



Our rules about using drugs and medicine in sport

The words **we** and **us** in this book mean ASAPD.

Hard words



This book has some hard words.

The first time we write a hard word



- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book
- know what this book is about
- find more information.



About this book



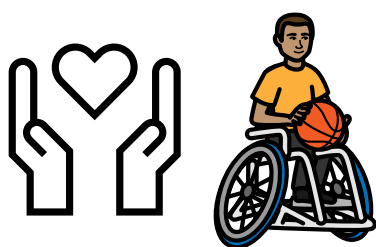
This book was written by the Australian Sporting Alliance for People with a Disability.

We say ASAPD.

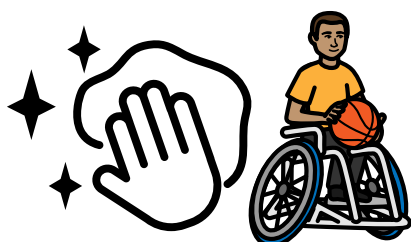


This book was written so you can understand the rules we have about using drugs and medicine in sport.

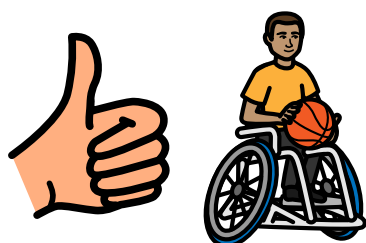
Why we have rules about using drugs and medicine in sport



We want to keep sport safe for everyone who takes part.



We want to keep sport clean for everyone who takes part.



We want to keep sport fair for everyone who takes part.



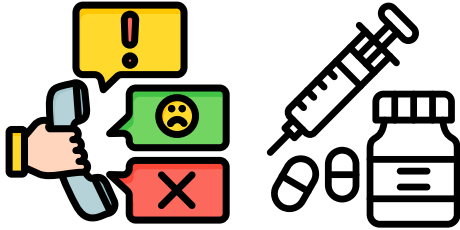
These rules talk about

- what is allowed when it comes to using drugs and medicine in sport



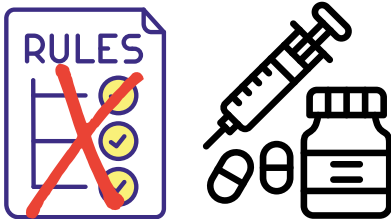
- what is **not** allowed when it comes to using drugs and medicine in sport

Why we have rules about using drugs and medicine in sport



These rules talk about

- how to report problems with drugs and medicine in sport



- what happens if someone breaks the rules about drugs and medicine in sport.

Who these rules are for



These rules are for people and organisations linked with us.



People linked with us include

- athletes



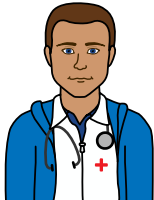
- coaches



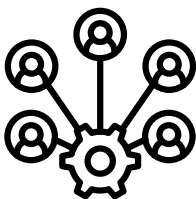
- our workers



- volunteers

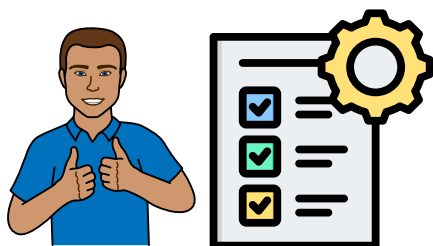


- medical workers



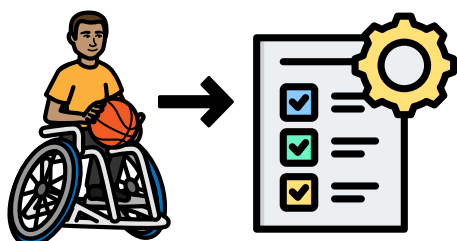
- organisations that are part of ASAPD

Who needs to follow our rules to make sport safe for people with a disability

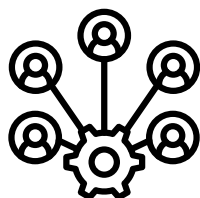


People linked with us include

- anyone who has said that they will follow the rules in the **National Integrity Framework**.

