



TARGET RIFLE AUSTRALIA LIMITED

ABN 29 143 527 851

National Sporting Organisation controlling Smallbore and Air Rifle shooting in Australia

Member Body of Shooting Australia

Member Body of World Rimfire and Air Rifle Benchrest Federation

Patron: Major General J.E. Barry AM MBE RFD ED (Retd)

SPORT SCIENCE AND SPORT MEDICINE POLICY

Title:	Sports Science and Sports Medicine
Approved by:	Target Rifle Australia Board
Adopted Date:	January 2020
Next Review Date:	January 2021
Authority	This Policy is based on the Shooting Australia Policy of the same name. It is binding on all Members of TRA and is to be interpreted in accordance with the TRA and SA Constitutions.



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1 PURPOSE

As the national governing body for the sport of Smallbore Rifle Shooting, Target Rifle Australia Limited (TRA Ltd) seeks to adopt a best practice approach to its utilization of sports science and sports medicine (SSSM) in order to ensure their health and safety:-

The objective of this Policy is to establish a framework for TRA's SSSM operations and application.

It is an abridged version of the Shooting Australia Policy which has been adopted by all member organisations including TRA Ltd.

The full Shooting Australia Policy may be found at this link:

<https://shootingaustralia.org/about/policies/>

2 MEDICATION POLICY

- 2.1 TRA Athletes frequently require medication for the treatment of illness or injury. Such medications may include prescription medication or over-the-counter medication.
- 2.2 TRA Athletes must only use medication (including but not only anti-inflammatory, pain relieving and sleep-inducing medications) as directed by ASADA.
- 2.3 For teams travelling without a doctor:
 - a) team officials should not carry or supply prescription medications for the use of other team members;
 - b) team officials may carry a small supply of basic 'over-the-counter' medication for provision to TRA athletes in specific circumstances;
 - c) team members should have an appropriate personal supply of medications for prevention of illness and /or treatment of conditions which may be reasonably anticipated; and
 - d) medications should be carried in their original packaging, labelled with the name of the athlete. This is important, as many countries have strict customs and importation laws
- 2.4 A general medication kit should contain the following:
 - Analgesics – **paracetamol**
 - Anti-inflammatory – **Voltaren, Nurofen** or other, as required
 - Anti-histamine for allergies if required – **Telfast, Zyrtec**, etc
 - Anti-diarrhoeal – **Loperamide** (Gastrostop, Imodium)
 - Betadine throat gargle
 - Topical antiseptic cream
 - Alcoholic gel hand rub
- 2.5 Team members should ensure that their vaccinations are up to date, particularly tetanus, diphtheria, pertussis and polio. Hepatitis A is not covered on the Government schedule, but a course of two injections provides lifetime cover, and is highly recommended. Other vaccinations



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may be recommended for some destinations.

2.6 Teams that will be away for prolonged periods, or who are travelling to destinations that do not have a high level of medical care, may also be advised to carry other prescription medications, such as antibiotics, with them.

2.7 If any medical issues arise when the team is touring, please contact ASADA at <https://www.asada.gov.au/> then the TRA Executive Officer.

2.8 If unexpected, or emergency treatment is sourced from local medical providers, the athlete must ensure the local medical practitioner is aware of the requirement for adherence to the WADA code. Please inform the TRA Executive Officer, as soon as practical, of any locally sourced treatment, in case a retrospective TUE is required.

3 INJECTION POLICY

3.1 There is no role for injection of substances as a routine part of any supplementation program.

3.2 No unauthorised individual can possess hypodermic needles.

3.3 No substances can be injected into TRA athletes except where the treatment of a documented medical condition requires such injection.

3.4 No injectable substances can be administered to an athlete by any individual other than a qualified medical practitioner. An exception to this rule may be made where the athlete has a well-documented medical condition (e.g. diabetes, anaphylaxis-risk), in which case the medical practitioner may provide written permission for the athlete to self-inject within specific parameters. Athletes may also be provided with written permission to possess needles for medical reasons, as outlined above.

4 EDUCATION

4.1 TRA will educate TRA athletes, coaches and staff in relation to this policy, specifically in relation to the appropriate use of prescription medications and supplements.

4.2 Education on this policy will be included in induction policies for all new TRA athletes, coaches, SSSM staff and other relevant TRA staff.

5 ENFORCEMENT

5.1 TRA will:

- (a) investigate any alleged or suspected breaches of this Policy by employees, contractors and TRA athletes, for example under TRA's code of conduct;



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- (b) enforce compliance with this policy; and
- (c) impose appropriate sanctions for breaches; and
- (d) ensure confidentiality is maintained to allow reporting and investigation of suspected breaches.

6 GOVERNANCE

6.1 The TRA board and senior management will regularly inform themselves as to SSSM practices of TRA, to:

- (a) ensure they are best practice; and
- (b) promote a culture of integrity; and
- (c) comply with legislative and regulatory requirements.

The TRA Board acknowledges that “Don’t ask, don’t tell” is not an acceptable position.

6.2 TRA will communicate the following to TRA athletes and relevant staff as applicable:

- a reminder of supplement/medication program principles and goals
- expected practice (including a statement reminding all TRA athletes and staff to check the ASADA web site before taking or acquiring medications/supplements)