

WELCOME!

PRINCIPLES AND VALUES OF CLEAN SPORT
CONSEQUENCES OF DOPING
SPEAKING UP

WEBINAR 4
IF SERIES JULY-AUGUST 2023



Off

✓ ☒ EN English

☐ 中 Chinese

☐ FR French

☐ RU Russian

☐ ES Spanish

☐ AR Arabic

Mute Original Audio

Manage Language Interpretation...



Security



Participants



Chat



Share Screen



Record



Reactions



Interpretation

FAIRNESS RESPECT INTEGRITY



CHAT

Q&A

QUESTIONS AND ANSWERS





WEBINAR SERIES

from 14:00
to 15:00 CEST

#KEEPINGSPORTREAL

6 July

INTRODUCTION TO ANTI-DOPING

13 July

THE DOPING CONTROL PROCESS

20 July

**MEDICATIONS, SUPPLEMENTS,
PROHIBITED LIST AND TUES**

27 July

**PRINCIPLES AND VALUES
OF CLEAN SPORT**

3 Aug

OUT-OF-COMPETITION TESTING

العربية | ENGLISH | ESPAÑOL | FRANÇAIS | РУССКИЙ | 普通话

PARTICIPATION CERTIFICATES



CERTIFICATE

Mairi Irvine

has successfully completed the International Testing Agency
Anti-Doping Course for International Federations

ITA Education

28 August 2023

Benjamin Cohen
ITA Director General

#KeepingSportReal

AGENDA

01.

SPIRIT OF SPORT VALUES
AND ATHLETE ROLE
MODELS

02.

DECISION-MAKING
INFLUENCES

03.

CONSEQUENCES
OF DOPING

04.

SPEAKING UP

05.

Q&A

BY THE END OF TODAY'S SESSION, YOU SHOULD....

- ☒ Know the values of the spirit of sport and athlete role models
- ☒ Understand the relationship between the athlete role models and doping decisions
- ☒ Understand decision-making influences
- ☒ Understand the different consequences of doping
- ☒ Understand the importance of speaking up
- ☒ Know where to go if you need to speak to someone or if you have something to report

WHAT ARE SOME CHARACTERISTICS AND BEHAVIOURS OF AN ATHLETE ROLE MODEL?

Use the chat box to
write your answers.

SPIRIT OF SPORT VALUES (WADA CODE, 2021)



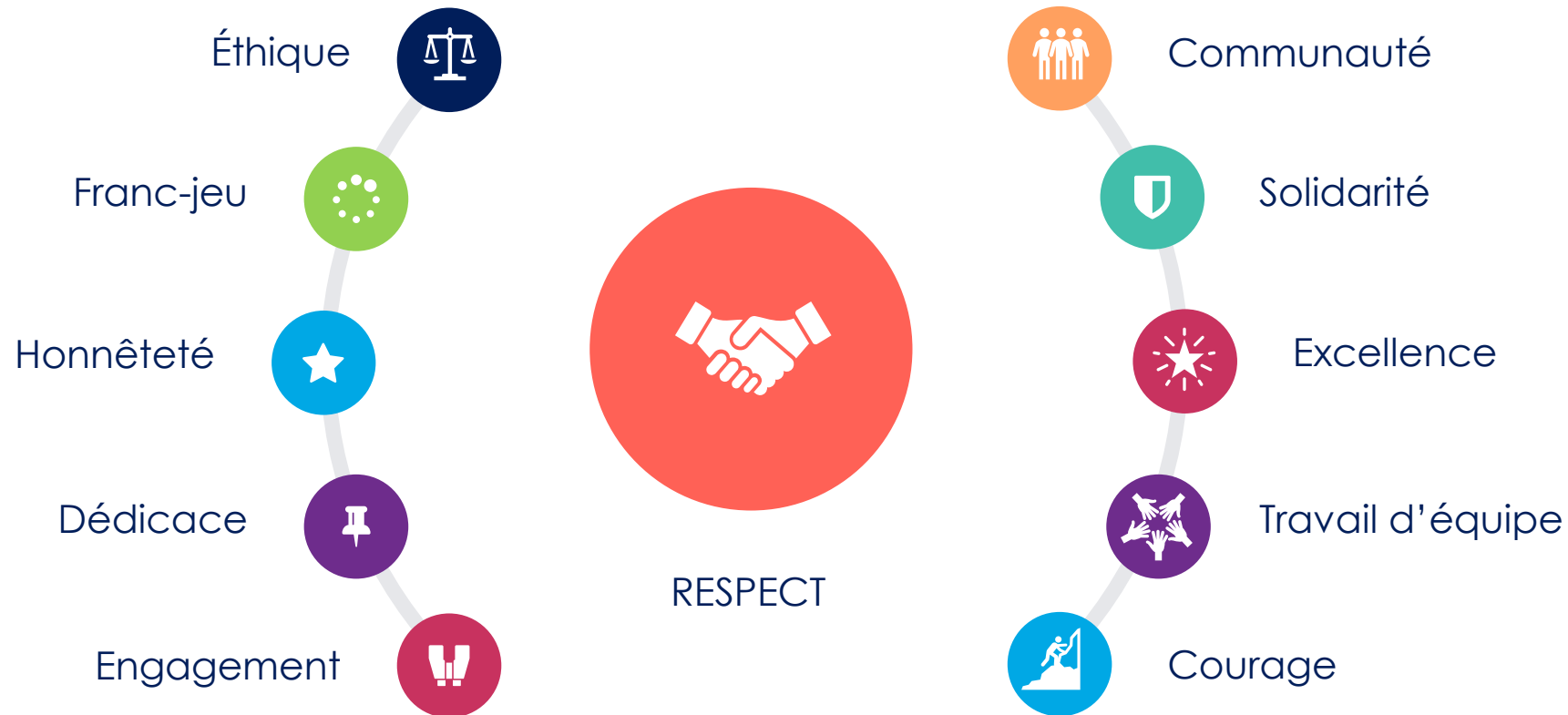
SPIRIT OF SPORT VALUES (WADA CODE, 2021)