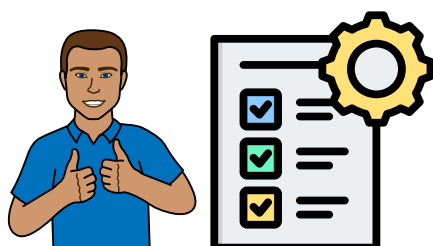


The National Integrity Framework is a set of rules about behaviour that all members of a sport need to follow.

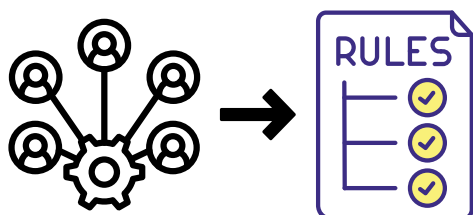


Organisations linked with us include

- anyone that runs an activity linked with us

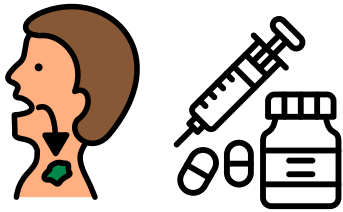


- anyone who has said that they will follow the rules in the National Integrity Framework.



These rules **must** be followed at all times when a person or organisation is linked with us.

What people and organisations linked with us are not allowed to do

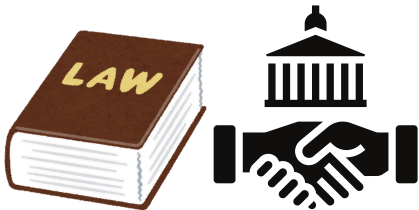


Anyone linked with us is **not** allowed to

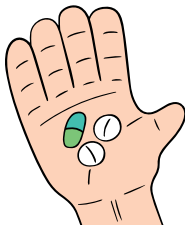
- use **illegal** drugs



Illegal means it is not safe or fair and it breaks the **law**.



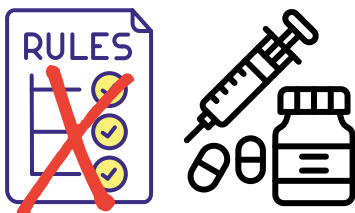
The law is a set of rules made by the government that everyone must follow.



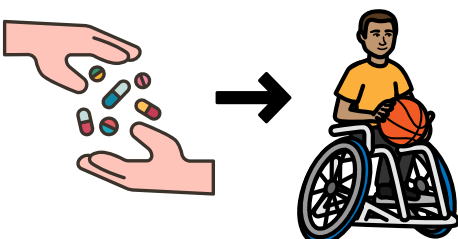
- have illegal drugs



- sell illegal drugs

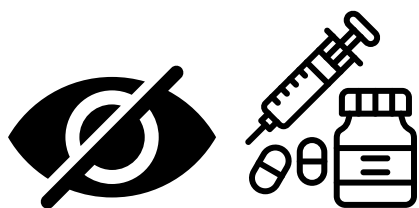


- help others break the rules about illegal drugs



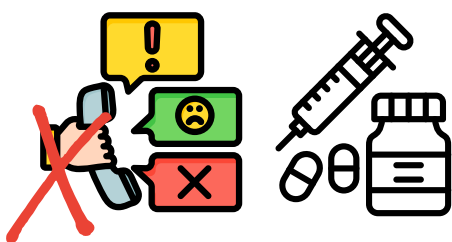
- give medicine to an athlete in an illegal way

What people and organisations linked with us are not allowed to do

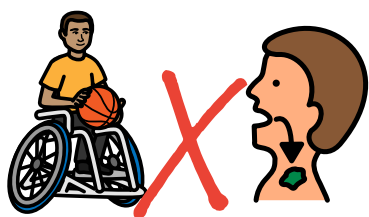


Anyone linked with us is not allowed to

- hide bad behaviour about illegal drugs

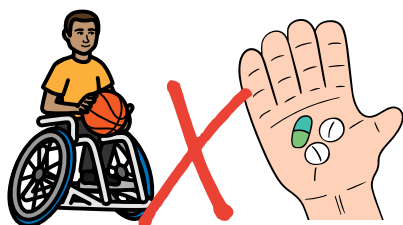


- not report bad behaviour about illegal drugs.

