



New Zealand Lacrosse (NZL) ANTI-DOPING POLICY

NZL high performance programs are committed to the advancement of clean sport that rejects cheating through the use of performance enhancing drugs and methods.

However, compliance with the rules around doping, medications, and supplements can be confusing and inadvertent violation is a possibility even for the most honest of athletes.

NZL seeks to educate all our athletes through mandatory educational sessions and required certifications through Drug Free Sport New Zealand (DFSNZ) which seeks 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

Ultimately, it's the player's responsibility to make sure they are complying with anti-doping rules in order to maintain their eligibility. Violations of anti-doping rules are subject to removal from the NZL program.

For full information about anti-doping, visit DFSNZ's website [<https://drugfreesport.org.nz/>]

E-Learning Modules

NZL requires each player and staff to visit <https://drugfreesport.org.nz/education/e-learning/> .

All players must complete Clean Sport 101, Anti-Doping Level 1 and Anti-Doping Level 2 certifications, plus for staff the Support Personnel Course (and any others that may be relevant and required), prior to participating in any NZL program. Proof of completion must be provided to NZL.

The Prohibited List

The WADA 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

The WADA Prohibited List is updated annually so it's important to track changes. Athletes are responsible for the substances in their body and the methods on the List.

Consequently, if there is any doubt as to the status of a substance or method, it is important that you contact DFSNZ for advice and keep your NZL coach and management informed. The most important rule for athletes to remember is that **if you are not 100 percent sure, don't take it until you check with DFSNZ and ensure it is not on the prohibited list**. In all cases athletes must insist that anyone prescribing or administering medications check against the current Prohibited List.

All NZL athletes, coaches and managers are required to download the following publications and are responsible for the contents:

The WADA Prohibited List

<https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents>

The DFSNZ Clean Sport Handbook and Wallet Card

<https://drugfreesport.org.nz/what-we-do/education/resources/>



Medications

Many medications contain substances which are prohibited in sport. Any athlete who is sick or injured needs to carefully consider the medications they take to ensure they avoid prohibited substances.

To check whether medications are prohibited, go to the DFSNZ medication check website:
<https://drugfreesport.org.nz/medication-check>

If in doubt, contact DFSNZ for full information on medications that are not allowed in sport and inform your NZL coach.

Therapeutic Use Exemption (TUE)

If a medication you are required to take is prohibited, you may be able to apply for a Therapeutic Use Exemption. Contact your NZL coach as soon as possible to coordinate your TUE application.

Supplements

Many dietary or sports supplements are marketed as helping to improve performance, recovery, weight loss, or muscle development. However, supplements can contain substances which are prohibited in sport and may not accurately label ingredients so you cannot be sure of exactly what's in them. Additionally, in some cases supplements which have previously been tested as not containing prohibited substances may contain such substances unless they have been "batch tested".

Athletes should carefully assess their need for supplements and carefully research the supplements they choose to take.

Drug Free Sport New Zealand (DFSNZ) together with High Performance Sport New Zealand (HPSNZ) have released a supplements guide to assist athletes understand the risk inherent in supplements so they can make informed decisions. (Note that DFSNZ will not provide advice or approval on supplements).

NZL requires all players, coaches and managers to review this supplements guide prior to participating in the NZL program.

<https://drugfreesport.org.nz/supplement-decision-making-guide/>



If required by the head coach, players may also be required to submit a SUPPLEMENT DECLARATION FORM. The form will ask which brand(s) of supplements are being used, in what quantities, and how often. It will also include a waiver in which the player agrees to use supplements at their own risk and to take full responsibility for supplement use.

Social Media Policy

NZL requires that players do not discuss, display or promote any supplements or nutritional products on any social media unless by permission as part of a sponsorship arrangement arranged through NZL.

Drug Testing

World Lacrosse, especially being an Olympic sport, have to ensure all athletes are drug free. As such there will be drug testing at World Lacrosse sanctioned events. There is also the possibility of random drug tests at training camps etc. in country. NZL fully support World Lacrosse in this endeavour

QUESTIONS

If any questions at all, consult your NZL coach, team nutritionist, or you can reach Drug Free Sport New Zealand (DFSNZ) on 0800 DRUGFREE (378 437)

Please sign and return to your coach to acknowledge this policy

Signed:

Name:

Date:
