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# **DOPING - SAFEGUARDING THE ATHLETES**

### **Why are athletes using supplements?**

- Heavy training schedule does not allow for time to eat properly
- Special cultural habits
- Artistic or weight-relevant sports
- Use of trendy products
- Athletes are above average, “not normal” physically; looked up to by others
- Psychological edge felt by athletes
- Pressure of coaches/entourage to take them

### **Why athletes should not use supplements:**

- Risk of contamination at source of production or distribution channels
- Lack of quality in product labelling; worldwide inconsistency
- Current process of batch testing is not sufficient
- Risk to the athlete of side effects due to unclear understanding of what they are using
- Vitamins/supplements are not an alternative to healthy eating

## *Nutritional supplements information*

- **Remind the athletes to be diligent in their use of supplements and of the potential dangers, and that they need good nutrition**
- **Call upon governments and the pharmaceutical and food supplements industry to implement strict regulations on quality control and consistent labeling of supplements worldwide**

## *How can athletes impact the fight against doping in Federations?*

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- **Encourage all NOCs and IFs to establish Athletes' Commissions so that athletes can influence the decision-making process and ensure that doping messages are disseminated and supported**
- **Maintain a high level and review the scope of out-of-competition testing to cover all competitors, including animals**
  - **Athletes to be vocal in fight against doping**
  - **Leadership of athletes in fight against doping**

## ***Educational programmes using athletes***

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- **Strongly encourage and support the IOC, WADA, sports bodies and relevant public authorities to increase education and communication on the fight against doping and ethical principles of sport**
- **Use high profile athletes as important role models/ambassadors in the fight against doping, nutritional lifestyle campaigns and grassroots programmes**
  - **Review of WADA programmes, including Outreach and at Olympic Games and World Championships**
  - **Overall many athletes are unaware of programmes within NOCs or International Federations**
  - **Opportunities exist to align with activities related to International Year of Sport and Physical Education**
  - **Rehabilitated athletes to speak to young people**

## Sanctions and effect on the reputation of sports and athletes

- **Recognise and put into place strong sports-related sanctions and/or penalties for athletes and doctors, coaches or sporting bodies found guilty of being involved with doping**
- **Should a competitor's "A" sample test positive and the "B" sample confirms this, we call upon all doping authorities to place the financial burden of having the "B" analysis on the competitor. This will increase efficiency of the testing procedure**
  - **Certain flexibilities exist within sanctions to take into account inadvertent usage**
  - **Entourage sanctions**
  - **Is the athlete a criminal, cheat or victim?**
  - **Should a doped athlete be marginalised or is there rehabilitation, so that this person can later become a role model?**

## *Future of doping methods and substances*

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- **Call upon governments to harmonise and support the 2005 UNESCO Convention on Doping**
- **Encourage further research on new doping methods and substances, such as gene therapy, and traditional medicines**
  - **Streamlining and clarifying the whereabouts policies among the anti-doping bodies**
  - **The future starts yesterday**
  - **The role of the media must also be encouraged**
  - **There is a review of new methods, including products for sale on the internet**
  - **Must show regional awareness to potential natural products**