

2019

**HOCKEY AUSTRALIA
LIMITED (HA)**

SPORTS SCIENCE & SPORTS MEDICINE POLICY

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HA SPORTS SCIENCE AND SPORTS MEDICINE POLICY REGARDING THE REGULATION OF SPORTS SCIENCE, SPORTS MEDICINE AND SUPPLEMENTATION IN AUSTRALIAN HOCKEY

1. Introduction

Athletes face increasing pressure to perform across a range of sports, both in Australia and internationally. Hockey Australia (HA) recognises that some of the companies, practitioners and individuals who associate themselves with sport are promoting products and practices that are not in the best interests of athletes or the integrity of Australian Hockey.

2. Purpose of this Policy

HA has developed a Sports Science and Sports Medicine (SSSM) Policy to operate in conjunction with the HA National Integrity Framework, and the existing Anti-Doping and Illicit Drugs Policies in protecting athlete welfare and upholding the integrity of Australian Hockey. The SSSM Policy provides a framework to ensure that:

- appropriately qualified practitioners are selected,
- the correct process is used for selecting supplements, where relevant, and that those chosen are safe, appropriate and conform to the World Anti-Doping Authority (WADA) code,
- medications are selected and used appropriately
- injections are only administered as part of appropriate medical treatment
- education is provided on the policy
- there is clear reporting and oversight

3. Who is bound by this policy?

This policy applies to the following people whether they are in a paid or unpaid/voluntary capacity:

- Athletes appointed or elected to teams that represent Australia, and those athletes who may be eligible for drug-testing or other anti-doping control measures
- Persons appointed or elected to boards, committees and sub-committees of HA
- Coaches and assistant coaches appointed or elected to teams that represent HA,
- Employees of HA,
- Support personnel appointed or elected to teams and squads that represent HA;
- Doctors, managers, physiotherapists, psychologists, masseurs, sport trainers and allied health professionals serving teams or athletes who represent HA;
- Referees, umpires and other officials involved in the regulation of the sport appointed by HA,

This policy will continue to apply to a person, even after they have stopped their association or employment with HA, if disciplinary action against that person has commenced.

HA also recommends that this policy be adopted by each State and Territory Hockey Association and Hockey Club.

4. Policy Advisory Panel



Hockey Australia recognises the need for expert advice and guidance on issues relating to SSSM, the appropriate qualification and registration of practitioners, and necessary updates to policy and practices in what can be a rapidly changing landscape. HA will invite appropriate experts to be part of an advisory panel who may meet as required.

Panel members will be consulted on any policy development, and may be consulted on an ad-hoc basis if critical SSSM issues arise.

This panel will advise for the relevant industries the appropriate level of qualification, experience and accreditation SSSM practitioners should have to work with HA.

Hockey Australia Practices

5. Staff Integrity and Capability Policy

Hockey Australia is committed to protecting the welfare of athletes and ensuring that SSSM services are provided by appropriately qualified and supervised staff that are subject to the Sports Science and Sports Medicine Policy, the National Integrity Framework, the Anti-Doping Policy, Illicit Drugs Policy, and Code of Conduct.

Recruitment of SSSM staff should be by an open and competitive process and checks must be undertaken to exclude individuals who have a history of inappropriate conduct relating to supplements and/or medications, or those who have a current or past anti-doping rule violation.

Whenever questions of competence or capability of SSSM service providers arises these should be referred to the HA Policy Advisory Panel.

Any person employed to provide SSSM services, whether in a paid or voluntary capacity must have the appropriate:

- qualifications
- experience
- registration, and
- professional indemnity.

Where advice is required on the appropriate standards for the above, the HA Policy Advisory Panel should be consulted.

6. Supplementation Policy

Hockey Australia recognises the pressures athletes are under to perform at their best and the need for protection from unscrupulous companies and individuals that may target them with products that are not in their interests to take. HA takes athlete welfare seriously and uses the best sports science available to make decisions about supplements. However, athletes must strictly accept their own personal liability for all products entering their bodies, including where the route of contamination was via a supplement. HA, and/or its Board of Directors, will not accept any liability to or for any athlete for products that enter an athlete's body.

Around two thirds of Anti-Doping Rule Violations (ADRV) in Australian athletes relate to supplements, and the controls currently in place over this industry are so limited that HA cannot vouch for any supplement or product being 100% safe for athletes to use.



