

## Drugs in Sport

*Substance Abuse Librarians & Information Specialists is an international association of individuals and organizations with special interests in the exchange and dissemination of alcohol, tobacco, and other drug (ATOD) information. <http://salis.org>*

### Introduction

This Info Brief was prepared by Christine Goodair, member of SALIS. It lists the major anti-doping organisations and regulatory bodies for sports taking part in the **2016 Olympic Games and Paralympics**. It also includes links to sites that focus on health and ethical issues, educational resources, blogs and online resources, journals, and recently published texts.

### Overview

Drugs in sport is a topic which has a very long history, going as far back as early Greek Olympians, who took various concoctions of herbs and mushrooms believing they would help improve performance.

The issues around drug use in sport are varied, complex, and often interlinked, with the key criteria for substances being banned focusing on the potential to enhance sports performance, actual or potential health risk to the athlete, and the use of drugs violating the spirit of sport.

When drug use in sport is discussed or written about it is generally in reference to elite athletes who use various drugs to improve their performance by building muscles and strength. However, non-elite athletes also use drugs to enhance their appearance, body shape, and strength as well. There have been fatalities from the misuse of steroids by all level of athletes, from professional to amateur.

The use of drugs by athletes encompasses broader issues, such as the ethics of drug use in sport, the role of regulatory bodies, and the impact of substances on health. Use of drugs in sports is not just about steroids and doping, however; therapeutic medications are also at play, used in treating health problems such as long-term conditions like diabetes, short-term conditions such as a cold or sore throat, or for the treatment of sport injuries.

In the 1988 Seoul Olympics, the final six of eight competitors in the men's 100m sprint were implicated either then or later in doping activities that would have had them banned from the Games. Since then there have been many doping scandals. The most recent being the announcement by The International Olympic Committee that 31 Olympians from 12 countries, and six sports, are likely to be to be banned from competing at Rio following retrospective testing on urine samples from the 2008 Olympics. The IOC has hinted that entire federations could be banned from the Games as the fight against doping is intensified. A statement from the IOC on 1<sup>st</sup> June 2016 sets out the tough stance they are now taking: -

*"The fight against doping is a top priority for the IOC, which has established a zero-tolerance policy. Today, we are taking further decisive action to protect the clean athletes at the Olympic Games Rio 2016. The IOC will not hesitate to punish anyone within its reach responsible for using or providing doping products or methods, including officials, coaches and other members of the athlete's entourage"* <https://www.olympic.org/news/statement-by-the-ioc-executive-board>

Doping issues have also occurred at the Paralympic Games and causing changes to the way in which the International Paralympic Committee (IPC) manages such matters. This has resulted in stricter testing for performance-enhancing drugs at the Games.

## **Anti-doping Organisations**

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The **World Anti-Doping Agency (WADA)** was established in 1999 as an international independent agency composed and funded equally by the sport movement and governments of the world. Its key activities include scientific research, education, development of anti-doping capacities, and monitoring of the *World Anti-Doping Code* ("The Code") – the document harmonizing anti-doping policies in all sports and countries. WADA is a Swiss private law foundation; its seat is in Lausanne, Switzerland, with headquarters in Montreal, Canada. WADA works toward a vision of a world in which all athletes compete in a doping-free sporting environment. <http://www.wada-ama.org/>

**UK Anti-Doping** has a responsibility for ensuring sports bodies in the UK are compliant with the *World Anti-Doping Code* through implementation and management of the *UK National Anti-Doping Policy*. Their functions include an education and information programme, athlete testing across more than 40 sports, intelligence management and exclusive results management authority for the determination of anti-doping rule violations. They also run REPORT DOPING IN SPORT, a 24-hour confidential phone line developed to support the fight against doping in sport. The phone line provides a confidential service to athletes, support personal and concerned family and friends to securely pass on information to UK Anti-Doping. Information about supplements is also available from the website. <http://www.ukad.org.uk/what-we-do/report-doping/>

