



**Racing  
Victoria**

**Racing Australia**

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Racing Centre

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## Visiting International Stable Employee (including New Zealand) 2019/20

(1 Aug 2019 to 31 Jul 2020)

Important: A Visiting International Stable Employee Registration is granted on the condition that the Applicant (Stable Employee) holds a current and active Stable Employee Registration issued by his or her home-based Racing Authority. Should the Stable Employees' home-based Registration expire, cancel, be revoked or become inactive for any reason, any Visiting International Stable Employee Registration issued by Racing Victoria will cease immediately and the Visiting International Stable Employee will not be registered to work in any capacity 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:
Contact Number in Australia:		Email:	
Home Address:			
Provide an <b>Australian Postal Address</b> for the issuing of your Identification Card. This Card will permit entry to the Racecourse, Scales and Horse Areas.			
Next of Kin:	Relationship:	Phone:	
Next of Kin:	Relationship:	Phone:	
Trainer Representing:			
What category of Visiting International Stable Employee Registration are you applying for? (Circle):			
RACING MANAGER		ASSISTANT TRAINER (HEAD PERSON)	
STABLEHAND/TRACK RIDER (GROOM/ WORK RIDER)			

### STEP 2 - Supporting Documents:

I confirm that I have provided the following:	<input type="checkbox"/> A Racing Clearance from the Racing Authority with which I'm licensed as a Stable Employee;
	<input type="checkbox"/> A copy of my Passport; and
	<input type="checkbox"/> A colour passport-size photo.
I confirm that my current Australian Visa status is (please tick <b>one option</b> ):	<input type="checkbox"/> I currently hold an Australian Visa that permits me to carry out this role and have attached a copy.
<b><u>N/A FOR NZ APPLICANTS</u></b>	<input type="checkbox"/> I have applied for the following Australian Visa and attached a copy of my application confirmation.
Visa Type	
Date of Application	
I confirm that I have read and understood the enclosed attachments:	<input type="checkbox"/> Banned Substances Information Sheet
	<input type="checkbox"/> Alcohol and Drug Testing at WIHC (if travelling with a horse from outside Australia or New Zealand only)

**STEP 3 - Declarations for Stable Employees (all fields must be completed):**

I currently hold an active Stable Employee Registration issued by my home-based Racing Authority.	Yes <input type="checkbox"/> No <input type="checkbox"/>	Racing Authority that granted this Trainer Licence (E.g. NZTR, BHA, France Gallop, JRA etc): <div></div>
Are you currently under any ban/restriction or have any pending matters yet to be determined by any Racing Authority or Racing code (including Racing Victoria)?	Yes <input type="checkbox"/> No <input type="checkbox"/>	If Yes, please explain the circumstances: <div></div>
Have you ever been suspended, disqualified or refused a licence, permit or registration by any Racing Authority or Racing Code (including Racing Victoria)?	Yes <input type="checkbox"/> No <input type="checkbox"/>	If Yes, please explain the circumstances: <div></div>
Have you, in the last 10 years, been: (a) found guilty of a criminal offence? (b) imprisoned? and/or (c) placed on parole?  <b>Note:</b> Should Racing Victoria discover through a National Police Check or other means that this has been answered incorrectly, you may be stood down.	Yes <input type="checkbox"/> No <input type="checkbox"/>	If Yes, please explain the circumstances: <div></div>
Are there any current criminal proceedings (or charges) pending against you?	Yes <input type="checkbox"/> No <input type="checkbox"/>	If Yes, please explain the circumstances: <div></div>
<b>Rules of Racing:</b> I acknowledge that I am bound by the Rules of Racing of Racing Victoria ( <b>the Rules</b> ) 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.		
<b>National Police Record Certificate:</b> 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).		
<b>Criminal Charges:</b> 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 <a href="mailto:cru@racingvictoria.net.au">cru@racingvictoria.net.au</a> .		
<b>Social Media Policy:</b> 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: <a href="https://www.racingvictoria.com.au/integrity/social-media-policy">https://www.racingvictoria.com.au/integrity/social-media-policy</a>		
<b>Licensing Condition:</b> I acknowledge that a Visiting International Stable Employee Registration is granted on the provision that I, hold and keep active an equivalent Stable Employee Registration 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 Stable Employee Registration within my home Country then any Visiting International Stable Employee Registration issued by Racing Australia will cease immediately and I will no longer be licensed as such within Victoria.		

**STEP 4 - Parental/Guardian consent for applicants under 18 years of age (applicants must be at least 14 years of age):**

I, (Please print name)

Of (address)

Phone

Relationship to applicant

Hereby consent to him/her being registered as an International Stable Employee with Racing Victoria.

