

NEW ZEALAND RUGBY PROFESSIONAL PLAYERS KEY INFORMATION

1. ANTI-DOPING PROTOCOL

- Under anti-doping regulations Players are responsible for what they eat, drink, take into or apply to their bodies.
- Players must take extreme care to check that all substances they eat, drink, apply or are administered are WADA Code compliant.
- If you have not attended an anti-doping education session in the last twelve months immediately notify your team or academy manager, and ensure you undertake one as soon as possible. This is important as anti-doping regulations and the WADA code and prohibited list often changes.
- If a Player is ever in doubt about a substance, be it fluid, food, medication, cosmetic products or whatever do not take it and immediately contact Drug Free Sport, the team medical personnel or academy management to check if it is safe.
- If a Player sees a doctor, dentist or other health professional, they must tell that person that they are eligible for drug-testing as a high performance athlete for certain prohibited substances.
- Write down the name of any prescription drug you are prescribed and get it checked by the team or PU doctor.
- Keep a contact number for Drug Free Sport in your wallet or on your phone - you can call them to get advice if you are concerned over something you are about to take.
- Txt or declare any medication or substance you buy from a pharmacy to your team doctor before you take it.
- Never use other people's medications.
- There should never be a time when you are unsure about any medication you are taking - if there is, immediately contact the NZRPA or your team or PU doctor.
- If you are administered medication in circumstances you are not able to check first or you are concerned you may be at risk, immediately contact the NZRPA on 0800 PLAYER, or your team or PU doctor.