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Making sports drug-free



English translation of *Je performe sans drogue* (Brochure)

Services d'édition Guy Connolly

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INTRODUCTION

Whether in the world of sport or other areas of contemporary society, people are constantly searching for ways to improve their performance and do better than others. In sport, this phenomenon dates back to the first athletic competitions held thousands of years ago and has become much more widespread over the last few decades. Today, the use of certain substances and methods is prohibited and controls are placed on athletes competing in major competitions to expose cheaters.

The International Olympic Committee (IOC) has recognized doping as the number one enemy of sport and has vowed to wage all-out war on the problem. The international sporting community has also undertaken to combat this plague. For its part, the Government of Québec has lent its support to the *Déclaration de Libreville* in which the minister members of the *Conférence des ministres de la jeunesse et des sports des pays d'expression française* (CONFEJES) made the fight against doping a priority in the French-speaking world.

Everybody has heard about doping. Even those not interested in sports have heard about it. Doping-related events are constantly in the news. What is doping? What are its causes? Why should we fight it? What is the situation like among Québec athletes? How can we prevent this problem? These are the many questions on people's minds and for which this document intends to provide answers.

This document is for sporting officials, parents, teachers, and other people concerned about the problem of doping. It aims to inform people about doping and the fundamental principles in the fight against it in order to make them aware of the role they can play in preventing this problem.



When I'm a grown-up, I won't cheat. I'll just work really hard to win medals.

**Marilou Béclair, 8 years old,
Figure Skating**



Cheating is the easy way out.

**Alexandre Leduc, 12 years old,
Gymnastics**

WHAT IS DOPING?

Doping can be defined as *the use prior to or during sporting competitions of a substance or method prohibited by sporting officials and intended to artificially enhance athletic performance*. The World Anti-Doping Agency (WADA) and the IOC have drawn up a list of banned substances and methods.

Doping is largely the improper use of certain medications in order to improve athletic performance. Doping substances tend to be medications that are used to treat various illnesses or ailments and can normally only be obtained with a doctor's prescription. Other substances, however, can be found in over-the-counter medications or even in food products.

There are five classes of illicit substances:

- > Stimulants
- > Narcotic analgesics
- > Anabolic agents
- > Diuretics
- > Peptide hormones, mimetic & analogues

There are also prohibited doping methods:

- > Blood doping, which consists of a blood or red blood cell transfusion to increase an athlete's aerobic capacity
- > Pharmacological, chemical, or physical manipulation of urine (substances or methods that can affect the integrity of a urine sample and compromise its validity)
- > The administration of artificial oxygen transporters or blood plasma substitutes

Other classes of drugs are subject to certain restrictions:

- > Alcohol
- > Cannabinoids
- > Local anesthetics
- > Glucocorticosteroids
- > Beta-blockers
- > Medications for asthma and respiratory ailments

BEWARE OF ILLEGAL PRODUCTS

The distribution and—in certain cases—the use of various prohibited substances (e.g., anabolic agents and cocaine) for non-medicinal purposes constitute criminal acts in Canada and a number of other countries. Since the sale of these products is prohibited or subject to restrictions, users buy them on the black market. Most products bought on the black market are of dubious quality. They are sometimes cut with products that are toxic, which poses an additional threat to the health of users.



Sports are to test your physical abilities...not the effects of drugs.

