



## **EQUESTRIAN SPORTS NEW ZEALAND**

### **ESNZ Drug and Alcohol Policy FAQs**

#### **Why does ESNZ need a Drug and Alcohol policy?**

ESNZ is committed to ensuring the health and safety of all people associated with its operations and to providing a safe environment. ESNZ and its members, including area groups, clubs and organising committees, also have a legal duty to take reasonable care of participants in Events.

ESNZ recognises that the use of drugs and alcohol can adversely affect an individual's performance and can be a contributing factor towards making the sport unsafe, increasing the likelihood that injuries and damage to property and equipment will or could occur.

#### **How is drug testing done?**

Drug testing is carried out by contractors by analysis of urine or saliva.

#### **What drugs are tested for?**

Initially screening will be for Amphetamine (AMP), Benzodiazepine, Cannabinoid (THC), Cocaine (COC), Methamphetamine (MET) and Opiate but further prohibited substances can be screened for also, as required.

#### **How does random drug testing work?**

Testing may be conducted upon any person to whom the Policy applies to detect the presence of alcohol or a Prohibited Substance. When testing is random participants will be selected by printing the entry list, and grouping entries in groups of class.

The testing person may develop and implement an operationally appropriate selection process which must meet the satisfaction of the Event Ground Jury.

#### **Who decides what events will be tested by ESNZ?**

This is decided upon by head office, in consultation with discipline sport managers and board chairs to ensure a cross section of events will have testing, that will cover all levels of the sport.

#### **What do I do if I suspect someone is under the influence?**

If you have a strong suspicion that someone (a rider/official/volunteer) is under the influence and could potentially be putting themselves and others at risk, you should report this immediately to either a Ground Jury member, Steward or OC member. It is the Ground Jury or Steward's responsibility to act on this information.

#### **Is synthetic cannabis covered by the policy?**

Synthetic cannabinoids are illegal, addictive and dangerous. Saliva testing does pick up the presence of any synthetic cannabis.

#### **What is the difference between saliva testing and urine testing?**

- The main difference is drug detection times.
- Urine drug testing picks up a much longer window of detection. This is especially useful for pre-employment.

- Urine drug testing is the most accurate and cost effective way to ensure you have a safe working environment.
- Saliva testing shows a much shorter detection time on drugs, particularly cannabis. Depending on drug usage, saliva may only detect drug use within the past 2-4 hours.
- Saliva drug testing is most useful for picking up recent use and impairment.

**If I give a positive alcohol reading, when can I compete again (be cleared)?**

Initially you will just be stood down for the class the test is in relation to. However, you will then need to record a negative result to compete in further competition that day.

**What if I am taking over-the-counter or prescription medication?**

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

Athletes are encouraged to:

- advise medical professionals that they could be drug tested
- insist that medical professionals check whether the prescribed medicine is permitted in sport
- check medications themselves to see whether they are permitted in sport - <https://drugfreesport.org.nz/medication-check/>
- understand and follow the Therapeutic Use Exemption process if they need to take a medication that contains a prohibited substance.

**I am worried that my result will be positive because I sat in a room where people were smoking marijuana.**

The cut-off level for cannabis is set to exclude any levels that may come about through passive inhalation of cannabis smoke.

**Is alcohol testing records confidential?**

The results of all Tests will be kept confidential to the organisation conducting the Test, the Event Organiser, any relevant GJ, and ESNZ. Results will be recorded on the ESNZ database, but not made public.

**Who reviews and interprets the test results?**

Initially results are reviewed by the contracted testing person, who then reports to the Steward or Ground Jury.

**What are the consequences of a positive drug test?**

When a prohibited substance test returns a non-negative result the participant will be suspended from event or performing duties as outlined in the ESNZ Drug and Alcohol Policy. The participant must be advised that they are not allowed to compete further at the event.

Any member who returns a laboratory confirmed positive test result for illegal drugs will be referred to the complaints system for judicial hearing.

**Can I refuse to give a sample/be tested?**

Any person who refuses to give a sample as part of a test will have breached the Drug and Alcohol policy and will be refused participation in the relevant competition/s at the Event.

**What happens if an official is under the influence and gives a positive test for a prohibited substance or alcohol? Where does the OC stand with the running of the event?**

If an official gives a positive test they will also be stood down from the competition (or event, depending on whether drugs or alcohol). In this case the OC will need to find a replacement official for the event to continue.