

# SUBSTANCE ABUSE AND ADDICTIONS

## Athlete and Coach Resource Sheet



### Signs and Symptoms:

- Irresponsible regarding commitments or responsibilities to school, sport, and relationships
- Using alcohol in situations where it is dangerous (e.g., drinking and driving, mixing medications and alcohol)
- Problems with increased aggression, rule or law-breaking behaviour

### Effects on Sport Performance:

- As a central system depressant, alcohol can decrease/impair concentration, coordination, reaction time, strength, power, and endurance
- Alcohol can also impact the body's ability to absorb nutrients



### Signs and Symptoms:

- Shakiness
- Rapid speech and/or movements
- Difficulty concentrating
- Lack of appetite
- Sleep disturbances
- Irritability

### Effects on Sport Performance:

- Athletes sometimes believe these drugs can positively affect their performance
- Increased nervousness can negatively impact performance
- Increase heart rate and blood pressure
- Significant rise in body temperature and heat production
- Can result in overexertion, injuries, or death.

\*Source: NCAA

### CASE ILLUSTRATION

Markus enjoyed spending time with his team training, competing, and in social settings. He became involved in more recreational alcohol and marijuana use (both with and without his team around him). Some of his teammates and friends outside of sport started to notice how often he was using. He knew his sport organization tested for pot, so he focused on alcohol as it "helped him relieve stress." He is now showing up for practice hungover, or skipping altogether. His friends have noticed that he is becoming defensive, choosing to drink in secret, and hiding how much he is drinking.



### Signs and Symptoms:

- Red eyes
- Lethargy
- Apathy
- Increased appetite

### Effects on Sport Performance:

- Slowed reaction time
- Decreased hand-eye coordination
- Impaired time perception



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### HEALTH CONSEQUENCES\*

- Mental health concerns including anxiety and depression
- Cardiovascular and lung disease
- Stroke
- Cancer
- Hepatitis B & C

### WHY ARE ATHLETES AT RISK?

- Athletes may believe alcohol has an "ergogenic" effect.
- Marijuana calms & makes an athlete "feel good"
- Stimulants used to control weight & increase athletes' energy
- Often teams hold "rookie initiation" or team celebrations involving alcohol or drugs

### HELPFUL RESOURCES AND SUPPORT

Foundry Kelowna - <https://foundrybc.ca/kelowna/>

Foundry Penticton - <https://foundrybc.ca/penticton/>

SportMedBC - <https://sportmedbc.com/practitioners>

Canadian Sport Psychology Association - <https://www.cspa-acps.com/find-a-consultant>

Canadian Centre for Mental Health in Sport - <https://www.ccmhs-ccsms.ca/>

Changes Youth Alcohol and Drug Program ARC Programs Ltd.

250-763-2977

Kelowna Alcohol and Drug Services

250-868-7788