Football Australia Misuse of Drugs and Medicine Policy

1. BACKGROUND

Football Australia acknowledges that there are a wide range of medications, procedures and practices that may be required for the effective treatment of illness or injury in Football and significant risks to its members where drugs, supplement and medicines are used, abused, administered or shared incorrectly.

Football Australia is committed to promoting and protecting the health and wellbeing of its Players and Officials and believes that it is in the interests of all Players, Officials, Clubs and other football entities to have a safe and consistent approach to the administration of all medications, procedures and practices to Players. To this end, Football Australia wants to:

(a) encourage and educate Players and Officials on safe and healthy practices relating to drugs, Supplements and medicines;

(b) minimise the risk of Supplements, medications and procedures leading to inadvertent Anti-Doping Rule Violations or a Player's health or performance being compromised;

(c) establish a best practice approach and documented procedure for the use of Supplements, with a focus on safety and evidence-based use, given the risk that Supplements present; and

(d) discourage conduct that may bring a Player, Official, Club, Member or Football generally into disrepute.

This policy sets out the guiding principles and provides general advice to all Players and Officials in Australia on the issues surrounding safe and healthy practices relating to substances, Supplements and medicines.

It also sets out types of conduct which may be considered Misconduct under the National Code of Conduct and Ethics subject to disciplinary sanctions.

This policy applies to all football clubs and football participants, including:

(e) any person who is registered with Football Australia as a Player in accordance with the National Registration Regulations from time to time or is selected as a member of a Representative Team; and

(f) any team coaches, managers, medical staff and other persons involved in the administration, management or organisation of a football team.

For completeness, the terms 'Player', 'Official', 'Club', 'Member', 'Representative Team' and 'National Registration Regulations' are further defined in the Football Australia Constitution.

2. RELATED DOCUMENTS AND REVIEW

These guidelines are to be read with the Football Australia's National Code of Conduct and Ethics and National Anti-Doping Policy (available here) and are designed to underpin Football Australia's education programme for football participants (including both Players and Officials).

These guidelines will be reviewed regularly by Football Australia to ensure they maintain their relevance.

3. SERIOUS DRUG OFFENCES

Football Australia acknowledges the challenges faced in our community in terms of the availability and use of illicit drugs. Illicit drugs are not subject to any quality controls and their use presents a serious health risk. As well as being dangerous to health, the use and possession of illicit drugs may be a criminal offence.

Football Australia strongly discourages its Players and Officials from any behaviour that advocates, condones, or encourages the involvement in or use, possession or trafficking of illicit drugs, including publishing or transmitting any related content .

Players and Officials are reminded that, if they commit a criminal offence (including in relation to the use, possession or trafficking of illicit drugs), they will be taken to have engaged in 'Misconduct' for the purposes of the National Code of Conduct and Ethics and may be subject to disciplinary sanctions.

4. SUPPLEMENTS

4.1 Anti-Doping Risk

No Supplement is free from anti-doping risk.

Supplements that have not undergone approved screening processes can carry a high risk of contamination with Prohibited Substances that may lead to an Anti-Doping Rule Violation. These Supplements are classified by the AIS Supplement Framework (see below for further information) as 'Group D' Supplements and must not be used by Players. Officials are also prohibited from providing or supplying 'Group D' Supplements to Players. Any use, supply or provision of Group D Supplements may be:

(a) an Anti-Doping Rule Violation pursuant to Football Australia's National Anti-Doping Policy; or

(b) conduct that brings, or may bring, the sport into disrepute or otherwise prejudicial to the interests of the sport and subject to disciplinary sanctions pursuant to the National Code of Conduct and Ethics.

All Players need to be aware that there “is a small but real risk” that other sport Supplements may still contain a Prohibited Substance pursuant to Football Australia’s National Anti-Doping Policy as a result of contamination (e.g. during manufacturing), despite any claims made by Supplement manufacturers or clearance by third party auditing companies.

Accordingly, Football Australia discourages the use of Supplements by all Players. In general, good nutritional practices negate the need for the use of sport Supplements under the guidance of suitable qualified Medical Practitioners or accredited sports dietitians noting that athletes do use Supplements for legitimate deficiencies

4.2 Use of Supplements

Notwithstanding the anti-doping risk, Football Australia recognises that some Players may still take Supplements and is committed to establishing a best practice approach and documented procedure for the use of Supplements, with a focus on safety and evidence-based use, given the risk that Supplements may contain substances included on the Prohibited List. ‘

The Australian Institute of Sport has developed a Sports Supplement Framework to provide an evidence based, pragmatic approach to Supplement use. The Framework classifies Supplements into four (4) Groups according to their effectiveness, safety and current status on the Prohibited List, with Group D Supplements (described above) presenting the greatest risk to consumers. Football Australia endorses the Sports Supplement Framework and encourages all Players and Officials to review the materials, which can be found on the AIS website here: https://www.ais.gov.au/nutrition/supplements.

For Players who decide to use Supplements, the following principles may assist in mitigating (but not eliminating) health and anti-doping related risks:

Generally speaking, it is safer to source Supplements that are manufactured in Australia than to source them from overseas.

(a) Players should only use Supplements that are batch tested, registered under the *Therapeutic Goods Act* 1989 or that comply with the Australian New Zealand Food Standards Code. A list of batch-tested Supplements available in Australia is available in the Sport Integrity Australia App.

(b) All Players should speak to their Club Doctor or other experienced sport Medical Practitioner before taking any supplement.

(c) All Players should inform their Club Doctor of all Supplements they are taking – including those distributed by the Club, purchased by the Player and/or given to the Player by a person not associated with the Club.

5. MEDICATION

Players and Officials must not use, possess, distribute or provide another person with prescription Medication or Over the Counter Medication in an unlawful manner. Any unlawful use, possession, distribution or provision may be:

(a) an Anti-Doping Rule Violation pursuant to Football Australia's National Anti-Doping Policy; or

(b) conduct that brings, or may bring, the sport into disrepute or otherwise prejudicial to the interests of the sport and subject to disciplinary sanctions pursuant to the National Code of Conduct and Ethics.

No Medication should be provided to a Player other than as recommended by a Medical Practitioner for the treatment of a specifically diagnosed medical condition. This includes the use of 'Over the Counter' pain relief (i.e. analgesics) and anti-inflammatory medication.

'Over the Counter' Medication (e.g. analgesics, low dose anti-inflammatories) should only be provided to a Player by Officials if approved by the Club Doctor.

Players should never use expired Medication.

The Club Doctor is the only person at the Club who should prescribe Medication to a Player. If a Player is taking, or has obtained, Medication from another source, including another Medical Practitioner or Club staff member, the Club Doctor (if any) should be informed immediately.

Players should refer to the Global DRO website or the Sport Integrity Australia App to help them to determine whether Medications (prescription and non-prescription) are permitted for use in sport, have conditions associated with their use in sport or are prohibited. Further information on the use of Global DRO can be found here https://www.sportintegrity.gov.au/resources/check-your-substances-global-dro.

Medications with conditions or which are prohibited may be able to be taken if a Therapeutic Use Exemption (***TUE***) is sought and granted. All Players should contact their Club Doctor or refer to the Sport Integrity Australia website or App to determine if they need an in-advance or retroactive TUE. Once determined, Players should comply with the relevant requirements.

6. INJECTIONS

Injections are an invasive method of administering drugs and medicines, and can present both health and Anti-Doping Rule Violation risks. Accordingly:

(a) Players must not:

(i) receive any injections unless they are approved by the Club Doctor or an experienced sport Medical Practitioner; and

(ii) self-inject unless this has been approved by a Medical Practitioner for medical purposes (e.g. insulin for diabetes mellitus, adrenalin for severe allergic reactions); and

(b) Players and Officials must not possess hypodermic needles or other injection equipment unless they have a documented medical condition requiring the possession.

(c) Officials must not administer an injection to a Player unless:

(i) the Official is a Health Professional who is permitted under their registration and scope of practice to perform an injection or an authorised carer for the Player; and

(ii) the injection is for vaccination purposes, the treatment of a documented medical condition or the investigation of a suspected medical condition.

Any of the conduct set out in paragraphs 6(a),(b) and (c) may be:

(d) an Anti-Doping Rule Violation pursuant to Football Australia's National Anti-Doping Policy; or

(e) conduct that brings, or may bring, the sport into disrepute or otherwise prejudicial to the interests of the sport and subject to disciplinary sanctions pursuant to the National Code of Conduct and Ethics.

A Health Professional described in subparagraph 6(c)(i) may include Medical Practitioners, pharmacists, dentists, nurses and paramedics currently registered with the relevant professional board in that field.

Nothing in this section applies to the possession and use of needles for the purpose of acupuncture, dry needling, and management of blisters and splinters.

7. SECURITY AND REGISTERS

Clubs are responsible for any Medication stored or distributed within the Club's facilities.

Any Medication kept within the Club's facilities must be stored in a secure location. Access to such Medication should be restricted to the Club Doctor and certain other Club staff as authorised by the Club Doctor.

If Players or Officials have a documented medical condition requiring the possession of injection equipment the Player or Official (as applicable) should notify their Club Doctor.

