

Drug Free Sport New Zealand Information (DFSNZ)

How do I find out what is banned?

You can find out what substances and methods that are banned in sport by checking the [Prohibited List](#). The Prohibited List is published by the World Anti-Doping Agency (WADA) and comes into effect on 1 January every year. It 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

You can also use the [medication check feature](#) on DFSNZ's website, phone 0800 DRUG FREE (378 437), or click on the link below.

What are the risks of taking supplements?

Before using any supplement, it is important that you and your support people understand the risks involved. Supplement labels don't always say exactly what is in them, or how much and [DFSNZ cannot approve any supplement product or its use](#).

"As an athlete you are solely responsible for every substance in your body"

Will I be drug tested?

DFSNZ's testing programme plays a crucial role in detecting and deterring doping in sport. Testing aims to protect the rights of clean athletes to compete in clean sport. While testing is primarily focused on high performance athletes competing at the international level and emerging athletes competing at the national level, DFSNZ can and does test lower level athletes where there is good reason. More information about the [testing process](#), including athletes' rights and responsibilities is [available on DFSNZ's website](#).

How do I report suspicious doping activity?

Anyone can report suspicious doping activity. The best and most secure way to make a report is through the [DFSNZ website](#), email intel@drugfreesport.org.nz or phone 0800 DRUGFREE (378 437) and ask to report doping. Any information you share with DFSNZ will be treated in the strictest confidence and you can report anonymously if you wish. DFSNZ wants to hear from athletes, coaches, managers, doctors, sports administrators, sponsors – basically anyone who has information to help keep sport clean.

What if I need to take medication that contains a prohibited substance?

Many medications contain substances which are prohibited in sport. Any athlete who is sick or injured needs to carefully consider the medications they take, in consultation with their doctor, to ensure they avoid prohibited substances.

To check whether a medication is permitted in sport, please visit the [Medication Check page](#) on the DFSNZ website.

Athletes can apply for a [Therapeutic Use Exemption \(TUE\)](#) if they need to take medication which is prohibited in sport.

If you're competing at the national level in a particular sport, you may need to apply for a TUE before you take medication which contains a prohibited substance. Check to see whether your [sport and level of competition](#) mean you need to apply for a TUE ahead of time.

Education and resources

Surf Life Saving New Zealand encourages all athletes and support personnel to be aware of their anti-doping responsibilities, understand the need to comply with the Rules and that doping presents a risk to health, reputation and career. DFSNZ have great education tools available including free e-learning courses and resources.

- E-Learning: DFSNZ has three free courses available – Level 1, Level 2 and Coaches. [Learn more and register](#).
- Resources: DFSNZ has free hardcopy and downloadable resources available including handbooks, wallet guides, youth resources and parent's resources. You can [order or download resources](#).

Contacts:

If you have any questions, please contact DFSNZ on 0800 DRUGFREE (378 437) Your point of contact for anti-doping matters is: Mike Lord, Sport Development Officer, e.mike.lord@surflifesaving.org.nz, p.03 388 4999 ext 4