

# FAQ's

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

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

**Q: Can DLRA 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 DLRA web site and provide that 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 an event, to ensure that I won't test "Positive"**

A: No. The DLRA acknowledges that some land speed participants require legitimate medication(s) to manage their health and the last thing the DLRA 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, Panadine, Panadine Forte, Panafen Plus, and Sudafed. There are many others so the DLRA 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 the DLRA will not know the specific drug that has been used by a participant. Therefore, unless the DLRA 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 DLRA 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 DLRA.

## Contact DLRA

All land speed participants, at all levels are encouraged to contact the DLRA directly for more information or assistance with an integrity issue.

If you would like to contact the DLRA to obtain advice or to provide legitimate information pertaining to any integrity related matter within land speed racing. Please do so at; [integrity@dlra.org.au](mailto:integrity@dlra.org.au)

Phone: 0490 488 100

PO Box 349, Castlemaine VIC 3450



## Illicit Drugs in Sport

Safety is Everyone's Responsibility

**DRY LAKES RACERS AUSTRALIA**  
[www.dlra.org.au](http://www.dlra.org.au)

## 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 motorsport 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 land speed racing dangerous.**

**Panadeine Forte, Codral and Sudafed are just some of these common medications that all motorsport 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 and increased heart rate.

### Would you want?

To be in control - at high speed - with one of those side effects.

### Would you want

Your safety to be in the hands of other 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

Under the DLRA testing program, drug "screens" will take place at DLRA events 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 the screen. In any given drug family there could be numerous specific drugs, including illicit and legal varieties.

This information is relevant to the DLRA 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, the DLRA 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 and 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 the DLRA, however, pre-declaration will not guarantee that a 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. The 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

Participants can refuse or decline a drug test, but will be automatically stood down from competition for a day.

## 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.dlra.org.au](http://www.dlra.org.au)

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

Medical exemption request forms can be downloaded from the DLRA web site [www.dlra.org.au](http://www.dlra.org.au)

### Useful Information

Participants should assume that the DLRA 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 a 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
- you can choose to refuse or decline a drug test, but this will automatically preclude you from competition for that day.

### 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)