

Stimulants

Stimulants act on the central nervous system to speed up parts of the body and brain. Adrenaline is an example of a naturally occurring stimulant in the body. Athletes use stimulants in an attempt to make them more alert, competitive and aggressive, and less tired.

Banned stimulants include illicit substances such as amphetamines and cocaine as well as over the counter medications such as pseudoephedrine. Athletes must be careful when purchasing medications from the chemist.

Side Effects

Stimulants can cause a loss of coordination and balance, increased heart rate and abnormal heartbeats, aggressive behaviour, dehydration, involuntary shaking or trembling, weight loss and insomnia.

Stimulants can also cause problems with heat regulation, making the athlete more heat sensitive and putting them at a greater risk of suffering heat illness. Dependence and addiction are risks associated with abuse of stimulants.

Status in Sport

All stimulants are prohibited In-Competition under the World Anti-Doping Code 2018 (effective 01/01/2018) Prohibited List, except imidazole derivatives for topical use and those stimulants included in the 2017 Monitoring Program.

Athletes need to be aware that Pseudoephedrine is prohibited when its concentration in urine is greater than 150 micrograms per millilitre, Ephedrin and methylephedrine are prohibited when its concentration in urine is greater than 10 micrograms per millilitre.

Monitoring Program

The following substances are included in the 2018 Monitoring Program; Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol and synephrine. While these substances are not on the Prohibited List, the World Anti-Doping Agency (WADA) wishes to monitor usage in order to detect patterns of misuse in sport.



Department of
**Local Government, Sport
and Cultural Industries**

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The full set of Drugs in Sport Fact Sheets can be found at bedrugfree.sma.org.au