

## **Illicit Drugs**

***The issue of drug use in sport is not only focused on performance enhancing drugs but also recreational or illicit drugs.***

Illicit drugs can be broken down into different categories of drugs: depressants, stimulants, hallucinogens and steroids, each group affecting the Central Nervous System (CNS) differently.

### **Hallucinogens**

Hallucinogens are a category of drugs that have the ability of distorting a person's reality. *Examples include LSD, Ketamine and Magic Mushrooms*

### **Depressants**

Depressants slow down the Central Nervous System. This means the rate at which messages are going to and from the brain to the body is decreased. *Examples include Heroin, Cannabis and Tranquilisers.*

### **Stimulants**

These drugs speed up the Central Nervous System increasing the rate at which messages travel to and from the brain to the body. *Examples include Ecstasy, Cocaine and Amphetamines.*

### **Status in Sport**

Illicit drugs are prohibited In Competition under the World Anti-Doping Code Prohibited List 2018 (effective 01/01/2018) and out of competition in some sports. Check your substances online at GlobalDRO.