



Best Practice Policy in relation to the use of Injections in Sport

The Faculty of Sports & Exercise Medicine recommends a Best Practice Policy that would prohibit or sanction the use of injections of medicines or other substances without a clear medical indication.

This would include injections of Vitamins, Glucose, Enzymes, Amino Acids, Anti-Oxidants that would purport to artificially improve performance or recovery but represent an open door to doping.

By adopting this Policy, the Faculty of Sports & Exercise Medicine would encourage natural physical recovery by rejecting the principles of the automatic recourse to injections and would provide doctors with the means to resist pressure from athletes or their entourage who seek unjustified treatment. This Best Practice Policy would be in keeping with WADA Policy.

Faculty of Sports and Exercise Medicine

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