

# PCA News

Pony Club Australia Monthly Newsletter



PONY CLUB  
AUSTRALIA

OCTOBER 2022

## Games time

Equitana  
here we  
come

Incident  
reporting app  
- what it is telling us

Webinars  
to watch

Should you feed horses and ponies differently?



info@ponyclubaustralia.com.au  
www.ponyclubaustralia.com.au





**Monday  
October 17**

## **Understanding your Pony Club Insurance Program**

**17th October 7.30pm (Eastern Daylight Savings time)  
Suitable for Club administrators and other interested members**

- What is Public and Products Liability Insurance?
- What is Personal Accident Insurance?
- Claims examples?
- How do you get cover for your non-Pony club activities?

Presenters are from Gow Gates, PCA Insurance Brokers – Brad Kelly and Michaela McDonald

Link for participants:

<https://us02web.zoom.us/j/83226536659>

Sessions are recorded and available later on the PCA YouTube channel.

**Tuesday  
October 25**

**Gear Checking for Pony Club with Dianne Ould from Pony Club WA  
25th October 7.30pm (Eastern Daylight Savings time) -**

Valuable for anyone doing a Gear Checker certificate or the PCANCAS Foundation Coach.  
Anyone can join and learn the steps to conducting a gear check

Link for participants

<https://us02web.zoom.us/j/89133132609>

**Coming in November - see page 17 of this newsletter**

There will be a series of 4 webinars on the PCA National Integrity Framework

**Now on the PCA  
YouTube channel**



PCA Instructional webinars are recorded and available after the live sessions on the [PCA YouTube channel](#).

- **Horse Welfare and the Five Domains Model**
- **Inclusive Coaching Made Easy and Fun**
- **A Better Bit for the Horse and Rider Combination**

You can also access these from the [PCA website \(Under Coaches\)](#)



# The 2022 PCA Awards



**Nominations are in - stay tuned**

Rider(s) of the Year  
Club of the Year  
Centre of the Year  
Coach of the Year  
Volunteer of the Year

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**HYGAIN**

**Hygain Monthly  
Winners for August**

Congratulations to the August winners of \$1000 each

NSW/ACT:

Wollondilly Pony Club

VIC/TAS:

Lancefield & District Pony Club

SA/NT:

Mt Gambier Pony Club

WA:

Giddegannup Horse and Pony Club

**September winners  
and the big 5 x  
\$5000 winners still  
to come!**



# Congratulations to Our Riders

## 2023 INTER-PACIFIC CHAMPIONSHIPS



### MEET OUR TEAM



**PONY CLUB**  
AUSTRALIA



**COACH**

Meaghan  
Sutherland



**MANAGER**

Dezi  
Roos

### Riders

Ashleigh Bennett, NSW  
Georgia Elias, Tas  
Georgia Goss, WA  
Bridget Mouat, Vic



## Pony Club International Dressage October 2022

### USDF Training Level Test 1

Chenin Hislop - Woodridge HPC, WA  
Lucy Johnston - Midlands PC, Tas  
Amelia Gordon - Serpentine HPC, WA  
Tommie Parker - Harden PC, NSW

**To be judged by Canada Pony Club**

### USDF First Level Test 1

Matthew Kerridge - Tamworth PC, NSW  
Jessica Ridley - Busselton HPC, WA  
Asha Fiedler - Horsham PC, Vic  
Lauren Rowe - Busselton HPC, WA

**To be judged by Hong Kong Pony Club**

### USDF Second Level Test 1

Darcy Eyb - Cudal PC, NSW  
Kirra Ayala - Rosewood PC, Qld  
Sophie Appleby - Serpentine HPC, WA  
Paris Fiedler - Horsham PC, Vic

**To be judged by Pony Club South Africa**

### Prix Caprilli

Mirri Lang - Gisborne PC, Vic  
Kassi Jones - Fernpark PRC, Tas  
Amy Bennett - Balnarring PC, Vic  
Robin Henry - Quirindi PC, NSW

**To be judged by Pony Club New Zealand**







# Is Your Mail Getting Through? Missed out on a team? Missed important news?

The PCA monthly newsletter is emailed to members and is important - but if something is super important, members will also get a specific email direct to their registration email in JustGo.



