



POLICY ON SELF INJECTION BY AIS ATHLETES

All therapeutic medications, supplements, vitamins and any other agent being considered for use by an AIS athlete **MUST BE DECLARED** to an AIS medical practitioner* as soon as is practicable.

Approval for an AIS athlete to inject himself or herself with an agent can only be provided by the Head, AIS Department of Sports Medicine on referral from an AIS medical practitioner. This approval will depend upon the need for self-injection (eg. insulin for diabetes mellitus; adrenalin for severe allergic reactions), the assessment of risk to the athlete associated with self-injection, and the need for the agent to be injected (as distinct from ingested as capsules, tablets, powders etc).

Written approval must be provided by the Head, AIS Department of Sports Medicine and the athlete's name must be placed on a central register held at the Department of Sports Medicine at AIS Canberra **PRIOR TO** any administration by self-injection.

Where an urgent need for self-injection has occurred, and prior approval by the Head, AIS Department of Sport Medicine has not been granted, it is the responsibility of the athlete to inform the Head, AIS Department of Sport Medicine and the Director of the AIS of this. Notification of such an occurrence must be made within 28 days of any such incident.

This policy relates in particular to the AIS Athlete Code of Ethics; specifically:

"I agree to:

- Neither possess nor use prohibited drugs nor participate in any other practice prohibited by the Institute."

This policy also relates to the AIS Athlete Agreement (both for Residential and for Camps based AIS Scholarship holders). In particular, the policy relates to the following "6. Medical clauses:

- 6.2 During the Term of this Agreement, I will disclose:
 - 6.2.1.2.1.1 full details of all medications, vitamins, and supplements I take: and
- 6.3 I authorise, during the Term of this Agreement:
 - 6.3.5.1.1 the Head, Department of Sports Medicine of the Institute to make full disclosure on a confidential basis to the Director, my Head Coach, and/or Coach any information obtained pursuant to clauses (6.3.1), (6.3.2) and (6.3.3) of this Agreement; and at the Head, Department of Sports Medicine's discretion, disclose relevant information to approved AIS service providers;"

Athletes found to be self injecting without the written approval of the Head, AIS Department of Sports Medicine and their name not recorded on the Central Register

would be considered to have committed a MAJOR breach of the AIS athlete scholarship agreement. Consistent with the AIS Athlete Disciplinary Guidelines such a major breach must be reported to the AIS Director and may lead to the suspension or termination of the athlete's Scholarship Agreement.

Enquiries regarding clarification of this policy may be made to the Head, AIS Department of Sports Medicine (02) 6214 1578.

* NOTE: An AIS Medical Practitioner is a registered medical practitioner who is either:

- Employed by the AIS, or
- Has a formal agreement/contract with the AIS, or
- Has been formally appointed (in writing) by the Head, AIS Department of Sports Medicine.

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