# Committed to clean sport

Blind Sport NZ is committed to clean sport. We believe in protecting the health of our athletes, the integrity of our sport and the spirit of clean competition in which the best succeed. We work in collaboration with Drug Free Sport New Zealand (DFSNZ), our national anti-doping agency, to:

* promote a culture of clean sport;
* educate members on clean sport rules, rights and responsibilities;
* facilitate testing;
* report doping and suspicious activity;
* support athletes to compete clean.

**Anti-doping 101**

You can learn key anti-doping basics by taking the short online e-learning course [Clean Sport 101](https://drugfreesport.org.nz/education/e-learning/).

**Got questions?**

You can contact DFSNZ at any time for clean sport support, information, education or resources. Phone 0800 DRUGFREE (378 437), email info@drugfreesport.org.nz or explore their website at [drugfreesport.org.nz](http://www.drugfreesport.org.nz).

# Sports Anti-Doping Rules

We have adopted New Zealand’s Sports Anti-Doping Rules. The rules apply to all Blind Sport NZ members, no matter your role or level of play. The Rules cover much more than just testing positive – they also prohibit things like possessing, purchasing or distributing banned substances and tampering with or evading the testing process.

If you violate the Rules– even by accident – you risk a sanction that can include a ban from all sport and disqualification of your results. The quickest and easiest way to protect yourself is by reading about the Rules – and the Rule violations – on DFSNZ’s website.

[Read the Sports Anti-Doping Rules](file:///C%3A%5CUsers%5CJemma%20Drake%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CIL80J6DT%5CRead%20the%20Sports%20Anti-Doping%20Rules)

Optional:

**Rules video embed link**: <iframe width="560" height="315" src="https://www.youtube.com/embed/ak3nFglAMhc" title="YouTube video player" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>

# Prohibited substances

Some substances and methods are banned in sport. Each year, the World Anti-Doping Agency publishes a list of all those substances and methods in the WADA Prohibited List. Substances can be included on the list if they meet any two of the following criteria:

* It has the potential to enhance sporting performance
* It presents an actual or potential health risk to the athlete
* It violates the spirit of sport

[Read up on prohibited substances](https://drugfreesport.org.nz/substances/prohibited-substances/).

# Medications

Even common medications can contain banned substances. Athletes need to check every medication before taking it to avoid an anti-doping rule violation. Search for every medication – before you take it! – on Global DRO to find out if it’s prohibited in sport.

[Check your medications](https://drugfreesport.org.nz/substances/medications/).

# Therapeutic Use Exemptions (TUEs)

A Therapeutic Use Exemption (TUE) allows you to take a medication containing a banned substance if you need to do so for medical reasons.

Some athletes must apply for their TUE *in advance*, before they begin using any prohibited medications or methods. Other athletes can apply *retroactively*.

[Learn about TUEs and find your TUE status](https://drugfreesport.org.nz/substances/therapeutic-use-exceptions/).

# Testing

Testing is an important way of deterring and detecting doping in sport. As an athlete, you should expect – and be prepared – to be tested. It may happen in- or out-of-competition, and you may be asked to supply a urine sample, blood sample or both.

You can be tested at any time, anywhere and without any prior warning. Failing to complete a test when notified may lead to an anti-doping sanction.

[Prepare for the testing process](https://drugfreesport.org.nz/testing/understand-the-process/).

# Supplements

Supplements are a risk for all athletes DFSNZ don’t approve any supplements or their use because of this risk. Athletes can and do test positive because of contaminated supplements.

Nevertheless, many athletes choose to use supplements or are on a supplement programme. If that’s you, it’s important to make an informed decision. Drug Free Sport New Zealand’s Supplement Decision-Making Guide shows you ways you can minimise – but not eliminate – supplement risk.

[Minimise your supplement risk](https://drugfreesport.org.nz/substances/supplements/).

# Athlete Whereabouts

The Athlete Whereabouts programme is used worldwide to make sure athletes can be located for testing. Athletes on a testing pool must update their Whereabouts every quarter to protect the integrity of sport and to stay within the Sports Anti-Doping Rules.

[Get help with Whereabouts](https://drugfreesport.org.nz/testing/whereabouts/).

# Athlete rights

The Athletes’ Anti-Doping Rights Act protects an athlete’s fundamental right to participate in clean sport, promoting health, fairness and equal opportunity for all athletes worldwide.

[Learn your rights as an athlete](https://drugfreesport.org.nz/rules-and-rights/athlete-rights/).

# Speak Out

Speak Out is a way for anyone in sport to report doping concerns in confidence. You don’t need the full story. And get in touch even if it seems minor – they use every piece of information.

Phone DFSNZ at **0800 DRUGFREE (378 437) or use their** [anonymous web form](https://drugfreesport.org.nz/rules-and-rights/speak-out/)**.**