## **NOT GETTING THE NEWS?**



**PONY CLUB  
AUSTRALIA**

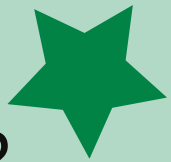
Make sure you add  
[support@ponyclubaustralia.com.au](mailto:support@ponyclubaustralia.com.au),  
[info@ponyclubaustralia.com.au](mailto:info@ponyclubaustralia.com.au), and  
[members@ponyclubaustralia.com.au](mailto:members@ponyclubaustralia.com.au) to your safe  
senders list.



**Emails from PCA are infrequent but important**

# Going to [Equitana 2022?](#)

## Why not visit on Pony Club Day?



**Pony Club demonstrations - main arena and education pavilion**



**Pony Club trade stand with giveaways and sales**

**Saturday November 12**  
**(Event runs November 10-13 2022)**

Pony Club Australia is excited to be an exhibitor at Equitana Melbourne from the 9th to 13th November 2022. If you are planning to attend Equitana be sure to pop by and say hello at stand 139 in the PETstock pavilion. We will have some exciting new merchandise on sale as well as a showbag give away for 50 lucky members each day.

### **Pony Club Competition**

Saturday 12th November 9am -11:30am in the Rowville Competition arena. Competition will consist of mounted games and a stockmans challenge, followed by two musical ride displays.

Participants have been selected from Phillip Island PC, Werribee PC, Gisborne PC, Mount Evelyn PC, Woodlands PC, Lilydale & Mooroolbark PC, Maryborough & District HPC (Vic).

### **Education Session**

Saturday 12th November 1:15pm to 2pm be sure to join in the Pony Club Education session with coaches Kathleen Kindler & Rachael Edwards in the PETstock pavillion (Demo arena 3). The lesson focus will be on techniques used by Pony Club® coaches to keep lessons fun but with an emphasis on correct skill techniques being practised - with some horse-mastership included. The lesson will have the young riders displaying their skills with a small obstacle course of bending cones (to show their skill at navigating turns), stepping stones (to show skill of mount/dismount), quiz questions (to test riders' knowledge) and a small jump.

## Equitana ticket offer

To show our support for all Pony Clubs across Australia, EQUITANA is giving back! Get 15% off General Admission tickets by having a representative from your club apply via the link below. These General Admission tickets can be used at any one of the days at EQUITANA 2022 😊

**November 10-13 2022**

[Apply for Tickets Here](#)





# Come & See Us at Equitana

Stall 205 - Ariat Pavilion



- Product Sample **Give Aways**
- **Exclusive** Equitana Product Specials
- Speak **Face-to-Face** with our **Professional Nutrition Team**
- Private One-on-One sessions with **Special Guests** from **Motion Equine**

## Special Guests



Dr Luke Wells-Smith



Dr Anushka von Oppen

**MOTION**  
EQUINE CENTRE  
[www.motion-equine.com.au](http://www.motion-equine.com.au)

 **EQMELB**  
**EXHIBITOR**  
2022

Scan and stay tuned for more announcements on our socials!



# Pony Club Australia Prince Phillip Mounted Games 2022

Only a few weeks to go till the Pony Club Australia Prince Phillip Mounted games. With the current wet weather the NSW region has been receiving, the Junior event that was to be held at Bungendore show will now be moved to Hall polocrosse ground (Canberra region).

Senior teams will compete Saturday 22nd Oct with junior teams competing Sunday 23rd Oct at Hall.

Several state teams were announced last month; now we can announce:

## **NSW Junior Team**

Bree Mackenzie  
Tom McLachlan  
Will Zeiler  
Jess Foster  
Charlie Mackenzie  
Reserves  
Harry Scarlett  
Cooper Richardson

## **NSW Senior Team**

Breanne Geloven  
Maddie Nickson  
Tom Ryan  
Taleha Urszulak  
Jemma Corneteg  
Reserves  
Julia Devitt  
Emily Gasparre

## **WA Junior Team**

Aaron Suvalijko  
Campbell Black  
Carly Ballantyne  
Kailani Muir  
Keira Dowding  
Reserve  
Lewis Hudson  
Coach Dan Foster  
Manager Kelly Altieri

