



ANTI-DOPING POLICY: INADVERTENT DOPING

CONFEDERATION OF AUSTRALIAN MOTOR SPORT

MEMBER OF



WHAT IS INADVERTENT DOPING?

Inadvertent doping, also known as ‘unintentional’ doping occurs when a banned substance ([see the World Anti-Doping Agency’s \(WADA\) Prohibited List](#)) is detected in a competitor’s sample but the competitor did not intentionally take in the substance.

Inadvertent doping can occur easier than you think, with a number of documented cases in Australian and international sport.

Examples of inadvertent doping might include:

-  **Consuming supplements** that are either labelled inaccurately or contaminated
 -  **Eating** certain meat products which are contaminated with steroids such as clenbuterol
 -  **Passively inhaling** fumes from illicit drugs
- Other similar risks might occur when a competitor knowingly consumes a product or substance, but is ignorant to the fact that this may be considered as doping, examples include.
-  **Using medications** to treat illness or injury without checking whether or not they contain a banned substance
 -  **Using illicit drugs** and assuming they’ll be “out of my system” by the time they’re tested

IGNORANCE IS NO EXCUSE!

Be warned, excuses like “**it wasn’t my fault...**” or “**I wasn’t out to cheat...**” makes no difference under the CAMS Anti-Doping Policy and even if these excuses are true, you could still receive a ban. Bans for a failed drugs test could be 2 years or more (depending on the circumstances).

Every competitor is responsible for any prohibited substance found in their sample **no matter how it got there.**

AVOIDING INADVERTENT DOPING

Take your foot off the pedal for a second and...

-  **Check** the status of your medication @ [checksubstances.asada.gov.au](https://www.asada.gov.au/checksubstances)
-  **Apply for a Therapeutic Use Exemption (TUE)** if your medication is banned
-  Don’t fall for **false advertising** like “ASADA-approved” – anti-doping agencies **DO NOT** endorse supplements
-  **Assess** the risk of taking supplements
-  **Don’t use** or be around others who use illicit drugs
-  **Stay up-to-date** with the WADA Prohibited List at [list.wada-ama.org](https://www.wada-ama.org) and
-  Even if your team doctor or nurse tells you that a medication or treatment is permitted, **ALWAYS** check with ASADA first

SUPPLEMENTS WHAT ARE THEY?

The term 'supplements' is very broad and covers products including vitamins, minerals, herbs, meal supplements, sports nutrition products, natural food supplements, and other related products used to boost the nutritional content of your diet. Supplements can be found in pill, tablet, capsule, powder or liquid form.

Some supplements claim to provide competitors with nutritional support whilst others claim to contain nutrients that increase energy, athletic performance and support metabolism and recovery.

[Click here to check out the AIS supplements information.](#)



WHAT'S THE RISK WITH SUPPLEMENTS?

Supplements are the cause of dozens of inadvertent doping cases around the world each year, resulting in sporting bans of 2 years or more. Sadly, for the individuals involved, most of these violations are avoidable.

Some supplements could even contain banned stimulants which can cause dangerous health risks to competitors – these are not always listed on the packaging label.



BEWARE OF "ALL NATURAL" CLAIMS

Don't be fooled by supplements claiming to be made by "natural" ingredients.

Whilst this may be true, competitors should note that some prohibited substances come from plants.



BEWARE OF INCORRECT LABELLING

Competitors should never rely on the packaging label because a supplement could contain a banned substance even though it is not listed as one of the ingredients. This is commonly the case with supplements purchased from countries where the manufacturing of dietary supplements is not appropriately regulated by its government.



DON'T GAMBLE WITH SUPPLEMENTS

Some supplements contain substances that are banned only during a competition. Competitors who are aware of this, may choose to use these supplements at other times such as during training. You might think you're safe by doing this, however it comes with risks of its own. Every person processes supplements at a different rate meaning that when competition time comes around, traces of the supplement could still be present and cause a competitor to test positive. If in doubt, a competitor is better off not taking the chance!



