

CAMS Illicit Drugs in Sport (Safety Testing) Policy

Medication Information Sheet

WHO SHOULD READ THIS INFORMATION?

Any CAMS-licenced officials who needs to take a medication shortly before or during an event.

WHY SHOULD YOU READ IT?

Because some medications can cause a positive drug test and, as an official, you may be subjected to CAMS' illicit drug testing (known as 'safety testing').

This brochure aims to dispel some of the myths associated with safety testing and provide you with some advice on how to ensure you are fit to participate as an official whilst using medications.

MYTH #1 – “I can't take ANY medications because they'll cause me to test positive during safety testing”.

This is INCORRECT. The only medications that can be detected during safety testing are those which are from the opiate or amphetamine drug classes. Commonly used medications from these classes include any medications containing codeine, like painkillers or cold and flu tablets (opiates) and ADHD medication. Generally, safety testing only detects these types of medications if (a) you take more than the prescribed/recommended dose or (b) you've taken the medication very recently before your test (for example the morning of or night before).

MYTH #2 – “if I test positive for opiates or amphetamine, I'll automatically be stood down from officiating at the event”.

This is INCORRECT. Whilst being stood down is one possible outcome, the other possible outcome is that you may be permitted to continue in your role, with conditions. These conditions include: (a) that you pre-declared the medication before providing a sample, (b) that you are NOT showing any obvious side effects that could increase danger to yourself and others at the event, (c) that you sign a declaration stating the type, dosage and time you last took the medication and (d) that you provide a second sample which will be sent to a laboratory to confirm your written declaration.

MYTH #3 – “the safest thing to do is to stop taking my medication for the duration of the event”.

This is INCORRECT. In fact, this could even increase the risk of injury to yourself and others at the event, particularly if ceasing the course of medication is likely to have a negative effect on your ability to officiate. CAMS acknowledges that some officials need to take medications to manage illness or injury. If this is the case for you, you should:

- Continue taking the medication as prescribed/ recommended;
- Advise a senior official that you are taking medication; and
- Stand yourself down if you start to feel dangerous side effects.

MEDICAL EXEMPTIONS

If you have a need to use an opiate or amphetamine-type medication regularly or long-term, you may apply for a medical exemption. This exemption serves as your 'pre-declaration' if you are selected for safety testing.

More information

Contact the CAMS Integrity Officer on 03 9593 7777 or integrity@cams.com.au for information on the illicit drugs policy, safety testing or medical exemptions.