The Club Doctor must maintain a written register of:

(a) any medical conditions of Players and Officials that require the possession of injection equipment;

(b) all Medication under its control;

(c) any Medication it has distributed to its Players including:

(i) the type of medication;

(ii) the recipient;

(iii) the person who distributed the medication;

(iv) the quantity/ dosage;

(v) the date provided; and

(vi) signed confirmation that the distribution had been approved by the Club Doctor.

The Club Doctor should review this register on a regular basis as part of audit practices and provide the register to the Chief Executive Officer and Board of the Club on a quarterly basis recognising that this need does not outweigh the need to maintain individual patient confidentially in accordance with clause 10.3 of this Policy, unless the Club Doctor is specifically required and permitted to do so under exception under privacy law.

8. RESPONSIBILITIES

Clubs and other football entities are responsible for:

(a) publishing, distributing and promoting this document to their Players and Officials; and

(b) applying the National Code of Conduct and Ethics as it relates to this document in relation to Players and Officials.

Players, Officials (including medical support personnel), Clubs and other football entities must comply with this document at all times.

9. REPORTING

9.1 If in doubt – tell someone

Everyone has a part to play in keeping our sport safe.

If you have reason to suspect someone is acting in a manner contrary to the principles set out in this document, then trust your instinct and tell someone.

9.2 Reporting to Football Australia

Reports in relation to potential breaches of the National Code of Conduct and Ethics and National Anti-Doping Policy, must be made directly to Football Australia via the confidential online reporting platform at footballaustralia.com.au/report or by calling 1800 571 850. Reports may be made anonymously if there is a genuine concern of reprisal. Such reports will be managed in accordance with clauses 4 and 6 of the National Code of Conduct and EthicsA failure to report potential breaches may in of itself constitute conduct that brings, or may bring, the sport into disrepute or otherwise prejudicial to the interests of the sport and subject to disciplinary sanctions pursuant to the National Code of Conduct and Ethics.

If you have any queries in relation to the application of this document, do not hesitate to contact Football Australia's Integrity Officer at Integrity@footballaustralia.com.au.

10. OTHER MATTERS

10.1 Education

To promote compliance with this document, build positive behaviours in sport and protect participants from the threat posed by the improper use of drugs and medicines, Football Australia is responsible for developing and implementing an education plan endorsed by SIA addressing the content and subject matter of this document.

From time to time, Football Australia may direct certain Players, Officials and/or Clubs to undertake education, which will be relevant and proportionate to their level of participation in football and the associated integrity risks.

10.2 Anti-Doping Policy

Nothing in this document is intended to limit the application of Football Australia's National Anti-Doping Policy, which will prevail to the extent of any inconsistency. Any allegation relating to a breach or possible breach of the National Anti-Doping Policy will be dealt with under that policy.

10.3 Patient confidentiality

For the avoidance of doubt, nothing in this document shall operate to override the patient confidentiality requirements of professional ethics for Medical Practitioners registered with the Australian Health Practitioner Regulation Authority.

10.4 Lifesaving medical treatment

For the avoidance of doubt, lifesaving medical treatment should not be withheld. Provision of lifesaving medical treatment will not constitute a breach of this document or the National Code of Conduct and Ethics.

10.5 Defined Terms

If a capitalised term is not defined within this document, its definition is as contained within the Football Australia Constitution.

For the purposes of this document,

(a) 'Anti-Doping Rule Violation' means the circumstances and conduct which constitute Anti-Doping Rule Violations as contained in the *World Anti-Doping Agency Code*.

(b) 'Club Doctor' means a Medical Practitioner who is employed or contracted by a Club to provide medical and health services to Players.

(c) 'Health Professional' means a person who is listed as a health professional with the Australian Health Practitioner Regulatory Agency.

(d) 'Medications' include substances that are classified by the Therapeutic Goods Administration (TGA) as a therapeutic good (listed under Schedules 1-8 of the current Commonwealth Poisons Standard, which are ingested, infused, inhaled, injected, inserted or absorbed by the human body. They may take the form of pills,

tablets, capsules, liquids, creams, gels, injectable liquids, sprays, adhesive patches, infusions, inhaled powders, vapours or liquids, pessaries, or suppositories.

(e) 'Medical Practitioner' means any person registered in the medical practitioner category by the Australian Health Practitioner Regulation Agency.

(f) 'Prohibited List' means the list identifying the Prohibited Substances as published by the *World Anti-Doping Agency* from time to time (World Anti-Doping Code International Standard Prohibited List').

(g) 'Prohibited Substance' means any substance, or class of substances, so described on the Prohibited List.

(h) **'**Supplement**'** includes single or multi-ingredient product in powder, limited volume liquid, pill or capsule form providing nutrients or other dietary components to achieve a specific health and/or performance benefit.