**Catherine Rancourt, 12 years old,
Hockey**

SUBSTANCES AND EFFECTS

CLASSES/PRODUCTS/ METHODS	DESIRED EFFECTS	SIGNS OF USE/HEALTH RISKS
Stimulants (amphetamine, ephedrine, caffeine, cocaine, etc.)	Increases alertness Reduces fatigue Speeds up breathing Causes weight loss	Nervous agitation – Euphoria – Aggression – Loss of coordination or judgment – Weight loss – Insomnia – Muscular pains – Dehydration – Problems with heart rate – High blood pressure – Cerebral hemorrhages – Psychosis – Lung disease – Addiction
Narcotic analgesics	Reduces or masks pain that can limit exertion	Nausea and vomiting – Loss of balance or coordination – Depression – Danger of aggravating an injury – Respiratory depression – Physical or psychological dependency
Anabolic agents (steroids such as nandrolone, stanozolol, testosterone, etc.)	Increases muscle mass	Acne – Facial edema – Aggression – Oily skin – Hormonal dysfunction – Liver disease – High blood pressure – Cardiovascular problems – Transmission of infectious diseases such as hepatitis or AIDS through needle sharing – Tendon tears <u>IN WOMEN</u> Masculinization (deep voice) – Excessive hair growth on the face and body – Cessation of ovarian function and menstruation – Growth of clitoris <u>IN MEN</u> Hair loss – Breast growth – Shrinkage of testicles – Decreased sperm production – Impotence – Enlargement of prostate <u>IN ADOLESCENTS</u> Severe acne on the body and face – Premature stopping of long bone growth
Diuretics	Causes weight loss Masks the use of doping substances	Easily tired – Vertigo – Muscular cramps – Severe dehydration – Problems with heart rate – Kidney failure – Low blood pressure – Electrolyte imbalance
Peptide hormones and mimetic substances & analogues Human Growth Hormone (HGH) Erythropoietin (EPO)	Increases muscle mass Increases aerobic capacity	Breast growth in men – Enlargement and thickening of the fingers, toes, ears, and skin – Excessive growth of internal organs – Bone deformities – Diabetes – Heart problems – Thyroid problems Blood clots – Heart problems – Heart disease – High blood pressure – Cancer – Sudden death
Blood doping	Increases aerobic performance	Allergic reactions – Jaundice – Blood clots – Metabolic shock
Beta-blockers	Reduce the effects of competition-related stress Reduces heart rate	Depression – Reduced endurance – Asthma – Sleep disorders – Cardiac arrhythmia – High blood pressure – Hypoglycemic coma in insulin-dependent diabetics
Local anesthetics	Reduces or masks pain that can limit exertion	Allergic reactions – Respiratory difficulties – Cardiovascular failure – Danger of aggravating an injury
Glucocorticosteroids (cortisone, etc.)	Treats inflammation Reduces or masks pain that can limit exertion	Euphoria – High blood pressure – Cardiac arrhythmia – Danger of aggravating an injury
Cannabinoids (marijuana, hashish, etc.)	Reduces competition-related stress	Euphoria – Coordination problems – Bronchial infections
Alcohol	Reduces competition-related stress	Euphoria – Coordination problems – Addiction – Tachycardia

A number of medications designed to treat ailments such as colds, asthma, respiratory problems, and allergies contain substances that appear on the WAMA/IOC list. The Canadian Centre for Ethics in Sport* (CCES) produces and regularly updates the *Drug Classification*** booklet, which provides information on prohibited substances, medications that can contain these substances, as well as medications that can be used for treatment without risking a positive antidoping test.

* The CCES is the Canadian organization responsible for promoting good sportsmanship and drug-free sport, as well as applying the Canadian Policy on Doping in Sport. The CCES has published numerous papers, studies, and promotional tools on the topic of good sportsmanship and doping. The CCES also provides precise, up-to-date information on prohibited and permitted substances to anyone interested.

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*It will never end. The question won't be "Who is the best?" but "Who has the best dope to win?"
Conclusion: Let's ask the question "Who is the NATURAL best?"*

**Tanya Guilbert, 12 years old,
Speed Skating**

** CANADIAN CENTRE FOR ETHICS IN SPORTS (2000). *Drug Classification*, rev. ed., Gloucester, CCES, 41 p.

THE CAUSES OF DOPING

Borne out of the athlete's excessive will to win at all costs and be seen as the best, doping has become more widespread because of a number of factors. Over the last few decades, society has undergone profound changes that have made doping more and more prevalent in contemporary sport. This phenomenon is very complex as it involves a number of causes and factors that do not originate solely in the sporting world. Parallels are sometimes drawn between the problem of doping in sports and the use of medications and food supplements or the consumption of alcohol and social drugs.

Doping in high-level sport

Advances in science have led to the development of new medications to treat diverse health conditions. Some medications, however, are not used as intended but rather to improve various aspects of an athlete's performance. Science also makes it seem as though the creation of new antidoping tests constantly lags behind the creation of new doping methods.