- a. HA does not support the use of supplements, other than sports drinks and foods, in athletes under the age of 18 without medical prescription. In all athletes sound nutrition is to be preferred over sports foods.
- b. HA conforms to the AIS best practice on sports supplements and uses the lists as published on the AIS Nutrition Supplements Overview site to define those supplements that athletes may be permitted to use.
- c. HA prohibits the use of any product from Category D by any athlete under any circumstances.
- d. Athletes must seek the advice of their doctor or dietician to use supplements from categories A, B or C. HA notes there is no scientific evidence for using supplements from category C. Irrespective of the classification of the A, B or C classification the product must have an anti-doping clearance check from Australian Sports Anti-Doping Authority (ASADA) or a Sports Medicine Practitioner.
- e. Where a team has arrangements in place to provide supplements, athletes must not use supplements from other sources, unless they receive specific prescription to do so from their doctor.
- f. Coaches, Team Managers, Doctors, Staff and those working with athletes must not use or possess items from category D as these may lead to an Anti-Doping Rule Violation (ADRV).
- g. Supplements purchased over the internet and from countries that do not mandate complete ingredients lists on packaging (such as the United States) pose a high risk of ADRV and HA warns all athletes to avoid these under any circumstance.

7. Medication Policy

For the purposes of this policy medications include substances ingested, infused, inhaled, injected, inserted or absorbed by the human body. They may take the form of pills, tablets, capsules, liquids, creams, gels, injectable liquids, sprays, adhesive patches, infusions, inhaled powders, vapors or liquids, pessaries or suppositories.

The athletes subject to this policy are those who represent HA and those who are eligible for anti-doping testing or other doping control measures.

- a. For Medications requiring a prescription, HA requires that athletes only use medication prescribed to them personally, and in the manner directed by a medical practitioner.
- b. Athletes MUST check medications via ASADA or WADA to determine whether they are permitted for use, have conditions, are forbidden or require a Therapeutic Use Exemption (TUE).
- c. HA requires all athletes to complete the TUE process for all relevant medications.
- d. At times athletes will seek to use medications not requiring a prescription. This may include (but is not limited to) medications for:
 - pain-relief,
 - decongestant,
 - cold and flu,
 - allergy,
 - the treatment of inflammation,
 - skin abrasion, cut or burns,
 - to assist with sleep.
- e. Athletes must be aware that some medications that do not require a prescription may still lead to an Anti-Doping Rule Violation (ADVR). In all cases medications must be checked with



ASADA or WADA, TUE's completed as required and directions for use must be adhered to.

- f. Not every team will be able to travel with its own medical practitioner at all times. Whilst athletes will be responsible for their own medications prescribed for their use, it may be necessary when teams travel to certain locations to have supplies of additional medication carried and controlled by one person. In these cases the team manager will identify an appropriate person who will accompany the team and manage medications and appropriate paperwork. This person may be a physiotherapist, sports scientist or allied health professional however no medication will be provided to any athlete without the prescription and authorisation of the team doctor.
- g. The team doctor must:
 - Provide supplies of additional medications that may be needed
 - Provide contact details
 - Remain the point of authorisation for the provision of all medication
 - Provide authorisation and prescription for non-planned use of any medication prior to treatment.
- h. Any person with the delegated authority to handle medications must:
 - Adhere to the treatment plan
 - Maintain records of treatments
 - Seek authorisation from the team medical practitioner every time a medication is to be used other than in accordance with the plan provided
 - Ensure medications are securely stored and managed

8. Injection Policy

- a. Hockey Australia has a “No Needles Policy” during International Competitions and abides by the International Olympic Committees’ (IOC) “No Needles Policy” during the Olympic and Paralympic Games. The Australasian College of Sports Physicians (ACSP) position statement on supplements in sport provides that there is no role for injections as part of a supplementation program. Injections should only be performed under the authority of a medical practitioner. Additional guidance is also provided by the AIS Sports Science/Sports Medicine Best Practice Principles.
- b. Hockey Australia fully endorses the principle of prohibiting the use of injections without a justified medical reason, and has developed this No Needles Policy to ensure that Australian Hockey continues to provide an environment that delivers world class performances whilst maintaining the highest standards of integrity within the sport.
- c. Subject to paragraph 6 below, this No Needles Policy applies to all athletes, coaches, support personnel and other persons that nominate for selection to any Australian Hockey Team, and to any other person that agrees to be bound by this policy from time to time.
- d. This No Needles Policy should also be adopted by each State and Territory Hockey Association and Hockey club to ensure that all athletes, coaches, members and others within the Australian Hockey community continue to comply with best practice health and safety guidelines for Hockey, and to ensure the continued integrity of Australian Hockey.
- e. The No-Needle Policy applies during HA Competitions (from 24 hours before the start of the first game of the competition through to 24 hours after the end of the last game of the competition).
- f. No athlete or person trialing for selection shall be permitted to receive an injection of any substance into any part of their body, unless:
 - That injection is medically justified. Justification includes physical examination by