Signed

Date

**STEP 5 - Acknowledgements:****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.

**AR 237 Prohibition on persons laying horses**

- (1) A trainer must not lay any horse that is either under the trainer's care, control or supervision, or has been at any time in the preceding 21 days.
- (2) A person employed by a trainer in connection with the training or care of horses must not lay any horse under the care, control or supervision of the trainer for whom the person is or was employed while employed and for a period of 21 days after ceasing to be employed.
- (3) An owner or nominator must not lay any horse that is or may be entered by that owner or nominator or on that person's behalf, provided that a bookmaker may lay a horse in accordance with the bookmaker's licence.
- (4) A rider's agent must not lay any horse to be ridden by a rider for whom that person is an agent.
- (5) A person who has provided a service/s connected with the keeping, training or racing of a horse must not lay that horse within 21 days of last providing that service.
- (6) A person must not offer an inducement to a participant in racing with the intention of profiting from a horse not participating in an event to the best of its ability.
- (7) In circumstances where it is a breach of this rule for a person to lay a horse, it is also a breach of this rule for that person to:
  - (a) have a horse laid on his or her behalf; or
  - (b) receive any money or other valuable consideration in any way connected with the laying of the horse by another person.

**LR 96 Person employed must not lay a horse**

For the purposes of AR 237(2) a person employed by a trainer in connection with the training or care of racehorses includes any person registered in accordance with LR 45B and any reference to employment includes a reference to such registration.

## STEP 6 - Declaration and Signatures:

### I, the Visiting International Stable Employee 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 228, AR 37 and LR 96 of the Rules of Racing.

SIGN HERE:

TODAY'S DATE:





**Racing  
Victoria**

## **Alcohol and Drug Testing at Werribee International Horse Centre**

**Racing Victoria Stewards will conduct random drug and alcohol testing on Riders and Stable Staff working within the Werribee International Horse Centre.**

All licensed track riders and stable staff employees are subject to the drug and/or alcohol restrictions specified in Australian Rules of Racing AR 136 through to AR 142.

Racing Victoria Stewards, under AR 22(1) (i)-(j), are able to request a sample from either a track rider or stable staff employee.

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

The list of banned substances is included in the Australian Rules of Racing or in the 'Information Sheet Regarding Banned Substances for Riders and Horse Handlers'.

In short, AR 139 and AR 140 state that it is an offence for track riders and stable staff employees to provide a sample that contains a substance banned by AR 136 or refuse/fail to provide a sample.

**Any track rider or stable staff employee that provides a sample which upon analysis contains a banned substance, or refuses/fails to provide a sample, will be stood down from performing their duties effective immediately.**



# **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](http://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
- Diffiam 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
- Inflac
- 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
- Daktarin 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
- Savacol products
- Seda Lotion
- Seda-Gel
- SM-33 Adult Formula, SM-33 Gel
- Spray Tish/Menthol
- Streptfen 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, biphetamine**

**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.

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# **THE IMPACT OF ALCOHOL AND OTHER DRUGS IN THE WORKPLACE**

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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.



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

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## **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.

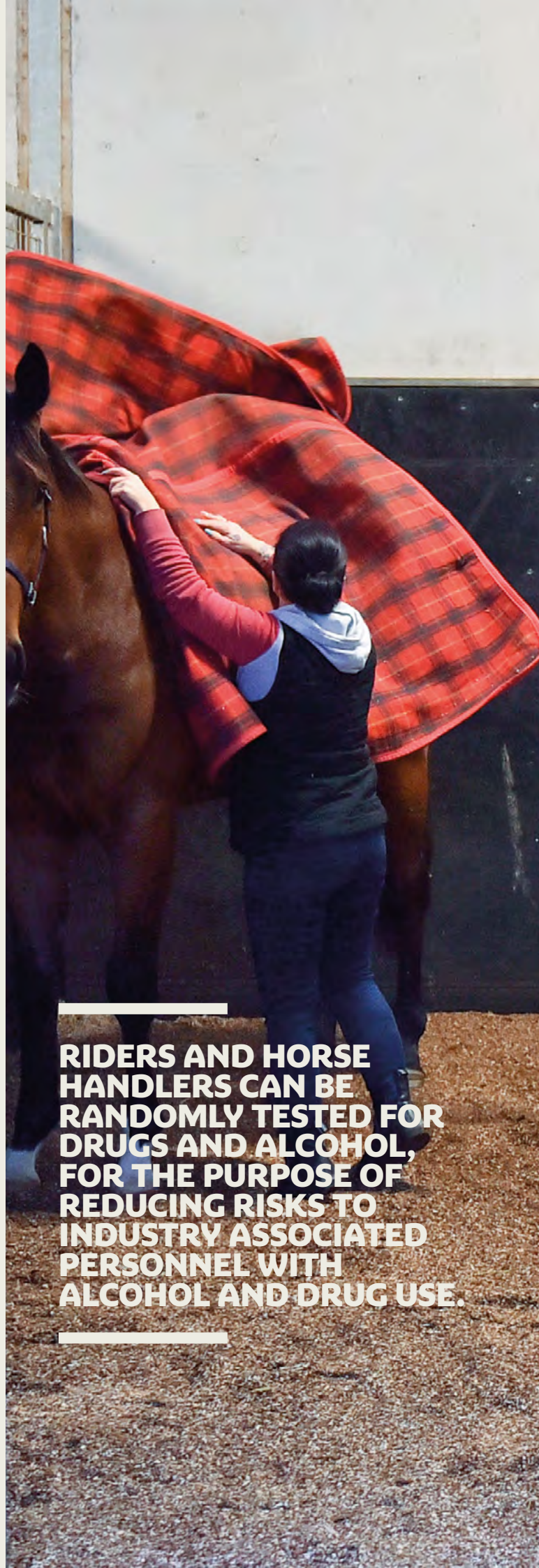
The Australian Drug Foundation (ADF) works with employers to help them develop alcohol and drugs policies, train employees about alcohol and drugs, and organise safe parties. If you think your workplace could benefit from these services, put your manager or Human Resources department in contact with 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](http://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](http://counsellingonline.org.au)