## **WA Senior team**

Adelaide Gibbs  
Annie Herzer  
Daniel Suvaljko  
Mac Ballantyne  
Rohan Smith



## **CONGRATULATIONS TO OUR RIDERS...**

ASHA SCHMIDT (KHPC), LILIANA CLAYTON (NHPC),  
DENVER VIVIAN (DHPC), AVA COTTLE (DHPC)  
& ISABELLA SEIPEL (DHPC)

## **WA Seniors cont'd**

Reserve  
Jorja Brown  
Coach Sean Corbin  
Manager Kerstin Schoen



## Thinking of Becoming a Pony Club coach?

The first 10 members to achieve their accreditation as a PCANCAS Foundation Coach will receive a Pony Club Australia prize pack valued at over \$100

Becoming a nationally-accredited coach is a great way to participate in Pony Club® and also assist young riders in the family. The Foundation Coach is focused on rider safety and providing instruction to E and D level riders at Pony Club®. Coaches can be accredited from the age of 16 years.

Candidates can study at home and can be assessed locally by a PCANCAS Level 1 coach in your area. The Foundation Coach accreditation is not a pre-requisite for the PCANCAS Preliminary Coach, but there are many elements that will be recognised as prior learning for the Preliminary, making it a significant stepping stone.

The PCANCAS manual is available from the PCA shop on the Justgo website for \$28 including postage. The workbook is free to fill in online. Please check with your State regarding the practical assessment cost.

[Click here to check out the Foundation Coach course outline.](#) Or visit [www.ponyclubaustralia.com.au/coaches](http://www.ponyclubaustralia.com.au/coaches)





# PCA Incident Reporting System

Since January 2021 Pony Clubs across Australia have been using the central system to report incidents, to help identify trends and improve safety for horses and riders.

Now with 18 months of data, we are able to extract valuable information.

Monil Shah, PCA's Sports Development Officer, has been analysing the results.

## Incidence of Horse Falls in Pony Club® activities

What are the common contributing factors when a horse slips or falls? Which injuries commonly occur in these incidents? Let's find out!

From over 1100 total incident reports from 1st January to 31st August 2022, there were 64 reports of a horse slipping or falling.

31% of these incidents occurred during cross-country activities, followed by 27% in showjumping and 11% in dressage. 59% of reports were from non-competitive activities and 41% from competitive activities.

## What are the contributing factors?

71% of incidents highlighted that the ground conditions were either "Good to Soft", "Good to Firm" or "Good". Only 24% of incidents mentioned that the ground was slippery during the event. Further analysis highlighted that the "Sand" and "Grass" arenas covering the ground were slippery after rain. Some incidents also reported that rain before the event had caused the ground to become damp and muddy. Interestingly, only 13% of reports mentioned the slips or falls occurred on a downward or upward slope. The rest of the incidents happened on level ground.

## Human injuries associated with horse falls were mostly minor

Out of the total horse falls reported, 86% also reported a rider fall (55 reports).

In 13% of cases there was no rider injury. There was a minor injury, such as bruise/contusion or emotional injury (upset, distressed), in 57% of cases. The remaining 30% of injuries were recorded as serious with suspected concussion and suspected fracture ranked highest.



## Horse injuries were uncommon

In 70% of the cases when a horse fell, no horse injuries were reported; the rest of the reported horse injuries were minor.

Pony Club Australia appreciates the time and effort of club administrators and other participants to provide incident reports. By understanding the circumstances in which incidents occur, we can identify possible preventative actions.



[You can read up on incident reporting here](https://ponyclubaustralia.com.au/Incident-Reporting/)  
or go to [ponyclubaustralia.com.au/Incident-Reporting/](https://ponyclubaustralia.com.au/Incident-Reporting/)





# EAST COAST EQUINE CONSTRUCTION

NSW - Builders LIC 257196C | Part of the SS Projects Group | QLD - Builders LIC 15024420



Backed up by its parent company SS Projects, a lifetime of equestrian experience and years of building, civil and drainage knowledge has given the team at ECEC the skills set to take on any equine or land clearing project available.

We can help with everything from design, approvals, stable and indoor/outdoor arena construction and repairs to drainage, irrigation and land rejuvenation.

SERVICING  
NORTHERN NSW  
& SE QLD.