- a certified medical practitioner, diagnosis, medication, route of administration and appropriate documentation including a TUE;
- The injection is appropriate to the diagnosed condition;
 - The injection is medically required for vaccination purposes or for treatment of illness or injury; and
 - The injection is administered by a certified Medical Practitioner; or
 - That athlete is authorised to ‘self-inject’ in accordance with this Policy, provided the content of the needle is authorised and medically prescribed.
 - The Hockey Australia Injection Declaration Form (Appendix A) must be completed by any athlete who requires an injection and sent to the CEO, Hockey Australia.
 - No athlete, coach, support personnel or other person shall be permitted to be in possession of a hypodermic needle unless that person is a certified Medical Practitioner or is authorised to do so under this Policy.
 - All enquiries regarding this policy can be directed to the Chief Executive Officer of HA.
- g. Any athlete, coach, support staff or other person bound by this policy that is found to have breached this policy may face disciplinary action under the HA National Integrity Framework and/or other relevant Policies.
- h. Such disciplinary action may involve a verbal or written warning and, depending on the severity of the breach may result in additional sanctions including suspension or removal from Australian Hockey Teams.
- i. Athletes and coaches that nominate for selection to Australian Hockey Teams are also bound by, amongst other HA Policies, the HA Anti-Doping Policy (available at the HA website Policy link) and must ensure that they comply with these policies at all times.
- j. In addition to the sanctions which may be imposed by HA or ASADA, it is important to understand that there are various laws concerning the acquisition or administration of certain substances and any breach of these laws may result in investigation and action by the relevant authorities under that legislation.

9. Education

Hockey Australia recognises the importance of providing athletes and those who support them with high quality education on issues relating to performance enhancing, illicit drugs, supplements and issues that relate to the policies and integrity challenges faced by Australian Hockey.

Hockey Australia has a history of producing and adopting best practice policies, providing direct and digital education to national teams and those on an athlete pathway within Australian Hockey on an annual basis. HA has collaborated with ASADA and government to ensure that education strategy is fit for purpose and the product is relevant and effective.

10. Detection, Enforcement & Oversight

Hockey Australia supports the work of WADA and ASADA in keeping sport clean and protecting the welfare of athletes. Everyone involved in Australian Hockey is required to cooperate with WADA and ASADA and meet their obligations under the World Anti-Doping Code.

Athletes are required to attend education on drugs, supplements and other relevant sports integrity issues and MUST sign in to these sessions. Evidence of attendance at education sessions is provided to ASADA to provide evidence of the athlete’s efforts to fulfil their obligations.

Some athletes are required to provide Whereabouts information as part of anti-doping efforts. It is vital



that those athletes meet all their obligations or risk an ADVR. Athletes may be provided with an App to assist with this process and must then complete all relevant information.

Athletes may be required to disclose all medications and supplements they are taking, submit to testing and they or their support team may be required to submit to searches of their accommodation, bags and equipment as part of anti-doping control measures. Athletes and support staff are required to fully cooperate with anyone who has correctly identified themselves as an anti-doping official. The only exception is where a proposed measure is a serious threat to athlete health. In such cases athletes **MUST** cooperate as far as possible and record their cause for concern at the first opportunity on any paperwork and report it to his/her coach, manager or to Hockey Australia.

At times athletes or support staff will see or hear of behaviour that leaves them concerned that an ADVR has occurred or is about to occur.

In those cases, an immediate report must be made to their coach, team manager or other HA official who will then report disclosures to ASADA.

Hockey Australia board members, staff, athletes and coaches must provide anti-doping declarations.

There are times when people in the athlete entourage may need to take substances that could give rise to an anti-doping rule violation if doping control officials deemed that the presence of the substance or attempts to procure its supply indicated the possibility of supply to athletes. Anyone closely associated with athletes, and especially those who are part of the athlete entourage at competitions **MUST** contact HA to put in place an appropriate plan to protect them and athletes from sanction.



Appendices

Appendix A - Hockey Australia Injection Declaration Form

The Hockey Australia “No Needles Policy” only allows for the injection of medically indicated therapeutic substances by a medical practitioner in certain circumstances.

Name of athlete:

Date of Birth:

Gender:

Team / Category: Coach:

Date of injection:

Medication injected (Commercial and Generic names):

Volume of medication:

Route of injection (IV, IM, SC):

Please note: Intravenous infusion requires a TUE (banned method) and an ASDMAC and / or FIHA TUE should be sought by the treating Physician for this.

Clinical history:

Diagnosis:

(Supporting evidence: should be attached)

Name of treating Doctor who administered the injection:

Qualifications:

Signature of administering Doctor:

By my signature, I hereby confirm that the information in this form is true and accurate and that the injection was medically justified and necessary in accordance with the HA “No Needles Policy”.

Place:

Date:

Signature of HA CMO:

Date: