

EDUCATING COACHES ON SPORT INTEGRITY

Project Partners

Aristotle University of Thessaloniki (Greece)

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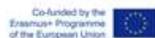
Saval (Finland)

Code Fair Play (Greece)

Slide 1: Doping in Sports I

Doping in Sports I

Definition and Consequences



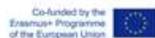
Briefly discuss the concept of doping in relation to corruption. Why it is considered a threat to sports. Why it is against the ethics of sport. Why efforts should be taken to tackle doping.

Estimated time: 3 min

Slide 2: The formal definition of doping

The formal definition of doping

- Violating one or more of the 10 anti-doping rule violations (ADVRs) explained in Article 2.1 through Article 2.10 of the WADA Code (WADA, 2015)



Ask students their understanding of the term doping. Provide the definition of doping. Clarify that doping does not only involve substance use as it is commonly perceived. Instead, doping is the violation of one or more of the 10 ADVRs included in the WADA Code.

Estimated time: 3 min

Slide 3

Article 2.1  Presence of a substance	Article 2.2  Use/attempt to use	Article 2.3  Refusing or evading a test	Article 2.4  Whereabouts violation	Article 2.5  Tampering
Article 2.6  Possession	Article 2.7  Administration	Article 2.8  Trafficking	Article 2.9  Complicity	Article 2.10  Prohibited association

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Provide and explain the 10 violations of the Code that constitute doping.

Estimated time: 10 min

Slide 4

THE WORLD ANTI-DOPING CODE
INTERNATIONAL STANDARD



PROHIBITED LIST
JANUARY 2020

WORLD ANTI-DOPING AGENCY
WADA

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- A document identifying all the substances and methods that are prohibited in-competition, out-of-competition, and in particular sports.
- List available on www.wada-ama.org
- Updated annually

Focus on substance use, as the most common type of doping violation. Present students with the Prohibited List and explain how it is made. Explain to students that the List includes substances that are prohibited in-competition, out-of-competition, and in particular sports. Provide examples of substances in each case.

Estimated time: 5 min

Slide 5: Prohibited substances

Prohibited substances

A substance is included in the List if it meets at least two of the following criteria:



Enhances sport performance

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Actual or potential health risk



Violates the Spirit of Sport

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Present students the criteria for adding a substance to the List? Explain why each criterion is important and how it relates to the Spirit of Sport.

Estimated time: 5 min

Slide 6

AT ALL TIMES		IN COMPETITION ONLY
SUBSTANCES	METHODS	SUBSTANCES
Non-approved substances	Manipulation of blood and blood components	Stimulants
Anabolic agents		Cannabinoids
Peptide hormones, growth factors and related substances	Chemical or physical manipulation	Narcotics
Beta-2 agonists	Gene doping	Glucocorticoids
Hormone and metabolic modulators		Alcohol (certain sports only)
		Beta blockers (certain sports only)

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Present students with the most common prohibited substances and methods. Discuss when each substance is prohibited (in-competition, out-of-competition, and in particular sports). Explain why these substances are not prohibited at all times.

Estimated time: 5 min

Slide 7: Strict Liability Principle

Strict Liability Principle

- The principle of strict liability is applied in situations of adverse analytical results.
- An ADVR occurs whenever a prohibited substance is found in bodily specimen, whether or not the athlete intentionally or unintentionally used a prohibited substance or was negligent or otherwise at fault



**ATHLETES ARE RESPONSIBLE
FOR THE SUBSTANCES FOUND
IN THEIR BODY**

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Present the students the concept of Strict Liability. Discuss its implications for the athletes. Is this principle fair or unfair for athletes? Why?

Estimated time: 10 min

Slide 8: Therapeutic Use Exemption

Therapeutic Use Exemption

A Therapeutic Use Exemption (TUE) is a procedure that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method.

- ✓ Athletes who compete at National level or above must apply for their TUE in advance.
- ✓ Athletes competing below National level can apply retroactively if they are tested.

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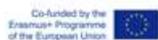
Present the students the concept of Therapeutic Use Exemption (TUE). Discuss its implications for the athletes.

Estimated time: 5 min

Slide 9: Criteria for Therapeutic Use Exemptions

Criteria for Therapeutic Use Exemptions

1. There could be impairment to health if treatment is withheld
2. The TUE will not enhance performance other than to return the athlete to a normal state of health
3. No reasonable permitted therapeutic alternatives exist
4. Necessity of use must not result from prior use of a prohibited substance or method



Describe students how a TUE can be obtained. Describe the criteria an athlete must meet in order to obtain a TUE.

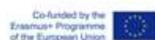
Estimated time: 3 min

Slide 10: How common is doping in sports?

How common is doping in sports?

- Competitive sports
 - Doping use initiation as early as 10 years old
 - Prevalence ranges
 - 2% official WADA positive test
 - 10-15% self-reported doping use
 - 30-57% through indirect approaches
- Recreational sports
 - Approx. 20% in recreational non-competitive exercisers

(de Hon et al., 2015; Lazuras et al., 2017; Ulrich et al., 2017)



Present students with the prevalence rates of doping use in competitive and recreational sport. Discuss the different approaches used to measure prevalence. Highlight the high prevalence rates in both competitive and recreational sports and discuss what this means for sport.

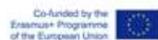
Estimated time: 5 min

Slide 11: Age onset

Age onset

- About 4 million Americans have used steroids in their lifetime, 22% of them before the age of 20
- Doping use can be initiated as early as 10 years of age!

(Nicholls et al., 2017; Pope et al. , 2014)

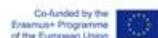
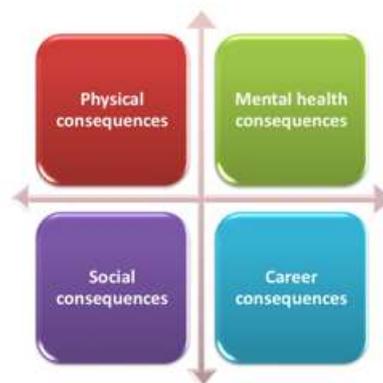


Highlight early onset of doping in sports. Discuss with students why this may happen. Discuss with students what the early onset of doping means for sport.

Estimated time: 3 min

Slide 12: Consequences of doping use

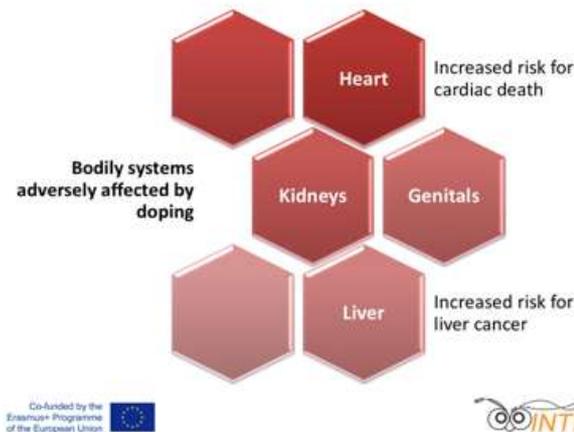
Consequences of doping use



Present the main categories of consequences that a doping user may experience.

Estimated time: 2 min

Physical health consequences



Present the physical side effects of doping use as detailed in the notes below.

Estimated time: 10 min

The side effects on **cardiovascular function** include:

Elevated blood pressure, decreased high-density lipoprotein, Erythrocytosis, Myocardial hypertrophy, Arrhythmia, Thrombosis.

Endothelial dysfunction with an atherogenic blood lipid profile, and increased risk of atherosclerosis.

Decrease (25% - 27%) in HDL cholesterol & increase in diastolic blood pressure after 8 weeks of anabolic steroid use (Kuipers, 1991).

Hypertension, myocardial ischemia, and sudden cardiac death (Fieschi et al., 2001).

The side effects identified with respect to **hepatic function** include:

Hepatotoxicity (elevated liver function tests) / jaundice.

Neoplasm.

