

# Mens Netball NSW - Drug and alcohol policy



## Introduction

This policy sets out the standards and requirements that apply to members of Netball NSW (MNNSW) and other people participating in MNNSW events in relation to the consumption alcohol and the use of illicit or illegal substances.

This policy sits alongside MNNSW's other policies. It is important that you familiarise yourself with MNNSW's other policies.

## Who does this policy apply to?

This policy applies to the following persons:

- members of MNNSW (including players selected to play on MNNSW state teams)
- team officials (including coaches, assistant coaches, managers and assistant managers)
- support staff (including primary care staff)
- employees of MNNSW
- volunteers.

## Alcohol

MNNSW supports the responsible consumption of alcohol. We expect all members and volunteers of MNNSW are to be aware of the National Guidelines for alcohol consumption available at [www.alcohol.gov.au](http://www.alcohol.gov.au).

### What do the guidelines recommend?

For healthy men and women, drinking no more than 2 standard drinks on any day reduces your risk of harm from alcohol-related diseases or injury over lifetime.

Drinking no more than four standard drinks on a single occasion reduces the risk of alcohol related injury arising from that occasion.

Refer to [www.alcohol.gov.au](http://www.alcohol.gov.au) for more information about the health risks, tips to reduce the risk to your health when drinking and support services.

### What if you need support?

If you or someone you know needs support and treatment to reduce your alcohol intake, you should contact:

- your doctor
- your local community health service
- NSW alcohol and other drug helpline on (02) 9361 8000 (for Sydney) or 1800 422 599 (for NSW country).

### When is the responsible consumption of alcohol permitted?

The responsible consumption of alcohol may be permitted in the following circumstances:

- **Australian Mens and Mixed Netball Association Championships** – Only at the championship function held after the grand finals where the responsible consumption of alcohol is permitted.
- **Other events** – Other functions or events at which the responsible consumption of

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alcohol is approved by the MNNSW Committee, but only in the designated area.

## When is the responsible consumption of alcohol NOT permitted?

The consumption of alcohol is not permitted in the following circumstances:

- **Games and competitions** – At any games and competitions run by MMNSW or AMMNA (unless otherwise approved by the MNNSW Committee).
- **Training sessions** – At any training session organised by MNNSW (including any MNNSW State team training sessions).
- **MLeague** – At any NSW MLeague game.
- **Other events** – At any other MNNSW event or function where the responsible consumption of alcohol is not permitted by the MNNSW Committee.
- **Minors** – The consumption of alcohol by minors is not permitted (even if approved by a parent or guardian).

It is illegal for a person to supply alcohol to someone who is minor (being someone under 18 years of age). A person who supplies alcohol to a minor may be subject to legal action. If the person is a member of MNNSW, they may also be subject to disciplinary action.

### Your responsibility in relation to alcohol

- Do not bring alcohol to, or consume alcohol at, at any event where the consumption of alcohol is not permitted.
- If the consumption of alcohol is permitted, drink and behave responsibly.
- Do not supply alcohol to a minor.
- Do not encourage others to drink alcohol excessively or in manner inconsistent with the National Guidelines for alcohol consumption.
- Do not encourage or take part in team-bonding activities that involve alcohol.

## Illicit drugs and similar substances

Drug or substance abuse is not acceptable nor condoned by MNNSW. All members of MNNSW and any person to whom this policy applies are to refrain from partaking of illicit, prohibited or illegal drugs or plants and psychoactive substances. This includes abuse of prescription drugs. Please refer to the schedule of the policy which lists some of the substances which are deemed to be illicit, prohibited or illegal drugs or plants and psychoactive substances.

### What is drug or substance abuse?

Drug or substance abuse is defined as the use of chemical substances that lead to an increased risk of problems and an inability to control the use of the substance.

### Anti-doping

MNNSW is committed to the fight against doping in sport and has a major obligation to protect and maintain the integrity of netball as well as the health and well-being of athletes.

MNNSW adopts the anti-doping policy published by Netball Australia from time to time. Players selected to play on MNNSW state teams are not to engage in activities that would be deemed to be an “anti-doping rule violation” under Netball Australia’s anti-doping policy.

## What happens if you breach this policy?

If a person does not comply with this policy, the MNNSW Committee may take any action it deems reasonable, including disciplinary action (which may include the person being suspended or removed from MNNSW and any event they are participating in) or reporting the person to the relevant authority.

