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## **CAMS Anti-Doping Policy Information**

This document contains important information for competitors in all motor sport events.

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## EXECUTIVE SUMMARY

*All sports recognised by the Australian Government are required to have a Anti-Doping policy for which complies with the expectations and standards of the latest World Anti-Doping Code. Motor sport held under CAMS auspices is no exception.*

*The CAMS Anti-Doping policy comprises of guiding principles for law abidance, good health and safety and, for competitors, it also prohibits the use of medications which are either illegal, mind altering, performance enhancing or considered to be not ethical in sport.*

*A national sporting organisation (such as CAMS) is not permitted to issue therapeutic use exemptions for any medication, including asthma preparations. All applications for therapeutic use exemptions must be made by the competitor direct to the Australian Sports Drug Medical Advisory Committee "ASDMAC" on the official ASDMAC application form.*

*Competitors in some selected high profile National Championships or Series will (if they require them) need to seek a Therapeutic Use Exemption prior to their competition.*

*Competitors in other less high profile championships, series and events are encouraged to assemble a "Driver's Personal Medical File" in order that a retroactive therapeutic use exemption may be considered if testing is undertaken.*

*Competitors in events at State and Club level championships, series and events are not required to hold therapeutic use exemptions, and may apply for a retroactive exemption in the unlikely instance that they are tested.*

- *All Therapeutic Use Exemptions must be sought by the competitor on the official application form through ASDMAC [www.asdmac.gov.au](http://www.asdmac.gov.au)*
- *Drivers at less than National Championship or Series level are encouraged to assemble a personal Medical File "just in case".*
- *The obligation of compliance lies with the individual*
- *If in doubt, contact CAMS Hotline (1300 883 959 ) or see [www.cams.com.au](http://www.cams.com.au)*

# IMPORTANT INFORMATION FOR COMPETITORS IN ALL MOTOR SPORT EVENTS

## BACKGROUND

CAMS is required to have an Anti-Doping Policy which complies with the expectations and standards of the World Anti-Doping Code. The Policy must be approved by and be consistent with the policies of the World Anti-Doping Agency (WADA), the Australian Sports Commission (ASC) and the Australian Sports Anti-Doping Authority (ASADA). This is a government requirement of all sports, whether they be Olympic sports or otherwise and which are recognised sports by the Australian Government and are funded by the Australian Sports Commission. Motor Sport, held under the auspices of CAMS and the FIA, is currently a recognised sport by the Australian Government.

In order to create a process which is fair and equitable across all sports, the WADA has a single policy structure, which covers every foreseeable concern, process and outcome which is considered likely in any sport. To simplify the administration as much as possible, all sports are required to have essentially the same wording in their policies and require the same obligations of competitors and administrators. There is also a common list of prohibited substances, which in some cases is added to for some sports, e.g. alcohol in motor sport, but is never reduced.

The CAMS Anti-Doping Policy has several major components, some of which apply to all persons who are associated with motor sport. Mostly these are guiding principles which are appropriate for good health and safety.

As far as competitors (which under the policy are referred to as “athletes”) are concerned, the entire policy applies to them. However, both CAMS and the ASADA acknowledge that in policing the components of the policy it may be impractical to apply the operational and in particular the testing regime, across all areas, types, status and disciplines of motor sports which are sanctioned by CAMS.

## WHAT IS THE CAMS ANTI-DOPING POLICY?

The CAMS Anti-Doping Policy is a set of regulations which cover prohibition of use, purchase and dealing, and in some cases, authorised legal use, of medications (drugs) which if used in sport would have the effect of either breaking civil law, gaining an unfair advantage over fellow competitors or posing a threat to the health and safety of other participants in the sport.

The policy is by its nature, very intricate and long winded, as it provides for every foreseeable opportunity to close off any possibility of cheating or crawling through loopholes. The Policy adopted by CAMS is an integral component of the National Competition Rules (NCR) and has very specific and severe penalties for transgressions.