The **Dermatologic** side effects identified involve:

Acne, Striae, Alopecia

Gynecomastia

Hirsutism (male pilosis)

Collagen reducing skin elasticity

The **Musculo-skeletal** system side effects identified involve:

Muscle tightness and cramps.

Stiff tender, resulting in an increased potential for muscle strains.

The **reproductive- Endocrine system** side effects include:

Libido changes, Subfertility, Decreased Luteinizing hormone and follicle-stimulating hormone.

Increased aggressiveness and sexual appetite, sometimes resulting in aberrant sexual and criminal behavior.

In Males Only: Impotence with chronic or repeated use, testicular shrinkage (atrophy), breast enlargement (gynecomastia), prostatic enlargement, reduction of sperm production, premature baldness.

In Females Only: Masculinization/Hirsutism, excessive hair growth on the face & body, deepening of the voice, enlargement of clitoris, abnormal menstrual cycles (suppression of ovarian function and menstruation), reduced breast size. Polycystic ovarian syndrome.

Children: Premature epiphyseal closure of the growth center of long bones (in adolescents) which may result stunted growth. Premature puberty among female child.

Other **Long-Term Health Risks** involve:

As etiologic factors for some cancers (Parssinen et al., 2002).

Hepatic tumor (Nako et al.: 2000).

Renal cell carcinoma (Bryden, 1995; Martorana et al.,1999).

Testicular tumor (Froehner et al., 1999).

Prostatic cancer (Heikkila et al., 1999).

The risk of mortality among chronic AAS users is reported to be 4.6 times higher than non-AAS users (Parssinen et al., 2000).

Slide 14: The case of Flex Wheeler

The case of Flex Wheeler



- Flex Wheeler, a professional bodybuilder admitted long-terms steroid use
- He developed kidney disease and required transplantation
- He was forced to retire at the age of 37

Present students the example of Flex Wheeler (or another example relevant to your sport or country). Discuss the health implications of doping.

Estimated time: 5 min

Slide 15: The Krieger case

The Krieger case



<https://www.youtube.com/watch?v=tRf24MH2SU>

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The video (approx 8 min long) is mostly self explanatory so little introduction is needed from facilitator. Following the video discuss with the group their thoughts. The discussion should focus on the side effects of doping; i.e., what happens to the body when inserting substances not needed.

Estimated time: 15 min

Slide 16: Mental health effects

Mental health effects

- Mood swings
- Aggression
- Mania & Depression
- Withdrawal & dependence symptoms
- Suicidality



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Present the mental/psychological side effects of doping use. Present the example of professional American Wrestler Chris Benoit (or an example relevant to your sport or country) who killed his family and was accused for double murder - public opinion attributed his behaviour to steroid use (i.e., uncontrollable aggression also known as "roid rage")

Estimated time: 5 min

Slide 17: Social & career consequences

Social & career consequences

- Public outcry
- Humiliation
- Career termination
- Legal sanctions



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Present the social/career side effects of doping use. Provide examples of athletes who faced such consequences.

Estimated time: 3 min

Slide 18: The Armstrong case

The Armstrong case

- Armstrong's children were bullied at school after he publicly admitted doping
- He had to return money to sponsors
- He was on trial for defrauding the Government



[Lance Armstrong interview with Oprah FULL Part 2](#)

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The video is mostly self explanatory so little introduction is needed from facilitator. Following the video discuss with the group their thoughts. The discussion should focus on the social/career side effects of doping; i.e., what happens to doper when he/she gets caught.

Estimated time: 15 min

Slide 19: Summary

Summary

- Definition of doping and related behaviors
 - Types of doping
 - The Prohibited List
 - Strict liability and TUE
- Doping use consequences
 - Physical
 - Mental/psychological
 - Social
 - Career related

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Briefly summarize the most important topics discussed in this session; definitions of doping consequences. Present a take-home message that doping is a threat to sports, it is illegal and may have severe consequences for the persons involved.

Estimated time: 3 min

Slide 20: **Disclaimer notice**

Disclaimer notice

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