

Cannabis

Cannabis is a depressant that can also cause hallucinations. As a depressant, it works on the central nervous system and slows down the actions of the body and brain.

Side Effects

The side effects of cannabis use are both short and long term.

Short term side effects include impaired balance and coordination, difficulty concentrating, increased heart rate and dry mouth. Other short-term side effects include drowsiness, hallucinations and increased appetite. Cannabis use can also result in a decreased ability to perform complex tasks such as driving.

Long term side effects of cannabis use may result in a loss of motivation, impaired memory and concentration and learning issues. Prolonged cannabis use can also result in respiratory diseases such as lung and throat cancers and chronic bronchitis.

Status in Sport

Cannabinoids are prohibited In-Competition only under the World Anti-Doping Code 2018. While cannabis is not considered to be performance enhancing, it is included on the prohibited list because there are health risks for the user and using cannabis is considered to violate the spirit of sport.

For Athletes

Cannabis is absorbed by the body's fat cells and can therefore remain detectable for a long time following use. Cannabis smoke can also be passively inhaled so athletes need to be wary around other people who may be using cannabis.

