

- Want some information about drugs and alcohol?
- Got a problem with drugs or alcohol, or know someone that does?
- Call our number for confidential advice or referral to a centre near you.
- Help yourself and others who don't think they have a problem.
- Its free, its confidential, and it can lead to a better lifestyle



## Australian Racing & Equine Academy

Canterbury Racecourse

Locked Bag 2004

Canterbury NSW 2193

[www.racingacademy.com.au](http://www.racingacademy.com.au)

Ph: 1800 200 724

Fax: (02) 9551 7521

Racing Industry Mentor:

Pat Webster: 0418 644 955



# Alcohol and Drug Information Service

## Did you know?

- **Alcohol, Cannabis and other drugs** are of very addictive nature/ They effect judgment, concentration , vision and coordination, and are a common cause of accidents.
- **Cannabis** use may cause # respiratory illness # poor diet/heath # loss of motivation # reduced ability to concentrate, remember and learn # lack of coordination # high levels of stress, anxiety and nervousness # lower sex drive # unable to sleep
- **Alcohol** use may cause many of the above symptoms, plus # unclear judgment # uncoordinated movements # slow reactions # aggression # health and emotional problems
- **Amphetamines/Ecstasy/Cocaine** are all drugs that give a false sense of well-being, but may lead to feelings of # anxiety # irritability # panic attacks # increased blood pressure # reduced appetite # unable to sleep # hyperactivity

## What can you do?

Get information about drugs and alcohol, and the effect on your health and well-being.

Why not take steps now to consider your use of drugs and alcohol, or that of your friends or relatives?

Call this toll free number to speak to somebody at ADIS (Alcohol and Drug Information Service). They provide a 24 hour—7 day confidential service which includes advice, information and referral to local agencies.

**Racetrack Safety**—Everyone in racing should be aware of the need for riders to be fit and healthy, and clear mind when riding work.

**Did you know**—trackriders and jockeys are regularly tested for drugs and alcohol?

If a rider tests positive they may be penalized by the Stewards under the Rules of Racing and fined, suspended or disqualified  
(Australian Rule of Racing—AR 81A)

Did you know— cannabis can be detected in a persons system long after use (this means weeks, even months).

Alcohol can be detected within days of use.

Don't take the chance: its not worth the risk, its not safe and its not healthy.

Ring the ADIS number today for some confidential help and advice.

SYDNEY

(02) 9361 8000

COUNTRY

(1800) 422 599

toll free

Message from the Australian  
Racing & Equine Academy to  
all Racing Industry  
Participants.