*Arena base not constructed by ECEC.*



- Stables and shelters
- Indoor and outdoor arena construction
- Fencing
- Land clearing, rejuvenation and seeding
- Drainage
- Irrigation
- Machinery hire
- Arena and paddock maintenance



*Arena base not constructed by ECEC.*





Artwork: Horse Deals

For any of your equine construction needs please contact our specialist

**HAYLEY ON 0414 815 132**

Her experience in the equestrian sector, building and civil construction will ensure your needs are understood and met,

or contact the team on  



# Community Captain winner



**Jo Humphries**  
**Oxenford Pony Club Qld**



Jo Humphries, Oxenford Pony Club and was nominated by Tallebudgeera Pony Club

Jo has always dedicated her time to Pony Club® as an accredited Jumping Equitation Judge and showjumping course builder. She consistently attends club, zone and state events, volunteering in a variety of capacities including judging and team manager roles. 2022 has seen her take that even further as a wonderful Community Captain. Jo has put an incredible amount of working into fundraising for Jennie Smith, a mother who had a terrible fall that resulted in a spine fracture in her neck earlier this year and is still bravely battling her recovery and rehabilitation.

After 12 months of hard work, 3 postponements due to weather, Jo's fundraising for Jen at the Jump 4 Jen Showjumping Spectacular will be held at Queensland State Equestrian Centre this weekend.

Jo has managed to gather multiple sponsors for raffles and prizes and full classes of riders. She's organised judges, course builders, horse and rider stabling and camping, 3 different venues, nominations and raft of other organising activities in order to help with Jen.

We congratulate and thank Jo for embodying the spirit of Pony Club's Community Captain, as an ambassador for the community spirit that unites the Pony Club® movement, and brings people together for the greater good of Pony Club.

# Welfare Warrior winner



**Mirri Lang**  
**Gisborne Pony Club Vic**



Mirri Lang's showjumper, Bam, underwent surgery and a long rehabilitation period in which he needed to be stabled and walked slowly, in-hand, three times per day. Bam was used to a paddock and not an easy patient. Mirri persevered with 45 minute walks on dark, cold winter mornings before school, and in the afternoons and slowly the wounds on his face and flank healed. Mirri is now building Bam's fitness back up to return to competition.

Mirri learned that entertaining a horse whilst they are on stable rest for an extended time is important. With Bam's unique case it was hard to find ways to entertain him because traditional horse toys (where you hide the snacks and the horse must find them) would have hurt his nose. So, Mirri got creative and hung up stuffed sock monkeys with long legs so he could grab and toss them. Bam had a salt lick and four different kinds of hay. Bam also had some time with a pony companion and lots of carrots and treats. Looking after Bam was very valuable for Mirri's K certificate work.



These can be awarded at any time. Apply here:

<https://form.jotform.com/PonyClubAust/pony-club-values-awards-nomination->



# Meet the Coach



## **Josie Richardson: Casino Pony Club Instructor and PCA Accredited Centre Owner - Little Ranch Riding Centre**

Josie decided to quit pre-school at early age of four years old, after her mother dropped her off to a lovely lady, Marg Pestell. Marg was a Life Member of Young Pony Club, who received her Order of Australia Medal for services to Equestrian Sport in 2006.

Marg was the perfect mentor to induct Josie to a lifelong love of horses. She took Josie under her wing with lessons, and eventually found Josie her first horse, Flash. From all accounts, Flash was loved for his character and typical pony naughtiness!

Josie's family moved to Bingara Pony Club and later, to Woodburn, where Gloria Parker, instructor at Woodburn Pony Club introduced her to the Show Horse discipline. After Flash had passed on, Josie's parents found her a horse called Ged, whom she showed with Gloria's guidance and developed a love for showing.

After a break from riding, Josie was at the hairdresser when he said to her, "I've got a mate that has horse you can have," and after meeting the horse's owner, Crystal, her heart horse, was given to her. Josie still uses her to ride now and at Little Ranch.

Josie's two sons love riding at Pony Club and competing in camp drafting, stockman's challenge and sporting competitions - Josie is their best strapper! When parents started asking Josie if they would teach their kids to ride like her boys, Josie decided to start Little Ranch at Casino and spend time on her passion of teaching young riders the basics of horse riding.