The CAMS Anti-Doping Policy is available for downloading from:

[www.cams.com.au/Anti-Doping Policy](http://www.cams.com.au/Anti-Doping Policy)

The main areas of the CAMS Anti-Doping Policy cover:

- A Position Statement on Anti-Doping in Motor Sport
- Education about the Policy
- Methods of Doping
- Trafficking Drugs
- Administrative Processes for dealing with policy violations including sanctions to drivers
- Prohibited substances
- Policing (testing)

## TESTING

One of the most visible areas of the CAMS Anti-Doping Policy is the actual detection process, or drug testing. Tests are always carried out by an Australian Government authorised organisation and are undertaken with a very high level of professionalism, security and privacy.

Since 2000, when the first drug testing was carried out at a CAMS event, nearly 350 competitors in motor sport have been required to offer a urine sample during a competition in which they have been involved. To date, there have been 7 positive returns, which have resulted in suspension of licences for the offending drivers for up to 12 months.

Until 2009, the testing has been carried out at a wide variety of events at many different levels.

From 2009, the concentration of testing resources will be directed away from the casual competitor - who seeks involvement in motor sport primarily as a recreation and interest/hobby - and will be directed to those areas of the sport where participants fit into one or more of the following:

- International (FIA) Championships
- Professional drivers and drivers who compete in classes that are a higher profile than normal
- Drivers who receive assistance from CAMS via Australian Sports Commission funding grants
- Drivers who have achieved predetermined success in specific and important championships, series or individual events of importance
- Drivers competing in events, series or championships which are considered to be “stomping grounds” for future champions of the sport

## THERAPEUTIC USE EXEMPTIONS

It is acknowledged that at times some competitors may require medical treatment for illness, disease, or injury and may require the administration of drugs or the use of methods which are banned or prohibited under the CAMS Anti-Doping Policy.

It is also recognised that in order for some competitors to sustain a reasonable quality of life, they may only be able to be treated with a specific brand or type of medication and that the use of the medication would not offer any sporting or performance advantage over their fellow athletes, nor raise any health or safety related concerns to participants, including fellow drivers, officials and spectators.

In these cases competitors (drivers and co-drivers) may request approval for the use of an otherwise prohibited substance, provided it is for legitimate therapeutic reasons. This is called a “Therapeutic Use Exemption” or “TUE”.

Generally, the criteria used for granting a TUE is:

- The athlete would experience a significant impairment to their health without the use of the prohibited substance or method.
- The therapeutic use of the prohibited substance or prohibited method would produce no additional enhancement of performance.
- There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or prohibited method.
- The necessity for the use of the otherwise prohibited substance or prohibited method cannot be a consequence, wholly or in part, of prior *non-therapeutic* use of any substance from the World Anti-Doping Code Prohibited List e.g. Addictions.

The obligation on competitors to obtain a TUE will be changed significantly, and will now follow the lead set by the testing program, that being those drivers in the abovementioned areas of the sport will be required to seek their own TUE, on their own recognisance.

CAMS is no longer permitted to be a body which can issue legitimate exemptions for Therapeutic drug use and drivers seeking a TUE must apply directly to the relevant Australian Government authority, which is the Australian Sports Drug Medical Advisory Committee (ASDMAC).

ASDMAC is a voluntary Committee consisting of medical specialists in the field of Sports medicine and is currently the only group authorised to issue TUEs under the CAMS Anti-Doping Policy.