SPIRIT OF SPORT VALUES (WADA CODE, 2021)



SPIRIT OF SPORT VALUES (WADA CODE, 2021)



SPIRIT OF SPORT VALUES (WADA CODE, 2021)



SPIRIT OF SPORT VALUES (WADA CODE, 2021)



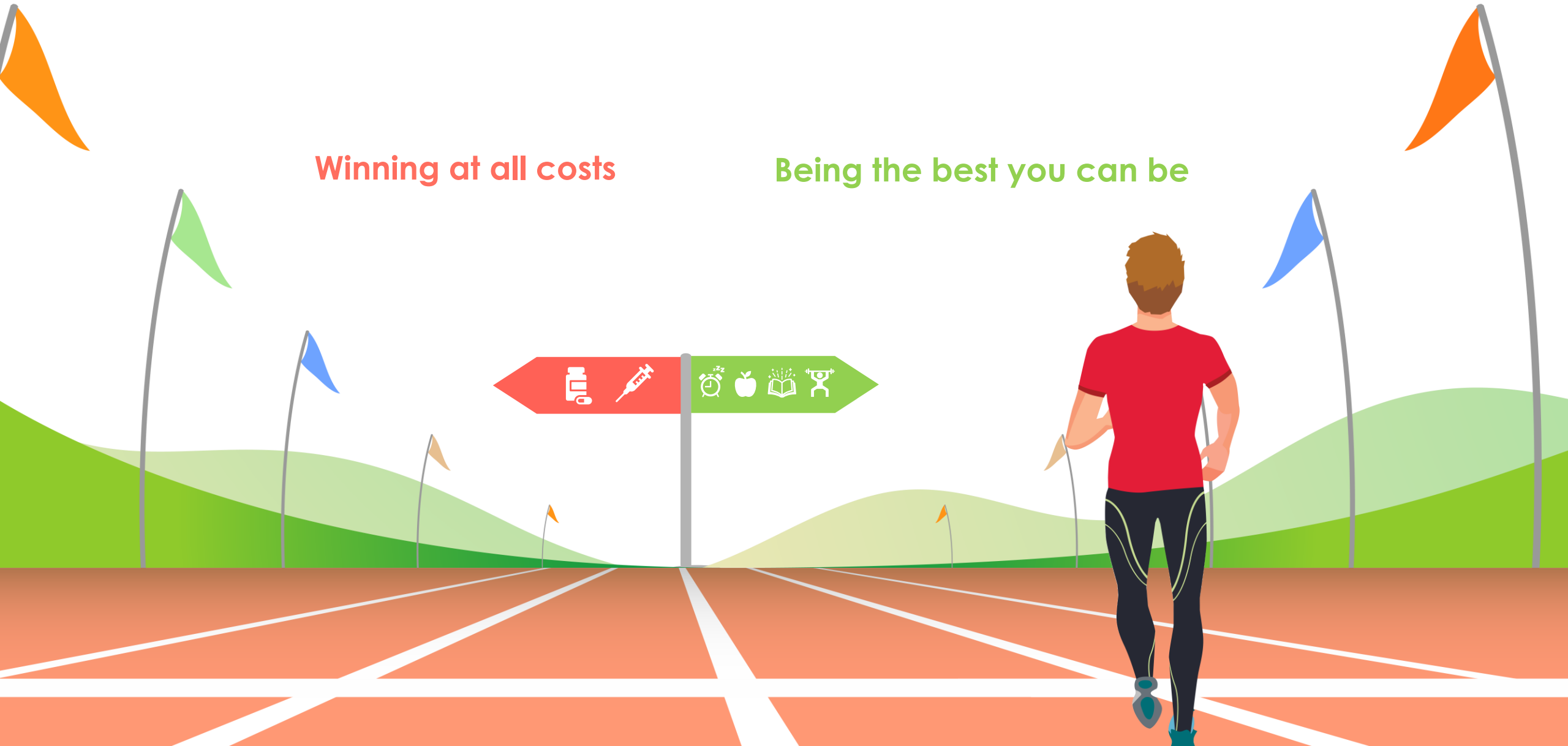
VIDEO: JACK SOCK



(C) ITF

Winning at all costs

Being the best you can be



POLL QUESTION

**DO YOU BELIEVE THAT YOU CAN INFLUENCE
DOPING BEHAVIOURS OF OTHERS?**

- ☐ Yes
- ☐ No
- ☐ Not sure

POWER OF ENTOURAGE



“**COACHES AND PEERS** having a close and trusty relationship with the athletes were considered **MOST INFLUENTIAL** with respect to doping-related decisions”
(Barkoukis, 2019)



Entourage can prevent doping



Entourage can facilitate doping

DECISION MAKING

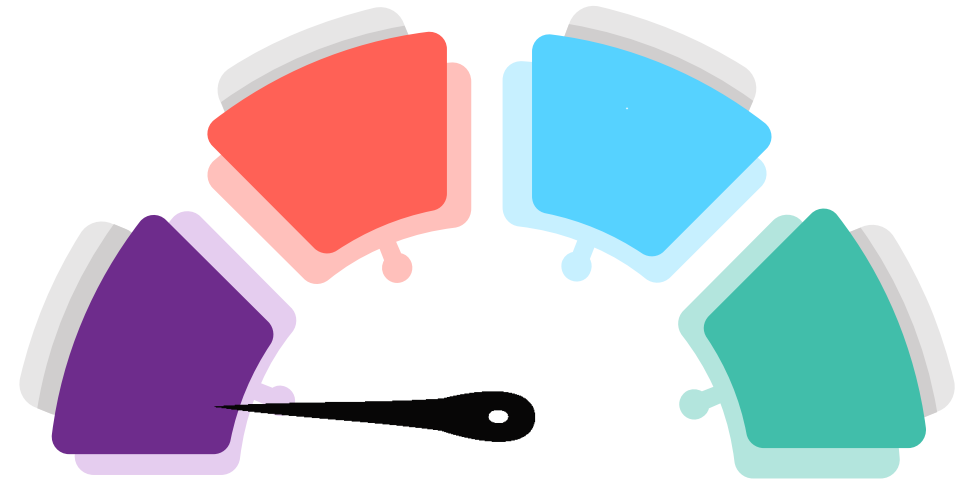
Defining doping is not easy.

Rarely is the decision clear and easy for an athlete.

Doping is the result of multi-factorial issues.

Decision-making scenarios are complex and related to vulnerability moments.


Vulnerabilities can lead to justifying doping behaviors.



DECISION MAKING SCENARIOS

I AM INJURED and I am rapidly losing ground on my competitors. I can take this one drug to recover – only once.

DECISION MAKING SCENARIOS

A skateboarder wearing a white t-shirt, khaki pants, and a red beanie is performing a trick on a pink skateboard. He is in a dynamic pose, leaning forward with one arm raised. The background is a brick wall with some scaffolding.

I've been **FEELING TIRED AND BURNT OUT LATELY**, my doctor is giving me a pill because he says it will make me healthy. I don't know what it is, but maybe it is worth it.

DECISION MAKING SCENARIOS



I RISK LOSING MY FUNDING if I don't perform at this competition. This is my only way to win and keep the support that I need so badly.

DECISION MAKING SCENARIOS



MY COACH IS THREATENING to drop me from the team and there is a long line of athletes ready to take my spot.

DECISION MAKING SCENARIOS



As a junior athlete I was always on the podium, but now in the senior ranks **I AM STRUGGLING TO EVEN QUALIFY** for competitions.

