



# CAMS Illicit Drugs in Sport Program

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## PROGRAM OUTLINE

*May 2011*



*A fully funded initiative of the Australian Government*

Speed

Marijuana (Cannabis)

Ice and Base

GHB or Gamma Hydroxybutyrate

Hallucinogens

## BACKGROUND

CAMS, in partnership with the Australian Government, is embarking on a campaign to influence the attitudes of motor sport participants and the general community through education of the dangers of illicit drugs to their health, their potential for damage to life time social responsibilities, and in particular to the health and safety implications of undertaking motor sport while affected by drugs.

The CAMS Illicit Drugs in Sport (IDiS) Program is focused on the general motor sport community; with a specific focus on the sport's 15-25 year old demographic. Other sports, including cricket, netball, and rugby league, are running similar illicit drug education programs as part of the Australian Government's *'Illicit Drugs in Sport National Education and Action Plan'*.

As part of the IDiS program CAMS intends to undertake testing at motor sport events, in a similar manner to that undertaken by the Police 'roadside testing' regime. The key focus of a testing program is the enhanced safety of all participants in motor sport.

This booklet is designed to be read as an outline of the CAMS IDiS Program. For further information relating to the program please refer to the CAMS website ([www.cams.com.au](http://www.cams.com.au)) and the complete IDiS Policy.

Ecstasy / Methylenedioxymethamphetamine (MDMA)

Cocaine or Cocaine Hydrochloride

Ketamine

Heroin

## EDUCATION

The CAMS IDiS Program aims to educate the sport about the instantaneous and long-term health concerns related to illicit drug use, but also to the effects that drug use has on those around you. The program has six key messages for the sport:

- illicit drug use is harmful
- illicit drug use can affect your sporting team
- illicit drug use can impact on the community who support you
- illicit drug use can affect your sporting performance - in or out of competition, during the off-season, or on the weekend
- illicit drug use can affect your reputation and sporting career
- participating in sport supports a healthy lifestyle.

These key messages are being delivered to the sport via both in-depth education sessions, and through the distribution of educational resources produced by the Australian Government for the IDiS Program.

In addition, we want drivers, navigators, co-drivers, officials, team managers, support crew to think about the impacts illicit drug use has on:



How could drug use affect your team, your family and your sponsors who help and support you?



What could drug use do to affect your body and your mind, and your ability in motor sport and everyday life?



How could drug use affect your personality, and those traits that make you who you are?



How will drug use affect your options to be involved in the sport you love, or work in future?

## Role Models

One of the key components of the CAMS IDiS program is harnessing power of positive Role Models within the sport. Role Models are anyone who presents a strong, positive example to others, and will assist with stimulating discussion amongst participants of the dangers of illicit drugs. Already a number of past and present international sportspeople, including Eamon Sullivan (swimming), Sharelle McMahon (netball) and Chris Anstey (basketball), have had involvement in assisting and promoting the Australian Government's IDiS Program and ideals.

In order to further enhance the delivery of the IDiS educational materials and key messages, CAMS is recruiting motor sport identities to support the program as Role Models. The IDiS Role Models will provide a positive example to the sport and themselves, enable themselves (when appropriate) to be approachable to their peers to discuss the issue of illicit drugs in sport, as well as assist in conducting education sessions.

## Resources

The Australian Government has produced a comprehensive range of educational resources which CAMS is utilising as part of the IDiS Program.

These educational resources for the IDiS program are backed by a web-based 'e-learning' system (available mid-2011) developed by the Australian Sports Commission, which aims to provide an interactive experience, tailored to helping show the correct drug-related choices in a range of scenarios.

In addition to the 'e-learning' system, a range of other resources are available, and accessible via the Project Coordinator. These printed resources consist of:

- IDiS brochure
- IDiS poster
- Illicit Drug Fact Sheets (available printed and at [www.cams.com.au](http://www.cams.com.au))
- Educational presentations / videos

All CAMS Affiliated Car Clubs have access to and will receive printed resources, and are encouraged to keep them around the club and increase their members' knowledge of the dangers of illicit drugs.



