

**Q: I already have a Therapeutic Use Exemption (TUE) under the CAMS Anti-Doping Policy, do I also need to get a medical exemption for CAMS Safety Testing?**

A: No. The TUE will cover you (for the same drug) under both anti-doping and illicit drug testing. If unsure, contact CAMS.

**Q: Can CAMS advise me if a medication I'm taking contains a banned drug?**

A: No. The best thing to do in this situation is to print the latest banned drug list from the CAMS website ([www.cams.com.au](http://www.cams.com.au)) and provide this to your doctor. If your medication does contain a banned drug, then you will need to apply for a medical exemption.

**Q: Should I stop taking my regular medication just prior to and during a meeting, to ensure that I won't test 'Positive'?**

A: No. CAMS acknowledges that some motor sport participants require legitimate medication(s) to manage their health and the last thing CAMS wants is for someone to jeopardise their well being in this manner. This is precisely what a medical exemption should be used for.

**Q: Which over the counter medications can cause a 'Positive' drug screen?**

A: Some examples include: Codral, Demazin, Dimetapp, Nurofen Plus, Panadeine, Panadeine Forte, Panafen Plus, and Sudafed. There are many others so CAMS recommends that you consult your doctor.

**Q: Can I be excluded from a meeting if my drug screen is 'Positive' but all I've taken is a legal medication such as a cold and flu tablet?**

A: As stated in this brochure, at the time of a drug screen CAMS will not know the specific drug that has been used by a participant. Therefore, unless CAMS is satisfied beyond all reasonable doubt that it is safe for the participant to continue, you may be excluded.

## Codeine Warning

Codeine is a drug that is used as a pain reliever, in combination with other active ingredients like paracetamol, ibuprofen or aspirin. Many Australians consume codeine as a legitimate pain relieving substance each year.

Potentially dangerous side effects associated with codeine use mean that CAMS licenced participants should exercise caution before deciding to use any medication containing codeine.

Due to the risks associated with using codeine, many combination medicines containing codeine are only available to purchase after talking with a pharmacist. This 'pharmacist-only' status also means that only limited quantities may be purchased.

All participants need to be aware of the following in relation to codeine:

- codeine can be addictive and abuse of codeine is common in Australia
- codeine may be detected by CAMS Safety Testing as it derives from one of the detectable drug families
- side effects of codeine include nausea, constipation, drowsiness and dizziness

Remember, codeine can be dangerous, particularly in a motor sport environment. If you intend to use a medication containing codeine, consult your doctor and then apply for a medical exemption through CAMS.

## Contact CAMS for integrity matters

All motor sport participants at all levels are encouraged to contact CAMS directly for further information or assistance with any integrity issue.

If you would like to contact CAMS to obtain advice or to provide legitimate information pertaining to any integrity related matter within motor sport, please do so at:

**Email: [integrity@cams.com.au](mailto:integrity@cams.com.au)**

**Phone: 03 9593 7777**

**Fax: 03 9593 7700**

**Post: PO Box 147 Caulfield East VIC 3145**



## Illicit Drugs in Sport Medication Precautions

CONFEDERATION OF AUSTRALIAN MOTOR SPORT





[www.cams.com.au](http://www.cams.com.au)

## Safety Is Everyone's Responsibility

**ACHIEVE IN SPORT**  
**DON'T LET DRUGS DESTROY YOUR FUTURE**

## General Precaution

Without knowing it, the act of consuming a legally obtained pharmaceutical medication such as a painkiller or a cold and flu tablet, can increase the risk of harm to motor sport participants.

A number of common medications found in medicine cabinets all over Australia contain active ingredients (drugs) that can cause a range of side effects – side effects that can make participating in motor sport dangerous.

Panadeine Forte, Codral and Sudafed are just some of these common medications that all motor sport participants must exercise caution with.

### ▶ **Did You Know?**

That these medications, and many others, contain codeine or pseudoephedrine and that you can become addicted to them.

### ▶ **Did You Know?**

That some of the side effects associated with these medications include: dizziness, difficulty breathing, hallucinations, twitching or jerking muscles and increased heart rate.

### ▶ **Would You Want?**

To be in control – at high speed or of a race - with those side effects.

### ▶ **Would You Want?**

Your safety to be in the hands of others if they had those side effects.

Whenever you consider taking these types of medications you should always be aware of the risks associated with using them and take the necessary action to reduce or eliminate any risk to your own or another person's health and safety.

For the best advice regarding medication risks, **Speak with your doctor.**



## Drug Screens & Laboratory Tests

Under the CAMS Safety Testing program, drug 'screens' will take place at CAMS permitted meetings to detect illicit drugs in a participant's body.

Using the latest electronic drug screen devices, a participant's saliva sample will undergo an analysis immediately after collection.

A drug screen works by detecting the presence of a drug 'family' but **does not** provide the specific drug name or the concentration level of that drug in the donor's body at the time of a screen. In any given drug family, there could be numerous specific drugs, **including illicit and legal varieties.**

This information is relevant to CAMS licenced participants because various 'over the counter' medications (including Panadeine Forte, Codral, and Sudafed) fall into one of the detectable drug families. At the time of a drug screen, CAMS will not be told if a 'Positive' reading for a particular drug family has been caused by an illicit drug or a legal medication – only a laboratory test can provide this information.

At the time of providing a sample, participants will be given the opportunity to pre-declare any **legal** medications they have recently used. In the event that a 'positive' drug screen reading is returned, any pre-declarations made will be taken into consideration by CAMS, **however**, pre-declaration **will not** guarantee that the participant can continue to take part in the meeting.

Following a 'Positive' reading at the drug screen, a second sample will be collected and sent to a laboratory to undergo a confirmatory laboratory test. This laboratory test will confirm or reject the presence of the drug family, provide the specific drug used as well as the concentration level of the drug in the donor's body.

Any false or misleading pre-declarations made regarding the use of legal medications at the time of the drug screen will be identified by a laboratory test and may lead to penalties under the CAMS Illicit Drugs in Sport (Safety Testing) Policy.

## Medical Exemptions

Participants can apply for a medical exemption if they have a need to use a medication that contains an illicit drug. For the latest list of illicit drugs visit [www.cams.com.au](http://www.cams.com.au)

Applications must be submitted to CAMS prior to meetings, and CAMS may consult with the CAMS National Medical Advisory Committee as part of the approval process.

Medical exemption request forms can be downloaded from the CAMS website [www.cams.com.au](http://www.cams.com.au)

### ▶ **Useful Information**

Participants should assume that CAMS Safety Testing will occur at any upcoming meeting and keep the following points in mind, in case selected to undergo testing:

- over the counter medications can be detected by a drug screen and **may** lead to the participant being excluded from a meeting
- if you have an approved medical exemption, bring the approval with you to meetings
- keep a copy of your prescriptions and/or receipts of purchase for over the counter medications and bring them with you to meetings
- it is in your best interests to declare the use of legal medications **prior to** having your sample screened

### ▶ **Illicit Drugs - Getting Help**

If you think you have a problem with illicit drugs, or know someone who may have a problem with illicit drugs, start talking. Talk to a counsellor, a health professional or someone else you can trust, such as a friend or family member.

For more information about illicit drugs or to get help please contact: 1800 250 015 (free call) or visit [www.australia.gov.au/drugs](http://www.australia.gov.au/drugs)