



**RAIDERS**  
CANBERRA REGION  
RUGBY LEAGUE

# **CANBERRA REGION RUGBY LEAGUE**

## IMPROPER USE OF DRUGS AND MEDICATION POLICY

**DATE :**  
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**COMPILED BY :**  
Canberra Region Rugby League



## 1. Preamble

Canberra Region Rugby League seeks to ensure that everyone involved in Rugby League across the ACT and surrounding region is aware of their rights and responsibilities and sets out the standards of behaviour expected of those involved in Rugby League and the behaviours that are not acceptable (Prohibited Conduct).

There is an increasing concern about the improper use of drugs and medicine in sport. Canberra Region Rugby League is committed to the health, safety and wellbeing of Relevant Persons and to providing a safe and clean environment for Participants in our sport, including by ensuring that science and medicine services are provided to Athletes by appropriately qualified and supervised staff that are subject to this policy and any legislative requirements

Illegal Drugs represent a widespread community problem and can pose a serious health issue for individuals. Canberra Region Rugby League is aware of the availability and the prevalence of the Use of Illegal Drugs and seeks to deter Relevant Persons from the Use, Possession or Trafficking of drugs or psychoactive substances and from any behaviour that advocates, condones, or encourages the involvement in or the Use of Illegal Drugs.

The Use of Illegal Drugs has a significant impact on the culture of sporting environments and the performance of individuals. Such Use also brings Relevant Persons, Canberra Region Rugby League and Rugby League into disrepute and does not provide a positive example for members of the community that may view our Athletes as role models.

The purpose of this Policy is to provide a framework to:

- ensure appropriately qualified personnel are appointed to provide science and medicine services to Athletes within Rugby League;
- ensure injections are only administered to Athletes within Rugby League as part of appropriate medical treatment;
- ensure Medications are used lawfully and appropriately;
- ensure Rugby League establishes a best practice approach and documented procedure for the use of Supplements, with a focus on safety and evidence-based use, given the risk that Supplements may contain substances included on the WADA Prohibited List, found [HERE](#);
- address and deter any unlawful distribution and Use of Illegal Drugs in connection with Rugby League; and aim to reduce the harm caused by Illegal Drugs to Relevant Persons and the broader community.

## 2. Definitions

The following have the prescribed meaning within this policy

**Activity** means sporting contest, match competition, event or activity, whether on a one off basis or as a part of a series, or league sanctioned or organised by the Relevant Organisation.

**Administrator** means an individual who has a role in the administration or operation of a Rugby League organisation or Canberra Region Rugby League, including staff, committee members or any other appointed persons.

**Athlete** means a person who is registered with or entitled to participate in an Activity.

**Chief Medical Officer** is the medical professional appointed by Canberra Region Rugby League, should it choose to do so, to advise and lead medical services for Rugby League.

**Club** means any club that enters a team to participate in an activity.

**Complaints Disputes and Discipline Policy** means the policy adopted by Canberra Region Rugby League for the handling of allegations of Prohibited Conduct.

**Contractor** means any person or organisation engaged to provide services for or on behalf of the Relevant Organisation, including agents, advisory services and subcontractors of a Relevant Organisation and employees, officers and volunteers of the Contractor or Sub Contractor.

**Employee** means a person employed by a Relevant Organisation.

**Health Professional** means a person who is listed as a health professional with the Australian Health Practitioner Regulatory Agency.

**Health Professional** authorised to administer injections means a Health Professional who is permitted under their registration and scope of practice to perform an injection. This may include Medical Practitioners, Pharmacists, dentists, nurses and paramedics currently registered with the regulatory body in their field.

**Illegal Drug** means any substance listed under schedule 9 and 10 of the Commonwealth Poisons Standard and any substance listed in schedule 1 of the Criminal Code Regulations 2019 (Cth), as well as those substances however prescribed under relevant state or territory legislation and amended from time to time.

**Medical Practitioner** means a person registered in a medical doctor category by the Australian Health Practitioner Regulation Agency.