**The National Anti-Doping Panel (NADP)** is the United Kingdom's independent tribunal responsible for adjudicating anti-doping disputes in sport. It is operated by Sport Resolutions in accordance with its own procedural rules and is entirely independent of UK Anti-Doping, who are responsible for investigating, charging and prosecuting cases before the NADP. <https://www.sportresolutions.co.uk/services/national-anti-doping-panel>

**U.S. Anti-Doping Agency (USADA)** is the national anti-doping organization (NADO) in the United States for Olympic, Paralympic, Pan American, and Parapan American sport. The organization is charged with managing the anti-doping program, including in-competition and out-of competition testing, results management processes, drug reference resources, and athlete education for all United States Olympic Committee (USOC) recognized sport national governing bodies, their athletes, and events. <http://www.usada.org/>

The **Global Drug Reference Online (Global DRO)** provides athletes and support personnel with information about the prohibited status of specific substances based on the current World Anti-Doping Agency (WADA) Prohibited List. Visitors can search the Global DRO for specific information on products such as licensed medications sold in the United Kingdom, Canada and the United States. Global DRO is managed via a partnership between UK Anti-Doping (UKAD), the Canadian Centre for Ethics in Sport (CCES) and the United States Anti-Doping Agency (USADA). <http://www.globaldro.org/>

**How Stuff Works (USA)** discusses why some athletes use drugs, what the major classes of drugs and their side effects are, and how drug use is tested. <http://www.howstuffworks.com/athletic-drug-test.htm>

The **Australian Sports Anti-Doping Authority (ASADA)** is a government statutory authority that is Australia's driving force for pure performance in sport. It is the organisation with prime responsibility for implementation of the *World Anti-Doping Code* in Australia. <http://www.asada.gov.au/>

**National Measurement Institute** Australia's drug testing laboratory, Sports Anti-doping Research laboratory (known worldwide as the Australian Sports Drug Testing Laboratory or ASDTL), is accredited by the World Anti-Doping Agency to carry out doping control analysis in human sport;

as such, it performs virtually all of the sports drug testing carried out in Australia and New Zealand. <http://www.measurement.gov.au/ScienceTechnology/Pages/ADSL.aspx>

**Drug Free Sport New Zealand (DFSNZ)** is an independent Crown Entity originally established in 1994 with responsible for implementing and applying the World Anti-Doping Code in New Zealand. <http://www.drugfreesport.org.nz/>

**Win Clean** is an anti-doping education campaign for international athletes and their support team visiting the UK and provides UK-specific advice and guidance on how to ensure you don't commit an anti-doping rule violation (ADRV) whilst in the UK, and what to expect from our robust, intelligence-led testing programmes It is managed by UK Anti-Doping (UKAD), the National Anti-Doping Organisation (NADO) in the UK, and supported by the World Anti-Doping Agency (WADA). <http://www.wincleanuk.com/>

The **Canadian Centre for Ethics in Sport** serves to elevate the conscience of sport in Canada and works for, and on behalf of athletes, players, coaches, parents, officials and administrators. Doping information <http://cces.ca/>

The **South African Institute for Drug-Free Sport's** core focus is to tackle doping in sport in order to ensure a culture of ethics and fair play within South Africa. The Drug-Free Sport Act gives the Institute authority and jurisdiction to carry out drug testing across all sports. <http://www.drugfreesport.org.za/>

**ProCon** is a US non-profit organisation providing factual information on a variety of topics, including a resource that gives a timeline of drug use by athletes from across the world. <http://sportsanddrugs.procon.org/view.resource.php?resourceID=002366#VI>

## Education

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**Teach PE** provides information for physical education teachers on effects of drugs in sport, including links to WADA. <http://www.teachpe.com/index.php>

**Good Sports** is a project run by the Australian Drug Foundation to encourage local communities to resist drugs/alcohol in community sport. The programme helps sporting clubs manage alcohol responsibly and reduce alcohol related problems such as binge and underage drinking. <http://www.goodsports.com.au/>

**Bioethics Education Project** explores the issues relating to performance enhancing drugs in sport from an ethical perspective and features an interactive website and virtual learning environment for secondary school science teachers and their students. It is a teaching resource developed to highlight the moral, ethical, social, economic, environmental and technological implications and applications of biology, and provides teaching resources and activities. <http://www.beep.ac.uk/content/665.0.html>

