

## Anti-Doping Policy

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### Policy Statement

Cycling Southland is committed to the advancement of clean sport that rejects cheating through the use of performance enhancing drugs and methods.

### Purpose

Cycling Southland seeks to protect the health and welfare of its members, to ensure they are able to compete in fair and equitable cycling events, and recognise that doping is contrary to the spirit of cycling.

### Scope

This policy applies to anyone involved with Cycling Southland in any way.

### Responsibilities

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Cycling New Zealand (as the NSO - National Sporting Organisation) has adopted New Zealand's [Sports Anti-Doping Rules](#) and as such all Cycling Southland members must comply with the rules. These rules reflect the World Anti-Doping Agency's World Anti-Doping Code.

At a national level, Cycling New Zealand works in partnership with the national anti-doping organisation [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, see [www.drugfreesport.org.nz](http://www.drugfreesport.org.nz)

### Procedure

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If a potential doping issue relating to a Cycling Southland member is reported formally or informally to the General Manager, then the GM's first point of contact is Drug Free Sport NZ. This places the information in the hands of the experts and they will assess the information and determine the best course of action.

Members can also report concerns about other riders through Drug Free Sport NZ's anonymous and confidential reporting process – [drugfreesport.org.nz/report-doping-in-sport/](http://drugfreesport.org.nz/report-doping-in-sport/) or by calling 0800 DRUGFREE (378 437) or by emailing [intel@drugfreesport.org.nz](mailto:intel@drugfreesport.org.nz).

### Sports Anti-Doping Rules

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In summary the ten rule violations are:

- The presence of a prohibited substance or its metabolites or markers in an athlete's sample.
- The use or attempted use by an athlete of a prohibited substance or method.
- Evading testing or refusing to provide a sample for drug testing.
- Failing to provide accurate and up-to-date whereabouts information or missing a test.
- Tampering or attempting to tamper with any part of the doping control process.
- Possessing prohibited substances or methods.

- Trafficking or attempting to traffic any prohibited substance or method.
- Administering or attempting to administer a prohibited substance or method to an athlete.
- Covering up an anti-doping rule violation.
- An athlete associating with someone, such as a coach or medical professional, who has been found guilty of an anti-doping rule violation or equivalent.

## The Prohibited List

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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

The 2018 Prohibited List can be [found here](#).

## Medications

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Many medications contain substances that 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.

Contact Drug Free Sport New Zealand for full information on medications that are not permitted in sport.

- [DFSNZ's website](#) medication check
- 0800 DRUGFREE (378 437)
- Request a copy of DFSNZ's wallet guide on the status of common medications.

Athletes can apply for a [Therapeutic Use Exemption \(TUE\)](#) if they need to take medication that is prohibited in sport. When competing at national or international level a TUE must be applied for and approved **before** taking any medication.

Depending on the level of events you compete in you may need to apply to the UCI for a TUE. Please click [here](#) to check if you need to do so.

Please be aware that the UCI also has a No Needle Policy, more details are available [here](#).

## Supplements

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Many dietary or sports supplements are marketed as helping to improve performance, recovery, weight loss or muscle development, and, 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.

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

Check out the Drug Free Sport NZ website [here](#) for supplement information.

## The Athlete Whereabouts Programme

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Anti-doping organisations, including DFSNZ, conduct drug tests on athletes out-of-competition with no advance warning. The [Athlete Whereabouts Programme](#) allows DFSNZ to locate athletes for testing.

### Testing

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Drug testing is one of the best ways to identify athletes who are doping and to protect athletes who are clean competitors.

Athletes can be tested during an event (in-competition) or at any other time (out-of-competition) and will be asked to provide a urine sample, a blood sample or both.

The [testing process](#) and sample collection for doping control will be carried out by a trained and accredited Drug Free Sport NZ official.

### Further information

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If you have any questions please contact DFSNZ on 0800 DRUGFREE (378 437)

Cycling New Zealand's point of contact for anti doping matters is High Performance NZ Operations Manager, Hughie Castle - email: [hughie.castle@cyclingnewzealand.nz](mailto:hughie.castle@cyclingnewzealand.nz) or Phone: 027 204 1599.

### Resources/Education

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[Drug Free Sport New Zealand Youtube Channel](#)

[DFSNZ Education](#)

[DFSNZ Resources](#)

[DFSNZ E-learning](#)