

# 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 while working out. Cocaine naturally raises your heart rate which, when combined with the additional exertion of exercise, can be deadly. Cocaine can also cause irregular heart beat, known as cardiac arrhythmia.



### PERFORMANCE IMPACT

Cocaine use can cause heart enlargement which reduces your cardiac output, how long you can sustain high levels of exercise, and therefore performance. Cocaine can also lead to poor decision making and increased risk taking, leading to poorer tactical and strategic performance.



### UP TO 4 YEAR BAN, OR EVEN LIFE

If you possess or use cocaine during the In-Competition period\*, you face a ban of up to 4 years. If you sell or give cocaine to anyone else (or attempt to), you face a ban of 4 years to life. This trafficking rule applies at all times (even at bars, nightclubs, or during the week) and also applies to support personnel like coaches, managers and team medical staff.



### IMMEDIATE SUSPENSION

If you use cocaine during the Out-of-Competition period, it can still be in your sample on the day of competition. 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 or 3 months.



### 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. Drinking alcohol while using cocaine can make it stay present in your system for longer. Athletes should not use past drug or anti-doping test results as a way to understand how long cocaine will be detected as it will change each time.



### CRIMINAL CONVICTION

Criminal convictions regarding cocaine are a breach of every sport's integrity policies and can lead to a ban from sport. Criminal convictions can also be used as evidence in anti-doping matters.



### 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.



**SPORT INTEGRITY  
AUSTRALIA**

#### CONTACT US

Please visit our website [sportintegrity.gov.au](https://sportintegrity.gov.au), contact us at [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au), call our Safe Sport Hotline **1800 161 361**, or enquire **1300 027 232**

\* The In-Competition period begins at 11:59pm the night before a competition and lasts until the end of a competition and/or any athlete testing. This period may vary for some sports (for example, Equestrian) or for major events like the Olympics or Paralympics.