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### Affiliations

World Squash Federation  
Australian Commonwealth Games Association  
Oceania Squash Federation  
Confederation of Australian Sport  
Australian Olympic Committee

# MEDICATIONS AND INJECTIONS

*(Regulation 9 – Medications and Injections Policy)*



## VERSION CONTROL

Version 1.0	June 2016
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Principal Partner



Official Ball



## **MEDICATION AND INJECTION POLICY**

### **Policy Overview**

Squash Australia has implemented a Medication and Injection Policy. This policy takes effect immediately.

You will need to review the Medication and Injection Policy and make yourself familiar with the contents of the policy.

### **What is a Medication and Injection Policy?**

The Medication and Injection Policy sets out the expectations of Squash Australia with regards to the use of medication and injections for athletes, coaches and Squash Australia employees.

### **Some important points to consider**

The Medication and Injection Policy sets out clear guidelines and boundaries regarding the use medication and injections.

### **What do I need to do?**

You need to read the Medication and Injection Policy carefully and understand the expectations of Squash Australia.

## **MEDICATION AND INJECTION POLICY**

### **1. Policy**

This Squash Australia (SA) Medication and Injection Policy is expressly made as a by-law of Squash Australia under clause 19 of the Squash Australia Articles of Association (Articles). Words and phrases in the Articles have the same meaning in this By-Law and this document is to be read in conjunction with (and subject to) the Articles. The interpretation of this document is solely the province of the Board of Squash Australia.

### **2. Purpose**

To ensure all medications and injections for SA athletes are prescribed by a suitably qualified medical practitioner for medical reasons.

To ensure the health and wellbeing of the athlete and minimise the risk of unintentional doping.

### **3. Background**

SA recognises that athletes frequently require medication for treatment of illness or injury, such medications and treatment may include prescription medication and non-prescription medication as well as injections. Athletes are vulnerable to inadvertent anti-doping rule violations if they source, obtain and use medications and/or inject substances that have not been approved in accordance with this policy.

## 4. Standards

### a. Medication

- i. The use of medications by an athlete are prohibited, unless that use is in accordance with this policy or a Therapeutic Use Exemption (TUE) has been obtained.
- ii. Athletes are permitted to use medications that are not prohibited under the World Anti-Doping Code in any of the following circumstances:
- iii. When that medication has been prescribed or recommended to the athlete by a medical practitioner or allied health practitioner who is suitably qualified to prescribe or recommend that medication;
- iv. When the medication is purchased in Australia as non-prescription or over-the-counter medication, and that medication is on a list that has previously been approved for use by athletes by the SA Chief Medical Officer; or
- v. One of the exemptions in item 5 applies.

### b. Injections

- i. Subject to item 5, the injection of any substance into an Athlete is prohibited unless all of the following conditions are met:
- ii. The injection of the substance is not prohibited under the World Anti-Doping Code, or a TUE has been obtained;
- iii. The injection is medically justified, based on latest recognised scientific knowledge and evidenced based medicine. Justification includes physical examination by a suitably qualified medical practitioner and an appropriately documented diagnosis, medication and route of administration;
- iv. The injection respects the manufacturer-approved indication of the medication; and
- v. The injection is administered by a medical practitioner or allied health practitioner who is suitably qualified to administer that injection.
- vi. This policy applies to any substance that is injected, whether permitted under the SA ADP or not. This policy also applies to injection of any type; intravenous, intramuscular, intra-articular, peri-articular, peri-tendinous, epidural, intradermal, subcutaneous, or other means not specified.
- vii. In the case of an athlete requiring an injection of a prohibited substance, in addition to the requirements of this policy, a TUE is required and the procedure outlined in the SA Anti-Doping Policy must be followed.

