

CONSEQUENCES OF DOPING

We are all aware that the majority of athletes are clean and abide by the Anti-Doping Rules. It is important that we all work hard to protect your reputation and sporting achievements.

However, there will be some athletes who choose to cheat, so it is very important that we also work hard to detect doping behavior and remove those who dope from sport.

We also know that there will be some athletes who may be more vulnerable to a doping decision at different points in their sporting career. Many who have doped did not want to – they felt desperate and vulnerable.

Some athletes were pressured by their teammates, coach or other athlete support personnel.

Some athletes doped by accident – they weren't educated or did not follow the right advice.

Clean sport is about athletes respecting themselves, their health, their competitors, and their sport.

If you are found doping and face a ban from sport that is not the only consequence. The consequences of doping will impact many areas of your life – your health, psychological and mental wellbeing, as well as having social and financial consequences. The consequences are far reaching and damaging.

So what are the consequences?

Sanctions for doping

A sanction for doping can go from a warning or reprimand to a lifetime ban from all sport – depending on the Anti-Doping Rule Violation (ADRV) committed.

Although sanctions are specific to the facts at hand, for ADRVs of Presence of use of a Prohibited substance, the basic rules are as follows:

- If you intended to cheat, whatever the substance, the period of ineligibility is four years
- Otherwise, it is two years – unless you can show you had no significant fault or negligence, in which case ineligibility may be reduced by up to a maximum of one year (that is, to a minimum ineligibility of one year).
- If the violation involved a specified substance (generally found more easily in over-the-counter medications or in contaminated supplements and are more likely to be used for a purpose other than enhancement of sport performance) and you can demonstrate that you had no significant fault, ineligibility may range from two years to a reprimand (depending on your level of fault).
- You should also be aware that multiple Anti-Doping Rule Violations, or the presence of multiple substances may increase the sanction you face beyond four years.

- For some Anti-Doping Rule Violations, the penalty can be a life ban from sport.

SPECIAL NOTE FOR INADVERTENT DOPING: Even if an athlete uses a prohibited substance by accident (not intending to cheat) but ignores the risks associated with certain products and does nothing to mitigate those risks – it could still be classified as intentional.

As a general rule, athletes need to demonstrate how the substance entered their body to prove their behavior was not intentional. This can include, for example, analyzing the supplement the athlete used if they claim that the prohibited substance came from a contaminated supplement.

If the ADRV involves a substance of abuse, and the athlete can establish that the substance was used Out-of-Competition and was unrelated to sport performance, the period of sanction is three months (which can be reduced to one month if they complete a substance of abuse treatment program approved by their Anti-doping organization).

Remember – there are **11 Anti-Doping Rule Violations (ADRVs)** that can result in a sanction, and these are not only applicable to athletes. Seven also apply to a coach or athlete support personnel.

There is also potential for a reduced sanction if an athlete admits guilt promptly following an ADRV, or provides useful and reliable information which results in World ParaVolley (or any other Anti-Doping Organization) discovering an ADRV by any other person. In the Code, this is referred to as “Substantial Assistance”.

Other Consequences



Health Risks (physical and mental health) can be significant:

- Substance dependency, addiction, wider drug use and habits, chronic illness, side effects, psychological harm, behavior changes, physiological changes that in the worst case can be irreversible
- Testosterone & synthetic derivatives– mood and behavioral disorders, depression and anxiety, liver tumors, reduced kidney function
- Beta-2 agonists – heart palpitation and sweating, headaches and nausea, tremor/shaking and muscle spasm
- Human Growth Hormone – hypertension, heart failure, diabetes
- Diuretics – dizziness or fainting, dehydration, ms cramps, loss of coordination & balance, confusion, mental changes or moodiness, cardiac disorders
- Narcotics – abnormal changes in behavior and emotions, lack of motivation and performance in school, work and sports, dependency, addiction and combination of other illicit drugs
- Steroids – psychological dependence, mood swings, liver disease, cardiovascular disease, high blood pressure, sexual side effects, overdose with respiratory depression and death.

Remember – consequences can also include:

- Disqualification of competition results
- Loss of all medals and points
- Target testing and possible investigations of the team
- In some cases, loss of points, disqualification from a competition or from the entire event **for the team**
- Exclusion and loss of accreditation from Major Events such as the Olympic/Paralympic Games
- Athlete Support Personnel may be investigated, and if the athlete is a Minor then an investigation is mandatory;

And can go well beyond the individual athlete or Athlete Support Personnel:

- It has an impact on those who have been supporting athletes all the way: family friends, teammates, sponsors, etc.
- An athlete's reputation as well as their country and sport's reputations are affected.
- Positive tests can impact an entire team

What do you need to do?

- Prevent inadvertent doping by:
 - Staying up to date with anti-doping information
 - Always check medication and methods of administration against the List and talk to your doctor before using or administering anything
 - Conduct research before using any supplement
 - Apply for TUEs before using a prohibited substance or method
- Keep records of any enquiries you make about any supplements you may take

- Recognize when you may be vulnerable, for example:
 - Feeling pressure to perform at a critical event
 - Feeling tempted to take shortcuts in training when not progressing as expected
 - Family issues – unexpected family deaths
 - Frustrated with a slow recover following an injury

- Seek help when you feel under pressure or are having difficulty coping with the demands of training, and develop strategies to manage vulnerable times in your career, for example:
 - Working with your coach or mental trainer to prepare mentally before each competition using visualization, breathing and focusing on the game plan and game day routine to reduce anxiety
 - Talk to teammates, ASP, and with your coach, who can provide information and suggest training and nutrition modifications to assist in meeting training goals; Remember every athlete progresses differently
 - Talk with other family members and seek help from other professionals when necessary– there are always alternatives to doping that will not damage your health, reputation or sporting career.
 - Discuss recovery strategies with your sport doctor and follow medical advice when injured

- Share and seek support from your coach, wider support team, parents and other athletes who you trust and who are in your network. Be prepared. Have a plan for moments of vulnerability.

References:

UKAD Website

WADA ADEL for International-level Athletes