



BOKSMART 2010

RECREATIONAL DRUG SUMMARY CHART

Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.



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A joint initiative by SARU and the Chris Burger/Petro Jackson Fund

DRUG	APPEARANCE & PRESENTATION	OTHER NAMES	USAGE	MECHANISM OF ACTION	EFFECT	WADA STATUS
<p>Amphetamines - a collective name for the various salts derivatives, such as amphetamine, methamphetamine, dextroamphetamine, etc.</p>	<p>Typically a white odourless powder, but when mixed (“cut”) it may take on a variety of colours. Also as crystals that could resemble anything from shards of glass to bees wax</p> <p>Normally sold in a small plastic zip bag, or in bright coloured tablet form, or dissolved in water</p> 	<p>Crystal / ice / glass / speed / yaba / dexies / crank</p>	<p>Oral / smoking / snorting / injecting</p>	<p>Central nervous system stimulant</p>	<p>Addiction, psychotic behaviour, and brain damage .Withdrawal symptoms include depression, anxiety, fatigue, paranoia, aggression, and intense cravings</p> <p>Chronic use can cause violent behaviour, anxiety, confusion, insomnia, auditory hallucinations, mood disturbances, delusions, and paranoia. Damage to the brain cause by amphetamine usage is similar to Alzheimer’s disease, stroke, epilepsy and death</p> <p>Eventually the drug inhibits sexual functioning in both sexes. The consequences, include men developing breasts, losing interest in sex and experiencing impotence, and women developing menstrual problems, infertility and difficulty achieving orgasm</p>	<p>Prohibited</p>

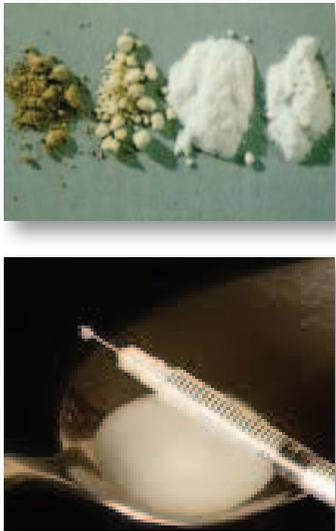
DRUG	APPEARANCE & PRESENTATION	OTHER NAMES	USAGE	MECHANISM OF ACTION	EFFECT	WADA STATUS
<p>Crack A derivative of cocaine. Cocaine powder is today taken and boiled in water together with a binding agent such as bicarb. This results in a "rock" or "crack" that is about 90% pure and the process is called "freebasing" This "rock" is then smoked in a pipe for a more intense and immediate high</p>	<p>Varies in purity from a pale yellow to deep amber rock</p> <p>It is normally sold in a small plastic bag, but many users freebase their own crack from cocaine powder</p> 	<p>Crack / rock (nicknamed "crack" after the sound made during its manufacture)</p>	<p>The rock is placed in a pipe with a mesh over the opening. The rock is heated and the resulting vapours are inhaled</p>	<p>Strong central nervous system stimulant</p>	<p>Physically - dilated pupils, vertigo, raised body temperature, increased heart rate & blood pressure, muscle tremor & twitches.</p> <p>Psychological - euphoria, supreme confidence, loss of appetite, insomnia, alertness, increased energy, a craving for more cocaine, and potential paranoia (ending after use). The high usually lasts from 5–10 minutes, after which time dopamine levels in the brain plummet, leaving the user feeling depressed and low. Extreme dependence.</p>	<p>Prohibited</p>

