



**Australian
Taekwondo**

National Policy

Injectons and Medications

Sports Taekwondo Australia Ltd

T/A Australian Taekwondo Ltd

ACN: 167 216 033

Version: Pol 030.0

Effective Date: 11 December 2018

Policy No:	Pol.030 V1.0
Policy Owner:	Board
Compliance:	Mandatory
Approved by:	Board
Document Type:	External
Category:	High Performance
Effective Date:	11 December 2018
Next Review	31 December 2019

© **Australian Taekwondo Limited 2018**

This work is copyright. Apart from users under the Copyright Act 1968, no part of this publication may be reproduced by any process without written permission from Australian Taekwondo Limited.

Policy Statement

Intent

This policy sets out the principles guiding the use of Medications and Injection by Australian Taekwondo (AT) athletes.

AT fully endorses the principle of prohibiting the use of injections without a justified medical reason. This medical reason must be diagnosed by a qualified medical practitioner and documented.

AT has developed this Injection and Medications Policy to ensure that it continues to provide an environment that has the best interests of the athlete in mind and maintains the highest standards of integrity for the sport and all of its participants.

Objectives

To ensure the safety and well-being of all Taekwondo athletes.

Scope

This Injection and Medication Policy applies to all athletes, coaches, support personnel and other persons that nominate for selection to any Australian Taekwondo Team, and to any other person that agrees to be bound by this Policy. The Policy applies to all AT categorized and funded athletes at all times.

This Policy should also be adopted (in principle) by each State Association, club and school to ensure that all athletes, coaches, members and others within the Australian Taekwondo community continue to comply with best practice health and safety guidelines for the sport, and to ensure the continued integrity of Australian Taekwondo.

This policy should be read in conjunction with AT's Anti-Doping Policy (Pol.003) which has been approved by ASADA.

Medications Policy Principles

For the purposes of this policy, Medications include substances ingested, infused, inhaled, injected, inserted or absorbed by the human body. They may take the form of pills, tablets, capsules, liquids, creams, gels, injectable liquids, sprays, adhesive patches, infusions, inhaled powders, vapours or liquids, pessaries or suppositories.

The athletes subject to this Policy are those who represent AT, and those who are on an International Testing Pool (ITP) or Domestic Testing Pool (DTP), and are eligible for anti-doping testing or other doping control measures.

1. For Medications requiring a prescription, AT requires that athletes only use medications prescribed to them personally, and in the manner directed by a medical practitioner.
2. Athletes must check medications via ASADA or WADA to determine whether they are permitted for use, have conditions, are forbidden or require a Therapeutic Use Exemption (TUE).
3. AT requires all athletes to complete the Therapeutic Use Exemption (TUE) process for all relevant medications.

4. At times athletes may seek to use medications not requiring a prescription. This may include, but is not limited to, medications for:
 - pain relief,
 - decongestant,
 - cold and flu,
 - allergy,
 - the treatment of inflammation,
 - skin abrasion, cut or burns,
 - to assist with sleep.
5. Athletes must be aware that some medications that do not require a prescription may still lead to an Anti-Doping Violation Rule (ADVR). In all cases medications must be checked with ASADA or WADA, and TUE's completed as required and directions for use must be adhered to.
6. Not every team will be able to travel with its own medical practitioner at all times. While athletes will be responsible for their own medications prescribed for their use, it may be necessary when teams travel to certain locations to have supplies of additional medications carried and controlled by one person. In these cases the team manager will identify an appropriate person who will accompany the team and manage medications and appropriate paperwork. This person may be a physiotherapist, sports scientist or allied health professional. However no medication will be provided to any athlete without the prescription and authorisation of the team doctor.
7. The team doctor must:
 - Authorise supplies of additional medications that may be needed
 - Provide contact details
 - Remain the point of authorisation for the provision of all medication
8. Any person with the delegated authority to handle medications must:
 - Adhere to the treatment plan
 - Maintain records of treatments
 - Seek authorisation from the team medical practitioner every time a medication is to be used other than in accordance with the treatment plan provided
 - Ensure medications are securely stored and managed.