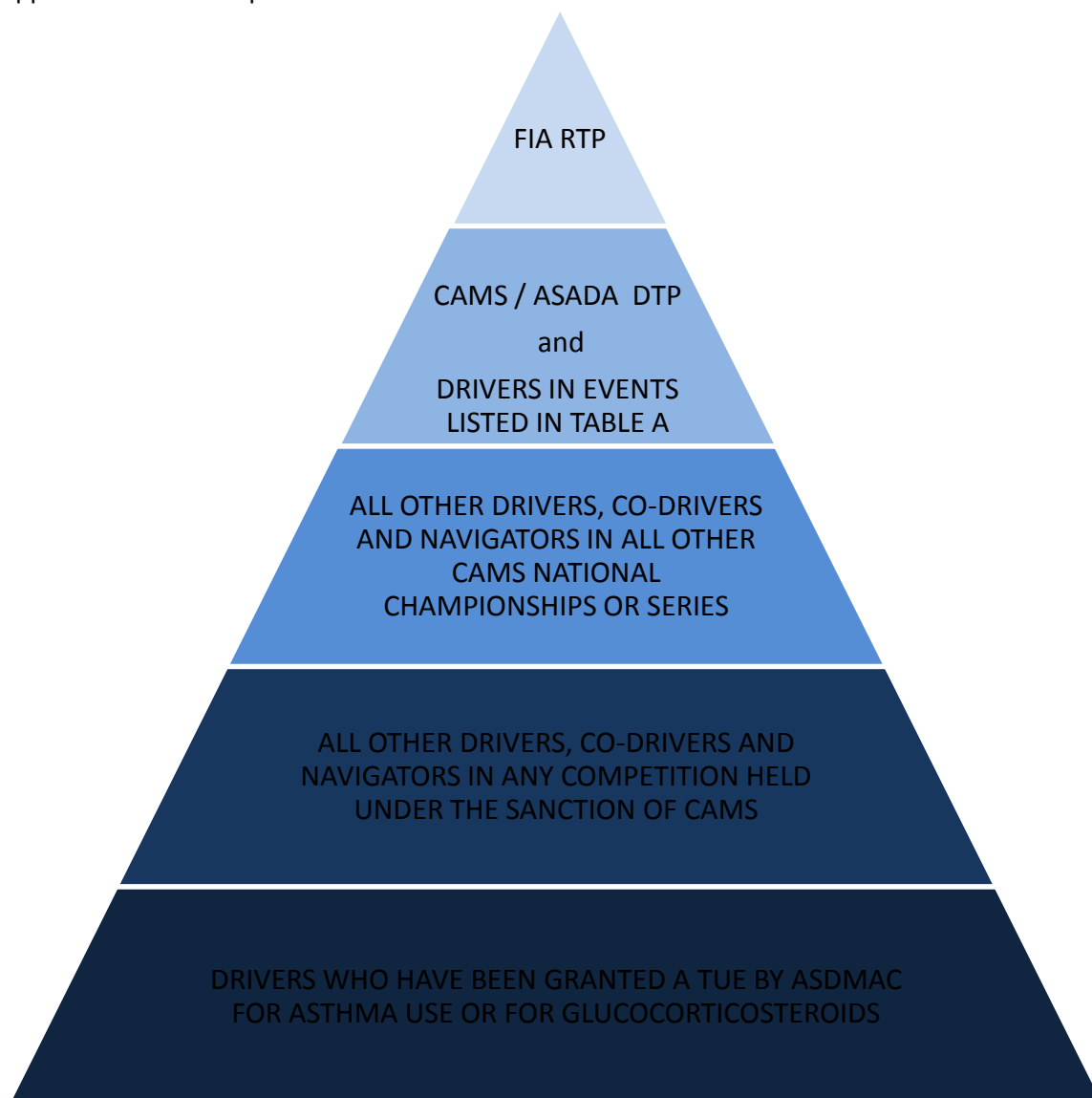
All applications for TUEs must be made on the ASDMAC specified form, which is available from the ASDMAC website at [www.asdmac.gov.au/substances](http://www.asdmac.gov.au/substances). Competitors applying for a TUE must complete the application form with their doctor and attach all supporting clinical evidence and reports. Incomplete applications will not be considered and at least 21 days is required in order process the application.

