



# 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.rv.racing.com](http://www.rv.racing.com) 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:

- Aclin
- 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 Capseals)
- 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
- 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, Bensedrine, 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.**