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If a person does not comply with this policy, MNNSW will adopt any actions required as outlined in Member Protection Policy published by Netball NSW.

The supply of alcohol to a minor is a criminal offense. The use or supply of illicit substances is also a criminal offense. The relevant authorities may take separate action in respect of these activities.

### Changes to this policy

This Policy may be updated by the MNNSW Committee from time to time. The current version of this policy will be made available on MNNSW website [www.mensnetballnsw.org.au](http://www.mensnetballnsw.org.au).

### Who to contact

If you have any questions about this policy or if you have any concerns or become aware of any published content that may breach this policy, please contact the Secretary of MNNSW at [mensnetballnsw.sec@gmail.com](mailto:mensnetballnsw.sec@gmail.com).

Illicit drugs and similar substances	
<b>Illegal drugs include:</b>	<ul style="list-style-type: none"> <li>▪ Cannabis, including synthetic cannabinoids</li> <li>▪ Cocaine</li> <li>▪ Ecstasy (MDMA)</li> <li>▪ GHB (gamma hydroxybutyrate)</li> <li>▪ Heroin</li> <li>▪ LSD (lysergic acid diethylamide)</li> <li>▪ PCP (phencyclidine)</li> <li>▪ PMA (paramethoxyamphetamine)</li> <li>▪ PMMA (paramethoxymethamphetamine)</li> <li>▪ Ice (crystal methamphetamine)</li> <li>▪ Mephedrone</li> </ul>
<b>Illicit drugs include:</b>	<ul style="list-style-type: none"> <li>▪ Delta-9-tetrahydrocannabinol (also known as THC)</li> <li>▪ Methylamphetamine (also known as speed)</li> <li>▪ 3,4-methylenedioxymethylamphetamine (also known as ecstasy)</li> </ul>
<b>New psychoactive substances (Synthetics)</b>	<p>New psychoactive substances (Synthetics) (NPS) are a range of drugs that have been designed to mimic established illicit drugs, such as cannabis, cocaine, ecstasy and LSD. These include new and emerging drugs (NEDs), synthetics, legal highs, herbal highs, party pills, party pellets, synthetic cocaine, synthetic cannabis, NBOMes, herbal ecstasy, bath salts, plant fertilisers, herbal incense, room deodourisers, aphrodisiac tea, social tonics, drug analogues, research chemicals and synthetic cannabis.</p>
<b>Prescription drug abuse includes:</b>	<ul style="list-style-type: none"> <li>▪ a drug prescribed by a medical practitioner that is taken more regularly or in greater doses than the prescribed amount and dosage</li> <li>▪ a codeine-based medicinal drug purchased from a pharmacy that is taken in greater doses or in greater frequency than what the manufacturer’s instructions prescribe.</li> </ul>
<b>Prohibited drugs include:</b>	<ul style="list-style-type: none"> <li>▪ drugs that are not provided by a doctor on prescription (such as amphetamines or its derivatives, buprenorphine, benzodiazepines, cognitive enhancers, smart drugs including modafinil or methylphenidate, betel nut, methadone and oxycodone)</li> <li>▪ ketamine</li> <li>▪ kava</li> <li>▪ khat</li> <li>▪ performance enhancing drugs, including steroids</li> <li>▪ any substance specified in Schedule 1 of the Drug Misuse and Trafficking Act 1985 (NSW).</li> </ul>

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<b>Prohibited plants include:</b>	<ul style="list-style-type: none"><li>▪ a cannabis plant cultivated by enhanced indoor means or any other means</li><li>▪ any growing plant of the genus Erythroxylon or of the species Papaver Somniferum or Papaver orientale (also known as Papaver bracteatum)</li></ul>
<b>Psychoactive substance includes</b>	<p>Any substance that, when consumed by a person, has the capacity to induce a psychoactive effect.</p> <p>A psychoactive effect, in relation to a person who is consuming or has consumed a psychoactive substance, means:</p> <ul style="list-style-type: none"><li>▪ stimulation or depression of the central nervous system of the person, resulting in hallucinations or a significant disturbance in, or significant change to, motor function, thinking, behaviour, perception, awareness or mood, or</li><li>▪ causing a state of dependence, including physical or psychological addiction.</li></ul>