

## Committed to clean sport

Triathlon New Zealand is committed to clean, fair 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 the Sport Integrity Commission Te Kahu Raunui (the Commission – formerly Drug Free Sport New Zealand), our national anti-doping agency, to:

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

### Got questions?

You can contact the Commission at any time for clean sport support, information, education or resources.

Phone: 0800 378 437

Email [info@sportintegrity.nz](mailto:info@sportintegrity.nz)

Website: [sportintegrity.nz](http://sportintegrity.nz)

## Sports Anti-Doping Rules

We have adopted New Zealand's Sports Anti-Doping Rules. The rules apply to all Triathlon New Zealand members, no matter your role or level of play.

The Rules cover much more than just testing positive – they also ban things like purchasing, possessing or distributing banned substances and evading testing.

If you break the Rules– even by accident – you risk a sanction that can include a ban from all sport and disqualification of your results.

## Anti-doping education

The most important thing anyone can do to protect themselves and their sport from doping is to complete anti-doping education.

The Commission offers comprehensive free anti-doping education and resources on its website. Whether you're new to anti-doping, an experienced athlete or part of an athlete's support team, there is an education option for you.

[Explore anti-doping education](#)

## Banned 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 banned substances.](#)

## Supplements

Supplements are a risk for all athletes. Neither the Commission nor WADA approve any supplements 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. The Commission's Supplement Decision-Making Guide shows you ways you can minimise – but not eliminate – supplement risk.

[Minimise your supplement risk.](#)

## Medications

Even common medications can contain banned substances. That's why it's important that you check every medication for banned substances before you take it.

Global DRO is an online tool that can tell you if your medication contains banned ingredients, has conditions for its use, or is not banned in sport.

Athletes are 100% responsible for any substance found in their sample. If you're an athlete, we encourage you to be careful with anything you put in or on your body.

[Check your medications.](#)

## Therapeutic Use Exemptions (TUEs)

A Therapeutic Use Exemption (TUE) allows you, without breaking the Rules, 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*.

[Find out more about TUEs](#)

## Testing

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

If you fail to complete a test when notified, you are at risk of an anti-doping sanction.

Testing can be nerve-wracking, especially if it's your first time. It's a good idea to learn about the process in advance so you know what to expect when it's your turn.

[Understand the testing process](#)

## 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.](#)

## Athlete rights

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

[Learn your rights as an athlete.](#)

## 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 they receive.

Share doping concerns by phone at **0800 378 437**.

**Share doping concerns online using the [anonymous web form](#).**