Political propaganda in many countries that use sport as a tool for exalting the merits of their system has encouraged doping to spread. This situation has led to aberrations such as those brought to light following the fall of the Berlin Wall, revealing that doping was a state-run system in East Germany.

The expansion of sport has entailed an astronomical increase in the prize money and salaries awarded to athletes. In the increasingly mercantile world of sport, wealth is no longer the exclusive preserve of professional athletes. The idea of amateurism has evolved to the point that Olympic athletes can also turn their performances into cash.

The demands of high level sport increase constantly. Over the last few decades, remarkable progress in training methods and sporting equipment has pushed back the limits of performance ever further, increasing the effort required to attain or continue at such a high level. With records constantly being smashed (with or without the help of prohibited products), the bar of performance is constantly being raised. The public, the media, the athlete's circle, as well as those with financial interests all exert enormous pressure. To maintain such a high level of performance, athletes must contend with the following:

- > The need to win
- > A competition schedule and training load (frequency, duration, intensity, etc.) leaving little room for recuperation
- > An increased risk of injury due to overtraining
- > The need to compete despite injuries



It would make me sad to know that my favorite athlete takes drugs to perform better.

**Élisabeth Lefebvre, 11 years old,
Swimming**

Doping in young athletes

The influence of high level sport can be felt at lower levels. Viewed from a winning and profit-making perspective, sport is less of a funtime activity and less educational and formative than we presume it to be. Organizers, coaches, parents, or the athletes can themselves reproduce the same conditions that lead to doping in high level sport. Young athletes are also very influenced by their idols, whose sporting feats they want to imitate, and sometimes adopt their attitudes and behaviors toward products that improve performance.

Peer pressure is also an element to consider as the social group is of primary importance during adolescence. Often, friends are poorly informed about doping products or nutritional supplements, or have never questioned their medium or long term effects. The social circle also makes it easier to come into contact with substances like alcohol or cannabis. Adolescent curiosity and a desire to fit in can encourage the use of these products.

Physical appearance is very important to young people. Even among athletes, a number use products such as creatine or steroids solely to improve their physical appearance. The use of these products—especially creatine, which is not prohibited—raises no ethical questions in youth since most of them do not have to submit to antidoping tests at their level of competition.

Contemporary consumer habits often desensitize us to all the various products and medications we use to nourish or care for ourselves, lose weight, stay awake, etc. We often place a lot of faith in the claims of these products. The ease with which we can freely purchase certain food products or medications even though they may contain substances prohibited in competition encourages poor consumption habits. Many people do not use products as they are intended. The same thing goes for the recommended dose—they think that if a product is good, its effect will be even stronger or more beneficial if they increase the dosage.

The marketing of products to improve performance or physical appearance encourages young people to use doping substances. The information conveyed by the media, including on the Internet, is often lacking in terms of real side effects, user safety, and product makeup.



Not playing honestly is a bad example for young athletes who want to be like their idols.

**Mélissa Pesant, 12 years old
Soccer**

DOPING IS NOT JUST FOR THE ELITE!

It is wrong to associate doping in sports exclusively with high level athletes. The phenomenon of using products to improve athletic performance also occurs at lower levels. To document the situation in Québec, the Secrétariat au loisir et au sport (SLS) conducted a vast study from October 2000 to April 2001 of 3,573 athletes competing at different levels, entitled *Étude de l'éthique, du dopage et de certaines habitudes de vie chez des sportifs québécois*.^{*} Among the respondents, whose average age was 15.5 years, 37% were on the Québec Team in their sporting discipline (in the *Excellence, Elite, New Talent, and Hopeful* categories). The other subjects participated in civic or school organizations. The following results indicate the percentage of athletes who had used illicit products at least once over the last twelve months preceding the study.