## Health

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**International Olympic Committee Medical and Scientific Commission** was set up in 1967 to deal with the increasing problem of doping in the sports world. <http://www.olympic.org/medical-commission>. Rio2016 anti-doping documents and rules from IOC <https://www.olympic.org/documents/games-rio-2016-olympic-games>

**Top End Sport**, a sports medicine resource website, has a section on doping and sport. <http://www.topendsports.com/medicine/doping.htm>

**Patient.co.uk** provides evidence-based information on a wide range of medical and health topics to patients and health professionals, including an article on the use of drugs in sport written for health care professionals. <http://www.patient.co.uk/doctor/Drugs-and-Sport.htm>

## **Olympic Sports Federations**

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**Badminton World Federation (BWF)** <http://www.bwfbadminton.org/page.aspx?id=15522>

BWF Anti-Doping Regulations effective January 2015

<http://www.bwfbadminton.org/file.aspx?id=609016&dl=1>

**Equestrian Sport** – multilingual resource <http://www.feicleansport.org/>

**FIFA** - Fédération Internationale de Football Association

<http://www.fifa.com/development/medical/anti-doping/index.html>

**FINA** - Federation International Aquatic– swimming, diving, open water, synchronised swimming and water polo <http://www.fina.org/content/doping-control-rules>

**Fédération Internationale de Basketball** - <http://www.fiba.com/anti-doping>

**Fédération Internationale d'Escrime (Fencing)** link to rules

<http://static.fie.org/uploads/5/29543-FIE-ADR-1-Jan-2015-ang.pdf>

**Fédération Internationale de Gymnastique** – gymnastics [http://www.fig-gymnastics.com/publicdir/rules/files/medical/FIG\\_anti-doping\\_rules\\_2015\\_revised\\_July\\_2015.pdf](http://www.fig-gymnastics.com/publicdir/rules/files/medical/FIG_anti-doping_rules_2015_revised_July_2015.pdf)

**Fédération Internationale de Volleyball** (indoor & beach) <http://www.fivb.org/EN/Medical/>

**International Association of Athletics** <http://www.iaaf.org/about-iaaf/medical-anti-doping>

**International Boxing Association** <http://aiba.s3.amazonaws.com/2015/02/AIBA-Anti-Doping-Rules-January-1-2015.pdf>

**International Canoe Federation** <http://www.canoeicf.com/medical-and-anti-doping>

**International Federation of Associated Wrestling Styles**

<https://unitedworldwrestling.org/governance/anti-doping>

**International Golf Federation** <http://www.igfgolf.org/medical-anti-doping/>

**International Handball Federation**

<http://www.ihf.info/TheGame/AntiDoping/tabid/104/Default.aspx>

**International Hockey Federation** <http://www.fih.ch/inside-fih/our-official-documents/anti-doping-and-medical/>

**International Judo Federation** – <http://www.ijf.org/>

**International Rowing Federation** <http://www.worldrowing.com/athletes/medical-and-antidoping/antidoping>

**International Sailing Federation** <http://www.sailing.org/sailors/antidoping/documents.php>

**International Shooting Sport Federation** <http://www.issf-sports.org/antidoping.ashx>

### **International Table Tennis Federation**

[http://www.ittf.com/\\_front\\_page/itff\\_full\\_story1.asp?ID=42686&Category=anti\\_doping&Competitio\\_n\\_ID=&](http://www.ittf.com/_front_page/itff_full_story1.asp?ID=42686&Category=anti_doping&Competitio_n_ID=&)

**International Tennis Federation** <http://www.itftennis.com/antidoping/>

**International Triathlon Union** <http://www.triathlon.org/anti-doping/>

**International Weightlifting Federation** [http://www.iwf.net/wp-content/uploads/downloads/2015/04/001\\_105\\_Antidoping-imprim.pdf](http://www.iwf.net/wp-content/uploads/downloads/2015/04/001_105_Antidoping-imprim.pdf)