Drivers, Co-Drivers and Navigators who are not intending to compete in the abovementioned areas of the sport (e.g. below National Championship level) may take advantage of a less-onerous requirement to “be prepared” should any testing occur at an event in which they are competing be undertaken. This preparation will be referred to as “the Drivers Personal Medical File”. See Note 2.

## THERAPEUTIC EXEMPTION PROCESS

### 1 Status of competitors.

For the purpose of determining the TUE applicability and process, competitors will fall in to one of more of the following groups. The Group which is higher on the pyramid will determine the group applicable to the competitor.



#### EXPLANATION OF DIAGRAM

##### ***FIA RTP***

This includes drivers who are listed on the FIA registered testing pool.

Drivers in this category must continue to provide their essential whereabouts information to the FIA and to seek TUEs from the FIA. CAMS or ASADA or ASDMAC are not able to assist with the provision of TUEs for drivers on the FIA registered testing pool.

##### ***CAMS / ASADA DTP***

This includes drivers who are listed on the CAMS Domestic Testing Pool. The Domestic Testing Pool is based on the following criteria:

- Winner of the CAMS Gold Star in the previous year
- First two drivers- in finishing order of the Bathurst 1000 in the previous year
- Winning driver of Australian Rally Championship in the previous year
- First three drivers in the Australian Touring Car Championship (V8S) in the previous year
- Any drivers on the FIA Registered Testing Pool
- Any drivers on an assistance package from CAMS or associated entities which is supported by an ASC grant

#### **TABLE A**

- Persons listed in CAMS ASADA Domestic Testing Pool
- Drivers in V8 Supercar Championship races
- Drivers in V8 Supercar development series
- Drivers or co-drivers in any FIA International Championship event held in Australia
- Drivers in any round of the Australian Drivers Championship (CAMS Gold Star)
- Drivers in any round of the CAMS Formula Ford Championship
- Drivers registered in the Australian Rally Championship
- Drivers in any round of the Australian Off Road Series
- Drivers in any round of the V8 Ute Series
- Drivers in any round of the Australian Carrera Cup Championship
- Drivers in any round of the Australian GT Championship / Challenge

#### **ALL OTHER DRIVERS, CO-DRIVERS AND NAVIGATORS IN ALL OTHER CAMS NATIONAL CHAMPIONSHIPS OR SERIES**

This group encompasses any persons competing in single or multiple rounds of a CAMS designated National Championship or Series (e.g. Commodore Cup,) which does not appear in Table A. It also includes all National Championships which are conducted over a single round.

Drivers, Co-driver and Navigators participating in these events are not exempt from Drug Testing procedures; however it is less likely that these groups will be targeted for full screen (urine sample) testing. Nevertheless, whilst CAMS advises it is possible that testing could occur, drivers are not required to compulsorily complete TUE applications, however it is strongly recommended that drivers who may otherwise require a TUE in these levels of motor sport assemble as a "Driver's Personal Medical File". Please see the reference to this in Note 2.

#### **ALL OTHER DRIVERS, CO-DRIVERS AND NAVIGATORS IN ANY COMPETITION HELD UNDER THE SANCTION OF CAMS**

This includes competitors in all other events which are not covered above.

Competitors participating in these events are not exempt from Drug Testing procedures; however it is agreed that events at this level comprise primarily of recreational participants and the sport is less demanding overall than at National Championship level. It is very unlikely that participants at these levels will be targeted for full screen (urine sample) testing. Nevertheless, CAMS advises it is possible that testing could occur, and any driver who is required to provide a test sample and who is taking any medication whatsoever should declare that to the Drug Control Officer at the time the sample is given. If appropriate, a retroactive TUE may then be arranged.

### ***DRIVERS WHO HAVE PREVIOUSLY BEEN GRANTED A TUE BY CAMS FOR USE OF ASTHMA MEDICATIONS***

This group comprises of all the competitors who may have previously been granted a TUE by CAMS for medication for Asthma based conditions. It will include those requiring inhaled beta-2 agonists for the treatment of asthma and its clinical variants and may be subject to the TUE and retroactive TUE application process for the use of inhaled beta-2 agonists.