Use of prohibited products

Table 1.
Percentage of users of prohibited products—
IOC list

Alcohol	11.5 %
Narcotic analgesics	1.1 %
Amphetamines	1.5 %
Beta-blockers	1.3 %
Cocaine	2.2 %
Diuretics	1.0 %
Ephedrine (Sudafed)	6.4 %
Erythropoietin (EPO)	0.8 %
Growth hormones	1.2 %
Marijuana	7.7 %
Anabolic steroids	1.0 %

Source: *Étude de l'éthique, du dopage et de certaines habitudes de vie chez des sportifs québécois*² (no. = 3,573)

The study confirmed that certain Québec athletes were users of prohibited substances. Amphetamines, anabolic steroids, growth hormones, erythropoietin, diuretics, and beta-blockers, which are more often associated with elite athletes, seem to have found takers among athletes of lesser caliber. To these substances can be added ephedrine—found amongst others in the product *Sudafed*—whose popularity is linked to the revelations of NHL players that they regularly take it before their games. It is reasonable to conclude that professional athletes have a big influence on young athletes. Significantly, the most popular products—alcohol, marijuana, and even cocaine—are considered social drugs. Even if one can assume that the first contact with these products occurred in a context other than sports, the fact remains that their users seem to believe that they can help them improve their performance.



There's a first time for everything, but if someone asked me to dope I would say no.

**Megan Fernandes, 14 years old,
Diving**

^{*} VALOIS, P., C. GOULET, A. BUIST, and M. CÔTÉ (2002). *Étude de l'éthique, du dopage et de certaines habitudes de vie chez des sportifs québécois*, Québec, Secrétariat au loisir et au sport.

Use of food products

Table 2.
Percentage of users of food products

Coffee, chocolate, and cola (caffeine)	40.0 %
Protein supplements (creatine)	11.5 %
Vitamin supplements	26.6 %

Source: *Étude de l'éthique, du dopage et de certaines habitudes de vie chez des sportifs québécois*² (no. = 3,573)

Among the most popular products used by respondents to improve their athletic performance are food products containing caffeine as well as nutritional supplements. Caffeine is considered a stimulant and its use is subject to restrictions. The substance can be found in products such as coffee, chocolate, and cola-type soft drinks. It would, however, require massive consumption of these products to cause a positive antidoping test. It would appear nevertheless that many athletes, counting on the stimulative effect of caffeine, boost their consumption level during competitions. Nutritional supplements are also quite popular. Even though their use is not prohibited in sport, they still pose a number of ethical and health questions for sporting officials.

Improvement of physical appearance

Table 3.
Breakdown of creatine and steroid users according to reasons

	Proteins supplements, creatine (no. = 487)	Anabolic steroids (no. = 45)
Performance only	50.1%	44.4%
Appearance only	16.6%	24.5%
Performance and appearance	33.3%	31.1%

Source: *Étude de l'éthique, du dopage et de certaines habitudes de vie chez des sportifs québécois*²

Improving performance is not the only reason for using certain products. The study by SLS revealed that, among subjects who admitted to using creatine and steroids, 16.6% and 24.5% respectively used these products solely to improve their physical appearance. In addition, 33.3% and 31.1% of creatine and steroid users respectively admitted to using these products to improve both their performance and appearance. Among athletes for whom improving their physical appearance was the main motive for using artificial aids, concerns about not obeying the rules were of little importance, especially considering most of them were at a competitive level where they did not have to undergo antidoping tests.



Athletes who dope are afraid of failure. That's why they're the real losers.

**Charles Bouthillette, 11 years old,
Figure Skating**

DIET AND SUPPLEMENTS

Nutritional supplements seem to be very popular with young athletes. For some people, using them fills deficiencies caused by the great energy expenditure required during training and competition. For others, their use is linked to the ergogenic (increased capacity for bodily or mental labor) properties associated with these products. Whatever the hoped-for results, these products should be used with caution.

The dietary needs of athletes

Supplements are not a substitute for a healthy diet. Athletes who train twice a week in addition to participating in a competition can meet all their nutritional requirements with a balanced diet that follows the recommendations of the *Canadian Food Guide**. The additional energy requirements of athletes with strenuous training loads can be met by increasing portions from each food group. Before taking supplements, athletes should first ask a nutrition specialist whether their diet is adequate and whether their training load justifies it.

To be used with caution

Vitamins and minerals are already present in sufficient quantities in a healthy diet. Though certain vitamins obtained from supplements can be stored in the body, those that are taken in excess may prove ineffective (e.g., eliminated in urine) or even harmful if the dose is too high. When excess protein supplements are consumed, the surplus is transformed into adipose (fatty) tissue. Too many people do not respect the recommended dose, thinking that if a product gives results, taking twice as much will give even better results. This is one of the dangers that confront young athletes who take supplements.

