

 <p><b>SOUTH AFRICAN SCHOOLS CYCLING</b></p>	<b>South African Schools Cycling</b>			Doc No. SASC/SEH/POL/0003
	<b>DOCUMENTATION</b> Drug Policy			Rev No. 0000
	<b>Compiled by</b> Elize Niewenhuizen	<b>Approved by</b> George Stroebel	<b>Date</b> 05/03/2015	Rev Date

## 1. DEFINITIONS

1.1. SASC – South African Schools Cycling

## 2. OBJECTIVE

The objective of this document is to provide guidelines and to ensure that no rider get an unfair advantage by using social and performance enhancing drugs.

## 3. STATUTORY REQUIREMENTS:

3.1. Schools Act 84 of 1996

## 4. CYCLING IS A DRUG FREE SPORT.

SASC supports the international view that cycling should be a drug free sport. Random drug testing may be performed on some of the cyclists. Please be aware that the authorities are extremely strict and take this very seriously. If any rider is tested positive for any banned substances, not only would their team be disqualified, but they would need to appear before a hearing and could be banned from the sport.

It is therefore essential that if any cyclist is on any medication - from asthma medication, to Ritalin, to prescribed antibiotics, to normal over the counter cold and flu medication, to general antihistamines - to please check the drug free sports list to see whether or not the medicines are prohibited or not. Herewith the link to check which medicine is prohibited.

[http://www.drugfreesport.org.za/wp-content/themes/dfs/pdf/2013\\_HandBook2.pdf](http://www.drugfreesport.org.za/wp-content/themes/dfs/pdf/2013_HandBook2.pdf)

Should any of the medication be on the prohibited list please ensure that the TUE (Therapeutic Use Exemption) form is completed and submitted to Drug Free Sport SA for approval immediately. After approval, a copy of the TUE should always be available and present at races. If approval was denied, the rider should either stop using the medication or stop cycling for the period they have to use the medication. More information on this process will be available from Drug Free Sport SA.

It is important to note that a completed TUE application form is worth nothing, if the TUE was not submitted and approved by Drug Free Sport SA.

Some types of medication are totally prohibited and riders will never receive a TUE for its use. Some medication can only be used outside of competition and some can also be used during competition.

It is the responsibility of the rider to ensure that he or she does not use any illegal medication.

[http://www.cyclingsa.com/App\\_Resources/Uploads/FILE00001924.pdf](http://www.cyclingsa.com/App_Resources/Uploads/FILE00001924.pdf)

When visiting a doctor for any prescription medicines, please inform the doctor that you are participating in cycling and that he/she should attempt to prescribe medication that is not on the BANNED/ PROHIBITED substance list. All doctors and pharmacists should be aware of what can be administered. If treatment absolutely requires medication that is on the BANNED/PROHIBITED list, make 100% sure that you have a doctor's letter stating that and contact Drug Free Sport immediately, notifying them of the situation. Drug Free Sport SA should then inform the rider about the period he or she cannot participate.

It is very important to note that Drug Free Sport can test any licensed rider in and out of competition. The use of banned substances outside of competition without a TUE will definitely end in a suspension for no less than 2 years.

**IMPORTANT:**

Many supplements and replacement shakes also contain prohibited substances and therefore it is essential that the ingredients of these are checked carefully.

For any further information please visit the Drugs Free Sport web site or the Cycling South Africa web site.