

## Basketball Australia Sports Science and Sports Medicine Policy – Q & A

### What is Basketball Australia's position on Sports Science and Sports Medicine (SSSM)?

Sports Science and Sports Medicine is responsible for innovations and developments in elite sport. However Basketball Australia recognizes that some of the companies, practitioners and individuals involved with SSSM are promoting products and practices that are not in the best interests of athletes or the integrity of Australian Basketball.

### What is Basketball Australia doing to regulate sports science and sports medicine in basketball?

Basketball Australia has established The National Integrity Framework – a suite of policies, educational materials and other resources that safeguard basketball against corruption. The Framework applies to all competitions and events conducted under the auspices of Basketball Australia or a member state/territory association, including the National Basketball League.

The Framework includes a policy regarding sports science and sports medicine, which in conjunction with Basketball Australia's Anti-Doping and Illicit Drugs Policies protects athlete welfare and upholds the integrity of Australian Basketball.

### What does the Sports Science Sports Medicine policy cover?

The Sports Science and Sports Medicine Policy provides a framework to ensure that:

- appropriately qualified practitioners are selected;
- the correct process is used for selecting supplements, where relevant, and that those chosen are safe, appropriate and conform to the WADA code;
- medications are selected and used appropriately;
- injections are only administered as part of appropriate medical treatment;
- education is provided on the policy; and
- there is clear reporting and oversight.

### This is a very technical area. Who is advising Basketball Australia on Sports Science and Sports Medicine?

Basketball Australia (BA) recognizes the need for expert advice and guidance on issues relating to (SSSM), the appropriate qualification and registration of practitioners, and necessary updates to policy and practices in what can be a rapidly changing landscape.

Basketball Australia will establish a panel of suitably experienced and qualified experts to advise Basketball Australia on SSSM matters. Panel members will be consulted on any policy development, and may be consulted on an ad-hoc basis if critical SSSM issues arise. This panel will advise on the appropriate level of qualification, experience and accreditation SSSM practitioners should have to work with Australian Basketball.

### **Who does the Sports Science Sports Medicine policy apply to?**

The Sports Science and Sports Medicine Policy applies to the following people whether they are in a paid or unpaid/voluntary capacity:

- Athletes appointed or elected to teams that represent Australia, and those athletes who may be eligible for drug-testing or other anti-doping control measures;
- Persons appointed or elected to boards, committees and sub-committees of Basketball Australia;
- Coaches and assistant coaches appointed or elected to teams that represent Basketball Australia;
- Employees of Basketball Australia;
- Support personnel appointed or elected to teams and squads that represent Basketball Australia;
- Doctors, managers, physiotherapists, psychologists, masseurs, sport trainers and allied health professionals serving teams or athletes who represent Basketball Australia; and
- Referees, umpires and other officials involved in the regulation of the sport appointed by Basketball Australia.

### **I have retired or no longer work in basketball, does the policy still apply to me?**

This policy continues to apply to a person, even after they have stopped their association or employment with Basketball Australia, if disciplinary action against that person has commenced.

### **I'm a nutritionist and I want to work in basketball as a sports scientist. What do I need to know?**

The Sports Science Sports Medicine policy outlines everything you need to know, if you want to provide SSSM services in basketball in Australia. The policy includes information on staff integrity and capability that ensures any person employed to provide SSSM services, whether in a paid or voluntary capacity must have the appropriate:

- Qualifications;
- Experience;
- Registration; and
- Professional indemnity (including relevant extensive background checks).

For more information outlining the SSSM staffing requirements see <http://basketball.net.au/wp-content/uploads/2017/04/Sports-Science-Sports-Medicine-Policy-Effective-1-January-2016.pdf>

### **What supplements are allowed in the Sports Science Sports Medicine program?**

The SSSM Policy does not permit or endorse any specific supplements. Rather, the policy outlines everything you need to know about what is permitted and prohibited regarding supplements. Basketball Australia conforms to the AIS best practice guidance.

It's a complicated area and all athletes need to take responsibility for learning what's permitted and what's prohibited. For more information relating to the supplements, medication and injections see <http://basketball.net.au/wp-content/uploads/2017/04/Sports-Science-Sports-Medicine-Policy-Effective-1-January-2016.pdf>

### Can I take medications or receive injections?

The SSSM Policy sets out the procedures to be followed by athletes and team medical support staff for the supply, administration and use of medications and injections.

It's a complicated area and all athletes need to take responsibility for learning what's permitted and what's prohibited. For more information relating to the supplements, medication and injections see <http://basketball.net.au/wp-content/uploads/2017/04/Sports-Science-Sports-Medicine-Policy-Effective-1-January-2016.pdf>

### As an athlete, how do I stay updated with the Sports Science Sports Medicine?

Athletes are required to attend education on drugs, supplements and other relevant sports integrity issues and must sign-in to these sessions. Athletes will be notified of these sessions in advance. Evidence of attendance at education sessions is provided to ASADA to provide evidence of the athlete's efforts to fulfil their obligations.

Additionally, if you're unsure about the status of any medications you've been prescribed, you can check them via Global DRO: <http://www.globaldro.com/AU/search>

### How is the Sports Science Sports Medicine Policy enforced?

Basketball Australia (BA) supports the work of the World Anti-Doping Authority (WADA) and the Australian Sports Anti-Doping Authority (ASADA) in keeping basketball clean and protecting the welfare of all athletes.

If you become aware of a breach of the Sports Science Sports Medicine Policy, Speak up! We all have a duty to speak up when we see something that is a breach of this policy.

There are six ways that you can contact the Basketball Australia Reporting Service:

- **Online:** <http://basketball.stoplinereport.com/>
- **Smartphone app:** Search for STOPline in the iTunes App Store or Google Play
- **Telephone:** 1300 30 45 50 – Australia +61 3 9811 3275 – Overseas (reverse charges)
- **Fax:** Attention: Case Manager C/O The Stopline +61 3 9882 4480
- **Email:** - [basketball@stopline.com.au](mailto:basketball@stopline.com.au)
- **Post:** C/O The Stopline Locked Bag 8 Hawthorn Vic Australia 3122

When making a report you will need to include as much information as possible about the suspected misconduct as possible. All reports are kept confidential.

### For more information on Basketball Australia's Sports Science Sports Medicine Policy see:

- <http://basketball.net.au/wp-content/uploads/2017/04/Sports-Science-Sports-Medicine-Policy-Effective-1-January-2016.pdf>
- <http://basketball.net.au/integrity/>

This publication is intended to provide a summary of some of the key messages of the National Framework for Ethical Behaviour and Integrity in Basketball only and must not be relied on in place of the National Framework for Ethical Behaviour and Integrity in Basketball. The National Framework for Ethical Behaviour



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