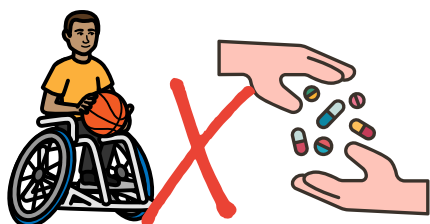


Athletes are **not** allowed to

- use medicine in the wrong way



- carry medicine in an illegal way



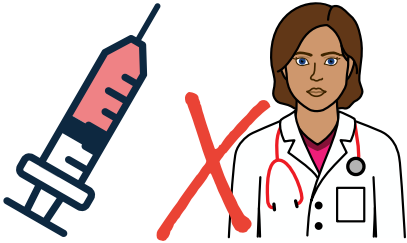
- give out medicine in an illegal way

What people and organisations linked with us are not allowed to do

Athletes are **not** allowed to

- have or use needles or other injection tools without the right permission from a doctor or the

Chief Medical Officer



- let someone give them an injection for an allowed medical reason unless they are a health worker or carer that has the right permission.

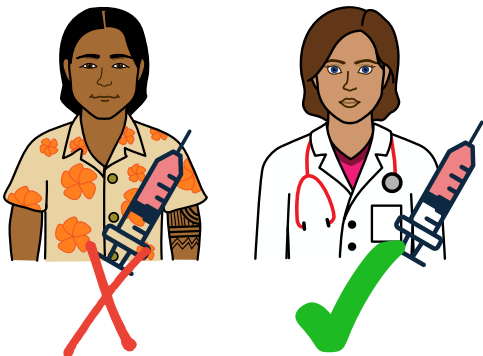


The Chief Medical Officer is the main doctor who helps and gives advice for ASAPD's medical work.



People linked with us are **not** allowed to

- have needles or injection tools unless they are a health worker or carer that has the right permission

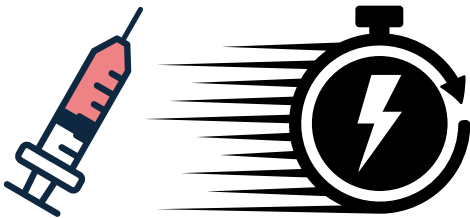


What people and organisations linked with us are not allowed to do



People linked with us are **not** allowed to

- give needles to athletes unless they are a health worker or carer that has the right permission



- give athletes injections for the wrong reason

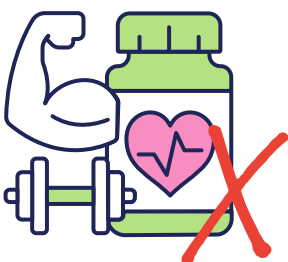


- give athletes **banned supplements**.



Supplements are things people take to help their body stay healthy or get stronger.

They can be pills, powders, or drinks that have vitamins, minerals, or other ingredients.



Banned supplements are products that athletes are **not** allowed to take.

What people and organisations linked with us are not allowed to do

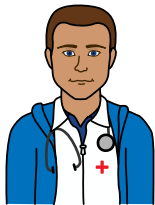


People linked with us include

- coaches



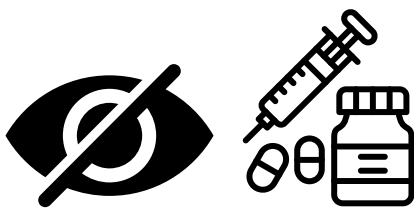
- our workers



- medical workers

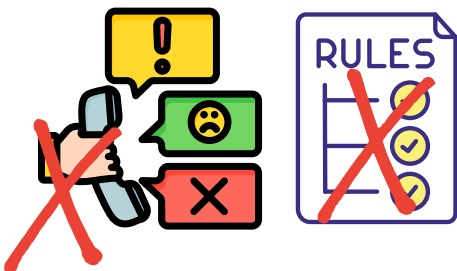


- volunteers.



