

NEW ZEALAND RUGBY PROFESSIONAL PLAYERS KEY INFORMATION

4. MEDICAL TREATMENT / PRESCRIPTION MEDICATIONS

- Players should (except in emergency situations where urgent medical treatment is required) consult their Team Doctor before:
 - taking any medication; or
 - seeing any other doctor or Other Medical Practitioner;
 - being subject to any medical procedure;

Note: ‘Other Medical Practitioner’ includes chiropractors, osteopaths, podiatrists, naturopaths and alternative medicine providers;

- A Player should (except in emergency situations where urgent medical treatment is required) only use medications or undertake a medical procedure with the approval of the Team Doctor;
- If a Player does see another Doctor or Other Medical Practitioner, the Player should notify (or get someone else to notify) their Team Doctor as soon as possible afterwards and disclose not only any medication he/she has been administered or prescribed but also any medical procedure the Player has had, or is intending to have;
- The Player should inform any medical person they are receiving treatment from that they are a professional athlete and subject to testing under the WADA Anti-doping Code;
- A Player must advise the Team Doctor of any over-the-counter medication he/she is using or proposing to use;
- Players should never source medications from anyone other than a pharmacist, and should not use any medications unless approved or prescribed by an appropriate medical professional, preferably their Team Doctor;
- A Player must only obtain sleeping medication from the Team Doctor and must use it strictly in accordance with the advice of the Team Doctor or a doctor approved by the Team Doctor;
- Players must not take sleeping medication in conjunction with alcohol or caffeine/energy drinks, or with the intent of obtaining a ‘legal high’;
- A Player must not permit anyone to inject a substance into him/her except for a doctor or nurse acting on the instructions of the Team Doctor except in emergency situations where urgent medical treatment is required (in which case the Player must then advise the Team Doctor);
- Players must advise the Team Doctor if they propose to use pain relief medication and must only do so in accordance with the directions of the Team Doctor;
- Anti-inflammatory medication should only be used at the minimal effective dosage for short periods and in accordance with the directions of the Team Doctor;
- Players should notify the Team Doctor, NZRPA on 0800 PLAYER, or NZRU Medical Director if they have any issues in relation to this protocol or consider that any person’s conduct may not be in accordance with the above guidelines.