She's grown the business to nine horses and employs five local riders who help with classes and the ranch. Her goal is to get little riders safely understanding the basics of riding. Many of her Accredited Riding Centre riders have gone on to buy horses and are now regular Pony Club® members.

Josie was already a member of Casino Pony Club and has been their President, Instructor, Member Protection Information Officer (MPIO) and grants person now for four years. She holds regular riding camps for both her Riding Centre members and Pony Club riders, which are full every school holidays. Josie is forever grateful to Marg for introducing a non-riding family into horse riding and is passionate about delivering the same experience to introduce the love of horses to other families.



*Photos, from top: Josie  
Young Josie and Flash barrel racing  
Early days: after a lesson at The Little Ranch Riding  
Centre.*



# Discover our 60 year industry pedigree

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## Trust | Excellence | Innovation

Gow-Gates has been specialising in equine and bloodstock insurance since our formation over 60 years ago. More than an insurance broker, we're your insurance partners. We'll put our deep understanding of your industry, and ours, to work for you. As a proud partne of the Pony Club Australia Community, we provide specialist insurance cover for the Equine Industry.

Due to the high-risk nature of equine sports and the costs involved, finding suitable cover can be a challenge. With our experience and industry connections, we can find fresh solutions, negotiate with insurers on your behalf and give you access to products others cannot.

We offer a range of products and services to fulfil your insurance needs, including:

- Horse Insurance
- Farm Property
- Farm Motor
- Public Liability
- Personal Accident
- Income Protection
- Other Personal Insurance

Contact our team to discuss all your equine-related insurance needs.

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Michaela McDonald | Team Manager | +61 499 284 333 | [michaelam@gowgates.com.au](mailto:michaelam@gowgates.com.au)





# Hunger Genes

**Dr Jennifer Stewart**  
BVSc BSc PhD  
Dip BEP,  
Equine Veterinarian  
and Consultant  
Nutritionist  
CEO Jenquine



## Should we feed ponies differently to horses?

Horses occupy a special place amongst animals. For over a thousand years we have bred them for performance traits, appearance and temperament – and today there are many different breeds of horses and ponies.

Small body size and height allowed ponies to survive as extremely robust little animals on the Scandinavian tundra and later, on the Shetland Islands. Ponies can slow down their heart and lower their body temperature when weather is cold – so they need less energy and food to survive. Known also as ‘easy keepers’, ponies need less feed to maintain their body weight and it can be difficult to reduce their body condition.

To survive in environments with sparse or poor quality pasture and cold, rugged terrain, ponies evolved with what’s called a ‘thrifty’ gene. Which lets them fatten quickly and survive when there’s not much to eat. But for our ponies today, there is never ‘not much to eat, and from a veterinary perspective there are only two types of ponies – ‘ponies that have foundered and ponies that are going to founder.’

Ponies eat more than horses – when they have free access to feed, including grass, they can gobble down up to 50% of their daily requirements in just three hours and over 200% in 24 hours at pasture. A hearty appetite, combined with their ‘thrifty’ genes, predisposes ponies to several diseases, such as weight gain and laminitis.

### **Bodyweight and behaviour:**

In Australia up to 72% of ponies are overweight. Behaviour is related to temperament and although the risk of misbehaviour is higher in ponies, in horses and ponies the incidence of misbehaviour increases with ‘fatness’. In addition, there is also a clear link between what we feed horses and their behaviour.

High starch/sugar/sweet feeds and pellets are linked to higher reactivity, unpredictability, nervousness, tension, fearfulness and handling difficulties.

On the other hand, when their diet is high in fibre and with added oil, both horses and ponies are more settled. Oils have a calming effect on excitable horses and ponies and help reduce startle reactions to loud noises and unexpected things. It may take several weeks of feeding oil, so introduce oil slowly, starting with around 20ml and increase every few days till you’re feeding 1-2 cups a day (depending on the size of your pony and the amount of exercise). If the manure becomes a bit runny, slow down the oil for a few days.