Organisations are **not** allowed to

- help cover up bad behaviour about drugs and medicine

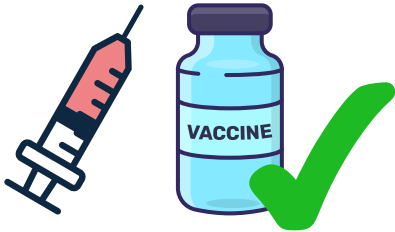


- not report serious drug **offences**.



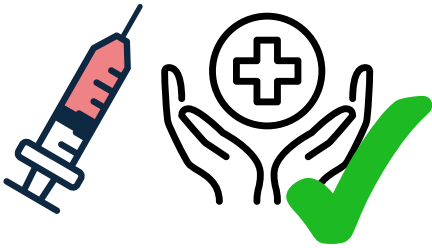
An offence is something a person does that is wrong or against the rules.

When injections and needles are allowed



Injections are only allowed to be used if

- they are needed for vaccines



- they are needed for medical care

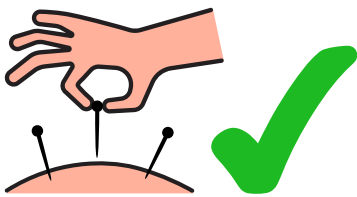


- they are being used for a suspected medical condition.



Needles are allowed for

- acupuncture



- dry needling

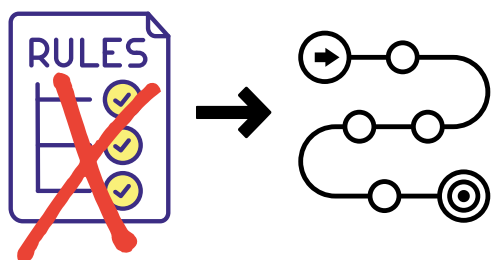


- managing blisters and splinters.

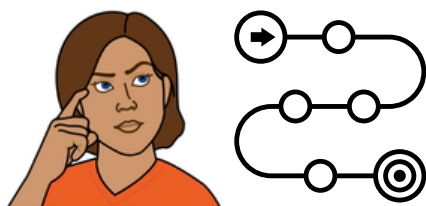
What people must do if someone breaks the rules



If someone breaks these rules people **must** tell ASAPD.



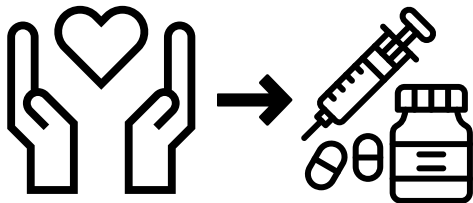
If we are told that someone has broken our rules about drugs and medicine we will follow the rules we have to deal with complaints.



We will decide what to do next.

Making an education plan so that everyone knows the rules

So that everyone knows the rules about drugs and medicine in sport we will



- teach people about safe use of drugs and medicine in sport



- work with **Sport Integrity Australia** to run training programs



- ask some people to do special training based on their job.



Sport Integrity Australia is the group that helps keep sport in Australia

- fair for everyone

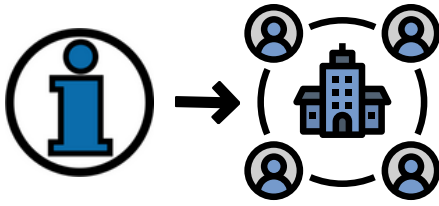


- safe for everyone



- honest for everyone.

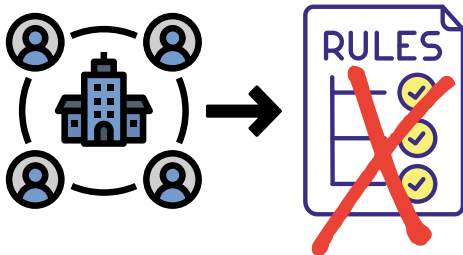
How information about drug and medicine problems is shared



Sometimes information about drug and medicine problems may be shared by organisations linked with us.