Workers' Occupational Health Centre is a medical centre for workers located in Melbourne, Victoria. Visit [wohc.org.au](http://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](http://www.druginfo.adf.org.au/fact-sheets/alcohol-and-drugs-in-the-workplace#sthash.wFhoSeWc.dpuf)
- Some health Apps to download:  
[hellosundaymorning.org](http://hellosundaymorning.org)  
[betterhealth.vic.gov.au/app-landing/index.htm](http://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.

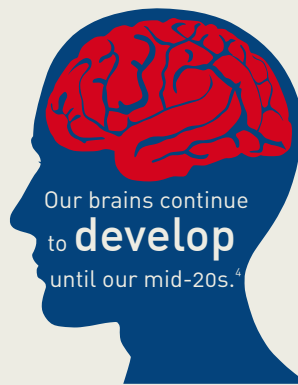
**1 in 5** women drink alcohol while pregnant<sup>1</sup>



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.<sup>2</sup>



Our brains continue to **develop** until our mid-20s.<sup>4</sup>

**regret**

**17%** of 15-18 year olds say they had sex when drunk which they later regretted.<sup>5</sup>



**8 out of 10**

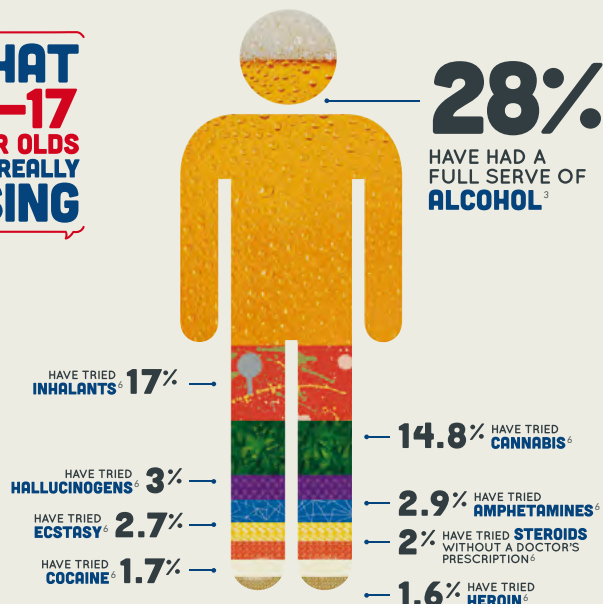


**Australians** over 14 drink alcohol.<sup>3</sup>

**DRINK DAILY**

Australians aged over 70 years are the most likely group to drink daily.<sup>3</sup>

**WHAT 12-17 YEAR OLDS ARE REALLY USING**



**RIP** Alcohol contributes to the three major causes of teen death: **injury, homicide and suicide.**<sup>4</sup>

**Parents are** the most likely source of alcohol for 12-17 year olds.<sup>6</sup>



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

alcohol costs society **\$15.3b** annually<sup>8</sup> and illicit drugs **\$8.0b** annually.<sup>8</sup>



**Almost 1 in 10** workers say they have experienced the **negative effects** of a co-worker's misuse of alcohol.<sup>9, 10</sup>



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



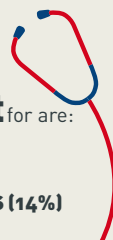
**More** Australians (**11.4%**) misuse pharmaceuticals (e.g. painkillers, tranquillisers) at some point in their life than use **methamphetamines (7%)**<sup>3</sup>

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



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

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



Alcohol caused **4 times** more deaths (5,554) than road accidents (1,367) in 2010.<sup>10, 11</sup>



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