



# ASADA AND AUSTRALIAN UNIVERSITY SPORT: ANTI-DOPING SNAPSHOT

## Australian University Sport's anti-doping policy

[Australian University Sport has its own anti-doping policy in place.](#) Make sure you are familiar with the policy, as *ignorance is no excuse.*

The policy is based on the [World Anti-Doping Code](#) that is used by sports around the world. In Australia, [ASADA adheres to the Code and Australian legislation regarding anti-doping.](#)

## Prohibited List

As an athlete governed by an anti-doping policy you need to be aware that you cannot just take any drug or medication, or even use certain methods. Each year the World Anti-Doping Agency (WADA) updates and publishes a Prohibited List of substances and methods banned in sport.

You can check the Prohibited List on [WADA's website](#) or by [downloading the WADA app in iTunes.](#) Remember, the Prohibited List is updated annually and comes into force in January each year.

## Checking Medications

There are medications that contain prohibited substances. So before you take a medication use the '[Check Your Substances](#)' online search tool (hosted on Global DRO) to find out its status in sport.

## Therapeutic Use Exemption (TUE)

A TUE allows an athlete to use a prohibited substance or method for medical reasons.

If you're competing at UniGames you only need to apply for a retroactive TUE. Visit the [TUE section of ASADA's website](#) for more details on when and how you need to apply.

## Supplements

### ASSESS THE NEED—ASSESS THE RISK

A supplement is not a substitute for training, eating and sleeping properly. By taking a supplement you are at risk of committing an anti-doping rule violation.

ASADA cannot say which supplements are safe to use as ingredients may vary from batch to batch and they may intentionally or unintentionally contain a prohibited substance. A major survey of Australian supplements in 2016 found 1 in 5 products contained a banned substance, including stimulants and steroids.

If you are going to use a supplement, [remember to assess your need and assess your risk.](#) Take a look at the [Australian Institute of Sport's website](#) for their advice on supplements. Remember, in the world of anti-doping, YOU are responsible for what is found in your system. This is known as the principle of strict liability.

## Doping Control

### KNOW WHAT TO EXPECT – KNOW YOUR RIGHTS.

ASADA has a doping control (drug testing) program that allows testing to happen any time, anywhere and without warning. This means testing can occur as soon as you leave the water on competition day or out-of-competition when you are training or at home.

Visit [ASADA's YouTube channel](#) to watch the [Doping Control process in less than 6 minutes.](#)

## Illicit Substances

Many illicit drugs are also prohibited in competition. If an athlete is found to have a prohibited substance (such as MDMA or cannabis) present in their system on competition day, they may face a rule violation.

## More Information

Visit [www.asada.gov.au](#) and [www.unisport.com.au](#) for more information on anti-doping and fairness in sport.