This information may be shared with Sport Integrity Australia.



This information will only be shared

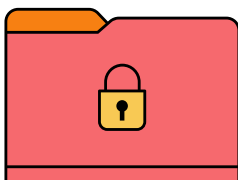
- if the organisations think someone has broken our rules about drugs and medicine



- to make sure they are following the law.

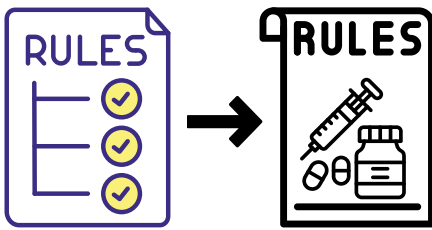


The laws and rules about **privacy** will always be followed.



Privacy means keeping people's personal information safe.

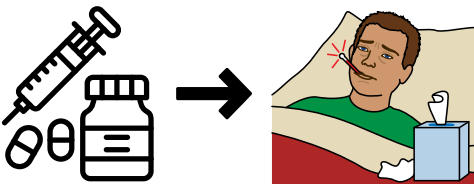
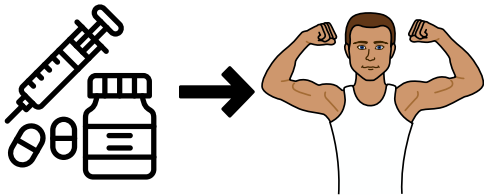
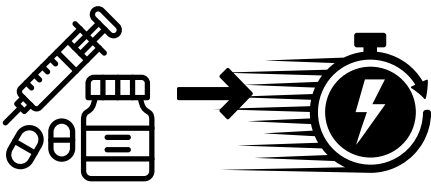
Anti-doping rules



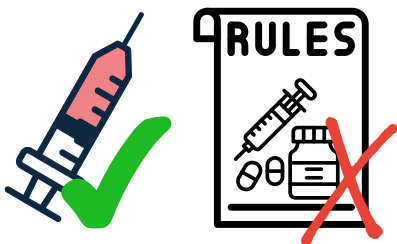
Our rules about drugs and medicine in sport are used together with **anti-doping rules**.

Anti-doping rules are sport rules that stop athletes from

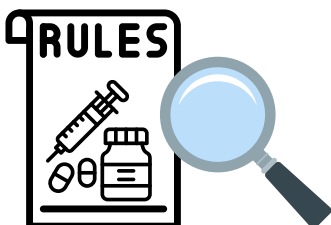
- taking drugs to make them faster or stronger
- cheating by using unfair substances
- hurting their health with dangerous drugs.



If our rules and the anti-doping rules say different things, the anti-doping rules **must** be followed.

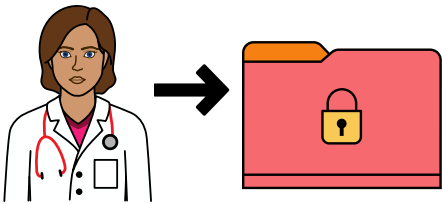


Even if a drug, medicine, or supplement is legally given or used it might still break anti-doping rules.



Athletes **must** be careful and check the rules before using anything.

Private health insurance



Doctors and health workers **must** always follow patient privacy rules.

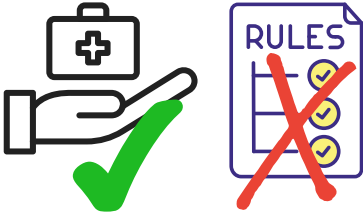


These rules **do not** change that.

Lifesaving medical treatment



Doctors can always give lifesaving medical treatment.

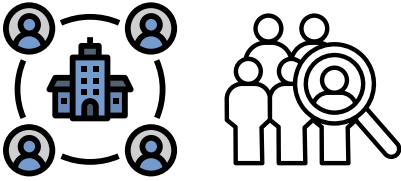


Doctors can give lifesaving medical treatment even if it would normally break these rules.



