

Travelling with Cannabis

One area surrounding cannabis that athletic trainers must pay careful attention to is the possession of any cannabis-based product while travelling. This refers to not only general possession of cannabis, but also travelling across state lines and country borders with teams, patients, or even solo as a practitioner. First and foremost, an athletic trainer should know the exact ingredients of what a product contains. Differentiating between hemp-based, THC, and other products with verifiable documents or certificates of analysis may assist in the process. ***In general, athletic trainers are advised against travelling in possession of cannabis-related products until regulations become clearer and afford certain protections. The following information is provided should an athletic trainer consider travelling with cannabis and have approval from one's directing physician.***

Possession

Athletic trainers should familiarize themselves with all applicable laws in the states that they practice in. In addition, close communication with one's directing physician, including clear language in one's standing orders, should clarify a stance on whether or not an athletic trainer can possess on one's person and/or in one's medical kit any form of medical marijuana, CBD or other cannabinoid product, or hemp-based products. As athletic trainers have historically considered carrying items such as epi-pens, prescribed inhalers and other similar devices in their medical kits, all applicable laws, policies and procedures, and standards should be adhered to. With flying, the Transportation Security Administration reports that marijuana and certain cannabis infused products, including some Cannabidiol (CBD) oil, remain illegal under federal law except for products that contain no more than 0.3 percent THC on a dry weight basis or that are approved by FDA. This is for products in carry-on bags and checked bags.

Crossing State Lines

In addition to clearly understanding and adhering to the standards and laws in one's own state of practice, athletics must possess the knowledge of similar related circumstances surrounding possessing and transporting cannabis-based products from one state to another, including states simply passing through by vehicle or rail, and connecting by way of air. Collaborating with colleagues who practice in the state where one may be travelling to compete can be a helpful approach. Additionally, using the available resources provided by the NATA with links to state laws can be of assistance.

Crossing Country Borders

Similar to the difference in state laws regarding the possession and transportation of cannabis-based products, so too is this a concern to pay careful attention to when athletic trainers are travelling outside of the United States. Countries have extremely varying laws, ranging from complete allowance to being totally illegal and resulting in detainment of both the product and the person. Additionally, the lack of standardized and universal labeling, knowledge of cannabis-based products, and uncertainty of Transportation Security Administration (TSA) and other respective border patrol agents, athletic trainers must be absolutely certain of their intentions if planning to transport cannabis-based products across country borders.