**Union Cycliste International** <http://www.uci.ch/clean-sport/>

**Union Internationale de Pentathlon Moderne** <http://www.pentathlon.org/education/medical-and-anti-doping/>

**World Archery Federation** <http://rulebook.worldarchery.org/PDF/Official/2016-04-01/EN-Book6.pdf>

**World Rugby** <http://www.worldrugby.org/search?s=anti+doping>

**World Taekwondo Federation** <http://www.worldtaekwondofederation.net/medical-anti-doping/education/>

## **Paralympic Sports Federations**

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The **International Paralympic Committee** (IPC) is the global governing body of the Paralympic Movement. Its purpose is to organise the summer and winter Paralympic Games and act as the International Federation for Paralympic sports.

[https://www.paralympic.org/sites/default/files/document/151211113107941\\_2015\\_11+IPC+Anti-Doping+Code\\_FINAL\\_0.pdf](https://www.paralympic.org/sites/default/files/document/151211113107941_2015_11+IPC+Anti-Doping+Code_FINAL_0.pdf)

Policies and documents about doping in Paralympic Sports Federations:

**British Paralympic Association** <http://paralympics.org.uk/about-us/anti-doping-1>

**Archery** <http://worldarchery.org/Para-Archery>

**Athletics** <https://www.paralympic.org/athletics/anti-doping>

**Boccia** <http://www.bisfed.com/about-boccia/anti-doping/>

**Cycling Road & Cycling Track** <http://www.uci.ch/clean-sport/>

**Equestrian** <http://www.fei.org/>

**Football** <http://www.ibsasport.org/anti-doping/>

**Goalball** <http://www.paralympic.org/sport/goalball> <http://www.ibsasport.org/anti-doping/>

**Judo** <http://www.ibsa.es/eng/deportes/judo/reglamento.htm>

**Powerlifting** <https://www.paralympic.org/powerlifting/rules-and-regulations/anti-doping/tue>

### **Rowing**

[http://www.sailing.org/paralympics/rio2016/about/rules/paralympic\\_about\\_rules\\_regs\\_anti\\_doping.php](http://www.sailing.org/paralympics/rio2016/about/rules/paralympic_about_rules_regs_anti_doping.php)

## Sailing

[http://www.sailing.org/paralympics/rio2016/about/rules/paralympic\\_about\\_rules\\_regs\\_anti\\_doping.php](http://www.sailing.org/paralympics/rio2016/about/rules/paralympic_about_rules_regs_anti_doping.php)

**Shooting** <https://www.paralympic.org/shooting/rules-and-regulations/anti-doping>

**Swimming** <https://www.paralympic.org/swimming/rules-and-regulations/anti-doping>

**Table Tennis** [http://www.ittf.com/front\\_page/ittf4.asp?category=anti\\_doping](http://www.ittf.com/front_page/ittf4.asp?category=anti_doping)

**Sitting Volleyball** <http://www.worldparavolley.org/about-us/anti-doping/>

**Wheelchair Basketball** <https://www.paralympic.org/wheelchair-basketball> <http://www.iwbf.org/>

**Wheelchair Fencing** <http://www.iwasf.com/iwasf/index.cfm/anti-doping1/>

**Wheelchair Rugby** <http://www.iwrf.com/?page=anti-doping>

**Wheelchair Tennis** <http://www.itftennis.com/wheelchair/players/anti-doping.aspx>  
<http://www.itftennis.com/wheelchair/home.aspx>

## Other Resources

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**Performance-enhancing drugs in athletics:** Research roundup -written in 2015 this resource aimed at journalists presents a selection of studies on a range of issues related to performance-enhancing drugs. It has sections on their potential economic impacts, prevalence, health effects and athletes' attitudes.

<http://journalistsresource.org/studies/society/culture/athletic-academic-performance-enhancing-drugs-research-roundup>

**Performance-enhancing substance** Wikipedia overview of the topic including a list of several distinct classes of drugs that are considered to be performance enhancing.

[https://en.wikipedia.org/wiki/Performance-enhancing\\_substance](https://en.wikipedia.org/wiki/Performance-enhancing_substance)

**The Final Countdown to Rio Begins as Athletes Start Clean Games Education-** educational programme for UK athletes going to Rio attend Clean Games' education sessions.