Saving a life comes first.

Rules that organisations working in sport science or sport medicine must follow

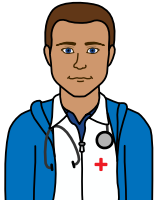


Organisations that work in **sport science** or **sport medicine** must only hire or use people to work with athletes if those people

- meet the **AIS Sports Science Sports Medicine Practitioner Minimum Standards**



- are registered with the **Australian Health Practitioners Regulation Agency** like a chiropractor



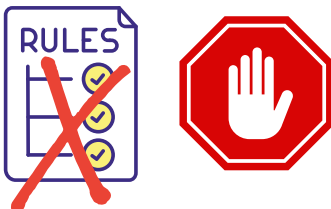
nurse



osteopath

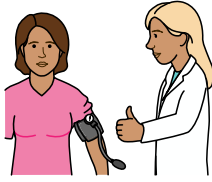
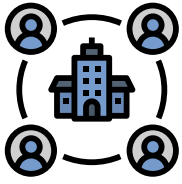


paramedic

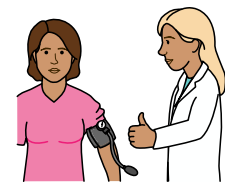


- **do not** have any current rules that stop or limit what they can do.

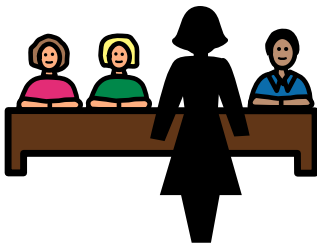
Rules that organisations working in sport science or sport medicine must follow



Organisations that work in sport science or sport medicine are groups that help athletes improve their skills and keep their bodies healthy.



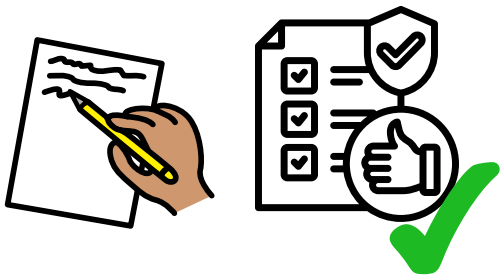
The AIS Sports Science Sports Medicine Practitioner Minimum Standards are the rules that people working in sport science or medicine **must** follow to keep athletes safe and healthy.



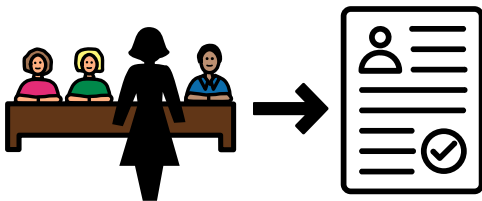
The Australian Health Practitioners Regulation Agency is the group that makes sure health workers are trained and safe to do their jobs.

Rules that organisations working in sport science or sport medicine must follow

Organisations that work in sport science or sport medicine **must**



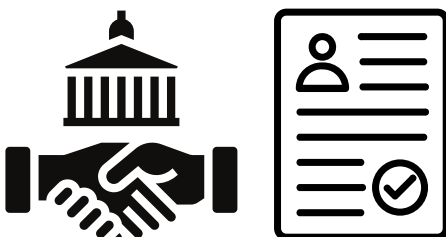
- make sure their workers have a written rule that says they must follow the AIS Sports Science Sports Medicine Practitioner Minimum Standards



- check and record their workers' education and training



- check and record their workers' **professional registration** when they start and when it needs to be renewed.



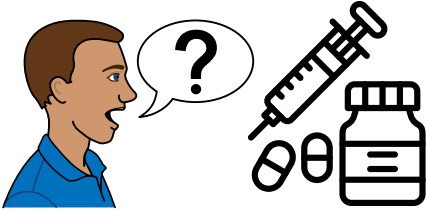
Professional registration means a person is listed with a government or official group to show they are qualified and allowed to do a certain job.