**Pasture and grass:** Many ponies can only have a short time on grass each day – and some can never eat grass. Plants produce sugar by photosynthesis and during sunlight hours, they become sugar factories. By mid-afternoon, sugar levels can be three to four times higher than before sunrise, with peak levels reached by sunset. Grazing is generally safest between 3-11 am, but for some ponies it is never ‘safe’.

**Vitamins and minerals:** most horses need a balanced daily vitamin and mineral supplement and especially those on hay-only diets. A low starch/sugar balanced pellet that includes protein meals and no bran or pollard is safest. Change over slowly because if your horse is used to a sugary/starch feed, it may take them 7 – 10 days to adjust to a pellet low in sugar/starch.

To ‘eat like a horse’ means to have a very big appetite! Ponies eat large amounts of food and they like to eat all the time. They are also not particularly concerned about their weight. But not all ponies get laminitis and founder and your vet can take a blood sample to check whether your pony is at risk.





New  
products  
reminder

# Gear checker Accreditation



Want to help out at Pony Club® not sure where to start. What about getting your PCA Gear Checker Accreditation?

We know there are many parents and supporters who would like to get involved and help with gear check if they only knew what to. We now have an accreditation in place that aims to provide knowledge and set standards of the gear check procedure. To become a gear checker, you will require the following:

- Be a current member of Pony Club Australia
- Meet the requirements for Working with children in the relevant State/Territory
- Be at least 16 years
- Be familiar with the current PCA National gear rules
- Have observed and been supervised performing gear check procedure at rally or muster
- Complete a 20-question open book assessment

Once you have ticked all the above boxes you are ready for your practical gear check assessment before a qualified assessor.

If this sounds like something you would be interested in, [click here to read the Gear Checker Manual](#) (Located on the website on the coach training page, but you do not need to be a coach).



## Lungeing Manual



Lungeing is a competence included in the PCA syllabus for riders C\*/K and above but is also a common practice for others in Pony Club®. We have produced a manual that includes the purpose of lungeing, appropriate equipment, safety practices and training.

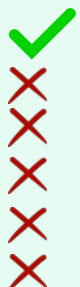
Pony Club Australia thanks the members of the PCA Coaching Advisory Council, particularly Judy Rose, Kathleen Kindler and Marisa Hall, as well as Dianne Colley, Dr Andrew McLean, Dr Portland Jones and Dr Kirrilly Thompson for their assistance with the new Lungeing Manual.

[\\* Free to download from the PCA website \(under Horse Resource\)](#)

or colour copies can be purchased from the PCA online shop for \$25 incl. postage.



## National Integrity Framework: Your October issue of NIF News is on the next page



Child safety  
Abuse.  
Bullying.  
Harassment.  
Competition manipulation.  
Illicit drugs.



**SPORTAUS**

September 2022 - 17  
October 2022 - 15



**WELCOME TO  
NIF NEWS!**

## TALKING INTEGRITY IN PONY CLUB

### DRUGS & MEDICINES IN PONY CLUB?

*When would this policy be something a Pony Club member would care about?*

Pony Club members should be aware of the Improper Use of Drugs & Medicines in Sport particularly those members who are competing in National and International events or aiming to achieve at elite levels.

### WHAT DOES IT MEAN FOR ME?

Ensuring you are aware of the policy, downloading the Sport Integrity Australia App and understanding the therapeutic use exemption for existing conditions.

*Suanne Waugh, PCA Integrity Manager  
Integrity line: 0424 067 045*

***[Therapeutic Use Exemption - Click here!](#)***

## IMPROPER USE OF DRUGS & MEDICINES

### What is the improper use of drugs and medicines policy?

The Improper Use of Drugs and Medicines Policy is designed to protect athletes from harm caused by the improper use of medicines, supplements and illegal drugs. Specifically, the Policy provides a framework to:

- address and deter the use and distribution of illegal drugs in sport
- ensure that only appropriately qualified people provide science and medicine services to athletes
- ensure that medications and injections are only given to athletes as part of appropriate medical treatment
- ensure that supplements are used and distributed safely in sport with a focus on evidence-based use.

Click the box  
to find the  
resource!