**Medications** includes substances that are classified by the Therapeutic Goods Administration (TGA) as a therapeutic good listed under Schedules 1-8 of the current Commonwealth Poisons Standard, which are ingested, infused, inhaled, injected inserted or absorbed by the human body. They may be in the form of pills, tablets, capsules, liquids, creams, gels, injectable liquids, sprays, adhesive patches, infusions, inhaler powders, vapours or liquids, pessaries or suppositories.

**Member** means a member of a Relevant Organisation, including:

- a. Member Organisation, which means each company or incorporated association that is a member of Canberra Region Rugby League, including:
  - i. Affiliates, or clubs being local entities that conduct or administer Rugby League Competitions.
- b. Individual Members meaning natural person admitted to Canberra Region Rugby League as an individual member and registered or financial member of Canberra Region Rugby League or an affiliate
- c. Life members of Canberra Region Rugby League

**Participant** means a person who participates, including but not only as registered volunteers, officials, coaches, players or referees, in a Rugby League competition organised by Canberra Region Rugby League or an affiliate.

**Policy** means CRRL Improper Use of Drugs and Medications Policy.

**Possession** means the actual physical, or constructive possession of a drug or psychoactive substance.

**Prohibited Conduct** means conduct detailed in clause 4 of this policy.

**Prohibited list** means the World Anti Doping Code International Standard Prohibited list as amended from time to time.

**Prohibited Supplement** includes a category D supplement within the AIS Sport Supplement Framework.

**Relevant Organisation** means any of the following:

- a. Canberra Region Rugby League
- b. Member Organisation see Member
- c. Rugby League Organisation
  - . Clubs
  - . Authorised Providers
- d. Team which means a collective of athletes who train for or compete in Rugby League



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- e. Any other organisation bound by Canberra Region Rugby League and/or the relevant policies.

**Relevant Person** means any of the following:

- a. Individual Member, see Member
- b. Participant
- c. Employee
- d. Contractor
- e. Administrator
- f. Volunteer, or
- g. Any other individual who has agreed to be bound by the Relevant Policies

**Relevant Personnel** means any of the following:

- a. Coaches
- b. Employees
- c. Medical Practitioners
- d. Officials
- e. Sports Science or Sports Medicine personnel
- f. Support Personnel, and
- g. Any other individual who has agreed to be bound by the Relevant Policies

**Relevant Organisation** means any of the following organisations:

- a. Canberra Region Rugby League
- b. Member Organisations; or
- c. Any other organisation that has agreed to be bound by the National Integrity Framework and/or the Relevant Policies.

**Serious Drug Offence** means an offence under a Commonwealth, state or territory law that prohibits the Possession or Trafficking in a drug or psychoactive substance.

**Supplement** includes single or multi-ingredient product in powder, limited volume liquid, pill or capsule form providing nutrients or other dietary components to achieve a specific health and/or performance benefit.

**Team** means a collection or squad of Athletes, registered with, or entitled to participate in an Activity.

**Traffic/Trafficking** means selling, giving, transporting, sending, delivering or distributing (or Possessing for any such purpose) a drug or psychoactive substance (either physically or by any electronic or other means) by a Relevant Person to any third party; provided, however, this definition shall not include the actions of a “bona fide” Medical



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Practitioner involving a drug or psychoactive substance used for genuine and legal therapeutic purposes or other acceptable justification.

**TUE or Therapeutic Use Exemption** means an exemption that allows an Athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance). More information on TUE can be found [HERE](#)

**Use** means the utilisation, ingestion, injection, or consumption by any means whatsoever of any Illegal Drug.

**Volunteer** means any person engaged by a Relevant Organisation in any capacity who is not otherwise an Employee or Contractor, including directors and office holders, coaches, officials, referees, administrators and team and Relevant Personnel

## 3. Jurisdiction

This policy applies to:

- a. Relevant Persons
- b. Relevant Organisations

## 4. Prohibited Conduct

### 4.1 Prohibited Conduct of a Relevant Person

A Relevant Person commits a breach of this Policy when they:

- a. are convicted of a Serious Drug Offence; or
- b. facilitate, administer, assist, aide, abet, encourage, induce, cover up or are in any way complicit in a breach of subclauses 4.1, 4.2 or 4.3; or
- c. without reasonable cause, fail to promptly report any conviction of a Serious Drug Offence or conduct that is reasonably likely to be Prohibited Conduct under this Policy to Touch Football Australia and to any other entity as required by law; or
- d. provide a Relevant Athlete with prescription Medication or over the counter Medication in an unlawful manner.

### 4.2 Prohibited Conduct of a Relevant Athlete

A Relevant Athlete commits a breach of this Policy when they:

- a. use, possess or distribute prescription or over the counter Medication in an unlawful manner;
- b. possess hypodermic needles or other injection equipment, unless the individual's possession has been authorised by the Chief Medical Officer or other Medical Practitioner; or
- c. self-inject any substance unless authorised to do so by the Chief Medical Officer or other Medical Practitioner for a Permitted Purpose under this Policy; or
- d. allow any person, other than a Health Professional authorised to administer injections or authorised carer to administer an injection to them, for a purpose other than a Permitted Purpose under this Policy.

### 4.3 Prohibited Conduct of Relevant Personnel

A Relevant Person commits a breach of this Policy when they:

- a. possess any hypodermic needles or other injection equipment, unless the individual is a Health Professional authorised to administer injections or authorised carer for the Relevant Athlete; or
- b. administer an injection to a Relevant Athlete unless the individual is a Health Professional authorised to administer injections or an authorised carer for the Relevant Athlete; or
- c. administer an injection to a Relevant Athlete for a purpose other than a Permitted Purpose under this Policy; or
- d. supply or provide a Prohibited Supplement to a Relevant Athlete.

### 4.4 Prohibited Conduct of Relevant Organisations

A Relevant Organisation commits a breach of this Policy when they:

- a. without reasonable cause, fail to promptly report any conviction of a Serious Drug Offence or other that is reasonably likely to be Prohibited Conduct under this Policy to Canberra Region Rugby League and to any other entity as required by law; or
- b. facilitate, assist, aide, abet, encourage, cover up or are in any way complicit in a breach of this clause.

### 4.5 Permitted Purpose

- a. A Permitted Purpose under this Policy is only where an injection is medically required for:
  - i. vaccination purposes; or
  - ii. treatment of a documented medical condition; or
  - iii. investigation of a suspected medical condition.
- b. The possession and use of needles for the purpose of acupuncture, dry needling and management of blisters and splinters are not considered injections. They are permitted under this policy and would not constitute a breach.

### 5. Reporting and Complaints

Allegations of Prohibited Conduct under this Policy should be submitted to Canberra Region Rugby League

Allegations of Prohibited Conduct under this Policy will be managed in accordance with the Canberra Region Rugby League Judiciary and Disciplinary Step Process

### 6. Other Matters

#### 6.1 Education

- a. To prevent breaches of this policy, build positive behaviours in sport and protect participants from the threat posed by the improper use of drugs and medicine. Canberra Region Rugby League is responsible for developing and implementing education programs addressing the content and subject matter of this policy.
- b. Canberra Region Rugby League will engage NSWRL and/or Sports Integrity Australia to assist in the design and delivery of education programs should it need to do so,
- c. The Relevant Organisation may from time to time direct a participant/s to undertake education, which is relevant and proportionate to their level of participation in Rugby League and the attached integrity risks.
- d. **Therapeutic Use Exemption** information and application process can be found at Sports Integrity Australia's website, [HERE](#).  
It is recommended that further medical advice or contact is made with SIA for those wishing to seek exemption.

#### 6.2 Information Sharing

Subject to the *Privacy Act 1988* (Cth), Relevant organisations may share information they receive relating to the improper use of drugs and medicines with Canberra Region Rugby League or other within the confines of relevant legislation, in order for Canberra Region Rugby League to effectively perform its functions.

#### 6.3 Patient Confidentiality

For the avoidance of doubt, lifesaving medical treatment should not be withheld. Provision of lifesaving medical treatment will not constitute a breach of this policy.