



## Victorian Athletic League Inc.

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### ASADA INFORMATION

The Australian Sports Anti-Doping Authority (ASADA) offers important information on their website about anti-doping to help athletes and support personnel.

**Athlete testing guide:** understand your rights and responsibilities in relation to anti-doping and what is involved with the testing process

[http://www.asada.gov.au/publications/athlete\\_guides/asada\\_athlete\\_testing\\_guide.pdf](http://www.asada.gov.au/publications/athlete_guides/asada_athlete_testing_guide.pdf)

**Check your substances 2010:** find out if your medications and substances are permitted or prohibited in sport

[http://www.asada.gov.au/publications/athlete\\_guides/asada\\_guide\\_Check\\_Your\\_Substances\\_2010.pdf](http://www.asada.gov.au/publications/athlete_guides/asada_guide_Check_Your_Substances_2010.pdf)

**Anti-doping education DVD:** learn about anti-doping requirements in Australia

<http://www.asada.gov.au/education/DVD.html>