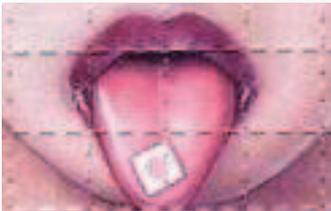
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<p>Cocaine is a highly addictive crystalline tropane alkaloid that is obtained from the leaves of the coca plant</p>	<p>COCAINE in its purest form is a bitter tasting white powder made from the South American cocaerythrolyin (coco) plant It is normally sold in a folded up piece of paper that looks like an innocent small envelope. It is sometimes also presented in a small clear plastic bag with a zip-lock.</p> 	<p>Coke / snow / flake / blow / cand</p>	<p>Smoking / snorting / injecting / oral (on gums/lips)</p>	<p>Strong central nervous system stimulant and appetite suppressant</p>	<p>Physical – fever, nasal discharge, itchy skin, hoarse voice, sore throat, increases risk of asthma, heart attacks and strokes, insomnia.</p> <p>When the high starts wearing off, the mood drops. The user becomes anxious, develops a tingling feeling and may become paranoid - thinking that everyone and everything is out to get him. Paranoia is part of the high (overdoing it) and not part of withdrawal. Then the craving begins. There is a longing for that original high</p> <p>Taking cocaine and alcohol in combination, the two drugs are converted to cocaethylene, which has a longer duration of action in the brain and is more toxic than either drug alone. Mixing cocaine and alcohol is the most common two-drug combination that results in drug-related death</p> <p>Extremely addictive.</p>	<p>Prohibited</p>

DRUG	APPEARANCE & PRESENTATION	OTHER NAMES	USAGE	MECHANISM OF ACTION	EFFECT	WADA STATUS
<p>Cannabis / Marijuana / Dagga</p> <p>A natural plant called CANNABIS SATIVA. The plant produces a resin that is called THC (tetrahydrocannabinol) and it is this resin that causes the effect of the drug</p>	<p>DAGGA in its "clean" street form is a mixture of the flowering tops and leaves that contain the resin THC from the "head" of the plant. To make up bulk and also to provide a larger profit for the pusher, some other parts of the plant is mixed in and often contain seeds (which pop) and sticks and some leaf material which gives the product an earthy brown look</p> <p>It is normally sold on the street in a bank coin bag (roughly 50g) and is called a "bankie" or as rolled cigarettes called a "joint"</p> <div data-bbox="459 837 795 1069" data-label="Image"> </div> <div data-bbox="459 1093 795 1332" data-label="Image"> </div>	<p>Grass / ganga / zol / pyp / doobie / pot / weed / joint</p>	<p>Smoke (raw) / orally (as in foods or liquid)</p>	<p>Central nervous system hallucinogenic (hypnotic / psychoactive agent)</p>	<p>The inhalation of the smoke from the cigarette or "joint" or from the dagga pipe or hookah is taken into the lungs and not exhaled for a few seconds. This then "charges" the lungs for better intake of the THC</p> <p>Light-headedness, blurred vision and speech impairment are the quickest symptoms. Most users find everything around them very funny, and get a "thick tongue" and cannot speak properly</p> <p>Dagga is particularly harmful to the lungs. If used over a long period of time it could lead to chronic coughing, bronchitis and lung damage. As with cigarette smoking, dagga can also lead to lung cancer. Apart from the lungs, the brain is also affected. Memory and concentration are affected while intoxicated</p>	<p>Prohibited</p>

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<p>Ecstasy (XTC) Sometimes ecstasy contains both methamphetamine and ketamine and is known as E-with-K</p>	<p>Ecstasy is usually available in tablet form with a vast range of colours and designs. It is normally sold in a small plastic bag or polytop.</p>  	<p>Doves / Adam & Eve / fido-dido / snowballs / apples / domes / MDMA</p>	<p>Swallowed / sniffed is usually swallowed as a tablet or capsule but it may be crushed and sniffed or dissolved in a liquid and then drunk</p>	<p>Strong central nervous system stimulant</p>	<p>Ecstasy is a stimulant that causes feelings of energy. It has a mild hallucinogenic effect in that the user's sense of personal space changes and for this reason it is sometimes called the "love drug" or the "hug drug"</p> <p>Risks include an increase in core body temperature i.e. perspiration, disorientation, jaw clenching, muscle dehydration and dependence</p>	<p>Prohibited</p>

