

## Rowing Australia

### “No Needles Policy”

1. Rowing Australia (RA) abides by the FISA “No Needles Policy” during International Regattas and the International Olympic Committees’ (IOC) “No Needles Policy” during the Olympic Games. Further, the Australasian College of Sports Physicians (ACSP) position statement on supplements in sport provides that *there is no role for injections as part of a supplementation program. Injections should only be performed by a medical practitioner.* Additional guidance is also provided by the Australian Institute of Sport (AIS) Sports Science/Sports Medicine Best Practice Principles.
2. Rowing Australia fully endorses the principle of prohibiting the use of injections without a justified medical reason, and has developed this No Needles Policy to ensure that Australian rowing continues to provide an environment that delivers world class performances whilst maintaining the highest standards of integrity within the sport.
3. This No Needles Policy applies to all athletes, coaches, support personnel and other persons that nominate for selection to any Australian Rowing Team, and to any other person that agrees to be bound by this policy from time to time.
4. This No Needles Policy should also be adopted by each State and Territory Rowing Association, rowing club and rowing school to ensure that all athletes, coaches, members and others within the Australian rowing community continue to comply with best practice health and safety guidelines for rowing, and to ensure the continued integrity of Australian rowing.
5. The RA Rules of Racing provide that:

#### **“Bye-Laws to Rule 99 – Health of Rowers**

##### *1. Injections (No-Needle Policy) –*

*During RA Regattas (from 24 hours before the start of the first race of the Regatta through to 24 hours after the end of the last race at such Regatta), any injection to any site of an athlete’s body of any substance:*

*1.1 must be medically justified.*

*(i) Justification includes physical examination by a certified medical doctor (M.D.), diagnosis, medication, route of administration and appropriate documentation;*

*1.2 must respect the approved indication of the medication = no off-label;*

*1.3 must be administered by a certified medical professional unless authorised by the RA Principal Medical Officer (PMO) or the Regatta Doctor; and*

*1.4 must be reported immediately and in writing not later than 24 hours afterwards to the RA PMO or the Regatta Doctor (except athletes with a valid TUE for this competition). The report must include the diagnosis, medication and route of administration. The disposal of used needles, syringes and other biomedical material which may affect the security and safety of others, including blood sampling (e.g. lactates) and other diagnostic equipment shall conform to recognised safety standards.*

*Any violation of one of these principles may constitute a violation of the RA Rules and may lead to penalties including exclusion of the crew concerned or, where appropriate, disqualification of the whole team from the regatta. The RA Board is the judicial body which shall determine the process to be followed. The costs of any investigations related to this rule may be charged to the individual concerned."*

6. In addition to the regulation provided by the RA Rules, this Policy also directs that:

6.1. No athlete shall be permitted to receive an injection, unless:

6.1.1. That injection is medically justified. Justification includes physical examination by a certified medical practitioner, diagnosis, medication, route of administration and appropriate documentation;

6.1.2. The injection is appropriate to the diagnosed condition;

6.1.3. The injection is medically required for vaccination purposes or for treatment of illness or injury; and

6.1.4. The injection is administered by a certified Medical Practitioner; or

6.1.5. Unless that athlete is authorised to 'self-inject' in accordance with this Policy.

6.2. Any person trialling for selection, or having been selected in an Australian Rowing Team must:

6.2.1. only be administered with an injection in accordance with clause 6.1;

6.2.2. ensure that the injection is reported immediately and in writing using the Rowing Australia Injection Declaration Form (available at Appendix A) not later than 24 hours afterwards to the Principal Medical Officer (PMO) of RA. The report must include the diagnosis, medication and route of administration; and

6.2.3. consent to that report being recorded on a register by the RA PMO.

6.3. No athlete, coach, support personnel or other person shall be permitted to be in possession of a hypodermic needle unless that person is a certified Medical Practitioner or is authorised to do so under this Policy.

- 6.4. Athletes may only self-inject medication with the prior written approval of the RA PMO. This approval will only be granted in exceptional circumstances where self-injection with a therapeutic agent is the only appropriate form of treatment for a documented medical condition. Athletes who have been granted permission to self-inject will have the relevant information recorded on the Rowing Australia injection register which shall be reported to the Board of RA biannually.
- 6.5. All enquiries regarding this policy can be directed to the Principal Medical Officer of Rowing Australia.
7. Any athlete, coach, support staff or other person bound by this policy that is found to have breached this policy may face disciplinary action under the RA Member Protection Policy, National Team Nomination Terms & Conditions and/or other relevant Policies.
8. Such disciplinary action may involve a verbal or written warning and, depending on the severity of the breach may result in additional sanctions including suspension or removal from Australian Rowing Teams.
9. Athletes and coaches that nominate for selection to Australian Rowing Teams are also bound by, amongst other RA Policies, the RA Anti-Doping Policy (<https://rowingaustralia.com.au/ra-anti-doping-policy/>) and must ensure that they comply with these policies at all times.
10. In addition to the sanctions which may be imposed by RA or Port Integrity Australia (SIA), it is important to understand that there are various laws concerning the acquisition or administration of certain substances and any breach of these laws may result in investigation and action by the relevant authorities under that legislation.



## Appendix A

### Rowing Australia Injection Declaration Form

The Rowing Australia "No Needles Policy" only allows for the injection of medically indicated therapeutic substances by a medical practitioner in certain circumstances.

Name of athlete:

Date of Birth:

Gender:

Crew / SIS SAS / Category:

Coach:

-----Date of  
injection:

Medication injected (Commercial & Generic names):

Volume of medication:

Route of injection (IV, IM, SC):

Please note intravenous infusion requires a TUE (banned method) and a ASDMAC &/or FISA TUE should be sought by the treating Physician for this.

-----Clinical  
history:

Diagnosis: (Supporting evidence: should be attached).

-----Name of  
treating Doctor who administered the injection:

Qualifications:

Signature of administering Doctor:

By my signature, I hereby confirm that the information in this form is true and accurate and that the injection was medically justified and necessary in accordance with the RA No Needles Policy.

Place:

Date:

Signature of RA PMO:

Date: