



Visiting International Jockey Licence (including New Zealand) 2019/20

(1 Aug 2019 to 31 Jul 2020)

Important: A Visiting International Jockey Licence is granted on the condition that the Applicant (Jockey) holds a current and active Jockey Licence issued by his or her home-based Racing Authority. Should the Jockey's home-based Registration expire, cancel, be revoked or become inactive for any reason, any Visiting International Jockey Licence issued by Racing Victoria will cease immediately and the Visiting International Jockey will not be licensed within Victoria.

OFFICE USE ONLY		
RECEIVED DATE:	RECEIVED BY:	PROCESSED DATE:

STEP 1 - Personal Details (all fields must be completed):

Title:	First Name:	Surname:	D.O.B:
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Contact Number in Australia:	Email:
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Home Address:

Provide an **Australian Postal Address** for the issuing of your Identification Card. This Card will permit entry to the Racecourse, Scales and Horse Areas.

Next of Kin:	Relationship:	Phone:
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Next of Kin:	Relationship:	Phone:
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What category of Visiting International Jockey Licence are you applying for? (Circle):

VISITING INTERNATIONAL APPRENTICE JOCKEY / VISITING INTERNATIONAL JOCKEY
 VISITING INTERNATIONAL JUMPS JOCKEY 'A' / VISITING INTERNATIONAL JUMPS JOCKEY 'B'

STEP 2 - Supporting Documents:

I confirm that I have provided the following:

- A Racing Clearance from the Racing Authority with which I'm licensed as a Jockey.
- A copy of my International Bank Details form (included in this pack).
- A copy of my Passport.
- A colour passport-size photo.

Have any details changed since the last time you completed this Betting Declaration? Yes No

Did you transact through a betting account in your own name during the period 1 August 2018 to the date this form is submitted: Yes No

Please fill in the below section for each Betting Account Transacted during the nominated period:

Betting Operator	Account Name	Account Number	Account Holder's Date of Birth

Were thoroughbred racing related transactions conducted through this account? Yes No

JOCKEY DECLARATION REGARDING BETTING

I

(Print full name)

Of

(Print residential address)

Licensed jockey, declare that:

Senior Jockeys, Jump Jockeys and Apprentice Jockeys Only:

I acknowledge that as per AR 115:

Every jockey or apprentice may be penalised:

- (c) bet, or have any interest in a bet, or facilitate a bet, on any race;
 - (d) be present in the betting ring during a race meeting;
 - (e) bet, or have any interest in a bet, on any race or contingency relating to thoroughbred racing involving a race in which he or she is riding
- (2) For the purposes of this rule, "bet" includes a lay bet.'

Further, during the period 1 August 2018 (or commencement of my jockey licence if later) to the date this form is submitted, I did not;

- have a bet on any thoroughbred race in Australia or overseas;
- facilitate (including arranging or organising) the making of a bet on any thoroughbred race in Australia or overseas;
- have any interest in a bet on any thoroughbred race in Australia or overseas;
- have a bet on any contingency relating to thoroughbred racing (including, but not limited to, any exotic bet, jockey challenge bet, or multi bet) in Australia or overseas;
- facilitate (including arranging or organising) the making of a bet on any contingency relating to thoroughbred racing (including, but not limited to, any exotic bet, jockey challenge bet, or multi bet) in Australia or overseas; or
- have any interest in a bet on any contingency relating to thoroughbred racing (including, but not limited to, any exotic bet, jockey challenge bet, or multi bet) in Australia or overseas.

Picnic Jockeys Only:

I acknowledge that as per AR 148:

'Any approved rider who has a riding engagement at a race meeting is prohibited from making or having an interest in a bet (including a lay bet), or being present in the betting ring at that race meeting.'

Further, during the period 1 August 2018 (or commencement of my jockey licence if later) to the date this form is submitted, I did not;

- make or have an interest in a bet during any race meeting in which I had a riding engagement;

All Jockeys:

I undertake to immediately make a further declaration if I open an account or make any transaction through an account not identified in this declaration
I acknowledge that Racing Victoria's Integrity Services Department may conduct an audit or other verification procedure relating to this declaration
I consent, upon written request of Racing Victoria's Integrity Services Department, to provide access to other information relating to this declaration
I acknowledge that this declaration may be forwarded to the Racing Integrity Commissioner
I acknowledge that the Racing Integrity Commissioner may conduct their own inquiries in relation to this declaration
I acknowledge that if it is found that I have made a false declaration that I may be penalised under AR 229 (1) (h).

I acknowledge the above declarations and declare that the information provided on this

I confirm that this declaration is true and correct and I make it in the knowledge and belief that a person licensed under the Rules of Racing who makes a false or misleading statement or declaration in respect of any matter in connection with the administration or control of racing is liable to be penalised under AR 229 (1)(h).

Declared at

in the State of

(Suburb/Town)

on

(date)

(signature of licensed jockey making declaration)

Before me

(signature of witness)

(print full name of witness)

[NOTE: The jockey must sign this declaration in the presence of a witness. A witness must not be a family member of the jockey, or a person licensed or registered under the Rules of Racing]

I confirm that my current Australian Visa status is (please tick **one option**):

I currently hold an Australian Visa that permits me to carry out this role and have attached a copy.

N/A FOR NZ APPLICANTS

I have applied for the following Australian Visa and attached a copy of my application confirmation.

Visa Type

Date of Application

Reference

I confirm that I have read and understood the enclosed attachments:

International Jockey Information Sheet.

Banned Substances Information Sheet.

STEP 3 - Declarations for Jockey (all fields must be completed):

I currently hold an active Jockey Licence issued by my home-based Racing Authority:

Yes

Category of Licence:

Racing Authority that granted this Jockey Licence (E.g. NZTR, BHA, France Gallop, JRA etc):

Racing Authority with which you completed your Apprenticeship (E.g. NZTR, BHA, France Gallop, JRA etc):

Current Claim/Allowance, if any (kg):

Minimum Riding Weight (kg):

Details of my last race:

Date:

Racecourse:

Are you currently incapacitated due to an injury which is subject of a Worker's Compensation Claim?

Yes No

If Yes, please explain the circumstances:

Do you own or hold an interest in any horse(s) for racing purposes?

Yes No

If Yes, what is the name of the horse(s) (list below):

Are you currently under any ban/restriction or have any pending matter yet to be determined by any Racing Authority or racing code (including Racing Victoria)?

Yes No

If Yes, please explain the circumstances:

Have you ever been suspended, disqualified or refused a licence, permit or registration by any Racing Authority or Racing code (including Racing Victoria)?

Yes No

If Yes, please explain the circumstances:

Have you, in the last 10 years, been:
 (a) found guilty of a criminal offence?
 (b) imprisoned? and/or
 (c) placed on parole?

Note: Should Racing Victoria discover through a National Police Check or other means that this has been answered incorrectly, you may be stood down.

Yes No

If Yes, please explain the circumstances:

Are there any current criminal proceedings (or charges) pending against you?

Yes No

If Yes, please explain the circumstances:

Rules of Racing:
 I acknowledge that I am bound by the Rules of Racing of Racing Victoria (**the Rules**) including any policy, code and/or regulations made pursuant to the Rules from time to time, and of any other Principal Racing Authority in which I perform trainer-related duties, and I agree to familiarise myself with these Rules, including the Rules relating to trainers and amendments made to these Rules from time to time.

Yes, I acknowledge No

National Police Record Certificate:
 In circumstances where Racing Victoria's Compliance and Regulation Unit sees fit, I consent to obtaining a National Police Record Certificate and providing it to Racing Victoria (if contacted by Racing Victoria or an appointed CrimTrac accredited agency).

Yes, I acknowledge No

Criminal Charges:
 After submitting this Application, I acknowledge that I must inform Racing Victoria's Compliance and Regulation Unit of any criminal charges laid against me within seven days of any charges being laid. Updates must be sent by email to cru@racingvictoria.net.au.

Yes, I acknowledge No

Social Media Policy:
 I have read, and agree to be bound by, the "Racing Victoria Social Media Policy", as amended from time to time. This policy is located at: <https://www.racingvictoria.com.au/integrity/social-media-policy>

Yes, I acknowledge No

Licensing Condition:
 I acknowledge that a Visiting International Jockey Licence is granted on the provision that I, hold and keep active an equivalent Trainer Licence within my home Country which is granted by the relevant Racing Authority.

I also acknowledge that should I, for any reason, not continue to hold or keep active an equivalent Jockey Licence within my home Country then any Visiting International Jockey Licence issued by Racing Australia will cease immediately and I will no longer be licensed as such within Victoria.

Yes, I acknowledge No

STEP 4 - Race Analysis:

Do you engage, or seek advice from, an analyst or professional to assist you with analysing specific races or matters concerning race-day?

Yes

No

Areas of analysis may include, but not limited to, horse form, speed mapping, rail placements or track ratings.

* An analyst or professional is defined as an expert, skilled or knowledgeable person in the field of horse racing.

Does your nominated rider agent, or any other person, engage, or seek advice from an analyst or professional to assist you with analysing specific races or matters concerning race-day?

Yes

No

Areas of analysis may include, but not limited to, horse form, speed mapping, rail placements or track ratings.

* An analyst or professional is defined as an expert, skilled or knowledgeable person in the field of horse racing.

PRIVACY STATEMENT:

Racing Victoria is the body responsible for and carries out the functions of: determining and issuing occupational licences authorising persons to participate in the Victorian thoroughbred racing industry ("Licensed Persons"); supervising Licensed Persons; administering and promoting racing; and such other functions as may be described in its privacy policy published on its website from time to time ("Privacy Policy").

In the course of performing its functions, Racing Victoria may seek personal information from you for the purposes of:

- making determinations in relation to your licence application, renewal or continuance;
- meeting supervisory responsibilities in relation to you as a Licensed Person;
- promoting or protecting the integrity of the thoroughbred racing code and ensuring compliance with the Rules of Racing;
- administering and promoting racing operations (including your participation in races and the industry); and
- any other function or activity described in the Privacy Policy.

For these purposes, Racing Victoria may also obtain personal information about you from, or disclose your personal information to, third parties such as enforcement bodies, government authorities, other racing control bodies in the States and Territories of Australia and overseas, wagering service providers such as bookmakers, totalisators, and betting exchanges, educational or training institutions and to other persons for any of the purposes described above or as otherwise provided by law.

Unless otherwise advised by you, your image, name and contact details may be published monthly in the Inside Racing Magazine and also disclosed to and published by Racing Victoria and its associates (including Racing.com, Clubs and Racing Australia Pty Ltd) to facilitate your participation in racing and the promotion of racing. In order to process your application, this application form and your personal information will be collected by Racing Australia on behalf of Racing Victoria. All personal information collected by Racing Australia on behalf of Racing Victoria is subject to the Racing Australia and Racing Victoria privacy policies, the latter prevailing in the event of any conflict.

You may make a request to Racing Victoria to gain access to information held by Racing Victoria in relation to you by writing to the Privacy Officer, Racing Victoria, 400 Epsom Road, Flemington, 3031. Should you decline to provide personal information to Racing Victoria when requested by Racing Victoria as part of its licensing and supervisory activities, Racing Victoria may refuse to grant or renew such a licence or may revoke or suspend your licence.

1. Rules of Racing:

- 1.1 I acknowledge that I have read and understood the Rules of Racing of Racing Victoria and of any other Principal Racing Authority in which I ride, and I agree to familiarise and be bound by any amendments to the Rules.
- 1.2 I agree to be subject to, and bound by:
- (a) the Rules of Racing of each Principal Racing Authority in which State or Territory I ride, including those Rules as amended or varied by each Principal Racing Authority from time to time; and
 - (b) such rules and directions as may from time to time be formed, made or given by the directors for each Principal Racing Authority ("Directors"), the stewards or the Principal Racing Authority ("Stewards") or the officials of any racing club registered by the Principal Racing Authority to conduct thoroughbred racing under the Rules ("Club").
- 1.3 Without limiting any other declaration or acknowledgement made in this application, I declare that:
- (a) I understand that as a licensed Jockey, I am not allowed to place a bet and/or have an interest in a bet on thoroughbred racing in Australia or overseas.
 - (b) I will not allow any account held with a Wagering Service Provider in my name to be used by any person(s) to place or have an interest in a bet on thoroughbred racing in Australia and/or overseas.
 - (c) I will not use an account held with a Wagering Service Provider in another person(s) name to place or have an interest in a bet on thoroughbred racing in Australia and/or overseas.
 - (d) I have read and understood the Rules of Racing regarding betting restrictions and offences for jockeys, including AR 115 (1) (c), (d) and (e) which provide as follows:
 - Extract of Australian Rule of Racing 115 (1) (c) (d) and (e):
 - MISCONDUCT AR 115: Every jockey or apprentice may be penalized:
 - (c) bet, or have any interest in a bet, or facilitate a bet, on any race;
 - (d) be present in the betting ring during a race meeting;
 - (e) bet, or have any interest in a bet, on any race or contingency relating to thoroughbred racing involving a race in which he or she is riding.
 - (e) I have read AR 115(3) and understand that any jockey who is found guilty of a breach of AR 115 (1)(e) is liable to a period of disqualification of not less than two years

STEP 6 - Declaration and Signatures:

I, the Visiting International Jockey hereby:

- Declare that all details in my application are true and correct;
- Acknowledge and agree to be subject to and bound by:
 - o The Rules of Racing of Racing Victoria as amended or varied by Racing Victoria from time to time: and
 - o Such Rules and directions as may from time to time be formed, made or given by the Directors, Stewards or official of any Club;
- Acknowledge that I have read this application in full, including the Privacy Statement and the Rules of Racing displayed on this application form;
- Acknowledge that Racing Victoria may request further information from me in respect of this application;
- Consent to Racing Victoria obtaining personal information about me from others and using & disclosing my personal information as noted in the Privacy Statement; and
- Declare that I am aware of restrictions on me in relation to betting under AR 115, AR 116, AR 117, AR 118 and AR 228 of the Rules of Racing.

SIGN HERE:

TODAY'S DATE:





Racing Victoria (RV) International Bank Details - Jockey

First Name	
Surname	
Email Address	

Please provide nominated account for Prizemoney Payments:

Weatherby's - I hereby instruct RV to transfer direct into Weatherby's account

Or

Non Weatherby's - I hereby instruct RV to transfer direct into below account:

Beneficiary Name	
Beneficiary Address	
Bank Name	
Bank Address	
Account Number	
IBAN number	

Sign Here:		Date:	
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Information Sheet for Visiting International Jockeys

Racing Victoria welcomes you to riding in Victoria, Australia and provides you with an easy guide to ensuring your experience in Victoria is both professional and enjoyable.

Please ensure you read and understand the Rules of Racing (Rules) relating to Riders, in order to guarantee a smooth transition to riding in Victoria. Note; the Rules specified below are in no way a complete record of the Rules of Racing. A full copy of the Rules can be obtained from the Racing Victoria Website – www.racingvictoria.com.au/the-sport/racing/rules-of-racing or upon request from the Compliance and Regulation Department.

Important Rule extracts below:

NO BETTING (AR 115):

1. A jockey or apprentice jockey must not:
 - a) bet, or have any interest in a bet, or facilitate a bet, on any race;
 - b) be present in the betting ring during a race meeting; or
 - c) bet, or have any interest in a bet, on any race or contingency relating to thoroughbred racing involving a race in which he or she is riding.
2. For the purpose of this rule, "bet" includes a lay bet.

ATTENDANCE ON RACEDAY (LR 72):

Riders must be in attendance in the Jockeys Room at least 45 minutes prior to the advertised starting time of any race in which they are engaged to ride.

** Upon arrival oncourse, Riders must declare:*

- (i) their time of arrival on course (and departure throughout the day);*
- (ii) the location of their mobile phone;*
- (iii) that they are clear of any ban, embargo or restriction.*

PERMISSION TO LEAVE RACECOURSE (LR 41):

No rider with a riding engagement at a race meeting shall leave the racecourse without first obtaining permission from the Stewards.

WEIGHING OUT (AR 184):

When calculating a rider's weight in weighing-out or weighing-in:

- a) no account shall be taken of fractions of 0.5kg; and
- b) the following items shall be included by the rider in the weight:
 - (i) all items of clothing worn by the rider, except for the rider's helmet, goggles, other face protection and gloves;
 - (ii) the saddle, lead bag, associated packing, (excluding the saddle cloth), and neck strap; and
 - (iii) any other gear attached or to be attached to the saddle.

NO ALTERING OF GEAR (AR 185):

Unless permission from the Stewards is obtained, a rider or any other person must not add to, remove from, or change any equipment that the rider has been weighed-out in.

WEIGHING IN (AR 209(1)-(2)):

1. A rider must ensure that his or her horse does not carry less weight than what it is required to carry in a race.
2. If a horse carries less weight than the weight it is required to carry in a race:
 - a) it will be disqualified from the race, provided that the Clerk of the Scales must allow the rider of the horse 0.5kg; and
 - b) notwithstanding subrules (1) and (2)(a), any person at fault in relation to the failure to carry the correct weight may also be penalised.

MOBILE PHONES (AR 218)

1. Without the permission of the Stewards, a person must not transmit in any way from a racecourse any betting odds being offered by a bookmaker on any horse that is competing at a racecourse in Australia or elsewhere.
2. Without the permission of the Stewards, a person must not have turned on or use a mobile telephone, tablet, radio transmitter, radio transceiver or any other appliance, apparatus, instrument or equipment capable of receiving or transmitting information during a race meeting in any of the following areas:
 - a) the mounting yard;
 - b) the scales area;
 - c) any other area designated by the Stewards.
3. Notwithstanding subrule (2)(a), an owner who is present in the mounting yard immediately after the running of the race is permitted to use a mobile phone.
4. Without the permission of the Stewards, a person (including but not limited to a jockey) must not:
 - a) bring into the jockeys' room;
 - b) have in that person's possession in the jockeys' room;
 - c) use in the jockeys' room, any mobile telephone, tablet, radio transmitter, radio transceiver or any other appliance, apparatus, instrument or equipment capable of receiving or transmitting information
5. The Stewards may take possession of and retain in their possession (including for the purposes of examining) any appliance, apparatus, instrument or equipment that is used by any person in contravention of this rule.

IN RUNNING (AR 129):

1. Every rider must ride his or her horse on its merits.
2. A rider must take all reasonable and permissible measures throughout the race to ensure that the rider's horse is given full opportunity to win or to obtain the best possible place in the field.
3. Except where the safety of any horse or rider in a race requires otherwise, every horse must be ridden in such a manner to benefit only its own best interests and not to the advantage of any other horse or rider.
4. If, in the opinion of the Stewards, this rule has been breached:
 - a) any person who was a party to the breach may also be penalised: and
 - b) the horse concerned may be disqualified.
5. Any person who:
 - c) in the opinion of the Stewards, has breached, or was party to breaching, subrule (1): and
 - d) has a lay bet or an interest in a lay bet on the subject horse and/or has a bet or an interest in a bet on another horse in the subject race,must be disqualified for a period of 3 years unless there is a finding that special circumstance exists, in which case that penalty may be reduced

CARELESS RIDING (AR 131):

A rider must not, in the opinion of the Stewards:

- a) engage in careless, reckless, improper, incompetent or foul riding;
- b) fail to ride his or her horse out to the end of the race and/or approaching the end of the race;
- c) make any celebratory gesture prior to his or her horse passing the winning post;
- d) excessively slow, reduce or check the speed of the rider's horse and in doing so cause direct or indirect interference to any other horse in the race.

WHIP RULES (AR 132):

1. A rider may only carry in races, official trials, jump-outs, or trackwork a padded whip of a design and specification approved by Racing Australia ("approved whip") which is in a satisfactory condition and has not been modified in any way.
2. A person must not have in his or her possession:
 - a) a whip which is not an approved whip; or
 - b) an approved whip which has been modified in any way.
3. The Stewards may confiscate any whip which:
 - a) is not an approved whip; or
 - b) is an approved whip which, in their opinion, is not in a satisfactory condition or has been modified in any way.
4. If an apprentice jockey breaches subrule (1) or (2), the master and/or other person in charge of the apprentice jockey at the time of the breach may also be penalised unless that person satisfies the Stewards that he or she took all proper care to ensure the apprentice jockey complied with this rule.
5. In a race, official trial, jump-out or trackwork, or elsewhere, a rider must not use his or her whip in an excessive, unnecessary or improper manner.
6. Without limiting the generality of subrule (5), in a race, official trial or jump-out a rider must not use his or her whip:
 - a) forward of the rider's horse's shoulder or in the vicinity of its head;
 - b) using an action that raises the rider's arm above shoulder height;
 - c) when the rider's horse is out of contention;
 - d) when the rider's horse is showing no response;
 - e) after passing the winning post;
 - f) causing injury to the rider's horse;
 - g) when the rider's horse is clearly winning;
 - h) when the rider's horse has no reasonable prospect of improving or losing its position;
 - i) in a manner where the seam of the flap is the point of contact with the horse, unless the rider satisfies the Stewards that that was neither deliberate nor reckless.
7. Subject to the other requirements in this rule:
 - a) prior to the 100 metre mark in a race, official trial or jump-out:
 - i. the whip must not be used in consecutive strides;
 - ii. the whip must not be used on more than 5 occasions except where there have only been minor infractions and the totality of the whip use over the whole race is less than permitted under subrules (7)(a) and (b) and also having regard to the circumstances of the race, including distance and context of the race (such as a staying race or a rider endeavouring to encourage the rider's horse to improve);
 - iii. the rider may at the rider's discretion use the whip with a slapping motion down the shoulder, with the whip hand remaining on the reins;
 - b) in the final 100 metres of a race, official trial or jump-out, a rider may use the whip at the rider's discretion.
8. A trainer, owner or their authorised agent must not give instructions to a rider regarding the use of the whip which, if carried out, might result in a breach of this rule.
9. A person must not offer any inducements to a rider to use the whip in a way that, if carried out, might result in a breach of this rule.
10. An owner or that owner's authorised agent, trainer, rider or a Steward may lodge a protest against the placing of a horse where a rider breaches subrules (5) or (7) during a race.
11. Notwithstanding the provisions of subrules (7)(a) and (b), a PRA that has charge of the conduct of jumps racing may provide separately, at its own discretion, for the regulation of the use of the whip in jumping events under its own Local Rules. If that is done, any provision of that kind will not be limited by subrules 7(a) and (b).

WHIP RULES FOR JUMPS JOCKEYS (LR 41A)

1. Further to the provisions of AR 132(11), and for the purpose of AR 132(7) (a) and (b) only,
 - a) In a jumps race, official jumps trial or jump-out (including a jumps schooling event) prior to the 100 metre mark;

- i. the whip shall not be used in consecutive strides.
 - ii. the whip shall not be used on more than 10 occasions.
 - iii. the rider may at his discretion use the whip with a slapping motion down the shoulder, with the whip hand remaining on the reins.
- b) In the final 100 metres of a jumps race, official jumps trial or jump-out (including a jumps schooling event) a rider may only use his whip in non-consecutive strides.

SAMPLING/TESTING (AR 139):

1. A rider breaches these Australian Rules if:

- a) a banned substance under AR 136(1) is detected in a sample taken from the rider; or
- b) the rider refuses or fails to deliver a sample as directed by the Stewards, tampers with, adulterates, alters, substitutes, or in any way hinders the collection of, a sample or attempts to do any of those things.

BANNED SUBSTANCES (AR 136(1)):

The following substances and/or their metabolites, artefacts and isomers are declared as banned substances in riders when present in a urine sample (unless otherwise stated) at a concentration above the applicable cut-off level:

- a) lysergic acid diethylamide (LSD) (0µg/L);
- b) all barbiturates (0µg/L);
- c) all Cannabinoids, including but not limited to:
 - i. 11-Nor-delta-9-tetrahydrocannabinol-9-carboxylic acid) (15µg/L);
 - ii. Synthetic cannabinoid analogues and/or their metabolites (such as JWH-018, JWH-073 and HU-210).
- d) all diuretics (0µg/L);
- e) probenecid: (0µg/L);
- f) alcohol (at a blood concentration in excess of 0.02% on a breath analysing instrument);
- g) all stimulants, including but not limited to;
 - i. amphetamine (150µg/L);
 - ii. methylamphetamine (150µg/L);
 - iii. methylenedioxyamphetamine (MDA) (150µg/L);
 - iv. methylenedioxymethylamphetamine (MDEA) (150µg/L);
 - v. methylenedioxymethylamphetamine (MDMA) (150µg/L);
 - vi. methylphenidate (0µg/L);
 - vii. modafinil (0µg/L);
 - viii. cocaine (100µg/L);
 - ix. ephedrine (10,000µg/L);

(Stimulants which are specifically excluded are: levo-amphetamine; levo-methylamphetamine; phenylpropanolamine; pseudoephedrine.)
- h) all anorectics, including but not limited to:
 - i. phentermine (500µg/L);
 - ii. diethylpropion (0µg/L);
 - iii. sibutramide (0µg/L).
- i) all opiates and opioids, including but not limited to:
 - i. morphine (0µg/L);
 - ii. codeine (0µg/L);
 - iii. oxycodone (0µg/L);
 - iv. fentanyl (0µg/L);
 - v. alfentanil (0µg/L);
 - vi. pethidine (0µg/L);
 - vii. methadone (0µg/L);
 - viii. heroin (0µg/L);
 - ix. monoacetylmorphine (0µg/L);
 - x. hydromorphone (0µg/L);
 - xi. buprenorphine (0µg/L);

(Opiates and opioids which are specifically excluded are: dihydrocodeine; dextromethorphan; pholcodine; propoxyphene; tramadol.)

- j) all dissociative anaesthetics and related substances, including but not limited to:
 - i. ketamine (0µg/L);
 - ii. phencyclidine (0µg/L);
 - iii. tiletamine (0µg/L).
- k) gamma-hydroxybutyrate (GHB) and pro-drugs of GHB (1,4-butanediol: gammabutyrolactone) (10,000µg/L);
- l) benzylpiperazine (500 µg/L) and phenylpiperazine (0µg/L) and their derivatives (0µg/L);
- m) tryptamine derivatives (0µg/L), (e.g. dimethyltryptamine, alphamethyltryptamine: hydroxydimethyltryptamine and related substances);
- n) all benzodiazepines, including but not limited to:
 - i. diazepam (200µg/L);
 - ii. nordiazepam (200µg/L);
 - iii. oxazepam (200µg/L);
 - iv. temazepam (200µg/L);
 - v. alprazolam (100µg/L, as alpha-hydroxyalprazolam);
 - vi. clonazepam (100µg/L, as 7-aminoclonazepam);
 - vii. flunitrazepam (100 µg/L, as 7-aminoflunitrazepam);
 - viii. nitrazepam (100µg/L, as 7-aminonitrazepam);
 - ix. bromazepam (0µg/L);
 - x. clobazam (0µg/L);
 - xi. flumazenil (0µg/L);
 - xii. lorazepam (0µg/L);
 - xiii. midazolam ((0µg/L);
 - xiv. triazolam (0µg/L); and substances with similar structure or pharmacological activity – benzodiazepine receptor agonists (zalplon; zolpidem; zopiclone).



Information Sheet Regarding Banned Substances for Riders and Horse Handlers

Drug and Alcohol Restrictions

All licensed riders and registered horse handlers are subject to the drug and alcohol restrictions specified in Australian Rules of Racing AR139 and AR142. A full copy of the Rules can be obtained from the Racing Victoria Website – www.racingvictoria.com.au or upon request from the Integrity Department.

The rules proscribe a range of banned substances and maximum allowable limits for certain other substances including a maximum alcohol breath analysis level of 0.02%.

Racing Victoria Stewards conduct a random drug and alcohol testing program to enforce these restrictions during race day, trials and track work.

Important Note: Any Rider that provides a sample which upon analysis contains a banned substance, will be stood down from performing their duties effective immediately.

Racing Victoria in conjunction with Racing Analytical Services Limited (RASL) and Medical Officer, Dr Gary Zimmerman have prepared the following information and list of banned substances for Riders.

Banned Substances

The following substances are banned for all Riders:

- LSD
- All barbiturates
- GHB - G, little G
- Cannabis - Marijuana, hash, hashish
- All diuretics
- Lasix
- Frusemide
- Moduretic
- Midamor
- Aldactone
- Spiractin
- Chlotride
- Hydrothiazide
- Probenicid - Agent used for treating gout which works as a masking agent.
- Alcohol – If reading > 0.02% on breath alcohol content (BAC)



Stimulants - Illicit Group:

- Amphetamines
- Methamphetamine (speed, crystal meth, ICE)
- Cocaine
- Ecstasy
- Ephedrine

**Stimulant substances excluded in this group are Pseudoephedrine (Sudafed), Levo amphetamine, Levo-methylamphetamine (Vicks Vapor Inhaler), Phenylpropranolamine (PPA).

Anorectics (Appetite Suppressants):

- Phentermine (Duromine)
- Diethylpropion (Tenuate Dospan / Anorex / Tenuate / Linea / Nobesine / Prefamone / Regenon / Tepanil)
- Sibutramine (Reductil)

Opiates / Opioids - Illicit Group:

- Heroin (crack, H)
- Prescription / OTC group
- Morphine
- Kapanol (oral form)
- Codeine (Panadeine / Panadeine forte / Codapane / Codalgin)
- Oxycodone (Oxycontin / Roxicodone / Endone)
- Fentanyl(Actiq / Durogesic / Fentora / Sublimaze / Instanil)
- Alfentanil (Alfenta / Rapifen)
- Pethidine
- Methadone
- Hydromorphone (Laudicon / Opidol / Palladone)
- Buprenorphine (Bupe / Suboxone),
- Pholcodine (Codeine based cough mixture in linctus form)
- Propoxyphene (Di-Gesic / Darvon)
- Dihydrocodeine (Rikodeine cough mixture)
- Dextromorphan (Cough mixture)

Allowances with Opiates

If level of codeine/morphine is below a certain level. If on confirmatory testing the range is appropriate and the ration of codeine to morphine is > 1.0 or the rider satisfies stewards that there is no illegal use.



Dissociative Anaesthetics - Illicit Group:

- Ketamine (K / Special K)
- Prescription group
- Ketamine (K /Special K)
- Phencyclidine
- Tiletamine
- Tryptamine derivatives
- Diethyltryptamine (DMT)
- Alphamethyltryptamine (AMT)
- Hydroxydimethyltryptamine (HMT)
- All Benzodiazepines (BDZ)
- Diazepam (Valium / Antenex)
- Nordiazepam
- Oxazepam (Serepax)
- Temazepam (Temaze / Normison)
- Alprazolam (Xanax / Zannys / Bricks)
- Clonazepam (Paxam / Rivotril)
- Flunitrazepam (Rohypnol / Rohys)
- Nitrazepam (Mogadon)
- Bromazepam (Lexotan / Lexys)
- Flumazenil (Mazicon, Romazicon)
- Lorazepam (Ativan)
- Midazolam (Hypnovel)
- Triazolam (Halcion / Trilam / Hypam)

Benzodiazepine 'like' drugs - Zolpidem (Stilnox / Noxys), Zopiclone (Immovane), Zolplon (Sonata / Starnoc).

Tell your doctor the following drugs are prohibited (not allowed):

- Amphetamine* and related substances
- Barbiturates*, Codeine, morphine and other S8 narcotics*
- Anorectics (phentermine, diethylpropion, sibutramine)
- Diuretics* (frusemide, hydrochlorthiazide, indapamide and others)
- Benzodiazepines* and benzodiazepine receptor agonists*
- Dissociative Anaesthetics (ketamine), Uricosurics (probenecid)

**Under some circumstances these may be permitted if prescribed by your doctor who must be willing and able to certify your fitness to ride while taking the particular drug prescribed. Use of these medicines should be cleared with the Stewards prior to riding.*



Obtaining Permission to receive a Specified Banned Substance

AR 142 details the requirements and process to be undertaken to obtain permission to receive a specified banned substance:

Notwithstanding the provisions of AR 139 and AR 140, a PRA may permit a rider or horse handler to receive a specified banned substance for medicinal purposes, subject to the following:

- (a) the medication must be essential treatment for a substantial illness, condition or ailment suffered by the rider or horse handler;
- (b) the medication must be prescribed by a medical practitioner who is a recognised specialist in the relevant field of medicine;
- (c) the specialist medical practitioner must certify:
 - (i) the nature of the illness, condition or ailment being suffered by the rider or horse handler;
 - (ii) that no alternative substance that is not a banned substance would serve the same medicinal purpose for the illness, condition or ailment concerned; and
 - (iii) in relation to a rider, that the medication would not affect the rider in a race, official trial, jump-out or trackwork to the extent that it could in any way constitute a danger to the rider or other riders; or
 - (iv) in relation to a horse handler, that the medication would not affect the horse handler in carrying out his or her duties to the extent that it could in any way constitute a danger to the horse handler or others;
- (d) the rider or horse handler must, if requested, submit to a medical examination by a specialist medical practitioner employed or engaged by a PRA to advise it on the matters the subject of subrule (c);
- (e) the rider or horse handler must:
 - (i) before riding or handling any horse, make application to a PRA for permission to ride or handle a horse with a specifically prescribed banned substance in the person's system;
 - (ii) adhere strictly to his or her prescribed medication, and report to the Stewards immediately if the person intends to discontinue or vary that medication;
 - (iii) report to the Stewards immediately if the person believes that either the person's illness, condition or ailment or medication may have some influence on his or her ability to ride or handle a horse effectively and/or safely;
 - (iv) renew his or her application for exemption on each occasion that the person applies for the renewal of that person's licence, registration, permit or other qualification if the person wishes to continue (on medical grounds) to ride or handle horses with a banned substance in that person's system; and
- (f) under no circumstances will a person be granted retrospective exemption under this rule.



Permitted Medication for Riders

The following list guidelines for the use of Analgesics (painkillers) and Cold and Flu Medicines. The cough, cold and flu preparations and analgesics (pain killers) listed below are unlikely to lead to a breach of AR 139 if used according to the directions on the package.

Note: Any product with the word codeine as part of its name may not be safe to use. Be wary of products with a name which ends in the letters “deine” e.g. Panadeine. Read the label carefully and if in doubt seek appropriate advice from your doctor.

Note: Pseudoephedrine is no longer banned by AR 136. The availability of this substance is now restricted to small pack sizes and low doses.

Cough, Cold and Flu Preparations:

The following preparations are unlikely to lead to a breach of AR 139.

- Actifed Cough
- Benadry products (All)
- Bisolvon Dry Oral Liquid
- Cepacol Cough plus
- Chemists' Own Cough products (NOT Dry Cough, Cold & Flu Day/Night, Cold & Flu Relief Tablets, Expectalix Expectorant Cough Mixture)
- Chemists' Own Coldeze Tablets
- Chemists' Own Ibuprofen (BUT NOT Chemists' Own Ibuprofen Plus Codeine)
- Chemists' Own Paracetamol 500mg Tablets
- Chemists' Own Sinus pain Relief Tablets(BUT NOT ANY OTHER Chemists' Own products)
- Codral Original Cold & Flu + Cough Day & Night Capsules
- Codral Original Chesty Cough Liquicaps
- Codral Original Dry Cough Liquicaps(BUT NOT ANY OTHER Codral products)
- Demazin Cold and Flu Tablets
- Demazin Day & Night Cold & Flu
- DemazinCough and Cold Syrup
- Demazin Cough Cold and Flu Tablets
- Difflam products (All)
- Dimetapp products (All)
- Duro Tuss products (All)
- Gold Cross Paracetamol Tablets (BUT NOT Gold Cross Codeine Linctus)
- Lemsip products (All)
- Logicin products
- Nurofen products(BUT NOT Nurofen Plus)
- Nyal products
- Panadol products (All)
- Parke Davis Day & Night Cold & Flu
- Rikodeine (An exception to the warning about products ending in “deine”)
- Robitussin products (All)
- Sinutab products (All)
- Sudafed products (All)
- Tixylix products (All)
- Tussinol products (All)
- Vicks products



Analgesics (Painkillers):

These fall into two categories, those which can be purchased in a pharmacy or shop and those which require a prescription from a doctor or dentist etc. For those which require a prescription you should inform your doctor that you work in the racing industry and are subject to drug testing under the rules of racing.

Analgesics (painkillers) requiring a prescription. The following preparations are unlikely to lead to a breach of AR 136:

- Acilin
- Anagrain
- Anaprox
- APO - Tramadol, Arcoxia, Arthrexin, Brufen, Capadex, Celebrex, Cepacaine
- Chemmart Diclofenac
- Chemmart Piroxicam
- Chemmart Piroxicam Dispersible Tablets
- Chemmart Tramadol, Codox, Crysanal, Dichlohexal, Digesic, Dinac, Doloxene, Durotram XR, Dynastat, Feldene, Feldene Gelfenac, GennRx Tramadol, Indocid, Inza, Lodam and Lodam SR, Mobilis, Naprosyn and Naprosyn SR, Orudis, Oruvail SR, Neurolasts, Pirohexal-D, Proxen SR, Rafen, Surgam
- Terry White Chemists Piroxicam Capsules
- Terry White Chemists Tramadol Capsules, Tramal, Tramhexal Injection, Tramhexal SR Injection, Tramedo and Tramedo SR,
- Voltaren
- Zydol



Analgesics (Painkillers – Over the Counter):

The following preparations are unlikely to lead to a breach of AR 136.

- Advil Liquicaps or Tablets
- Aleve
- Alka-Seltzer
- Anagrain
- APO Paracetamol, Aspro product,
- Bayer Aspirin Extra Strength, Bugesic and Bugesic Oral Suspension, Butalgin, Cepacaine Chemists' Own Ibuprofen Tablets
- Chemists' Own Paracetamol 500mg Tablets (or Capsules)
- Chemists' Own Pain & Fever Drops
- Chemists' Own Period Pain Tablets
- Chemists' Own Sinus Relief, Codox, Disprin, Duatrol, Duatrol SR, Dymadon, Dymadon P Eazydayz Tablets,
- Ecotrin
- Febridol Tablets
- Febridol Clear Effervescent Soluble Tablets
- Femme-free
- Gold Cross Ibuprofen
- Gold Cross Paracetamol
- Herron Blue Ibuprofen
- Herron Paracetamol
- Hexal Diclac Anti-inflammatory Tablets
- Infrac
- Lemsip products
- Logicin Rapid Relief Lozenges
- Metomax
- Naprogesic
- Nurofen products, (NOT Nurofen Plus),
- Nurolasts,
- Panadol products
- Panafen(NOT Panafen Plus)
- Panamax(NOT Panamax Co)
- Paracetamol Sandoz
- Paracetamol Soluble Tablets
- Paralgin, Parmol
- Perfalgan
- Pharmacy Choice Paracetamol
- ProVen (NOT ProVen SR)
- Solprin
- Terry White Chemists Paracetamol
- Tri-Profen
- Voltaren Rapid 12.5 and Voltaren Rapid 25.



Ear, Nose and Throat Preparations:

- The following preparations are unlikely to lead to a breach of AR 136:
- Applicaine Drops
- Auralgan Otic and Ear Drops
- Azep Nasal Spray
- Beconase Allergy & Hay Fever/12 Hour and 24 Hour
- Bonjela
- Cepacaine
- Cepacol Anti-bacterial Throat Lozenges/Mini Mouthwash / Plus with Anaesthetic/Solution
- Chemists' Own Decongestant Nasal Spray
- Curash Family Oral Pain Relieving Gel
- Doktorin Oral Gel
- Difflam products (All)
- Dimetapp 12 Hour Nasal Spray
- Drixine Nasal, Ear Clear products
- Logicin Rapid Relief Lozenges and Nasal Spray
- Medijel, Nasalate Nose Drops
- Nilstat Oral Drops
- N-Statin Oral Drops
- Nyal products
- Oral-eze Dental Emergency Toothache Medication
- Ora-Sed Gel
- Otrivin
- Savalcol products
- Seda Lotion
- Seda-Gel
- SM-33 Adult Formula, SM-33 Gel
- Spray Tish/Menthol
- Strepfen Intensive
- Strepsils products (All),
- Vicks products
- Xylocaine 10% Pump Spray
- Xylocaine 10% Special Adhesive

Disclaimer: This list has been compiled as a guide to products unlikely to lead to a breach of AR 139. While all reasonable care has been taken to ensure its accuracy as at August 2017, it may not refer to all available products and it is your responsibility to seek medical advice before using any of the listed products.



Riders Taking Supplements

There is a risk that supplements may contain:

- 1) ingredients not listed on the label which could result in a positive test; or
- 2) impurities introduced at a manufacturing stage which could result in a positive test.

If you are taking over-the-counter supplements, (e.g. vitamin supplement, “health food” products, herbal preparations, supplements to aid in weight loss, etc.) purchased from places such as a pharmacy, health shop or supermarket, check the product's contents for substances listed in AR 136.

If unsure, refer the product to your pharmacist or doctor for advice. Do NOT use it until you are certain it does not contain any banned substance(s).

Do NOT use any medication provided to you by other people without seeking professional advice about the substance and finding out if it contains any banned substance(s).

Do NOT use medications, supplements or products obtained from overseas without seeking professional advice about the substance and finding out whether it contains any banned substance(s).

Do NOT assume you can trust the label on any non-scheduled medication, supplement or herbal product. If in any doubt have it checked by a professional and if necessary have the contents analysed. Analysis can be arranged through Racing Analytical Services for a fee.

Even if manufacturers guarantee the ingredients in their product, or that the use of their product will not result in a positive test, it is still your responsibility if a prohibited substance is detected.

Under AR 139 riders are responsible for any substance found in their body, whether the substance was taken with or without your knowledge.

Rider Advisory – Supplement Warning

Racing Victoria wishes to advise riders against the use of supplements, particularly those containing Geranamine.

A warning about supplements containing Geranamine was issued by the Canadian Centre for Ethics in Sport (CCES) in 2009. Geranamine is a concentrated extract of Geranium oil and is credited with stimulant and fat-burning properties.

A constituent of Geranamine is methylhexanamine which is categorised as a prohibited stimulant under the AR 136.

Riders subject to testing should avoid the use of supplements as they pose significant risks. Supplements may intentionally contain prohibited substances or they may be inadvertently contaminated with prohibited substances.

It is your responsibility to know what is in anything you are taking.



Specific Drugs and their Effects

Drug Name: Alcohol

Drug Type: Depressant

Facts for Parents: 25% of 8th graders have admitted to being intoxicated at least once.

Other Names: Beer, wine, liquor, cooler, malt liquor, booze

How Consumed: Orally

Effects: Addiction (alcoholism), dizziness, nausea, vomiting, hangovers, slurred speech, disturbed sleep, impaired motor skills, violent behaviour, fetal alcohol syndrome, respiratory depression and death (high doses).

Drug Name: Amphetamines

Drug Type: Stimulant

Facts for Parents: Chronic use can induce psychosis with symptoms similar to schizophrenia.

Other Names: Speed, uppers, ups, hearts, black beauties, pep pills, capilots, bumble bees, Benzedrine, Dexedrine, footballs, biphphetamine

How Consumed: Orally, injected, snorted, or smoked

Effects: Addiction, irritability, anxiety, increased blood pressure, paranoia, psychosis, depression, aggression, convulsions, dilated pupils, dizziness, sleeplessness, loss of appetite, malnutrition. Increased risk of exposure to HIV, hepatitis, and other infectious diseases if injected.

