



## Gay Games 10 Health and Well-Being Policies

Part of the mission of the Gay Games movement is to preserve and improve the health and well-being of participants, before, during, and after the Gay Games. In order to promote its message of "Participation, Inclusion, and Personal Best," the Gay Games has endeavored to develop and implement policies that allow for safe and fair competition for all.

### *Objectives*

- To promote "Participation, Inclusion, and Personal Best" for all participants in GG10.
- To organize an event that offers a safe and level playing field for all participants.
- To promote healthy sport activities and healthy lifestyles.
- To educate the Gay Games community on the risks and challenges of doping in sport.

### *Health and Well-being*

- GG10 will seek to provide a safe venue and event, with health care professionals and first aid available to assist those who need care.
- GG10 will keep confidential any medical or health information that it receives concerning any participant.

### *Pre-Existing Conditions and Pregnancy*

Participants with pre-existing injuries or medical conditions, including pregnancy, should:

- Obtain expert advice from qualified medical practitioners before participating, understand their advice, and assess the risks involved.
- Discuss the issues and implications of competing with other people in their sporting environment (coaches, team members, managers, other participants).
- Use common sense and not take unnecessary risks.
- Take into account their physical condition at the time of the event.
- Follow expert medical advice during training for the event.
- Take into account the conditions for travel to and from the event, and while living there.



- If participating, be prepared to provide any medical history or documentation that may be required for medical treatment.
- The decision to play is with the participant, but participants must weigh the benefits of training for and competing in the event with regard to injury and risk to themselves.
- Officials may, however, intervene if they consider that the condition of the participant creates a risk to the health or safety of the participant or others.

## ***Personal Responsibility and Illegal Substances***

GG10 promotes personal responsibility and avoidance of risky behaviors for all participants and guests. To further these goals, all participants are urged to visit these websites concerning the issues of safe and safer sex and avoidance of sexually transmitted diseases.

- <http://www.cdc.gov/sexualhealth/>
- <http://www.aidstaskforce.org/>

GG10 has a policy of no tolerance of any illegal substances or recreational drugs. Participants may not use or be under the influence of any illegal substances at any venues or events. Violation of this policy will include removing the participant from the competition or event.

## ***Performance-Enhancing Drugs***

The goals of the Gay Games policy on performance-enhancing drugs are to promote: health and well-being of participants; individual responsibility for personal behavior; and fair competition. These goals complement and are part of the overall Gay Games principles of Participation, Inclusion and Personal Best.

To further these goals, GG10 promotes personal responsibility and avoidance of use of performance-enhancing drugs for all participants. To further these goals, all participants are urged to visit these websites concerning the use of performance-enhancing drugs and their effects on the user and the sport.

- <http://www.wada-ama.org/>
- <http://espn.go.com/special/s/drugsandsports/steroids.html>
- <http://www.mayoclinic.com/health/performance-enhancing-drugs/HQ01105>

GG10 has a policy of no tolerance of any illegal or prescription substance use solely for the purpose of enhancing performance. Violation of this policy will include removing the participant from the competition or event. However, GG10 understands that use of some types of performance enhancing

drugs and other substances are medically necessary and will not exclude any participant due to medical uses of such substances.

GG10 and the Federation of Gay Games may decide to provide drug testing for performance-enhancing drugs in any sport that requires such testing within the sanctioning body, or if it appears that fairness requires such testing.

