



Anti-Doping Policy

Introduction:

Hockey New Zealand (**Hockey NZ**) is dedicated in and committed to the advancement of clean sport that rejects cheating through the use of performance enhancing drugs and methods.

Purpose and Scope:

The aim of this policy is for Hockey NZ to work in partnership with the national anti-doping organisation, [Drug Free Sport New Zealand](#) to:

- promote a culture of clean sport
- deliver anti-doping education
- organise testing programmes
- report doping and suspicious activity
- support athletes to compete drug free.

For more anti-doping information, or to organise anti-doping education, see the [Drug Free Sport New Zealand website](#). For all Athletes, please read this policy in conjunction with the MOU.

The Anti-Doping Rules

All members of Hockey NZ must abide by New Zealand's Sports Anti-Doping Rules. These rules reflect the World Anti-Doping Agency's World Anti-Doping Code. For avoidance of doubt, all athletes should [read the full list of Sports Anti-Doping Rules](#) on the Drug Free Sport New Zealand website.

In summary the eleven rule violations are:

- Presence of a prohibited substance, or its metabolites or markers, in an athlete's sample;
- Use or attempted use of a prohibited substance or method by an athlete;
- Evasion of doping control or refusal to provide a sample;
- Failure of Registered Testing Pool athlete to meet Whereabouts requirements three times within a 12-month period;
- Tampering with any part of the doping control process by an athlete or other person*;
- Possession of prohibited substances or methods by an athlete or support person;
- Trafficking or attempted trafficking of a prohibited substance or method by an athlete or other person;
- Administration or attempted administration of a prohibited substance or method by an athlete or other person;
- Complicity with or attempt to cover up an anti-doping rule violation by an athlete or other person;
- Knowing association by an athlete or other person with someone in a sporting capacity who has been found guilty of an anti-doping rule violation;
- Discouragement of, or retaliation against someone for, reporting doping or suspected doping by an athlete or other person.

The Prohibited List

The Prohibited List is published by the World Anti-Doping Agency (WADA) every year and 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 view [The Prohibited List | World Anti Doping Agency \(wada-ama.org\)](https://wada-ama.org).

You can also check Drug Free Sport NZ's website for any important updates at [Prohibited substances](#).

Medications

Many medications contain substances which are prohibited in sport, so if an athlete is sick or injured, they need to be careful about what they take so that they don't return a positive test. That's why we advise athletes to check every medication before they take it.

Athletes who have a common condition such as asthma, diabetes, ADHD or an infection need to check whether their treatment is permitted in sport.

You can [check common medications](#) on the DFSNZ website.

Athletes should:

- check every medication before they take it on [Global DRO](#)
- stress to medical professionals that they are athletes who could be drug tested
- insist that medical professionals check whether medications are permitted in sport before they prescribe them
- understand and follow the Therapeutic Use Exemption process if they need to take a medication that contains a prohibited substance.

Drug Free Sport NZ has a handy wallet guide to the status of common medications in sport. [Order your wallet card here.](#)

There are also several ways in which athletes and others can check whether medications are permitted in sport. These include:

- [checking your medications online](#)
- using DFSNZ's [Medication query form](#)
- using Drug Free Sport NZ's wallet guide to the status of common medications

Therapeutic Use Exemptions (TUEs)

If athletes need to take a medication which is prohibited in sport, then they can apply for a Therapeutic Use Exemption (TUE). Some high-level athletes must have a TUE before they take any prohibited medication. [Find out your TUE status and how to apply for a TUE.](#)

Supplements

Supplements are a risk for all athletes. Drug Free Sport NZ or the World Anti-Doping Agency do not "approve" any supplement products for this reason.

There are many dietary or sports supplements which are marketed as helping to improve performance, recovery, weight loss or muscle development. However, supplements can contain substances which are prohibited in sport, and many products may not accurately label ingredients so you cannot be sure of exactly what's in them.

Athletes should carefully assess their need for supplements and carefully research the supplements they choose to take. Drug Free Sport NZ's [Supplement Decision-Making Guide](#) helps athletes make informed decisions about supplements, and ways to minimise – but not eliminate – supplement risk.

[Read more about supplements.](#)

The Athlete Whereabouts Programme

Anti-doping organisations, including Drug Free Sport NZ, conduct “surprise” drug tests on athletes out-of-competition with no advance warning.

The Athlete Whereabouts Programme allows Drug Free Sport NZ to locate athletes for testing.

Athletes will be told if they are part of the whereabouts programme. If they are, they will need to log information with Drug Free Sport NZ regularly so that they can be easily located. This information will include details about where they are living, working, training, and travelling.

[Find out more about the Whereabouts programme here.](#)

Doping Control

Drug testing is one of the best ways to catch athletes who are doping and to protect athletes who are clean competitors.

Athletes being tested for the first time may be nervous but if they know a bit more about the process it can relieve these nerves.

During drug testing athletes have the right to:

- have a representative (parent, coach or friend) with them
- have an interpreter if required
- ask for additional information about the sample collection process
- request a delay in reporting to the doping control station for valid reasons (e.g., attending a medal ceremony, further competition commitments, fulfilling media commitments, needing medical treatment)
- request modifications if they have a disability or they're a minor (under 18 years of age)
- record any concerns or comments they have on the doping control form.

Athletes also have the responsibility to:

- You are responsible for staying within my sight from now until you have provided and sealed your sample.
- You are entitled to have a representative (or an interpreter) accompany you to the Doping Control Station if you wish.
- You need to provide some form of photo identification.

- You need to comply with the sample procedure process. There may be harsh consequences for failing to comply.
- If you choose to eat or drink, you do so at your own risk. I have some sealed drinks here to help you hydrate. Hydrating excessively may delay the production of a suitable sample, however.
- We need to collect the first sample passed after notification.
- You are entitled to ask questions at any time throughout this process. If you wish I can give you a DFSNZ Anti-doping Wallet Guide which details the process you are about to go through.
- You may ask for a delay in reporting to the DCS for a valid reason, such as a medal ceremony or a cool down.
- Only for impaired athletes: You may ask for a modification to the process.

[Read more about athlete rights and responsibilities.](#)

Athletes can be tested during an event (in-competition) or at any other time (out-of-competition) and will be asked to provide a urine sample, a blood sample or both. A new testing method – [Dried Blood Spot](#) – is also possible.

Sample collection for doping control will be carried out by a trained and accredited Drug Free Sport NZ official.

When providing a urine sample, an athlete will:

- choose a container in which to provide the urine sample
- provide a sample in front of the Drug Free Sport NZ official, who will be the same gender as the competition you're entered into (in-comp) or the gender held by your NSO (out-of-comp)
- pour their urine sample into two sample collection bottles (A and B)
- seal the samples in tamper-evident container
- let the Drug Free Sport NZ official know about any medications or supplements they've taken in the past seven days
- check and sign the relevant paper work and take a copy.

When providing a blood sample, an athlete will:

- choose a kit for sample collection
- sit down and rest for ten minutes (or more if you have just exercised)
- have blood taken from their arm by a trained professional
- seal the samples in a tamper-evident container
- let the doping control officer know about any medications or supplements they've taken in the past seven days
- check and sign the relevant paper work and take a copy.

[Click here for more details about doping control and the testing process](#)