



Illicit Drugs Factsheet

Cocaine

What is Cocaine?

Cocaine is extracted from the leaves of the Coca plant predominately found in South America and is one of the most addictive and abusive illegal drugs that exists. Its common names include Coke, Blow, Snow, Crack and Nose Candy. Cocaine can be eaten, injected and smoked, however insufflation or "snorting" is the most common method.

Cocaine is classified as a Non-Specified Stimulant and is prohibited In Competition only by the World Anti-Doping Agency (WADA). The starting point for a sanction related to cocaine use is a 4 year ban from all sport.

How does it affect the body?

Cocaine directly affects the central nervous system by creating an intense high or sense of euphoria. The initial rush is shortlived and leaves addicts on a "downer" as it wears off.

Other short term effects on the body include:

- A loss of weight due to suppressed appetite
- Dilated pupils
- Increased temperature, heart rate and blood pressure
- Constricted blood vessels

Long term effects may include:

- Irregular heart beat
- Loss of memory and concentration
- Headaches and nausea
- Chest pain and respiratory problems
- Strokes and possible heart attacks

How long does Cocaine stay in your system?

Metabolites of Cocaine can be detected in the body several days after ingestion. The clearance times of this drug are affected by variable factors, such as the amount consumed, frequency of use, gender, age, purity of the cocaine and an individual's metabolism.

REMEMBER - a Player can still test positive for Cocaine even if it was used a few days prior to being tested.

Cocaine - Status in Rugby

Banned in competition