Ways to stay safe and follow rules

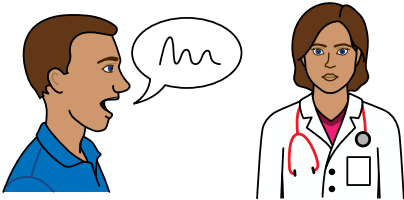


With medication, athletes **must**

- check if their medicine is allowed in sport



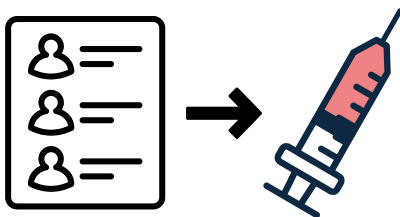
- ask for permission to use their medicine if they use banned medicine for medical reasons



- tell the Chief Medical Officer or the person chosen by ASAPD if they get medicine from a doctor who **does not** work for ASAPD

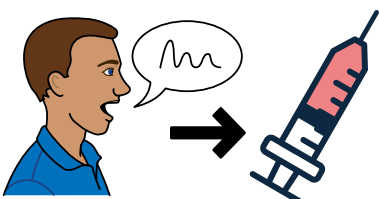


- **not** use medication that is out of date.



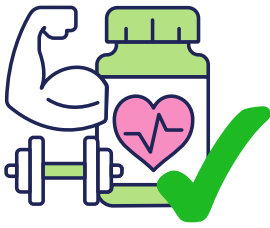
With injections

- ASAPD **must** keep a list of people who inject themselves for medical reasons



- athletes or people linked with us **must** let ASAPD know if they have a condition that needs injections.

Ways to stay safe and follow rules



With supplements, athletes **must** only use supplements if they are approved and safe.

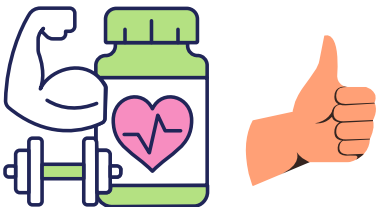


Supplements can be risky and might contain banned substances.



We follow the **AIS Sport Supplement Framework**, which puts supplements into 4 groups based on

- how safe they are
- how well they work
- if they are banned.



Ways to stay safe and follow rules

The AIS Sport Supplement Framework is a way to help athletes understand



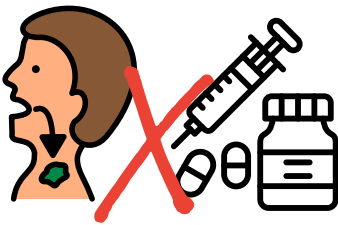
- which supplements are safe and useful



- which supplements might be risky or banned.

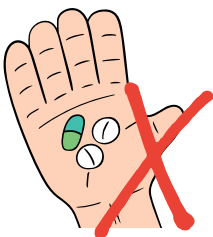


Athletes should only use supplements following these rules and any rules their sport organisation has.



With illegal drugs, **no one** is allowed to

- use illegal drugs



- have illegal drugs



- sell illegal drugs

Ways to stay safe and follow rules



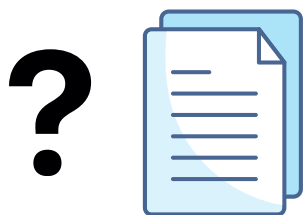
With illegal drugs, **no one** is allowed to

- promote illegal drugs



- share illegal drugs.

More information



If you have any questions about this book you can get in touch with Ross Ashcroft.

Ross is our National Integrity Manager.

To get in touch with Ross you can



- Email him

NIM@asapd.org



- Call him

0493 734 365



To look at the National Integrity Framework you can

- visit Sport Integrity Australia's website

<https://www.sportintegrity.gov.au/what-we-do/national-integrity-framework>

About this book

This book was written to help you understand our rules about drugs and medicine in sport.



Easy English Australia wrote this book in June 2025.

Boardmaker.

We use pictures from

- Boardmaker by Tobi Dynavox

Canva

- Canva.