IDiS brochure

## REHABILITATION / HELP

The CAMS IDiS Program is not solely focused on education. A key commitment of CAMS via the IDiS program is the provision of access to funded rehabilitation to those addicted to, or using, illicit drugs.

The provision of fully funded counselling for drug use or addiction under the IDiS Program is available to motor sport competitors and officials identified (either by admission or through testing results) as using illicit drugs, with the key focus being on helping these people overcome their illicit drug use or addiction and get back on track, in life and in motor sport.



The access to counselling and rehabilitation services will be provided in a non-judgemental and completely confidential manner. CAMS considers the health and safety of all motor sport participants as a priority, and privacy in this area is part of that commitment to the health and safety of those individuals requesting or requiring help.

In addition, CAMS encourages every person involved in motor sport to visit the following websites to find out up-to-date details on health services and the IDiS Program, or to call the government helpline:

### Online help/information

<b>Australian Government IDIS website</b>	<a href="http://www.idis.gov.au">www.idis.gov.au</a>
<b>CAMS IDiS website</b>	<a href="http://www.cams.com.au">www.cams.com.au</a> → Safety → IDIS
<b>National Drugs Campaign</b>	<a href="http://www.drugs.health.gov.au">www.drugs.health.gov.au</a>

### Hotline help/information

<b>Alcohol and Drug Information Service</b>	<b>1800 250 015</b>
<b>Lifeline</b>	<b>13 11 14</b>

## **SAFETY TESTING**

CAMS intends to introduce a testing regime into motor sport where competitors and officials will be tested for illicit drugs.

The testing will analyse a sample of saliva collected from the person, in a similar manner to the police roadside 'drug buses', and will be undertaken by CAMS trained testing officials.

The testing is focused on safety and will be conducted prior-to-competition so as to ensure that anyone impaired by illicit drug use would not be able to take part in the event and pose a risk to themselves and others.

To ensure the integrity of the testing program CAMS intends to implement the testing in three stages, as follows:

### **STAGE 1 – PROOF PROGRAM**

*(Victoria and New South Wales)*

The Proof Program is focused on testing the protocols of the Safety Testing program, ensuring that the testing can be undertaken in a motor sport environment with accuracy and efficiency, with limited impact on the running of an event. The results of each test in Stage 1 will be masked, so no-one will be identified if they test positive.



### **STAGE 2 – PILOT PROGRAM**

*(Victoria)*

Subject to successful completion and review of Stage 1, a Pilot Program will be introduced to select Victorian events, where anyone testing positive to an illicit substance will be excluded from the event, and subject to the CAMS judicial system.



### **STAGE 3 – FULL IMPLEMENTATION**

*(Australia-wide)*

On successful completion of Stages 1 and 2, CAMS will launch the IDiS Safety Testing program to the whole sport. Any event has the potential to have IDiS Testing Officials present and conducting tests.

## SUMMARY

Illicit drug use is harmful, not just to your health, but also to the relationships of the people and community that support you.

The CAMS IDiS Program, as part of an Australian Government initiative, aims to educate the motor sport community about the dangers of illicit drugs, test for and deter their use within motor sport, and rehabilitate anyone identified as using them.

The message is simple - CAMS does not want illicit drugs in motor sport, where they pose a very real risk to competitors, officials, or others involved in either a paid or volunteer capacity.

CAMS is committed to help anyone suffering from illicit drug use - but the first step in seeking help is to talk, either to a trained health professional, counsellor, or someone else you can trust.

*Achieve in Sport: Don't let Drugs Destroy your Future*

### Contact details

For further details on any aspect of the CAMS IDiS Program, please contact the Project Coordinator, Shawn Graetz, via any of the methods below:

Phone: (03) 9593 7765 - Mobile: 0488 066 236 - Email: [shawn.graetz@cams.com.au](mailto:shawn.graetz@cams.com.au)

Alternatively, you can visit the CAMS Website for up-to-date details on the IDiS Program, at [www.cams.com.au](http://www.cams.com.au).

