



South Australian Gliding Association

# Alcohol, Drugs and Smoking Policy

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South Australian Gliding Association (SAGA) Inc

[www.sagliding.org.au](http://www.sagliding.org.au)

SAGA is a registered incorporated association (number A1076)

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## 1 Purpose

To outline the South Australian Gliding Association's policy framework for the safety and well-being of members, officials, coaches, parents and visitors in relation to alcohol, drugs and smoking in the gliding environment.

## 2 Scope

This Policy is one of a suite of South Australian Gliding Association (SAGA) Protection Policies. This Policy applies to all members of SAGA, parents and guardians and affiliated organisations. It is intended to affirm SAGA's role in upholding the existing policies of Gliding Australia (or GFA); in the case of any ambiguity, the relevant Gliding Australia / GFA policy should be followed.

## 3 Policy Statement

SAGA recommends that member Clubs adhere to strict guidelines regarding the use of addictive substances encompassing alcohol, drugs and smoking.

## 4 Alcohol

Generally, alcohol should not be available for consumption during a gliding flying event. Responsible service rules and consumption of alcohol may occur after the competition flying has concluded. Guidance can be obtained from <https://goodsports.com.au/this-is-good-sports/>

The blood alcohol limit for pilots under Australian law is 0.02. No pilots may fly with a blood alcohol limit of greater than 0.02. Most pilots are aware of the "8 hour" rule, that is, 8 hours from bottle to throttle

However, because our bodies eliminate alcohol at a constant rate, it is quite possible to ingest enough alcohol, follow the 8-hour rule, and still be over the 0.02% limit, so the responsibility on pilots is to be vigilant about how much they consume and when they stop, before commencing flying.

CASA may, at any time, conduct an alcohol/drug test for pilots at any airfield. This applies to anyone in an aerodrome testing area, other than a passenger. People can be randomly selected based solely on the fact they are present in an aerodrome testing area. In addition, anyone who is performing (or is available to perform) a 'safety sensitive aviation activity' (as defined in the regulations) can be tested by CASA, whether or not those activities are conducted in an aerodrome testing area.

## 5 Smoking

No smoking shall occur at or near any sporting event, social events or competition involving persons under the age of 18. This policy applies to all individuals involved in sporting events, including without limitation coaches, players, trainers, officials, pilots and volunteers.

Social functions will be smoke free, with smoking permitted at designated outdoor smoking areas only. Clubs must abide by their state regulations in regard to where smoking is permitted.

Smoking is prohibited in the vicinity of powered aircraft and powered sailplanes, and operators and clubs shall post signs where appropriate. It is an offence under Civil Aviation Regulations to smoke where signs prohibit it. The Regulations also prohibit smoking for take-off, landing and refuelling operations. This requirement particularly applies to operation of tow planes and powered sailplanes.

## 6 Drugs

### 6.1 Illegal Drugs and Performance Enhancing Drugs

SAGA operates as part of Gliding Australia, which is a signatory to the Air Sport Australia Confederation (ASAC) [Anti-Doping Policy](#). Under the list of prohibited performance enhancing drugs, oxygen is the only drug that Gliding has an exemption to use.

Illegal drugs such as marijuana, ice, amphetamines, heroin, etc do not have a place in our sport. These drugs are not to be consumed in the flying environment. Many drugs have effects well beyond 24 hours (3 months in the case of Marijuana). As noted above in Section 1, CASA may, at any time, conduct an alcohol/drug test for pilots at any airfield.

Any person found guilty of being under the effects of illegal drugs on the airfield or in flying operations will be subject to disciplinary action and have their flying rights removed.

## 6.2 Legal Drugs

Some legal prescription (and over the counter) drugs have the effect of impairing cognitive ability. Some examples of medicines that might impair your flying include:

- sleeping pills and medicines for anxiety
- epilepsy medicine
- some antidepressants (used for nerve pain, migraines, bladder problems and depression)
- antipsychotics (used for conditions like schizophrenia and bipolar disorder)
- some antihistamines (used for allergies, colds and flu)
- opioids (used for pain relief)
- some cold and flu preparations

Pilots shall take responsibility for their health and flying ability and not fly if under the influence of any drugs that may impair them. If in doubt, pilots shall seek advice from the pharmacist or doctor or [other information](#).