Injections Policy Principles

1. AT has a "No Needles Policy" during International Competitions and abides by the International Olympic Committees' (IOC) "No Needles Policy" during the Olympic and Paralympic Games.
2. The Australasian College of Sports Physicians (ACSP) position statement on supplements in sport provides that there is no role for injections as part of a supplementation program. Injections should only be performed under the authority of a medical practitioner. Additional guidance is also provided by the Australian Institute of Sport (AIS) Sports Science/Sports Medicine Best Practice Principles.
3. AT fully endorses the principle of prohibiting the use of injections without a justified medical reason, and has developed this "No Needles" policy to ensure that Australian Taekwondo continues to provide an environment that delivers world class performances while maintaining the highest standards of integrity within the sport.
4. This Policy applies during any event that an AT team attends, or an AT sanctioned event or competition, from 24 hours before the start of the first game of the competition through to 24 hours after the end of the last game of the competition.
5. No athlete or person trialing for selection shall be permitted to receive an injection of any substance into any part of their body, unless:

- 5.1. That injection is medically justified, which includes physical examination by a certified medical practitioner, diagnosis, prescription of the medication (including dose and route of administration) and appropriate documentation including a TUE;
- 5.2. The injection is appropriate to the diagnosed condition;
- 5.3. The injection is medically required for vaccination purposes or for the treatment of illness or injury; and
- 5.4. The injection is administered by a certified Medical Practitioner; or
- 5.5. The athlete is authorised to 'self-inject' a medication provided the content of the injection is authorised and medically prescribed.
6. The Australian Taekwondo Injection Declaration Form (Appendix A) must be completed by any athlete who requires an injection and emailed to the CEO (ceo@austkd.com.au) of Australian Taekwondo.
7. No athlete, coach, support personnel or other person shall be permitted to be in possession of a hypodermic needle unless that person is a certified Medical Practitioner or is authorised to do so under this Policy.

Violation of this Policy

1. Any athlete, coach, support staff or other person bound by this policy, and thereby any National Team Agreement, the AT Code of Conduct and/or other relevant policies, that is found to have breached this policy may face disciplinary action.
2. Such disciplinary action may involve a verbal or written warning and, depending on the severity of the breach may result in additional sanctions including suspension or removal from Australian Taekwondo Teams.
3. In addition to the sanctions which may be imposed by AT or ASADA, it is important to understand that there are various laws concerning the acquisition or administration of certain substances and any breach of these laws may result in investigation and action by the relevant authorities under that legislation.

Associated Policies and Procedures

Anti-Doping Policy (Pol.003)

Supplements Policy (Pol.016)

Accountabilities

Implementation:	CEO
Compliance:	CEO
Monitoring and Evaluation:	Board
Development and Review:	CEO/ Medical Committee
Interpretation and Advice:	CEO/ Medical Committee

Who Should Know This Policy

1. All **Authorities Delegated** within this policy are responsible for knowing this policy and procedures that support this policy.
2. The **Board** is responsible for the approval and maintenance of this policy.
3. The **CEO** is responsible for implementation and ensuring adherence to this policy and for educating users in the content of supporting policies.

Appendix A

Australian Taekwondo Injection Declaration Form

The Australian Taekwondo “No Needles Policy” only allows for the injection of medically indicated therapeutic substances by a medical practitioner in certain circumstances.

Name of athlete: _____

Date of Birth: _____ Gender: _____

Team / Category: Coach: _____

Date of injection: _____

Medication injected (Commercial and Generic names): Volume of medication:

Route of injection (IV, IM, SC):

Please note: Intravenous infusion requires a TUE (banned method) and an ASDMAC and / or FIBA TUE should be sought by the treating Physician for this.

Clinical history:

Diagnosis:

(Supporting evidence: should be attached)

Name of treating Doctor who administered the injection: _____

Qualifications: _____

Signature of administering Doctor:

By my signature, I hereby confirm that the information in this form is true and accurate and that the injection was medically justified and necessary in accordance with the AT “No Needles Policy”.

Place:

Date:

Signature of AT CEO:

Date:

Document Management

Version	Date	Change	Authorised
1.0	11 Dec 18	Policy approved	CR108