DRUG	APPEARANCE & PRESENTATION	OTHER NAMES	USAGE	MECHANISM OF ACTION	EFFECT	WADA STATUS
<p>GHB Originally developed as an anesthetic and later found its more known role as an anabolic steroid. It is also a veterinary medication for use at horse-breeding stables</p>	<p>GHB can be obtained in a white odourless powder or white crystals or dissolved as a liquid.</p> <p>GHB is most commonly bought in capsule format and in some cases as an injection on the black market or from veterinary suppliers</p> 	<p>G / liquid X / scoop / soap / grievous bodily harm / gook</p>	<p>oral / smoking / snorting / injecting</p>	<p>Central nervous system suppressant</p>	<p>The effects of GHB are unpredictable and very dose-dependent. Sleep paralysis, agitation, delusions and hallucination have all been reported</p> <p>Other effects include excessive salivation, decreased gag reflex and vomiting in 30 to 50 percent of users. Dizziness may occur for up to two weeks post ingestion</p> <p>Coma and seizures can occur following abuse of GHB and, when combined with methamphetamine, there appears to be an increased risk of seizure. Combining use with other drugs such as alcohol can result in nausea and difficulty breathing</p>	<p>Prohibited</p>

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<p>Heroin An illegal, highly addictive drug. It is both the most abused and the most rapidly acting of the opiates. Opiates are morphine derivatives that dull pain sensation</p>	<p>Pure heroin is a white powder as used by doctors in some other countries. This drug is completely illegal in South Africa. As with other drugs, like cocaine for example, heroin is "cut" and eventually takes on a brown complexion depending on how many times and with what it has been cut. Heroin is normally cut with talcum powder or other available substances. It is normally sold in a small paper folded envelope or in a capsule or even in condoms</p> 	<p>smack / ska / H / junk / sugars / Big H / blacktar / brown sugar / dope / horse / junk / mud</p>	<p>snorted / injected / smoked Injection into the bloodstream is called "mainlining". In South Africa the tendency is to smoke heroin also known as "chasing the dragon" in the form of sugars</p>	<p>Very strong central nervous system stimulant</p>	<p>After an injection of heroin, the user reports feeling a surge of euphoria ("rush") accompanied by a warm flushing of the skin, a dry mouth, and heavy extremities. Following this initial euphoria, the user goes "on the nod," an alternately wakeful and drowsy state. Mental functioning becomes clouded due to the depression of the central nervous system. Other effects included slowed and slurred speech, slow gait, constricted pupils, droopy eyelids, impaired night vision, vomiting, constipation.</p> <p>Injecting heroin can do nasty damage to your veins and has been known to lead to gangrene (death and decay of body tissue, usually a digit or a limb) and tissue infections including the heart valves & lungs</p> <p>Overdoses can lead to coma and even death from respiratory failure</p> <p>If heroin is taken with other drugs, including alcohol, overdose is more likely. Other downers such as tranquillisers are also associated with heroin overdose deaths</p> <p>There's also a risk of death due to inhaling vomit as heroin stops the body's cough reflex working properly</p> <p>The risks of sharing needles and other works to inject are well-known, putting you in danger of infections like hepatitis B or C and HIV/AIDS</p>	<p>Prohibited</p>

DRUG	APPEARANCE & PRESENTATION	OTHER NAMES	USAGE	MECHANISM OF ACTION	EFFECT	WADA STATUS
<p>LSD (lysergic acid diethylamide) manufactured from lysergic acid, which is found in ergot, a fungus that grows on rye and other grains</p>	<p>LSD is a white crystalline powder and can be obtained in powder format, or as a tablet or capsule, or dissolved as a clear liquid, or impregnated on blotting paper divided into small decorated squares, each square representing one dose.</p> <p>LSD can also be available in microdots which are small paper dots or gel shapes impregnated with LSD. They are transported between two pieces of sticky tape to prevent evaporation. The paper form is often wrapped in cling film</p>   	<p>Acid / candy / caps / microdots / sunshine / smarties</p>	<p>Oral</p>	<p>Central nervous system hallucinogenic</p>	<p>The effects of LSD are unpredictable. They depend on the amount taken; the user's personality, mood, and expectations; and the surroundings in which the drug is used.</p> <p>Usually, the user feels the first effects of the drug 30 to 90 minutes after taking it. The physical effects include dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, loss of appetite, sleeplessness, dry mouth, and tremors.</p> <p>All normal senses are subjected to severe hallucination e.g. people that can "taste" sound. The drug causes disturbing post-hallucinogenic distortions and flashbacks. Some psychological effects may include an experience of radiant colors, objects and surfaces appearing to ripple or "breathe," colored patterns behind the eyes, a sense of time distorting (time seems to be stretching, repeating itself, changing speed or stopping), crawling geometric patterns overlaying walls and other objects, morphing objects, a sense that one's thoughts are spiraling into themselves, loss of a sense of identity or the ego (known as "ego death"), and other powerful psycho-physical reactions</p>	<p>Prohibited</p>