**IMPROPER USE OF DRUGS  
& MEDICINES POLICY**

**RESOURCE ON IMPROPER USE  
OF DRUGS & MEDICINES**

**EDUCATION  
RESOURCES**

### GOT A QUESTION?

Ask me at [integrity@ponyclubaustralia.com.au](mailto:integrity@ponyclubaustralia.com.au)  
P: 0424 067 045



# INTEGRITY TRAINING!

**NOVEMBER 8**

**REGISTER NOW**

- MEMBER PROTECTION

**NOVEMBER 15**

**REGISTER NOW**

- CHILD SAFEGUARDING

**NOVEMBER 22**

**REGISTER NOW**

- DRUG, COMPETITION MANIPULATION & WAGERING

**NOVEMBER 29**

**REGISTER NOW**

- COMPLAINTS PROCESS

Come along to these webinars to learn about the new national integrity policies and how to embed them at your club!

## IMPROPER USE OF DRUGS RESOURCES



**SPORT INTEGRITY AUSTRALIA**

**NATIONAL INTEGRITY FRAMEWORK  
IMPROPER USE OF DRUGS AND MEDICINE POLICY**

The *Improper Use of Drugs and Medicine Policy* is designed to protect athletes from harm caused by the improper use of medicines, supplements and illegal drugs.

Specifically, the Policy provides a framework to:

- address and deter the use and distribution of illegal drugs in sport
- ensure that only appropriately qualified people provide science and medicine services to athletes
- ensure that medications and injections are only given to athletes as part of appropriate medical treatment
- ensure that supplements are used and distributed safely in sport with a focus on evidence-based use.

**Who does this Policy apply to?**

The supplement, medicine and injection components of this Policy apply only to Relevant Athletes and Relevant Personnel. This group is determined by each sport but should include International and National level athletes and the personnel around them at least.

The illegal drug component of this Policy applies to all members of your sport, including:

- Athletes
- Coaches
- Employees
- Medical Practitioners
- Officials
- Sports Science Sports Medicine Personnel
- Support Personnel
- Relevant Sporting Organisations

**Prohibited Conduct**

The following actions and behaviours are breaches of the Policy:

- ✗ Unauthorised injection or possession of injection equipment.
- ✗ The supply of non-compliant supplements to a Relevant Athlete.
- ✗ A criminal conviction relating to or involving an illegal drug.
- ✗ Illegal use of prescription or over the counter medication.
- ✗ Being implicated or complicit in any Prohibited Conduct.
- ✗ Failure to report a breach of policy.

Full definitions of these behaviours are available in the *Improper Use of Drugs and Medicine Policy*.

[WWW.SPORTINTEGRITY.GOV.AU](http://www.sportintegrity.gov.au)



**SPORT INTEGRITY AUSTRALIA**

**Safeguarding in Sport**

**CLICK HERE**

**Protecting your sport from the  
IMPROPER USE  
OF DRUGS AND  
MEDICINE**

This information is for young people aged 13 to 17 years old. It helps you understand your sport's **Improper Use of Drugs and Medicine Policy**.

The Improper Use of Drugs and Medicine Policy has been created to help protect athletes in your sport from the harmful effects of medicines (when used the wrong way), supplements and illegal drugs.

The policy is in two parts:

- 1. Rules that apply to everyone:** Around the use of illegal drugs.
- 2. Rules that only apply to some people:** Around the use of supplements, medicines and injections for elite or semi-elite athletes and their personnel. In the policy these groups are called "Relevant Athletes" and "Relevant Personnel". Your sport will be able to tell you if you are in one of these categories, and whether these rules apply to you.

**Rules that apply to everyone: Illegal drugs**

Nobody in your sport should be using, carrying, selling or handing out illegal drugs listed on the Criminal Code (for example, cocaine or methamphetamine).

Under this policy, no one in your sport is allowed to buy, sell, use or distribute illegal drugs, or be convicted of illegal drug activities. If they do, they will face penalties, which might range from a warning letter, education session, or a ban from sport.

**Rules that only apply to some people: Supplements, medicines and injections**

The rules around supplements, medicines and injections only apply to "Relevant Athletes" and their personnel – including people like coaches, doctors and managers.

A person regarded as a Relevant Athlete might vary from sport to sport, but it usually means someone competing at a high level in a national or state sporting competition, or representing their state or country, if you are participating at an elite or semi-elite level, you should check with your sport to see if you are a "Relevant Athlete" or "Relevant Personnel".

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