**Definition of Doping** –
A simple definition for doping is ‘the use by athletes of banned substances or methods that may enhance performance’.

**Your responsibility** -
Under the World Anti-Doping Code strict liability principle, athletes are ultimately responsible for any substance found in their body, regardless of how it got there.

**Australian Sport Anti-Doping Agency (ASADA)**
The purpose of ASADA is to protect Australia’s sporting integrity through the elimination of doping. ASADA is a government statutory authority that is Australia’s driving force for pure performance in sport. It is the organisation with prime responsibility for implementation of the World Anti-Doping Code (the Code) in Australia.

The authoritative resource for drugs in sport information in Australia is –

**asada.gov.au**

**Testing Procedures**
Procedures for drug testing are outlined on the ASADA website. The procedure can be intimidating for young athletes, so it is good to know what will be happening and who can help at the time. Take a look at the website and be prepared, not scared.

**A few important things to keep in mind -**

**Doctors Prescribed Medications**
Check any medications or supplements you are taking for their status. Always notify your doctor about your sport participation when they are prescribing medications. Therapeutic use exemptions allow for individual cases and applications need to be submitted and approved.

**Supplements**
The contents of supplements can vary from batch to batch and may intentionally or unintentionally contain prohibited substances. There have been cases where athletes have been sanctioned after they have used supplements that they thought were okay, but which were actually contaminated with prohibited substances. The presence of a prohibited substance may result in an anti-doping rule violation, whether its use was intentional or unintentional.

**Social Drugs**
Some may consider social drug taking to be non-performance enhancing. The fact is, many social drugs are on the World Anti-Doping Prohibited List. Some substances will have a residual effect in your body for many months and will be detected by a test during this time. The presence of a prohibited substance may result in an anti-doping rule violation, whether its use was non-performance enhancing or social.

**Ignorance will not be an accepted excuse.**