CAMS recommends that any competitor requiring inhaled beta-2 agonists for the treatment of asthma and its clinical variants should prepare a “Drivers Personal Medical File” meeting minimum requirements which justifies their use. Please see the reference to this later in this document.

Any competitor meeting this criteria who is required to provide a full screen (urine) sample should declare the use to the Drug Control Officer at the time the sample is given. If appropriate, a retroactive TUE may then be arranged – based on the information previously gathered by the competitor and included in their “Drivers Personal Medical File”.

Please see Note 2 for further information in regard to the Drivers Personal Medical File and Note 5 for WADA updates on Asthma medication.

### ***DRIVERS WHO HAVE PREVIOUSLY BEEN GRANTED A TUE BY CAMS FOR USE OF GLUCOCORTICOSTEROIDS***

All glucocorticosteroids are prohibited when administered by oral, intravenous, intramuscular or rectal routes and are subject to the TUE Application process through ASDMAC. This applies to competitors meeting the criteria of drivers listed on the CAMS DTP, Drivers in Events included in Table 1 and drivers on the FIA RTP

Any competitor meeting this criteria who is required to provide a full screen (urine) sample should declare the use to the Drug Control Officer at the time the sample is given. This declaration of use must be completed by Athletes on the Doping Control Form (which will be provided by the Drug Control Officer) for glucocorticosteroids administered by intraarticular, periarticular, peritendinous, epidural, intradermal and inhalation routes, except as noted below.

Topical preparations when used for auricular, buccal, dermatological (including iontophoresis/phonophoresis), gingival, nasal, ophthalmic and perianal disorders are not prohibited and neither require a TUE nor a declaration of use.

## **2 The application for a Therapeutic Exemption**

Having established the status of competitors in regard to the application of testing and TUEs, the following information will be important in regard to applying for a TUE.

### ***FIA RTP***

Drivers who are included in the FIA Registered Testing Pool (which includes F1 and WRC “factory” drivers) must continue to provide their essential whereabouts information to the FIA and to seek any TUE directly from the FIA. CAMS or ASADA or ASDMAC are not able to assist with the provision of TUEs for drivers who are included in the FIA Registered Testing Pool.

### ***CAMS / ASADA DTP or DRIVERS IN EVENTS LISTED IN TABLE A***

Drivers who are included in the CAMS /ASADA Domestic Testing Pool or are included in the list of events/series/championships in Table A, and who require a TUE, must lodge an application, together with the required medical support information, through the Australian Sports Drug Medical Advisory Committee (ASDMAC) using the official application form. CAMS is unable to issue TUEs. Please also see Note 1 in regard to applying for a TUE.

If you are subject to drug testing at an event and require a TUE, it is not normally possible have one granted after the testing process is initiated and it is almost certain that you will test positive and will have committed an “Anti-Doping Rule Violation”. This will in turn involve attendance at a Tribunal hearing and a penalty which may include loss of your competition licence for up to 12 months for the first offence.

### ***ALL OTHER DRIVERS, CO-DRIVERS AND NAVIGATORS IN ALL OTHER CAMS NATIONAL CHAMPIONSHIPS OR SERIES***

Competitors in this group are required to comply with the requirements of the TUEs if they are subject to drug testing at events, however due to the non-elite level of these events, it is considered that the likelihood of testing being conducted at these events is low. Therefore whilst it would be wise for competitors in this group to seek TUEs from ASDMAC prior to their competition, it may be possible to apply for a retroactive TUE if you are subject to testing. It is however, strongly recommended that each competitor who may be required to administer medication which is on the Prohibited List - and therefore would return a positive test result - should assemble a “Drivers Personal Medical File”. This file should include, as a minimum:

- A complete medical history of the circumstances which has led to the medication being prescribed.
- A comprehensive current report by your physician and where appropriate, the specialist handling your condition.
- Any current test results, reports, letters or other supporting documentation.
- The exact name, speciality, address (including telephone, email, fax) of the examining physician.

It is recommended that this information be assembled prior to any competition and is retained in a safe and secure location and is readily accessible to you within 24 hours of being tested.

Any competitor meeting this criteria who is required to provide a test sample should declare the use of the specific medication to the Drug Control Officer at the time the sample is given. If appropriate, a retroactive TUE may be granted – and this will be based on the information previously gathered by the competitor and included in their “Drivers Personal Medical File”.

### ***ALL OTHER DRIVERS, CO-DRIVERS AND NAVIGATORS IN ANY COMPETITION HELD UNDER THE SANCTION OF CAMS***

Any driver in this “group” who (in the very unlikely circumstance that testing is conducted at this level of event) is required to provide a test sample and who is taking any medication whatsoever should declare details of the medication to the Drug Control Officer. If appropriate, a retroactive TUE may be arranged. In the unlikely circumstance that this action is required, any competitor should immediately contact CAMS National Office and discuss the matter confidentially with the CAMS Anti-Doping Contact Officer.

**NOTE 1****INFORMATION FOR COMPETITORS APPLYING FOR A THERAPEUTIC USE EXEMPTION (TUE)**

Conditions for which a TUE will be granted will be significantly tighter than has been the case previously. An application for TUE must now be sent direct to ASDMAC (not to CAMS), be on the requisite form and accompanied by a detailed report from your chosen medical practitioner.

If ASDMAC chose to approve the TUE, it will contact the applicant and issue a letter of authorisation which will be required to be presented to the Drug Control Officer at the motor sport event if you are chosen to give a sample for a drug test.

Once a TUE has been granted, an athlete will not receive any sanctions if tests for the drug prescribed are positive.

ASDMAC advise that all TUE applications must be received at least three weeks prior to the day of competition for which you will require the TUE.

Further information is available from the ASDMAC website

[http://www.asdmac.gov.au/substances/asdmac\\_applications.htm](http://www.asdmac.gov.au/substances/asdmac_applications.htm)

At lower order events, if in the unlikely circumstance you are subject to drug testing and require a TUE, it may be possible to have one granted after the testing process is initiated.

If you are competing in events listed in Table 1 and require a TUE, it may not be possible have one granted after the testing process is initiated and it is almost certain that you will test positive and will have committed an "Anti-Doping Rule Violation". This will in turn involve attendance at a Tribunal hearing and a penalty which may include loss of your competition licence for up to 12 months for the first offence.

**NOTE 2****DRIVERS PERSONAL MEDICAL FILE**

The following is the minimum requirements for the driver's personal medical file to be used for the TUE process in the case of asthma and its clinical variants. The file must reflect current best medical practice to include:

- A complete medical history.
- A comprehensive report of the clinical examination with specific focus on the respiratory system.
- A report of spirometry with the measure of the Forced Expiratory Volume in 1 second (FEV1)
- If airway obstruction is present, the spirometry will be repeated after inhalation of a short acting Beta-2 Agonist to demonstrate the reversibility of bronchoconstriction.
- In the absence of reversible airway obstruction, a bronchial provocation test is required to establish the presence of airway hyper responsiveness.
- Exact name, speciality, address (including telephone, e-mail, fax) of examining physician.

For competitors taking non-asthma medications and wishing to assemble a Drivers Personal Medical File, the file must reflect current best medical practice to include:

- A complete medical history of the circumstances which has led to the medication being prescribed.
- A comprehensive current report by your physician and where appropriate, the specialist handling your condition.
- Any current test results, reports, letters or other supporting documentation.
- The exact name, speciality, address (including telephone, email, fax) of the examining physician.

### **NOTE 3**

## **EMERGENCY TREATMENT**

The health of athletes is of utmost importance. If an athlete at any level of competition requires emergency treatment or treatment of an acute medical condition a retroactive TUE may be considered.

### **NOTE 4**

## **INTRAVENOUS INFUSIONS**

Intravenous infusions, one of the most common invasive procedures used in hospitals, are prohibited in sport in and out-of-competition. However, in a medical situation, the health of athletes is of the utmost importance. There are a number of risks associated with the use of intravenous infusions, for example, infection, phlebitis (irradiation of a vein), fluid overload, electrolyte imbalance and embolism (blocking of vessel).

Intravenous infusions, commonly known as IV therapy, IV, IV drip or 'on a drip', is where a person is provided with a liquid substance directly into a vein. Usually a person may receive an amount of saline, blood or other product via a drip directly into a vein. In some instances, administering intravenously can be the fastest way to deliver required fluids and medications throughout the body. Some medications, as well as blood transfusions, can only be delivered intravenously.

Whilst intravenous infusions are a prohibited method under the World Anti-Doping Code, both in-competition and out-of competition, and can result in an anti-doping rule violations, the health of athletes is of utmost importance.

If an athlete requires emergency treatment or treatment in an acute medical situation where an intravenous infusion is deemed necessary, a retroactive TUE is required. This is especially important for drivers who are included in the CAMS / ASADA Domestic Testing Pool or are included in the list of events/series/championships listed in Table A.

Should an athlete require an intravenous infusion, it is important that it is carried out by a trained medical professional, administered properly after diagnosis of an acute medical situation.

As soon as possible after the infusion, the athlete should contact the Australian Sports Drug Medical Advisory Committee (ASDMAC) to lodge an application for a retroactive TUE.

## NOTE 5

### WORLD ANTI-DOPING AUTHORITY UPDATES

The World Anti-Doping Agency (WADA) has published the [Standards/Prohibited-List/](#) which will come into effect on 1 January 2011. The Prohibited List is an international standard that outlines the substances and methods that are prohibited in sport. WADA's mission is to promote, coordinate and monitor the fight against doping in sport in all its forms.

The 2011 Prohibited List reflects the latest scientific advances and offers a number of noteworthy changes compared to the 2010 List. Some of the key changes from the 2010 Prohibited List include:

- The addition of a **new section on "non-approved substances"**.
  - This "open" section addresses the issue of pharmacological substances that are not included in other sections of the list and that are not approved by any governmental regulatory health authority for human therapeutic use.
  - These substances will be prohibited at all times (in- and out-of-competition).
- The **removal of platelet-derived preparations** (commonly referred to as PRP).
  - PRP is currently prohibited when used by intra-muscular route but has been removed from the 2011 List after consideration of the lack of current evidence concerning the use of these methods for purposes of performance enhancement, notwithstanding that these preparations may contain growth factors.
  - Current studies on PRP do not demonstrate potential for performance enhancement beyond a potential therapeutic effect. However, individual growth factors are still prohibited under class S2.5 of the Prohibited List.
  - WADA will however continue to closely monitor developments of these preparations
- **Removal of Declaration of Use obligations** for specific substances that are not prohibited.
  - A Declaration of Use, which must be distinguished from a Therapeutic Use Exemption, is currently required for salbutamol and salmeterol by inhalation; glucocorticosteroids administered by intra-articular, periarticular, peritendinous, epidural, intradermal and inhalation routes; as well as platelet-derived preparations that are not administered by intramuscular route.
  - This administrative requirement has been removed by WADA because failure by an athlete to file a Declaration of Use does not currently constitute an anti-doping rule violation.
- A **modification** to the classification of **methylhexanamine**.
  - Methylhexanamine will become a 'specified substance', recognising that the substance is more susceptible to inadvertent use and can carry reduced penalties if athletes can prove they did not intend to enhance performance.

To familiarise yourself with the list, WADA has published it on their [website](#) along with a summary of major modifications and details on the 2011 monitoring program.

These changes are effective from 1 January 2011. If you have any questions regarding the new Prohibited List, please contact ASADA on 13 000 ASADA (13 000 27232).

It is often difficult to interpret the changes in relation to “are the doses listed for the drugs reasonable”? For example how many puffs per day is 1600 micrograms? Is that a light or heavy asthmatic dose?

Or what sort of dose is 150 mg/ml for pseudoephedrine? Is that equal to one, two or three (or more) cold tablets? This will give you an idea of how drastic the prohibitions are.

CAMS has sort clarification to these changes to help shed light on the content. In regard to the WADA banned list CAMS offers the following feedback for competitors in conjunction with the document Australian Sports Anti-Doping Authority (ASADA) [www.asada.gov.au](http://www.asada.gov.au)- *Key Changes to the Prohibited list 2011- What this means for You*

Each dose of inhaled salbutamol or salmeterol is 100 micrograms. The daily limit therefore equates to 16 inhaled doses. Most guidelines for treating adult asthma would recommend 2 inhaled doses at a time, so this would be 8 treatment doses.

An estimation of this is quite a high dose in one day, and anyone using more than this ought to be seeking medical assessment of their asthma. The WADA limit, therefore, seems entirely reasonable.

Any competitor using these drugs in excess of the WADA limit should be medically assessed with a view to improving the management of their asthma.

With regard to pseudoephedrine, the guidelines actually contain details of the dose of pseudoephedrine in common cold and flu preparations. The common dose is 30-60 mg per tablet, and dosing guidelines on the medication will indicate a maximum dose of 240 mg per 24 hours.

There are also two antihistamine preparations available in Australia that contain 120 mg of pseudoephedrine per tablet - **Telfast Decongestant** and **Clarinase Repetabs**. Both these medications are taken 12 hourly, again giving a dose of 240 mg of pseudoephedrine in 24 hours.

The guidelines recommend that all of these medications are to be ceased a minimum of 24 hours prior to competition to allow plasma concentrations to fall below the limit of 150 mcg/ml at the time of competition.

There have been a raft of new cold and flu medications that have become available recently (due to the increasing use of pseudoephedrine to manufacture illicit drugs) that contain **phenylephrine** instead of pseudoephedrine (phenylephrine is not on the banned list) - Competitors may like to consider that they only use cold and flu preparations that contain phenylephrine, and that they avoid Telfast Decongestant and Clarinase Repetabs around the time of competition.

There is no issue with competitors using pseudoephedrine out of competition.

## IN SUMMARY:

- TUEs must all be applied for through ASDMAC.
- It is especially important for National Championship competitors identified in Table A above.
- The obligation of compliance lies with the individual.
- If in doubt, contact CAMS Hotline (1300 883 959 ) or see [www.cams.com.au](http://www.cams.com.au).

## FURTHER INFORMATION AND RESOURCES

Further information regarding Anti-Doping in sport generally and motor sport in particular can be found at:

Australian Sports and Anti Doping Authority

[www.asada.gov.au](http://www.asada.gov.au)

Australian Sports Drug and Medical Advisory Committee

[www.asdmac.gov.au](http://www.asdmac.gov.au)

CAMS Anti-Doping Policy

[www.cams.Anti- Doping Policy](http://www.cams.Anti-Doping Policy)

WADA Prohibited List

Further information in regard to the status of drugs and medications in sport is available at

[www.asdmac.gov.au/substances](http://www.asdmac.gov.au/substances)

ASADA offers online range online educational tools to for athletes to view in their own time. One tool in particular is the Pure Performance in Sport DVD, which can be found at

[www.asada.gov.au education/DVD.html](http://www.asada.gov.au education/DVD.html) .

It is recommended that competitors take the time to review the DVD and familiarise themselves with their rights and responsibilities regarding anti-doping

As of January 2011, the nominated CAMS Anti-Doping Contact Officer is Campbell Andrea

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