



Anti-doping Policy – Player Acknowledgement Form

As a participant in a Baseball Victoria administered baseball program you are liable to be “drug tested”. If it is established that you have used a banned substance, for a first infraction you will receive a suspension for 2 years. For a second infraction, you will receive a life-time suspension. These penalties apply to all sports.

The Australian Sports Drug Agency (ASDA) is the independent body responsible for the coordination of Australia’s anti-doping program. ASDA’s mission is to deter the use of banned doping practices in sport through education, testing and advocacy.

In baseball ASDA tests for the following:

Anabolic Agents including Steroids, Testosterone, Beta-2- and other anabolic agents; Diuretics, Peptide Hormones, Mimetics and Analogues including Human Growth Hormone and EPO (Erythropoietin); Narcotics which mask the effects of pain such as Heroin, Morphine and Pethidine (Only tested for on game days); Stimulants such as amphetamines, cocaine, ephedrine, and certain forms of cold and flu medications. (Only tested for on game days)

Whilst these may seem like very complex categories there is an easy solution: before you take anything (medication, vitamins, supplements, etc.) check it out ! You can do this via:

- The ASDA Drugs in Sport Hotline 1800 020 506
- Online at www.asda.org.au
- Your team or local GP. (remember to tell them that you are an athlete subject to drug testing)

New ASDA Drugs in Sport Handbook

The ASDA Drugs in Sport Handbook 6th edition is now available and includes an updated list of permitted medications based on the January 2003 IOC list of banned substances. The handbook can be purchased for \$8.95 via the ASDA Drugs in Sport Hotline (1800 020 506).

Nutritional and Dietary Supplements

There is a significant risk that supplements may contain impurities, such as ingredients that are not listed on the label, which could cause a positive test.

NB. Prior to the use of any Nutritional or Dietary Supplement you should contact your General Practitioner or Therapeutic Goods Practitioner.

Asthma Medication

Asthma medication is an area where you need to be on your game. Some are banned at all times, some are permitted at all times, while others require you to notify your State or National Organisation that you are using them.

And Remember. You can be tested Anywhere. Anytime!!!!!!!

By signing this document you acknowledge that you have read this document and that you undertake to Baseball Victoria , the ABF and to your Club that you have not and will not use a banned substance in any way which breaches the ABF or Baseball Victoria policies relating to drugs in sport. Unless you are prepared to provide this undertaking you will not be permitted to participate in a Baseball Victoria authorised activity, including games.

Signed: _____ **Dated:** _____

Print Name: _____

Club: _____