

| <b>Archery Victoria Guidance Note</b> |            |                  |     |
|---------------------------------------|------------|------------------|-----|
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## Improper use of Drugs and Medicines Quick Reference Guide

This guide summarises key rules from the full Policy. All members, athletes, coaches, and support personnel must comply.

### Permitted

- Injections only when medically required for:
  - Vaccinations
  - Treatment of a documented medical condition
  - Investigation of a suspected medical condition
- Needles only for:
  - Acupuncture
  - Dry needling
  - Splinter or blister management
- Medications only when:
  - Prescribed by a medical practitioner
  - Approved under a Therapeutic Use Exemption if required
  - Not expired
- Supplements only when:
  - Checked against the Australian Institute of Sport Supplement Framework
  - Chosen carefully (preferably batch-tested by a reputable third-party program)

### Prohibited

- Using or possessing medications unlawfully
- Self-injecting without medical approval
- Receiving injections from anyone who is not an authorised health professional or approved carer
- Possessing needles or injection equipment without medical authorisation
- Supplying or using prohibited supplements (Category D in Australian Institute of Sport Supplement Framework)
- Concealing or failing to report suspected breaches

### Remember

- No supplement is risk-free. Even if “batch tested,” there is no 100% guarantee of safety or compliance.
- Always check medications on the Global Drug Reference Online website or Sport Integrity Australia App.
- Report concerns immediately to Archery Victoria under the Conduct and Discipline Policy.
- Lifesaving medical treatment will never be considered a breach.
- Confidentiality of medical information is protected under law.

### Key Contacts

- Chief Medical Officer (Archery Australia) for medical guidance and approvals
- Archery Victoria for policy advice and complaints
- Sport Integrity Australia for education, Global DRO, anti-doping queries

**When in doubt – check first, act safely, and protect the integrity of archery.**