



EQUESTRIAN SPORTS
NEW ZEALAND

CLEAN SPORT FOR HUMAN ATHLETES

INFORMATION FOR OFFICIALS

NZEQUESTRIAN.ORG.NZ



ESNZ GENERAL REGULATION

152: ANTI-DOPING POLICY

The Sports Anti-Doping Rules made by Drug Free Sport New Zealand (DFS) under the provision of the Sports Anti-Doping Act 2006, as presented and amended from time to time by DFS, act as the Anti-Doping Rules for Equestrian Sports NZ. A full copy of these rules is available from www.nzequestrian.org.nz/esnz/programmes/about-clean-sport/ or www.drugfreesport.org.nz

Equestrian Sports New Zealand (ESNZ) is committed to the advancement of clean sport that rejects cheating through the use of performance enhancing drugs and methods.

ESNZ is in partnership with Drug Free Sport New Zealand (DFSNZ) to:

- Promote a culture of clean sport
- Deliver anti-doping education
- Organise and implement testing programmes
- Report doping and suspicious activity
- Support athletes to compete drug free

For full information about anti-doping, visit <http://www.drugfreesport.org.nz/>

BACKGROUND

By adopting New Zealand's Sports Anti-Doping Rules, Equestrian Sports NZ sends a clear message to our members that we value clean sport and reject a culture of cheating through drug use.

ESNZ works with Drug Free Sport NZ in a variety of ways, including supporting anti-doping education programmes and planning and delivering the drug testing programme.



ESNZ is working closely with Drug Free Sport New Zealand (DFS), as well as the FEI, in introducing random drug testing at ESNZ events in the coming seasons.

We would like to remind all officials that it is of the utmost importance that your cooperation and assistance is required when DFS testing officials turn up at events to conduct drug testing. DFS may or may not inform ESNZ and/or the Organising Committee of their attendance at events in advance.

ESNZ AND DFSNZ EXPECT OFFICIALS:

- To understand and comply with the World Anti-Doping Code
- To cooperate with Drug Free Sport NZ's testing programme
- To influence athletes to promote anti-doping attitudes
- To cooperate with Drug Free Sport NZ investigations
- To not use or possess any prohibited substance or method
- To not associate with a person, such as an athlete, coach, doctor, physiotherapist etc, who has been found guilty of a doping offence
- To not assist, encourage, or help to cover up a doping offence
- You are expected to report any doping activity to ESNZ and/or Drug Free Sport NZ
- Let Drug Free Sport NZ and ESNZ or FEI know if you have committed or been found guilty of a doping offence in the past ten years.

THE CLEAN SPORT PAGE OF OUR WEBSITE CONTAINS UP-TO-DATE INFORMATION ON KEY ELEMENTS OF THE ANTI-DOPING PROGRAMME, INCLUDING:

- The anti-doping rules
- The prohibited list
- Checking medications
- Therapeutic Use Exemptions
- Supplements advice
- Whereabouts advice



THE ANTI-DOPING RULES

There are a number of ways in which athletes can violate the Anti-Doping Rules and it's important for athletes to understand this and at least know where to look, or who to ask, if they have any questions.

2018 Drug Free Sports NZ Anti-Doping rules:

https://drugfreesport.org.nz/uploads/site/assets/NZ_SADR_2018.pdf



THE PROHIBITED LIST

The Prohibited List is published by the World Anti-Doping Agency (WADA) every year and details all substances and methods which are prohibited or banned in sport. A substance or method may be included on the list if it meets any two of the following criteria:

- It has the potential to enhance sporting performance
- It presents an actual or potential health risk to the athlete
- It violates the spirit of sport

DFSNZ promotes the updated Prohibited List to New Zealand national sports organisations and athletes each year. The 2018 Prohibited List



CHECKING MEDICATIONS

Many medications contain substances which are on the Prohibited List and are therefore prohibited in sport so athletes need to be careful about what they take.

ATHLETES SHOULD BE ENCOURAGED TO:

- advise medical professionals that they could be drug tested and check whether any of their prescribed medicines are not permitted in sport
- understand and follow the Therapeutic Use Exemption process if they need to take a medication that contains a prohibited substance.

ATHLETES CAN CHECK THE STATUS OF MEDICATIONS IN THE FOLLOWING WAYS:

- visit Drug Free Sport NZ's medications check
- text the name of the medication or active ingredient to 4365
- phone 0800 DRUGFREE (378 437).

THERAPEUTIC USE EXEMPTIONS

Athletes may have illnesses or conditions that require them to take a particular medication/ substance or undergo certain procedures/methods. If the substance or method appears on WADA's List of Prohibited Substances and Methods, athletes must obtain a Therapeutic Use Exemption (TUE) in order to have the permission to take it or use it.

TUEs can only be granted by Anti-Doping Organizations following a robust review process that is defined in WADA's International Standard for Therapeutic Use Exemptions and involves evaluation by a panel of at least three physicians specialised in sports medicine and/or other relevant specialities.

For further information:

<https://www.nzequestrian.org.nz/esnz/programmes/about-clean-sport/therapeutic-use-exemptions/>



SUPPLEMENTS ADVICE

Supplements (ie protein shakes, diet products, pre-workout shakes, herbal remedies, even some vitamins) continue to be a serious issue for New Zealand athletes. In the past few years a number of athletes have tested positive to prohibited substances believed to have been ingested through nutritional supplements. Each of those athletes faced a ban from all sport of up to four years.

Before taking any supplements, ESNZ recommends that athletes seek the advice of their doctor or sports dietician about whether they really need them, or whether changes to their diet or training programme could get better results instead.

WHEREABOUTS ADVICE

The athlete whereabouts programme is a system that enables athletes to be easily found and tested without any advance notice.

It's used by all anti-doping organisations and these "surprise" tests help to detect and deter drug use. Athlete whereabouts plays a key role in protecting clean athletes and the integrity of sport.

The athlete whereabouts system requires certain athletes (those in Drug Free Sport NZ's Registered Testing Pool and National Testing Pool) to log regular information about their whereabouts so that they can be tested.

At this stage only top ranked FEI athletes are on the Registered Testing Pool for whereabouts. However, this does not mean that out of competition testing may take place for any athletes.



ANTI-DOPING EDUCATION

Education is the best way to prevent doping from occurring because it furnishes athletes with the knowledge and values to compete clean and helps them to understand the rules so they don't accidentally break them.

Drug Free Sport NZ has introduced three state-of-the-art e-learning programmes to ensure that as many athletes, coaches and support personnel as possible get access to anti-doping education.

ESNZ recommends our officials please complete the e-learning programmes here: <https://drugfreesport.org.nz/anti-doping-courses>



**ESNZ HAS ACCESS TO 2018 CLEAN SPORT RESOURCES
ACTIVELY PROMOTE THE VALUE OF CLEAN SPORT**

KEEP NZ SPORT DRUG FREE



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