

FREQUENTLY ASKED
QUESTIONS
ABOUT DOPING IN SPORT



I PLAY FAIR
SAY NO! TO DOPING



South African Institute for
Drug-Free Sport





What supplements am I allowed to take legally?



The sports supplements industry is not regulated in South Africa and therefore supplement manufacturing companies are not obliged to list all their ingredients on their product labels. Commenting on whether a sports supplement contains prohibited or permitted substances is therefore difficult. Athletes are advised to treat the use of sports supplements with extreme caution for fear of inadvertent doping. SAIDS recognises that some athletes need additional nutrient intake. Under these circumstances supplementation may be used with the understanding that:

- They are taken in consultation with a sports nutritionist, a dietician or sports physician;
- There is a scientific basis for their use;
- The source of raw materials and the manufacturing process can be verified;
- The supplement has undergone batch testing by an independent organisation such as Informed Sport;
- The athlete acknowledges (despite the aforementioned precautions) the concept of "strict liability" and that contamination is a risk

For more information, please read the SAIDS position statement on supplements on its website www.drugfreesport.org.za



I know a friend who takes performance-enhancing drugs. What can I do about it?



Inform SAIDS via e-mail on info@drugfreesport.org.za. We will do the necessary follow-up investigation.



What can I do to avoid a positive test (adverse analytical finding) from taking a medication?



There are two ways for you to obtain medication: either by prescription from your doctor or directly from the shelves of a drugstore or pharmacy. Consult the current Drugs in Sport List of

South African medicines to check whether the medication is prohibited or permitted in sport. The list is updated annually, so check www.drugfreesport.org.za for the most updated list. You can also download the iPhone application to check the status of permitted and prohibited medication. The link is <http://itunes.apple.com/app/sa-%C2%AD%E2%80%90drug-%C2%AD%E2%80%90free-%C2%AD%E2%80%90sport/id453431217?mt=8>

I often take cough medicines. Are they harmful?

We can only comment on the list of medications that are permitted or prohibited. Check the current Drugs in Sport List on whether a substance is permitted or prohibited in sport. We do not comment on the efficacy of medications.

What if the only medication to treat my medical condition contains a prohibited substance?

SAIDS recognises the right of athletes to the best possible treatment for any medical condition. If you are in need of such medication, please contact SAIDS to find out more about the criteria and procedures to apply for a Therapeutic Use Exemption (TUE). Before applying for a TUE, it is recommended that you consult your doctor to consider possible alternative treatments that do not involve the use of a prohibited substance or method. If such an alternative treatment exists, your TUE request will likely be denied and the whole process can only delay your recovery. Please read the leaflet that explains the processes involved in applying for a TUE.



What if an emergency arises for which I do not have the time or ability to verify that the medication required is free of prohibited substances?

In exceptional circumstances, when an acute life-threatening medical condition requires immediate intervention involving the use of a medication containing a prohibited substance, you must apply for a TUE immediately after the treatment has been delivered. However, it is expected that such cases will occur very rarely and TUE's will therefore be granted in emergency situations under close scrutiny.

If I get sick and I urgently need to take medication, how long does it take for medications to be flushed from my system?

The amount of time someone's body takes to get rid of all traces of a substance depends on the nature of the substance and quantity taken, the individual's metabolism, the administration method, and on a number of other factors such as quantity of liquids consumed, interaction with other ingredients in the same medication, or other substances ingested. In essence, there



is no general rule and the delay can vary from a few hours to several months. More importantly, since you are also subject to out-of-competition testing, the fact that you will not compete in the next two weeks does not preclude the possibility of being tested before then.



What should I do if I get sick while traveling in a foreign country?



Medications are usually commercialised under different names in different countries, and even if they have the same brand names, they may have a different composition in order to respect each country's laws on availability of certain substances. In one country, one product may be safe to take from an anti-doping perspective, while in another country the product sold under the same name may contain a prohibited substance.