With creatine, a number of side effects have been reported, including weight gain without a noticeable increase in muscle mass, joint stiffness, abdominal cramps, and, in the long term—depending on the dosage and a person's health and physical condition—metabolic imbalances and kidney problems. For these reasons, **the use of creatine is not recommended for children and teenagers who are still growing.**

The nutritional supplements market targets young athletes in particular. Numerous studies have raised doubts about the purity of certain nutritional supplements available in stores or over the Internet. Illegal substances and anabolic agents have been found, as well as stimulants and diuretics evidently not listed on the labels. Many athletes have returned positive antidoping tests after using creatine.

* HEALTH Canada. (1997). *Canadian Food Guide to Healthy Eating*, Ottawa, Public Works and Government Services Canada.

Legal and ethical issues

Profiting from the cult of the perfect body, the so-called *health* product industry in North America records annual sales in the billions. We are no longer surprised to be inundated with ads that often lie about products, weight-loss programs, or newfangled devices that promise a perfect body with minimum effort. The focus placed on physical beauty—a concept that resonates strongly in teenagers—lays the groundwork for the consumption of supplements (e.g., creatine) for the sole purpose of gaining a physical appearance that will be noticed and admired. Sports have nothing to do with it.



A lot of other things can make you a better athlete without cheating, like devoting more time to training, eating better, and going to bed early.

**Marie-Frédéric Bouchard, 12 years old,
Speed Skating**

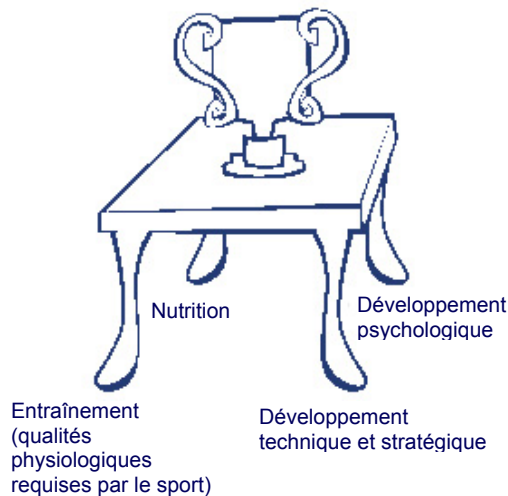
AN ALTERNATIVE TO DOPING

Athletes often inquire about alternatives to doping. They seem to think that authorized magic potions exist to help them perform better. However, when we talk about real doping *alternatives*, it is important to distinguish between means and substances.

The components of performance

Four key elements underpin top athletic performance: technical and strategic development, physical training, psychological development, and nutrition. Each element is like the leg of a table on which reposes an athlete's full sporting potential. These vectors are the true alternative to doping as each one is capable of improving performance.

THE ATHLETE'S DEVELOPMENTAL TABLE



The solution: proper training

Athletes often feel the need to dope because they believe they have reached the limit of their abilities, they cannot progress any more, and only doping can help them reach the next level. Sporting officials must give them the means to progress and the confidence in their own abilities for them to have real doping *alternatives*. That means a well-planned training program that helps athletes feel that they are improving all aspects of their games. If necessary, officials should not hesitate to use the services of qualified people such as specialists in nutrition or physical conditioning (kinesiologists) to help them do a good job of preparing athletes without resorting to prohibited substances or those that could prove harmful to their health.

There are no real substitutes for effort, talent, and proper training. Searching for so-called *alternative* products is psychologically the same as doping, and could eventually lead to the use of prohibited products. We must therefore combat this psychological dependence that can afflict athletes.

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To get good results you have to work hard, persevere, and show a lot of heart.

Jonathan Tremblay, 16 years old, Curling

WHY WE SHOULD FIGHT DOPING?

The fight against doping is based on two principles:

- > Doping goes against the spirit of sport
- > Doping undermines the benefits of sports

Doping goes against the spirit of sport

DOPING BREAKS THE RULES AND ETHICS OF SPORT

Rules are an essential part of sports. Each sport has a body of rules that dictate how the game is played (scoring, equipment, playing field, etc.) and spell out participation criteria (age, category, weight, etc.). These rules protect athletes by making sure everyone participates on an equal footing. For example, for reasons of fairplay (and safety), a heavyweight boxer or judoka cannot fight a featherweight opponent, just as two opposing soccer teams must have identically sized goals. Doping is above all a breach of sporting rules and ethics. It is prohibited because it gives athletes an unfair advantage over the other competitors.

Without rules, there would be no sport!

DOPING IS A BREACH OF CONTRACT

Playing sports means accepting certain rules, like in a contract. No one is forced to play, but all who do must obey the rules. Doping violates that contract and betrays the athlete's commitment to his or her sport and fellow competitors.

An athlete has responsibilities!

DOPING IS NO WAY TO BE THE BEST

Sport is full of challenges and playing sports helps us explore and test our personal limits and capabilities. Through competition, we measure and celebrate sporting excellence and what is best in all of us. This cannot be achieved through illegal methods. Victory is more than just beating one's opponent, and the champions who earn our admiration never cheat by doping.

Excellence means winning by the rules!



Sports competition is mostly about competing with yourself. Personal satisfaction based on honesty is the greatest reward.

**Patrick Barry, 14 years old,
Fencing**



When you respect your opponents, it's just you teamed up with your own talent, strengths, and weaknesses...Hoping the same from them.

**Marie-Andrée Lévesque, 11 years old,
Table Tennis**

Doping undermines the benefits of sports

DOPING THREATENS PERSONAL DEVELOPMENT

Sport is also considered a tool for personal development, a learning experience that teaches valuable lessons and helps develop values—including honesty, respect for the rules and others, teamwork, perseverance, and self-esteem—that prepare us for life in society. To benefit from this enormous formative and educational potential, sport should be played, taught, promoted, and encouraged in the true spirit of good sportsmanship.

Doping goes against the very values of sports!

DOPING THREATENS YOUR HEALTH

Sport is a tool in the fight against sedentary lifestyles and the illnesses associated with them. The fight against doping also aims to protect the health of athletes and preserve the benefits gained by playing sports. The dangers associated with the use and overconsumption of certain doping products are sufficiently well documented to dissuade athletes from using them. The side effects of doping can range from minor discomfort to permanent, irreversible damage, and, in some extreme cases, death.

Many people campaign for the legalization of doping in sports in the name of free choice. But if doping were legal, it would be like asking athletes to place their health at risk just to compete at the same level as those already doping.

If you dope, you put your health at risk!

Doping is a threat to sport

In society, sport is mainly a way of meeting personal objectives (physical fitness, pleasure, personal achievement, etc.) or social objectives (health, education, etc.). The social contributions of sport justify its existence. The positive role it plays is the reason why so many people play sports, why parents encourage their children to take them up, and why governments support sports organizations and promote participation.

On the other hand, sport is what we allow it to be. It can sometimes give rise to negative behaviors of cheating, violence, or even political partisanship that tarnish its image. Each time an athlete is caught doping, it discredits sport and the values we attach to it. Doping undermines the trust people place in sport as a tool for health and training. Doping threatens the very institutions of sport. Accepting doping can only destroy the image we have of sport and lead inevitably to its demise.

Doping: There's nothing sporting about it!



I want to perform with my body and mind in perfect health.

**Isabelle Lévesque, 14 years old,
Synchronized Swimming**



Doping destroys everything that is good in sport.

**Simon Robichaud, 13 years old,
Swimming**

HOW TO PREVENT DOPING?

Main risk factors and preventive

The study conducted by SLS analyzed a number of variables that could significantly influence the reasons for doping and the behavior of young Québec athletes. Three factors were found to be the most influential on this group: positive attitudes towards doping, positive social norms with regard to doping, and athletes' perceptions of having little control over their behavior. Knowing how these factors work suggests that doping prevention must occur at many levels.

MODIFICATION OF ATHLETE ATTITUDES

The more athletes feel that the advantages of doping (improved performance, victory, financial gain, etc.) exceed the disadvantages (effects on health, antidoping controls, etc.), the more likely it is they will develop positive attitudes toward doping.