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<p>Mandrax was first produced as a pharmaceutical drug in the mid 1960s and is a very highly addictive drug. It was banned in 1977, but is still available as an illegal substance. It is also known by its active ingredient, which is methaqualone</p>	<p>The original Mandrax was a smooth white powder pressed into smooth, firm, round tablets. Now rarely available in powder form, today Mandrax is available in a variety of colours and designs depending on what is mixed with the drug and who manufactures it. Available mostly as a small white tablet, sold in small plastic bags, but colours can differ to pink, purple and even black</p>  	<p>Mandies / mx / buttons / whites</p>	<p>Smoke / oral / injected</p>	<p>Central nervous system, sedative-hypnotic</p>	<p>Euphoria, drowsiness, reduced heart rate, reduced respiration, increased sexual arousal (aphrodisia), and parasthesias (numbness of the fingers and toes).</p> <p>Bigger doses can bring about respiratory depression, slurred speech, headache, and photophobia (pain in the eyes when exposed to light).</p> <p>An overdose can cause delirium, convulsions, hypertonia, hyperreflexia, vomiting, renal insufficiency, coma, and death through cardiac or respiratory arrest.</p>	<p>Prohibited</p>

DRUG	APPEARANCE & PRESENTATION	OTHER NAMES	USAGE	MECHANISM OF ACTION	EFFECT	WADA STATUS
<p>Meth-amphetamine (Tik) Made easily in clandestine laboratories with relatively inexpensive over-the-counter ingredients. These factors combine to make methamphetamine a drug with high potential for widespread abuse.</p> <p>Methamphetamine is more potent than amphetamine and is easy to make. The crystalline powder is soluble in water, making it a perfect candidate for injection.</p>	<p>A white, odourless, bitter-tasting crystalline powder. Sold either as a powder or a tablet in a plastic bag</p>  	<p>Tik / crystal meth / speed / meth / chalk / glass / ice</p>	<p>smoke / oral / inject / snort</p>	<p>central nervous system stimulant / psycho-stimulant</p>	<p>Physical effects can include anorexia, hyperactivity, dilated pupils, flushing, restlessness, dry mouth, headache, tachycardia, bradycardia, tachypnea, hypertension, hypotension, hyperthermia, diaphoresis, diarrhea, constipation, blurred vision, dizziness, twitching, insomnia, numbness, palpitations, arrhythmias, tremors, dry and/or itchy skin, acne, pallor, and with chronic and/or high doses, convulsions, heart attack, stroke, and death can occur.</p> <p>Psychological effects can include euphoria, anxiety, increased libido, alertness, concentration, energy, self-esteem, self-confidence, sociability, irritability, aggression, psychosomatic disorders, psychomotor agitation, hubris, excessive feelings of power and invincibility, repetitive and obsessive behaviours, paranoia, and with chronic and/or high doses, amphetamine psychosis can occur.</p> <p>Withdrawal is characterized by excessive sleeping, increased appetite and depression, often accompanied by anxiety and drug-craving.</p> <p>Long term withdrawal effects include insomnia, paranoia, body pressure, aches, and pains, due to the remaining toxins from the drug left inside the body organs, and an unstable heart condition from heavy drug intake.</p>	<p>Prohibited</p>