Before using medications purchased in a foreign country, it is best to consult your team doctor, or contact SAIDS to ask for advice on what to do. As a last resort, you can take the most current List of Prohibited Substances and Methods in Sport to a pharmacy and consult the list of ingredients with the pharmacist to ensure that the product you intend to take does not contain prohibited substances. One way to prevent such situation from occurring is to bring with you, as part of your "travel kit," small doses of medications from home that you know are safe to use and that you anticipate may be required during your stay abroad (e.g. pain and fever, allergy, common colds, stomach aches, skin infections, etc.). Before bringing any medication into a foreign country or bringing one back home from abroad, it is wise to check whether customs regulations would allow you to do so and ensure that you do not carry a substance that is illegal at your destination.



Should I worry about creams, eye drops and other medications which I do not need to swallow?



Yes, you certainly should. Prohibited substances come in different forms and shapes, and they may enter your body in different ways: by contact with your skin (creams and ointments), by inhalation (if you breathe in the vapour or mist), by contact with a mucous membrane (eye or ear drops, suppository, etc.). Any medication applied to your body will likely enter your system to act in the way that is intended (reduce inflammation, relieve pain, kill bacteria, etc), and will be present in your blood before eventually being eliminated by the kidneys and turn up in your urine.




What about homeopathic products and alternative medicines?




As is the case for nutritional supplements, in some countries homeopathic products, herbal remedies and other alternative medicinal products are not subjected to the same quality control requirements as pharmaceutical products. This is the case in South Africa as well. Therefore improper labeling, poor manufacturing practices and contamination can cause prohibited substances to be present without the consumer knowing. Homeopathic products are usually very low in concentration of active substances, however since the label usually does not specify ingredients by chemical substances but rather by origin (name of plant or animal it is extracted from), it is difficult for anyone to determine whether a prohibited substance may be present. In addition, athletes





 = Question

 = Answer

 I really want to bulk up. What is the safest route for me to follow?

 The focus of athletes should be on perfecting skills and technique. Where added muscle strength and bulk will assist in achieving sports excellence, the athlete should consult with qualified professionals such as Sports Nutritionists, Dieticians and Strength and Conditioning Specialists, who can best advise the athlete on appropriate nutrition and strength regimes. The SA Institute for Drug-Free Sport (SAIDS) does not provide advice on sports supplements. For more information, please read the SAIDS position statement on supplements on its website www.drugfreesport.org.za

 What foodstuffs can take the place of supplements or become a good diet for me to bulk up?

 A certified or accredited sports nutritionist or dietician can best advise athletes on the most appropriate diet that can assist in achieving sporting excellence. Supplements should NEVER be seen as a replacement for nutrition. For more information, please read the SAIDS position statement on supplements on its website www.drugfreesport.org.za



have to be careful about any home remedies that have found their place in the family tradition or cultural lifestyle. Many such concoctions are derived from herbal products and some prohibited substances do originate from plants. Remember, under the strict liability principle, it does not matter how or why a prohibited substance entered an athlete's body. Athletes are responsible for everything that goes into their body.

What can happen to me if my test result is positive because I used medication without knowing that it contained a prohibited substance?

Under the overarching principle of strict liability under anti-doping regulations, as an athlete, you are ultimately responsible for everything that goes into your body, whether it was recommended, prescribed, or even provided by someone else. If an athlete tests positive, the result is a disqualification, and possible sanction or suspension.

What else is being done to help athletes avoid an inadvertent positive result from using the wrong medication?

WADA (World Anti-Doping Agency) is looking at possible partnerships with pharmaceutical associations that publish indexes of pharmaceutical products so that physicians prescribing treatment have immediate reference in the index about a medication containing, or not, a substance prohibited under anti-doping regulations. WADA is also investigating the possibility of a global drug reference database that would contain all pharmaceutical products sold throughout the world and their status with regard to the Prohibited List. Such database would enable athletes to have access to reliable information about the ingredients of any pharmaceutical product, no matter in what part of the world they require to purchase it. Visit www.wada-ama.org

PLEASE FEEL FREE TO CONTACT US

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