Drug Name: Methamphetamines

Drug Type: Stimulant

Facts for Parents: Some users avoid sleep 3 to 15 days.

Other Names: Speed, meth, crank, crystal, ice, fire, croak, crypto, white cross, glass.

"Ice" is the street name for the smoke-able form.

How Consumed: Orally, injected, snorted, or smoked

Effects: Addiction, irritability, aggression, hypothermia, stroke, paranoia, psychosis, convulsions, heart and blood vessel toxicity, hallucinations, arrhythmia, formication (the sensation of insects creeping on or under your skin).

Drug Name: Ecstasy

Drug Type: Stimulants

Facts for Parents: Ecstasy is popular at all-night underground parties (called raves) and is

the most common designer drug.

Other Names: XTC, Adam, MDMA

How Consumed: Orally

Effects: Psychiatric disturbances, including panic, anxiety, depression, and paranoia. Muscle tension, nausea, blurred vision, sweating, increased heart rate, tremors, hallucinations, fainting, chills, sleep problems, and reduced appetite



Drug Name: Ritalin
Drug Type: Stimulant
Facts for Parents: Some children buy or steal from their classmates
Other Names: Speed, west coast
How Consumed: Tablet is crushed, and the powder is snorted or injected.
Effects: Loss of appetite, fevers, convulsions, and severe headaches. Increased risk of exposure to HIV, hepatitis, and other infections. Paranoia, hallucinations, excessive repetition of movements and meaningless tasks, tremors, muscle twitching.

Drug Name: Herbal Ecstasy/Ephedrine
Drug Type: Herbal Ecstasy, Cloud 9, Rave Energy, Ultimate, Xphoria, and X
Facts for Parents: The active ingredients in Herbal Ecstasy are caffeine and ephedrine.
How Consumed: Orally
Effects: Increased heart rate and blood pressure. Seizures, heart attacks, stroke, and death.

Drug Name: Designer Drugs
Drug Type: Stimulants
Facts for Parents: Changing the molecular structure of an existing drug or drugs to create a new substance creates Designer drugs.
Other Names: Synthetic heroin, Good-fella
How Consumed: Injected, sniffed, or smoked.
Effects: Instant respiratory paralysis. Potency creates strong possibility for overdose, many of the same effects as heroin.

Drug Name: Cocaine
Drug Type: Stimulant
Facts for Parents: Cocaine is a powerfully addictive drug. Heavy use may produce paranoia, hallucinations, aggression, insomnia, and depression.
Other Names: Coke, snow, nose candy, flake, blow, big C, lady, white, snowbirds.
How Consumed: Snorted or dissolved in water and injected.
Effects: Addiction, pupil dilation, elevated blood pressure and heart rate. Increased respiratory rate, seizures, heart attack, insomnia, anxiety, restlessness, irritability, increased body temperature, death from overdose.

Drug Name: Crack
Drug Type: Stimulant
Facts for Parents: A cheaper form of cocaine that may be more addicting.
Other Names: Rock, freebase
Effects: Same as cocaine



Drug Name: Heroin

Drug Type: Opiates

Facts for Parents: Heroin users quickly develop a tolerance to the drug and need more and more of it to get the same effects, or even to feel well.

Other Names: Smack, horse, mud, brown, sugar, junk, black tar, big H, dope.

Effects: Addiction. Slurred speech, slow gait, constricted pupils, droopy eyelids, impaired night vision, nodding off, respiratory depression or failure, dry itching skin, and skin infections. Increased risk of exposure to HIV, hepatitis, and other infectious diseases if injected.

Drug Name: PCP

Drug Type: Hallucinogens

Facts for Parents: Marijuana joints can be dipped into PCP without the smoker's knowledge.

Other Names: Angel dust, ozone, rocket fuel, peace pill, elephant tranquilizer, dust.

How Consumed: Snorted, smoked, orally, or injected.

Effects: Hallucinations. Out-of-body experiences, impaired motor coordination, inability to feel physical pain, respiratory attack, disorientation, fear, panic, aggressive behaviour. Increased risk of exposure to HIV, hepatitis, and other infectious diseases if injected. Death.

Drug Name: LSD (Lysergic Acid Diethyl amide)

Drug Type: Hallucinogen

Facts for Parents: LSD is the most common hallucinogen. LSD tabs are often decorated

with colourful designs or cartoon characters.

Other Names: Acid, microdot, tabs, doses, trips, hits, sugar cubes.

How Consumed: Tabs taken orally or gelatine / liquid put in eyes.

Effects: Elevated body temperature and blood pressure, suppressed appetite, sleeplessness, tremors, chronic recurring hallucinations.

Drug Name: Mushrooms

Drug Type: Hallucinogens

Facts for Parents: Many mushroom users purchase hallucinogenic mushroom spores via

mail order.

Other Names: Shrooms, caps, magic mushrooms.

How Consumed: Eaten or brewed and drunk in tea.

Effects: Increased blood pressure, sweating, nausea, hallucinations.



Drug Name: Inhalants

Facts for Parents: Hundreds of legal household products can be sniffed or huffed to get

high. All inhalants can be toxic. Other Names: Laughing gas, whippets, aerosol sprays, cleaning fluids, solvents.

How Consumed: Vapours are inhaled

Effects: Headache, muscle weakness, abdominal pain, severe mood swings and violent behaviour, nausea, nose bleeds; liver, lung, and kidney damage; dangerous chemical imbalances in the body, lack of coordination, fatigue, loss of appetite, decreases in heart and respiratory rates, hepatitis, or peripheral neuropathy from long-term use.

Drug Name: Cannabis –Marijuana

Facts for Parents: The average age of first use is 14. Can be smoked using homemade pipes and bongs made from soda cans or plastic beverage containers.

Other Names: Weed, pot, reefer, grass, dope, ganja, Mary Jane, sinsemilla, herb, Aunt Mary, skunk, boom, kif, gangster, chronic, 420.

How Consumed: Smoked or eaten.

Effects: Bloodshot eyes, dry mouth, impaired or reduced comprehension, altered sense of time, reduced ability to perform tasks requiring concentration and coordination --such as driving a car, paranoia, intense anxiety attacks, altered cognition, making acquisition of new information difficult; impairments in learning, memory, perception, and judgment; difficulty speaking, listening effectively, thinking, retaining knowledge, problem solving.

Drug Name: Steroids

Facts for Parents: Steroid users subject themselves to more than 70 % potentially harmful side effects.

Other Names: Rhoids, juice

How Consumed: Orally or injected into muscle

Effects: Liver cancer Sterility, masculine traits in women and feminine traits in men, aggression, depression, acne, mood swings.

THE IMPACT OF ALCOHOL AND OTHER DRUGS IN THE WORKPLACE



RACING
VICTORIA



The use of alcohol and other drugs can impact the workplace in a number of ways.

It can affect affecting relationships, safety and productivity to name a few.

The following statistics demonstrate the extent of this impact in Australia:

- Alcohol and other drugs cost Australian workplaces an estimated \$6 billion per year in lost productivity;
- Recent research has estimated that 2.5 million days are lost annually due to alcohol and other drug use, at a cost of more than \$680 million;
- One in 10 workers says they have experienced the negative effects associated with a co-worker's misuse of alcohol. The negative effects include reduced ability to do your job, being involved in an accident or "close call", working extra hours to cover for a co-worker, and taking days off work.

HOW DO HANGOVERS AND "COMING DOWN" AFFECT WORK?

Having a hangover or "coming down" from drugs at work can be just as problematic as being intoxicated. Headaches, blurred vision, irritability, problems concentrating, lost voice and extreme tiredness can all create problems for you and your co-workers.