<http://www.ukad.org.uk/news/article/the-final-countdown-to-rio-begins-as-athletes-start-clean-games-education>

**Drugs in Sport** – series of articles from the Guardian Newspaper

<https://www.theguardian.com/sport/drugs-in-sport>

**Performance-Enhancing Drugs** – explores doping and sport from a US perspective and covers the Balco scandal.

<http://www.encyclopedia.com/topic/Performance-EnhancingDrugs.aspx>

## Recent Texts

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Cooper, C (2012) *Run, Swim, Throw, Cheat: The Science Behind Drugs in Sport*, Oxford, OUP.

Looks at the performance of top athletes, why certain substances are used, how they are detected, and whether they truly have an effect on the body

<http://ukcatalogue.oup.com/product/9780199581467.do>

David, P (2013) *A Guide to the World Anti-Doping Code A Fight for the Spirit of Sport* Cambridge University Press, 2<sup>nd</sup> edition.

Looks in detail at the laws relating to anti-doping and covers the significant changes introduced by the 2009 Code. More than forty summaries of recent cases illustrate the

operation of the key provisions of the 2009 Code, in particular the articles relating to anti-doping rule violations and sanctions.

Evans-Brown M, McVeigh J, Perkins C, & Bellis M. (2012) *Human Enhancement Drugs - The Emerging Challenges to Public Health*. North West Public Health Observatory Centre for Public Health, Liverpool John Moores University.

Although this report does not consider sports and drugs specifically, it provides a full guide to the drugs and their potential harms. The report focuses on a new kind of drug problem with the growing prevalence of so-called 'enhancement drugs' that have the potential to improve human attributes and abilities. The widespread availability of such drugs has generated a new and growing audience of users.

<http://www.nwph.net/nwpho/Publications/Human%20Enhancement%20Drugs%20-%20The%20Emerging%20Challenges%20to%20Public%20Health.pdf>

Hunt, T (2011) *Drug Games: The International Olympic Committee and the Politics of Doping, 1960-2008* Austin, University of Texas Press

An exploration of the history of the modern relationship of doping to the Olympics, and considers how doping in sport is linked to global political relations.

Mottram, D & Chester N (2014) *Drugs in Sport*, Taylor & Francis Ltd Edition: 6th revised edition

A fully comprehensive text on the subject. Taking into account the latest regulations, methods and landmark cases, the book explores the hard science behind drug use in sport as well as the ethical, social, political and administrative context.

Waddington, I & Smith, A (2009) *An Introduction To Drugs In Sport: Addicted to Winning?* Taylor & Francis.

Provides a detailed and systematic examination of drug use in sport and attempts to explain why athletes have, over the last four decades, increasingly used performance-enhancing drugs. It offers a critical overview of the major theories of drug use in sport, and provides a detailed analysis of the involvement of sports physicians in the development and use of performance-enhancing drugs. Focusing on drug use within elite sport, the book offers an in-depth examination of important contemporary themes and issues, including: - the history of drugs in sport and changing patterns of use- fair play, cheating and the 'spirit of sport,' WADA and the future of anti-doping policy, drug use in professional football and cycling, sociological enquiry, and the problems of researching drugs in sport.

<http://www.routledge.com/books/details/9780415431255/>

## Journals

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*British Journal of Sports* multimedia portal for authoritative original research, systematic reviews, consensus statements and timely debate in sport and exercise medicine (SEM) as well as clinical education. <http://bjsm.bmj.com/>

*European Journal of Sports Science* covers sport and exercise science; this is the official journal of the European College of Sports Science.

<http://www.tandfonline.com/action/aboutThisJournal?journalCode=tejs20>

*The Journal of Sports Medicine & Doping Studies* is an international, peer-reviewed journal overlaying the cultivation development of the science, research, and teaching of Sports Law and the institution of the Olympic Games. <http://omicsonline.org/jsmdshome.php>

*Journal of Sports Science and Medicine*, a scientific electronic journal, publishes research and review articles, together with case studies, in the fields of sports medicine and the exercise sciences.

<http://www.jssm.org/>

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