BEWARE OF CONTAMINATION

Even if all ingredients are listed on the packaging label, and even if all of those ingredients are permitted by WADA, a supplement can still be contaminated with a banned substance. For example, manufacturers make a wide range of products using the same equipment for all of them and, quite often, if the supplement you are taking was manufactured immediately after a product that contained a banned substance, traces of that substance can cross over into your supplement.



ASSESS THE NEED AND THE RISK

Competitors who are considering using supplements should assess whether there is a need to take them. For instance, a competitor can look to optimise their diet, lifestyle and training through their own research or with the help of a nutritionist or medical expert in order to assess whether supplements will be beneficial to them.

If the end decision is to take supplements, then competitors should ask themselves:

- Is it legal?
- Is it safe?
- Is it effective?
- Is it necessary?

If there is any doubt about the first two questions, a competitor simply should not use the product. The third and fourth questions are intended to help competitors consider what potential benefit, if any, the supplement may provide.

OTHER DOPING RISKS

Did you know, the WADA Prohibited List contains banned methods as well as substances?

INTRAVENOUS (IV) INJECTIONS

IV injections and infusions (of more than 50 mL per 6-hour period) are specifically listed as banned methods on the WADA Prohibited List. The contents of the injection/infusion are irrelevant meaning that **the violation is the act, not the substance.**

With the exception of those legitimately received during a hospital admission, surgical procedure or clinical investigation, a competitor who receives an IV injection or infusion above this dosage could be banned for 2 years or more (depending on the circumstances).

BLOOD TRANSFUSIONS

Blood transfusions, and other forms of blood manipulation, have been used for a number of years by cheating athletes to enhance their performance in endurance sports in particular. For this reason, the introduction or reintroduction of any quantity of blood into a competitor's body is banned by WADA. This method is banned regardless of whether the blood being introduced comes from the competitor's own blood stream, a donor or even an animal. Like the IV injections, receiving a blood transfusion could result in a ban of 2 years or more (depending on the circumstances).

Competitors who receive a blood transfusion in medical emergency situations must apply for a TUE 'retrospectively'.

IGNORANCE IS NO EXCUSE

Every competitor is responsible for any prohibited method administered to them.

Claiming that your team manager, team doctor or nurse told you the injection is "ok" is not going to get you off the hook.

Did you know, alcohol and beta-blockers are banned by WADA during competition in motor sport?

ALCOHOL

The FIA continues to encourage the inclusion of alcohol on WADA's Prohibited List because it can negatively impact the health and safety of competitors. In order for a competitor to be in violation, alcohol would need to be detected in their sample, during a competition, above the acceptable level (which is currently the equivalent to a blood alcohol concentration of 0.10 grams per litre).

Competitors who drink a large volume of alcohol the day before a competition starts are at huge risk of inadvertently doping because alcohol may still be present (above the acceptable threshold) the next day.

BETA-BLOCKERS

Beta-blockers are drugs that are used to treat legitimate medical conditions such as high blood pressure, angina and heart attack. They also happen to be banned in

motor sport, during competition, because they can have a performance enhancing effect by helping to control heart rhythm and reduce tension and anxiety.

Competitors who have a legitimate need to use beta-blockers can apply to receive a TUE from the FIA or ASADA.

Did you know, illicit drugs such as cocaine, cannabis and methamphetamine are banned by WADA during competition in motor sport?

ILLICIT DRUGS

For the same reason as alcohol, many types of illicit drugs are banned during competition in motor sport. Some of these, the stimulant-type drugs like cocaine, are even considered performance-enhancing because they temporarily raise alertness.

Again, like alcohol, competitors who use illicit drugs in the days or weeks before a competition are at huge risk of doping because traces of the drug may still be present in their body at the time they provide a sample to drug testers. Even a competitor who passively inhales fumes from illicit drugs could have traces of the drug in their sample – the competitor is responsible for the banned substance detected, regardless of how it got there!





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