

COCAINE USE IN SPORT

7 KEY POINTS FOR ATHLETES



DANGERS TO YOUR HEART

Using cocaine before or during exercise is incredibly dangerous and can lead to heart attack or stroke while working out. Cocaine naturally raises your heart rate which, when combined with the additional exertion of exercise, can be deadly.



UP TO 4 YEAR BAN

If you possess or use cocaine after 11:59pm the night before your competition, you face a ban of up to 4 years.



IMMEDIATE SUSPENSION

If you use cocaine Out-of-Competition (before 11:59pm the night before your event), it can still be in your sample on gameday. If this happens, you will be given an immediate suspension from sport, and will need to prove when you used the cocaine. This may require getting lawyers, scientific experts, and witnesses at your own cost. If you can prove you used cocaine outside of competition, you may receive a ban of 1-3 months. Your suspension will remain in place until the matter is complete.



DETECTION PERIOD

There is no clear timeframe for how long cocaine will stay in your system. It varies based on the amount used, your metabolism, weight, diet etc. Athletes should not use past drug or anti-doping test results as a way to understand how long cocaine will be detected – especially as cocaine levels are not reported for Out-of-Competition anti-doping tests.



SUPPLYING / TRAFFICKING

If you sell or give cocaine to anyone else (or attempt to), you face a ban of up to 4 years. This applies both In- and Out-of-Competition and also applies to athlete support personnel, like coaches, managers and team medical staff.



CRIMINAL CONVICTION

Criminal convictions regarding cocaine are a breach of every sport's integrity policies and can lead to a ban from sport.



ILLICIT DRUG TESTING

Your sport may also conduct Out-of-Competition illicit drug testing. This is different to anti-doping testing, and the rules are determined by your sport.



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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 **1300 027 232**