### c. Exemptions

- i. Where the athlete has a well-documented medical condition (for example diabetes, or anaphylaxis-risk), and the Athlete is either using prescribed medication prior to the Athlete's first medical screening session or is proposing to use a newly prescribed medication after the Athlete's first SA medical screening session, the Chief Medical Officer or another SA approved medical practitioner may provide written permission for the athlete to: (a) self-inject within specific parameters; and, (b) be injected by a parent/guardian or other responsible adult within specific parameters. The athlete must still comply with the SA Anti-Doping Policy and obtain a TUE, if required.
- ii. The use of acupuncture needles, as they are solid needles used for the treatment of soft tissue injuries.
- iii. The use of blood tests or other tests that involve the extraction of substances from the athlete's body (rather than the introduction of substances to the body) for medical diagnostic, treatment, testing and research purposes.
- iv. The prescription of, or administration of, medication by a dentist in connection with dental work or treatment of a dental complaint. The athlete must still comply

- v. with the SA Anti- Doping Policy and obtain a TUE if required.
- v. The prescription of, or administration of, medication by an optometrist in connection with an eye examination or treatment of an eye condition. The athlete must still comply with the SA Anti-Doping Policy and obtain a TUE if required.
- vi. The use or administration of medication and injections to an Athlete where the Athlete requires emergency and/or life-saving treatment or medication. The Athlete must still comply with the SA Anti-Doping Policy and, if required, retrospectively request a TUE.

## 5. Policy interaction with the SA Anti - Doping Policy

- a. This policy is to be read in conjunction with the SA Anti-Doping Policy.
- b. Nothing in this policy negates or detracts from a person's obligations, responsibilities and liability under the SA Anti-Doping Policy and the World Anti-Doping Code.

### Responsibilities to this Policy

- c. **Athletes;** Without limiting Athletes responsibilities under the SA Anti-Doping Policy:
  - i. Athletes must advise their treating Medical Practitioner and allied health professionals that they must comply with the World Anti-Doping Code.
  - ii. Athletes must not take any medication unless the requirements in item 2 have been followed or an exemption outlined in item 4 of the policy applies.
  - iii. Athletes must not self-inject or be injected with any substance, unless the injection meets the requirements of item 3.1 or the exemptions outlined in item 4 of this policy.
  - iv. Athletes are encouraged to notify a SA appointed medical practitioner when they have obtained or used medication from sources other than a SA appointed medical practitioner.
  - v. In the case of an Athlete requiring medication that is prohibited under the SA Anti-Doping Policy, a TUE is required and the procedure outlined in Article 9 of the SA Anti-Doping Policy must be followed.
  - vi. Athletes must seek advice from a suitably qualified medical practitioner before using any anti- inflammatory, pain -relieving and sleep-inducing medications.
  - vii. Athletes must attend educational sessions conducted by SA in respect of this medication and needles policy.
- d. **SA Approved Medical Practitioners;** Without limiting each SA approved medical practitioner's responsibilities under the SA Anti-Doping Policy, each SA approved medical practitioner must, when treating or advising Athletes or Athlete Support Personnel covered by this policy:
  - i. only prescribe and administer medications and injections in accordance with this policy;
  - ii. promptly record all medications and injections that are reported to them, or prescribed or administered by them.
  - iii. promptly record details of any Athletes who have been provided written permission to self- inject or be injected by others under item 5.1.1 of this policy; and
  - iv. if requested, provide guidelines and support to any athlete support personnel or other SA staff member who may be required to administer medications to an Athlete.

- e. **Athlete Support Personnel;** Athlete support personnel (other than the Chief Medical Officer or another SA appointed Medical Practitioner) are not permitted to administer any injections to Athletes. The only exemptions are an emergency situation referred to in item 5.1.7, authorised treatment under item 5.1.1 or another relevant exemption in item 5.
  - i. SA athlete support personnel must only prescribe medication to an Athlete if it is within the scope of their professional qualifications to do so, the medication is relevant to the Athlete's needs and not prohibited under the SA Anti-Doping Policy or World Anti-Doping Code.
  - ii. SA athlete support personnel must not dispense any medication to an Athlete unless:
    - iii. it is within the scope of their professional qualifications to do so; or
    - iv. prior written approval is provided by the Chief Medical Officer or a SA appointed Medical Practitioner; or
    - v. the medication is purchased in Australia as non-prescription or over-the-counter medication and that medication is on a list that has previously been approved for use by Athletes by the SA HP Manager or
    - vi. an exemption in item 5 applies
  - vii. SA Athlete Support Personnel must comply with the SA Anti-Doping Policy in respect of their Possession and Use of medication.
- f. **SA**
  - i. when and where required, all medications will be stored under locked refrigeration or secured cupboard; and
  - ii. there is a sharps disposal bin suitably located in all designated SA training facilities.

## 6. Definitions

- a. **Medication** includes prescription medication and non-prescription medication.