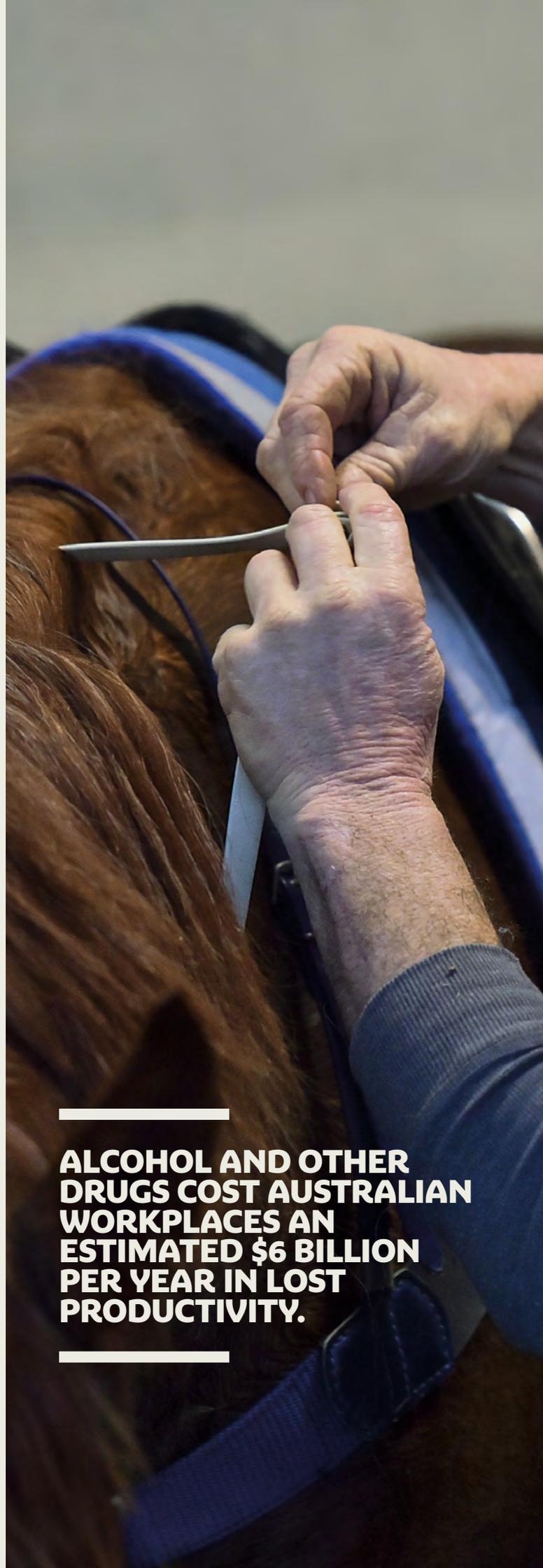
ALCOHOL

Sobering up takes time. As a guide, an average person in good health can process one standard drink per hour.

Hangover cures such as cold showers, exercising, drinking strong coffee or being sick will not speed up the process. These cures may make you feel better, but they don't change your blood alcohol concentration (BAC).

OTHER DRUGS

It can take several days to come down from other drugs such as ecstasy, ice and amphetamines, so using these drugs on the weekend can still affect your work.



ALCOHOL AND OTHER DRUGS COST AUSTRALIAN WORKPLACES AN ESTIMATED \$6 BILLION PER YEAR IN LOST PRODUCTIVITY.

DO PRESCRIPTION DRUGS AFFECT WORK?

There is always a level of risk when using any drug including prescription or over-the-counter medications.

Drug reactions vary from person to person. If you are taking a drug you haven't had before, you won't know how it will affect you. It's important to follow your doctor's advice when taking prescription drugs and discuss any side-effects and how this might impact on your work.

The effects of prescription drugs such as benzodiazepines (e.g. Xanax®) can have an impact on your work and you should discuss these with your doctor. Long term use in particular may become problematic.

WHAT IS AN ALCOHOL AND OTHER DRUG PROBLEM?

An alcohol or drug problem isn't necessarily measured by how much, how many or what type of drugs a person uses, but by how the drug affects the person's life and the lives of those around them. It's often a matter of personal perception.

Here are some examples of a drug problem:

- Regularly returning from lunch a bit tipsy, then disturbing everyone in the office and making it harder for them to work;
- Taking prescription medication for a long time, which causes memory problems, clumsiness and tiredness; or
- Often taking ecstasy or drinking alcohol heavily on the weekend and then coming into work tired, irritable and moody the following day.

CONCERNED ABOUT A CO-WORKER?

If a co-worker's use of alcohol or other drugs is affecting you then they do have a drug problem. This person may not be aware their drug use is affecting those around them, so you need to talk to them or the most appropriate person in your organisation such as a manager or someone from Human Resources.

FIND OUT THE FACTS

If you are concerned that a co-worker is intoxicated whilst at work, it is important to be very sure that the person is actually under the influence of drugs – and not unwell – before you take any further action. It is very difficult to know if someone is impaired by the use of drugs or if someone is misusing them. Spend some time online learning about the facts.

If you are concerned that a co-worker's drug use is affecting their work and/or the safety of others, it would be helpful to document evidence of incidents.

SPEAK UP

If your workplace has an Alcohol and Drug Policy, follow the procedures outlined in that document.

If your workplace does not have an Alcohol and Drug Policy, you may wish to discuss the issue with:

- Your health and safety representative;
- A member of the health and safety or other formal workplace committee; or
- A Manager, supervisor or employer.

If you choose to talk to your co-worker directly about your concerns, there is no easy way to begin the conversation. The following suggestions may help:

- Talk to a counsellor, health professional or your workplace's Employee Assistance Program (EAP) for advice on how to handle the situation.
- Speak to a Manager or Supervisor about your concerns and seek their advice (you do not need to identify the co-worker);
- It may be best to talk to the person away from the workplace and outside of working hours;
- Explain how the person's use of alcohol is affecting you and other people around them at work. Give concrete examples;
- Try to remain calm and logical and stick to the point – refuse to be drawn into an argument; and
- Offer your support and encourage them to seek professional help. Provide them with information about available services (see below 'Further Information').

EMPLOYEE RESPONSIBILITIES

It's important to consider how your use of alcohol or drugs may impact on your co-workers because the OHS Act imposes a duty on all workers not to recklessly endanger any other person in workplaces.

Different industries and workplaces may have more specific rights and responsibilities for employers and employees detailed in a Policy. For example, some industries and workplaces may require people driving vehicles to have a blood alcohol concentration (BAC) of 0.00. Others may have policies about testing employees for alcohol.

Make sure you are aware of your rights and responsibilities around alcohol within your workplace and/or industry.

EMPLOYER RESPONSIBILITIES

Your employer has a legal obligation to address alcohol and other drug issues in the workplace through the 'duty of care' provisions in the OHS Act. These provisions require employers to take all reasonable or 'practicable' steps to ensure the health and safety of all workers and any other people who may be affected by the actions of the employer, such as contractors or clients.

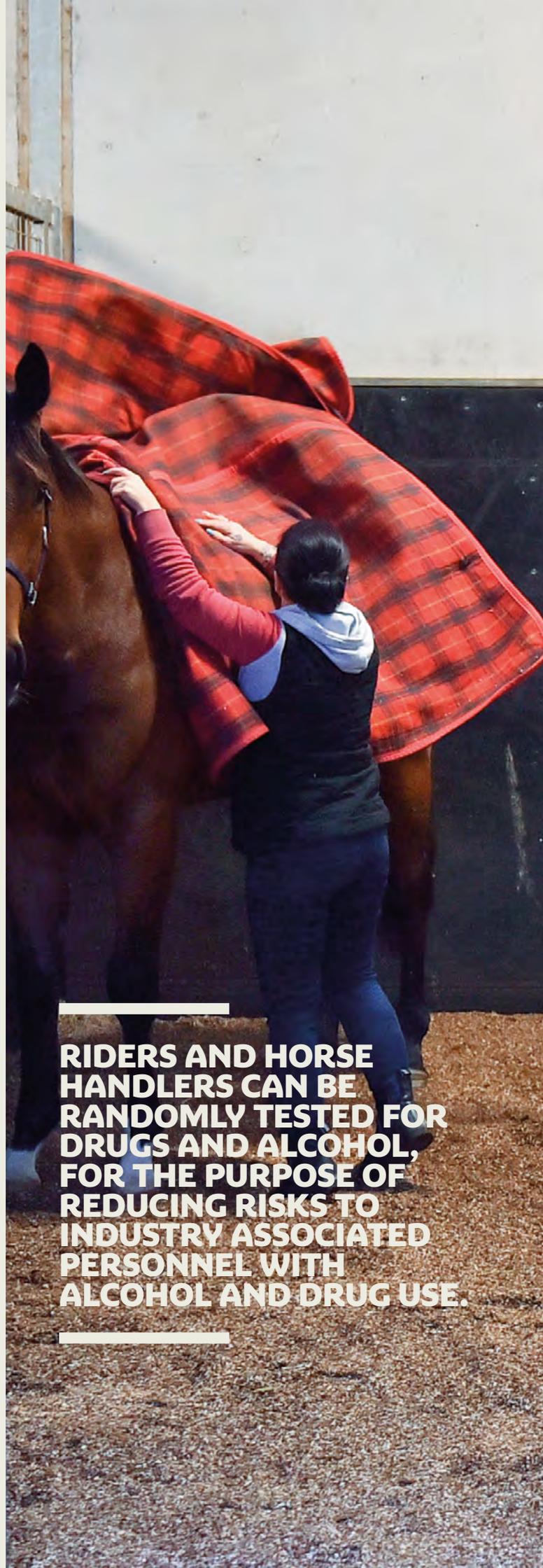
The Australian Drug Foundation (ADF) works with employers to help them develop alcohol and drugs policies, train employees about alcohol and drugs, and organise safe parties. If you think your workplace could benefit from these services, put your manager or Human Resources department in contact with the Australian Drug Foundation's Workplace Services.

