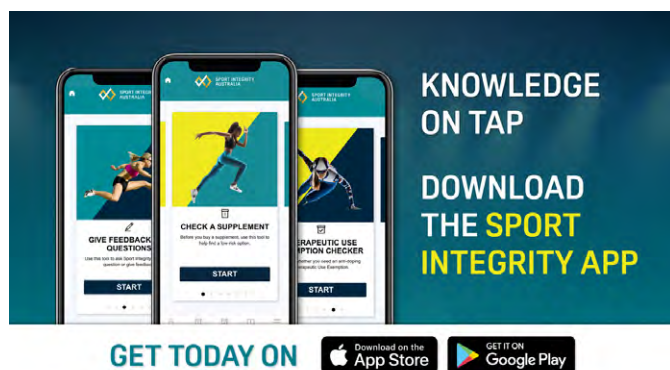
- ✓ Check Supplements
- ✓ Check Medications
- ✓ Complete education courses
- ✓ Check your rights and responsibilities
- ✓ Report an integrity issue

Download the Sport Integrity app today.

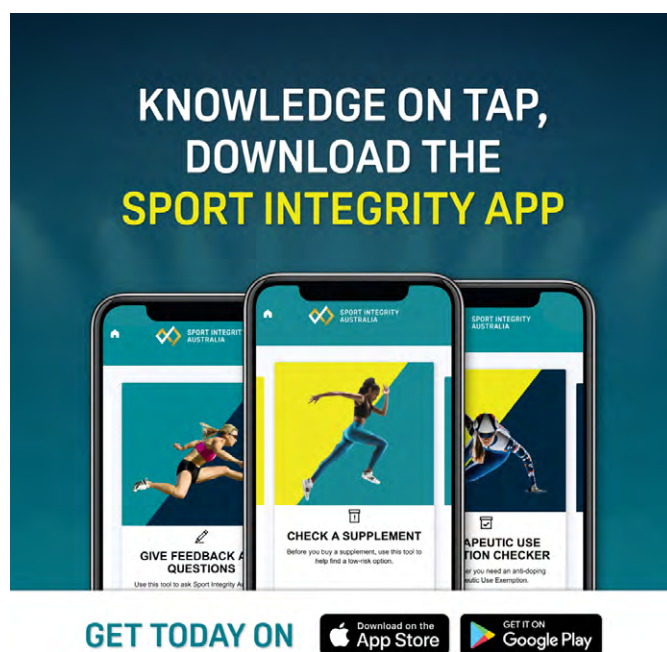
[#ProtectingSportTogether](#)



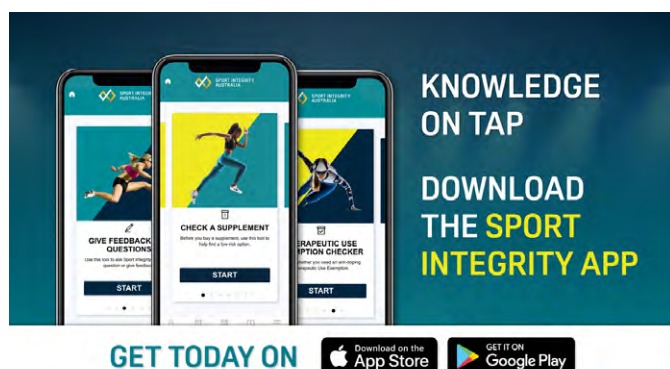
FACEBOOK:



INSTAGRAM:



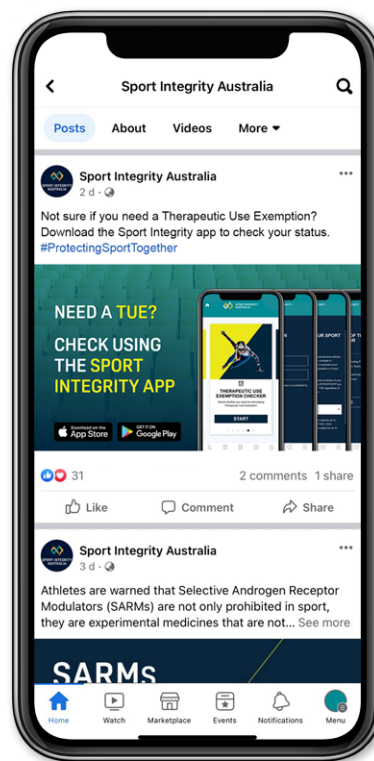
TWITTER:



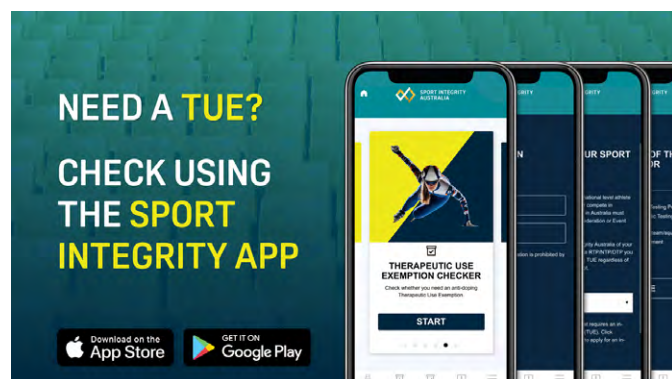
SPORT INTEGRITY APP: NEED A TUE?

SUPPORTING COPY

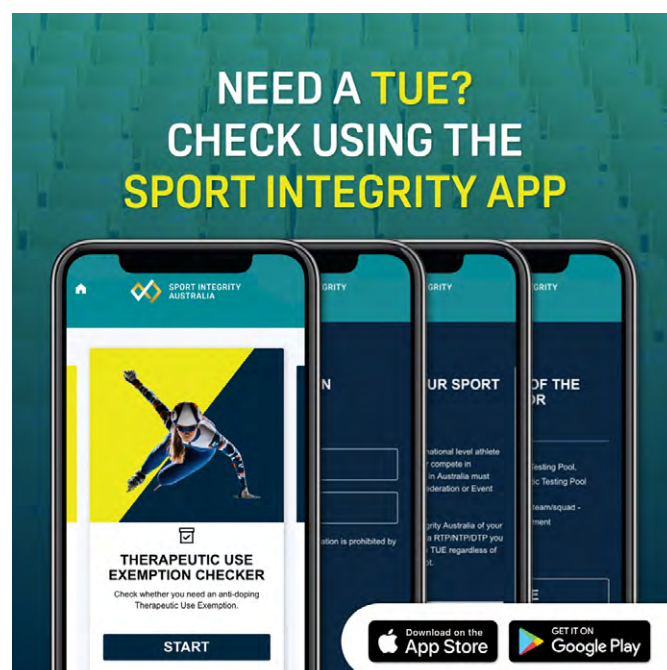
Not sure if you need a Therapeutic Use Exemption?
Download the Sport Integrity app to check your status.
[#ProtectingSportTogether](#)



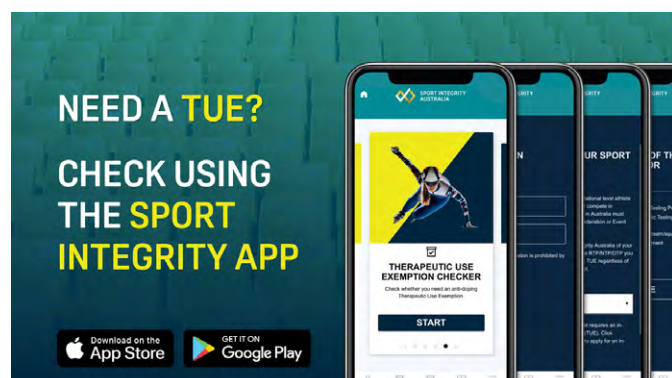
FACEBOOK:



INSTAGRAM:



TWITTER:



ONLINE COURSES

ELEARNING COURSE GUIDE

GENERIC

FILE TYPE:



DIGITAL POSTER

AVAILABLE FOR:



DIGITAL

ONLINE COURSES

BASIC

CLEAN SPORT 101

DECISION MAKING IN SPORT

COMPREHENSIVE

ANTI-DOPING FUNDAMENTALS

ILLICIT DRUGS IN SPORT

COMPETITION MANIPULATION & SPORTS BETTING

CHILD SAFEGUARDING IN SPORT

ADVANCED

ANNUAL UPDATE

WHEREABOUTS

SPECIALIST COURSES

MEDICAL PRACTITIONERS

PARENTS' GUIDE TO CLEAN SPORT

COACHES COURSE

NATIONAL INTEGRITY FRAMEWORK (NIF)

CLASSIFICATION FUNDAMENTALS

CLEAN SPORT 101
An introduction to anti-doping rules written in plain English. Designed for pathway athletes early in their careers, unlikely to be tested, and community/grassroots levels.

DECISION MAKING IN SPORT
A 4-part course on how to use values to make tough decisions in real world sporting scenarios.

ANTI-DOPING FUNDAMENTALS
Comprehensive anti-doping education designed for all athletes and support personnel participating in competitive sport.

ILLICIT DRUGS IN SPORT
A scenario based education module that shows the impacts of decisions regarding illicit drugs in sport.

COMPETITION MANIPULATION & SPORTS BETTING
This course provides education on what match-fixing is, the consequences, how to recognise it and report it.

CHILD SAFEGUARDING IN SPORT
The Child Safeguarding in Sport Induction course is for any person and any organisation who is bound by the Child Safeguarding policy. The course provides the foundation knowledge and education required to understand and implement the Child Safeguarding Policy.

ANNUAL UPDATE
A must-do course for competitive athletes, this course is released in December each year and provides updates on new prohibited substances, rule changes and other integrity issues. The Anti-Doping Fundamentals course must be completed prior to this course.

WHEREABOUTS
This course explains the Whereabouts rules and provides information, tutorials and advice for Registered Testing Pool athletes and their support personnel.

MEDICAL PRACTITIONERS
A high level course written by medical practitioners for medical practitioners to help them stay up to date with all anti-doping requirements.

PARENTS' GUIDE TO CLEAN SPORT
Tailored education for parents of athletes, to ensure they are aware about the anti-doping rules, doping risk factors, healthy sport culture and the risks of supplement use.

COACHES COURSE
Anti-doping knowledge tailored to the important role coaches play in their athletes' lives. The Anti-Doping Fundamentals course must be completed prior to this course.

NATIONAL INTEGRITY FRAMEWORK (NIF)
This course provides sport administrators with background on Sport Integrity Australia, the development of the National Integrity Framework, and why it was developed including an overview of each policy.

CLASSIFICATION FUNDAMENTALS
This course will give you the basics about what classification is, how it is run and what your responsibilities might be as part of the process.

ACCESS THESE ONLINE COURSES
Scan code or visit <https://elearning.sportintegrity.gov.au/>



SPORT INTEGRITY AUSTRALIA

CONTACT INFORMATION

To enquire, provide feedback or reproduce the contents of the document please contact:

Sports Integrity Australia Education

PO Box 1744

Fyshwick ACT 2609

E: education@sportintegrity.gov.au

Safe Sport Hotline: 1800 161 361

Enquiries: 1300 027 232

www.sportintegrity.gov.au