Safe sport: Anti-doping perspectives

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Overview

- Education
- Supplement use
- Role of the team physician
Education

- Knowledge is power!
- Say NO! to Doping
  - Outreach booth
- Translated advice cards
  - English, French, Spanish
  - Chinese, Portuguese
  - Russian
Supplements

- The IPC recommends that athletes do not take supplements.
- They can be contaminated with prohibited substances.
- They may contain ingredients that are not listed on the packaging.

**STRICT LIABILITY APPLIES: ATHLETES ARE RESPONSIBLE FOR WHAT IS FOUND IN THEIR BODY!**

2013: 10 AAFs
5 of the AAFs attributable to supplement use
Athletes remain responsible for what they consume.

It is clear that there now exists a huge range of supplement products, particularly those available via the internet. It is also very apparent that some of these should be avoided by athletes at all costs if they are to avoid consuming a contaminated (or deliberately adulterated) product. However, there are also many products available that are made by reputable companies, to high-quality standards. Although athletes remain entirely responsible for what they consume, they can be reassured that it is possible to minimise the risks of taking contaminated products. The level of understanding of how supplements become contaminated with trace amounts of prohibited substances has increased vastly over the last decade and reputable companies that enroll in appropriate quality systems to mitigate this problem can offer athletes minimal-risk products.
Roles and Responsibilities of Support Personnel

- To understand and comply with anti-doping policies.
- To give athletes reliable guidance.
- To cooperate with athlete testing programs.
- To use their influence on athlete’s values and behaviour to foster anti-doping attitudes.
Anti-Doping Information: Who can help?

- National Anti-Doping Organization (NADO)
- National Paralympic Committee (NPC)
- International Paralympic Committee (IPC)
- World Anti-Doping Agency (WADA)
What do we want?

- CLEAN SPORT
- SAFE SPORT
- HEALTHY SPORT
Thank you!