



## **Illicit and Illegal Drugs Policy**

The use of prohibited substances, illicit and illegal drugs whether for recreational or performance enhancing means, is harmful to athletes and AU Sport seeks to educate members to prevent its use in sport. The use of prohibited substance is only accepted when it is prescribed under the supervision of a physician for a clinically justified purpose.

AU Sport supports National Sporting Organisations and Australian University Sport Anti-Doping Policies and any penalty placed on an AU Sport member found in breach of these policies. It is the athlete's responsibility to be aware of what they can and cannot take and a full list of prohibited substances is published by WADA as described in 'Article 4.1 of the WADA Code'.

Athletes need to be aware that over the counter supplements can assist an athlete to achieve peak performance. However, poor regulation of the supplement industry can present a small but real risk of a positive 'doping' outcome.

In relation to the use of illicit and illegal drugs, AU Sport will act in a discreet and confidential manner in regard to all information relating to this policy and associated programs. However, depending on the nature of a breach, the Police or the University of Adelaide may be contacted to deal with the situation.

**If you feel you or someone you know has an issue with drugs, the University of Adelaide Counselling Service can assist you.**