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DRUGS & ALCOHOL IN RACING

Riders and horse handlers can be randomly tested for drugs and alcohol, for the purpose of reducing risks to industry associated personnel with alcohol and drug use. As at 19 April 2016, Stewards are able to take a sample either prior to or after handling any horse at any race meeting, official trial, jump out or in training.

AR 81BB states that alcohol is declared as a banned substance when alcohol is present at concentration in excess of 0.05% on a breath analyser test taken from a horse handler.



RIDERS AND HORSE HANDLERS CAN BE RANDOMLY TESTED FOR DRUGS AND ALCOHOL, FOR THE PURPOSE OF REDUCING RISKS TO INDUSTRY ASSOCIATED PERSONNEL WITH ALCOHOL AND DRUG USE.

Penalties apply for a blood alcohol concentration of 0.05% or higher, if a sample taken contains a substance banned by AR 81BB, or if a horse handler refuses or fails to deliver a sample as directed by the Stewards, or tampers with a sample.

AR 81B states that alcohol is declared as a banned substance when alcohol is present at a concentration in excess of 0.02% on a breath analyser test taken from a rider.

FURTHER INFORMATION

Australian Drug Foundation's Workplace Services team: Tel. 03 9611 6100 or visit adf.org.au/programs-and-services/workplace-services

Unions: If you are in a union, you should contact them for assistance.

WorkSafe Victoria Advisory Service:
Tel. 1800 136 089 (toll free).

Your local doctor, other health professional, or workplace Employee Assistance Program should be able to provide you with confidential advice or refer you to a more appropriate service.

DirectLine is a 24-hour telephone counselling and referral service for people in Victoria wanting help with alcohol or other drug related issues.
Tel. 1800 888 236.

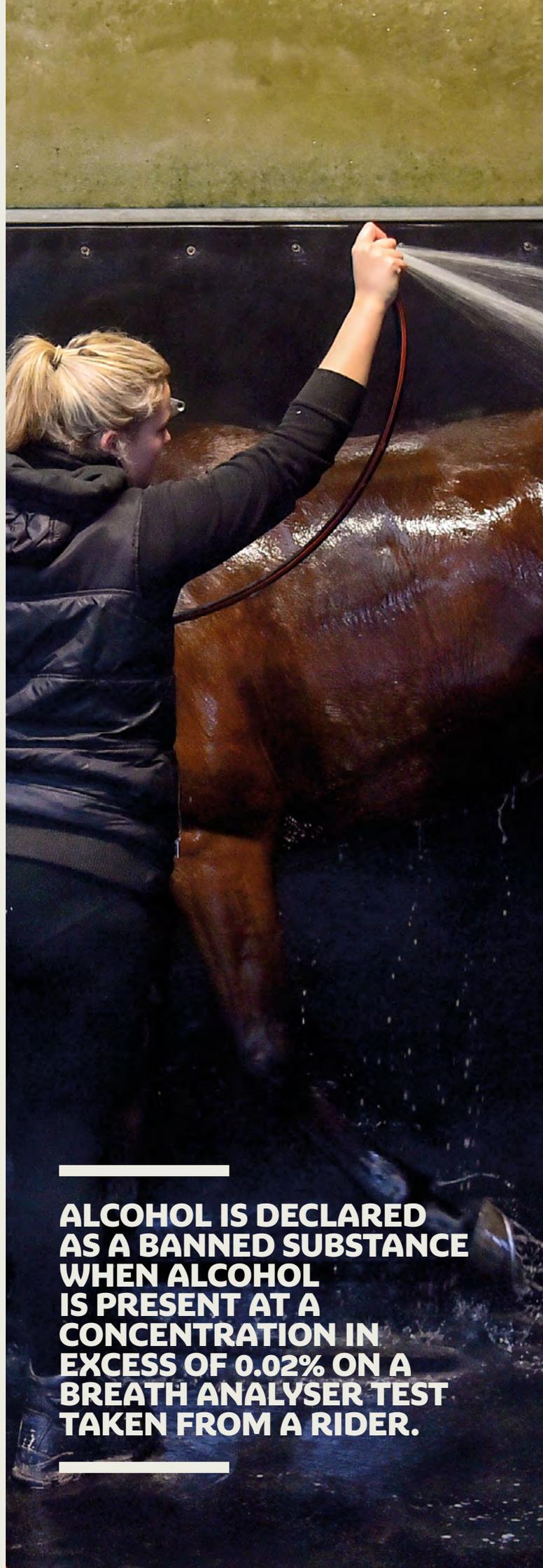
CounsellingOnline offers free alcohol and drug counselling online 24 hours a day, 7 days a week.
Visit counsellingonline.org.au

Workers' Occupational Health Centre is a medical centre for workers located in Melbourne, Victoria. Visit wohc.org.au or tel. 03 9662 4820.

- See more at:
www.druginfo.adf.org.au/fact-sheets/alcohol-and-drugs-in-the-workplace#sthash.wFhoSeWc.dpuf
- Some health Apps to download:
hellosundaymorning.org
betterhealth.vic.gov.au/app-landing/index.htm



RACING
VICTORIA



**ALCOHOL IS DECLARED
AS A BANNED SUBSTANCE
WHEN ALCOHOL
IS PRESENT AT A
CONCENTRATION IN
EXCESS OF 0.02% ON A
BREATH ANALYSER TEST
TAKEN FROM A RIDER.**

ALCOHOL AND DRUGS AFFECT EVERYONE

At some stage of your life, it is highly likely that alcohol and drugs will affect you, your family or someone you know.

1 in 5 women drink alcohol while pregnant¹



Drinking during pregnancy can cause miscarriage, premature birth and stillbirth. It can also cause learning and memory difficulties, behavioural problems, poor growth, organ damage and facial abnormalities in the child. The Australian Alcohol Guidelines recommend not drinking during pregnancy.



By the age of **12** a child will have seen **1300+** alcohol ads on TV.²



Our brains continue to **develop** until our mid-20s.⁴

8 out of 10



Australians over 14 drink alcohol.³

DRINK DAILY

Australians aged over 70 years are the most likely group to drink daily.³

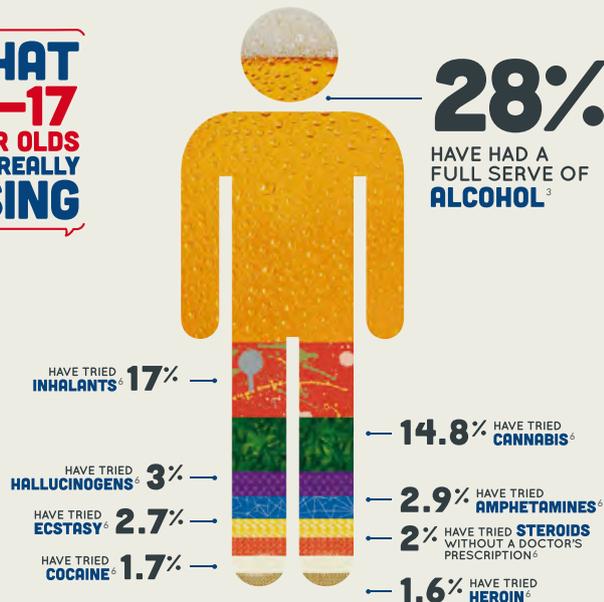
regret

17%

of 15-18 year olds say they had sex when drunk which they later regretted.⁵



WHAT 12-17 YEAR OLDS ARE REALLY USING



RIP Alcohol contributes to the three major causes of teen death: injury, homicide and suicide.⁴



\$7b is generated by alcohol related **tax.** But

alcohol costs society **\$15.3b** annually⁸ and illicit drugs **\$8.0b** annually.⁸



Parents are the most likely source of alcohol for 12-17 year olds.⁶



Almost **1 in 10** workers say they have experienced the **negative effects** of a co-worker's misuse of alcohol.^{9, 10}



Alcohol and other drugs **cost** Australian workplaces **\$6 billion** per year in lost **productivity.**⁸



More Australians (**11.4%**) misuse pharmaceuticals (e.g. painkillers, tranquillisers) at some point in their life than use **methamphetamines (7%)**³



1 in 5 Australians over 14 drink at levels that put them at risk of alcohol-related harm over their lifetime.³



AGE 10, **20, 30, 40** 50, 60, 70, 80, 90 Illicit drug use is most common among people **aged 20-40 years.**³

The most **common** drugs people seek **treatment** for are:
Alcohol (41%)
Cannabis (24%)
Amphetamines (14%)
Heroin (8%).⁷



Alcohol caused **4 times** more deaths (5,554) than road accidents (1,367) in 2010.^{10, 11}



Go to **druginfo.adf.org.au** for more information and references. You can also download this page as a pdf.

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