It is therefore important to help athletes develop negative attitudes toward doping, particularly by making them aware of the importance of respecting the values of sport and good sportsmanship and by familiarizing them with the harm caused by doping.



It is clear in my mind that only my efforts and perseverance will make me a winner...I don't want to have regrets.

**David Roy, 15 years old,
Cycling and Cross Country Skiing**

COOPERATION FROM THE ATHLETE'S CIRCLE

If athletes notice that the most important people in their lives—their coaches, teammates, friends, family members and, in some cases, team doctors—believe that they should resort to doping, they will be more inclined to do so. Sports stars can also have a big influence on young people.

Changing athlete attitudes can work if all parties directly or indirectly involved with the athlete take a negative view of doping. The coach and other influential people in the athlete's circle must help create an environment where doping has no place. Sports stars who take a stance against doping are another way to foster positive attitudes in athletes.

IMPROVEMENT OF THE ATHLETE'S ENVIRONMENT

Athletes may not want to dope, but may be in a setting that is conducive to doping. They may feel that they have little control over the decision to dope. They may think that they lack the necessary abilities required to succeed, or feel an overwhelming desire to be the best. The risk of doping increases if athletes feel that their performance does not depend solely on their abilities and that doping will help them participate on an equal footing with opponents who dope.

Certain measures are up to the heads of sporting organizations. They have a responsibility to change the unhealthy perception that doping is a way for athletes to get results and compete on an equal footing.

In the athletes' immediate environments, if they are offered proper training aimed at improving each aspect of their athletic performance, they will have the confidence they need to succeed without doping.

Everybody plays an important role!

Eliminating or controlling the factors conducive to doping does not depend entirely on the people working with young athletes. They cannot be expected to change the image and values certain professional sports project, nor to implement antidoping controls for sporting events at all levels or control the availability of doping products on the black market. To eradicate doping, we must wage all-out war on the factors behind this phenomenon. This will require the support—on all levels and in all countries—of political, sports, health, education, and legal officials.

Coaches, sports administrators, officials, parents, and other people who interact with young athletes can all contribute to the fight against doping. To make sure we keep the athlete's best interests at heart, it is important that each of us question the role sport should play. Though it is recognized as a tool for health and training, sport itself is neither good nor bad. The role sport fills depends on what athletes and sports officials do with it.

It is up to all of us—athletes of all levels, coaches, officials, and parents—to fight doping. This fight is to protect principles as fundamental as respect for the rules and preserving the health of people who play sports. In order to ensure that sport remains a tool for learning and healthy living, it is everybody's responsibility to foster a sporting environment based on moral and ethical values to help athletes develop not only at an athletic level, but also on a personal and social level, where doping has no place.

PARENTS

- > Encourage your children to play sports for their physical and social development
- > Avoid placing too much of an emphasis on winning
- > Emphasize fun and good sportsmanship
- > Find out about and take a firm stance against doping

SPORTS ORGANIZATIONS AND ADMINISTRATORS

- > Put the athlete's wellbeing first
- > Recognize and promote the important educational role sport plays in the physical and social development of youth
- > Promote good sportsmanship and take a stance against doping
- > Provide clear and relevant anti-doping information
- > Schedule competitions to respect the abilities and limits of athletes and give them enough time to recuperate

COACHES

- > Recognize the teaching role coaches play in the physical and social development of athletes
- > Set realistic objectives and avoid focusing unduly on winning
- > Plan a training program that respects the limits and capabilities of your athletes and allows them to develop skills progressively, knowing how much effort they can expend and allowing them sufficient recovery time
- > Promote good sportsmanship and take a stance against doping
- > Provide clear and helpful anti-doping information
- > Watch for any sudden physical or psychological changes in your athletes
- > Get help from other specialists whenever you feel you need it

ATHLETES

- > Play sports for enjoyment first and out of a desire to improve
- > Respect rules and sports ethics each time you participate
- > Find out about products and their short, medium, and long term effects
- > Avoid letting yourself be influenced by other people
- > Get advice from a number of qualified people



The true pleasure of performing, competing, and doing your very best must survive.

**Myriam Trépanier, 14 years old,
Hockey**