DECISION MAKING SCENARIOS

A baseball player in a grey uniform is sliding into a base, kicking up a cloud of dust. A catcher in a white uniform with red protective gear is positioned above the player. The scene is set on a baseball field with a green outfield and a grey infield.

I joined a new club and its different here, **EVERYONE IS DOPING**. I'm not the bad guy – I just don't want to be at a disadvantage.

DECISION MAKING SCENARIOS

A man with short dark hair and a light beard, wearing a green jacket, is speaking into a microphone at a press conference. The background is a wall covered with various sponsor logos, including Coca-Cola, Pepsi, and others. A large white curved shape is overlaid on the right side of the image.

In the media I am the overwhelming favourite.
I DON'T WANT TO LET ANYONE DOWN.

VULNERABILITY MOMENTS



JOHNNY'S STORY

- ✓ Say hello to Johnny, **who faces a dilemma**
- ✓ As a national record holder, who values working hard, respecting others and competing by the rules, Johnny finds himself having to **make a decision**



VIDEO: JOHNNY'S STORY

THIS IS BASED ON A TRUE STORY

(C)Phil Hurst

JOHNNY'S DILEMMA



**TO DOPE OR
NOT TO DOPE?**

WHAT ARE SOME OF THE POSSIBLE CONSEQUENCES OF DOPING?

- ✓ Sanctions including disqualification of results, a ban and public disclosure
- ✓ Negative physical side effects
- ✓ Psychological effects such as guilt and shame
- ✓ Social consequences such as isolation from teammates, family and friends
- ✓ Financial such as loss of funding or sponsorships

ADD YOUR OWN IDEAS IN THE CHAT BOX

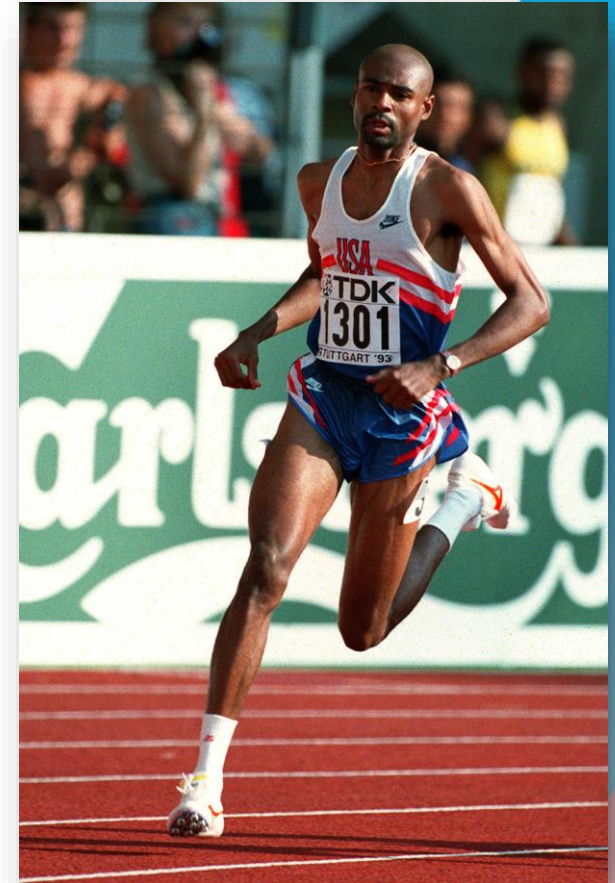
POLL QUESTION

WHAT DO YOU THINK JOHNNY DID?

- ☐ He doped
- ☐ He did not dope

WHAT DID JOHNNY DECIDE?

- ✓ Johnny was very close to doping, but **chose not to**
- ✓ Johnny's coach said to him: "Johnny, you are one of the best athletes in the world, athletes have to take drugs to keep up with you"
- ✓ Johnny realised that if he had taken drugs and got caught, then all his achievements would be tainted
- ✓ Johnny **won an Olympic Bronze** in 1992

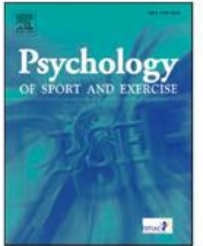




ELSEVIER

Contents lists available at [ScienceDirect](#)

Psychology of Sport & Exercise

journal homepage: www.elsevier.com/locate/psychsport

A psychological intervention reduces doping likelihood in British and Greek athletes: A cluster randomized controlled trial

Maria Kavussanu^{a,*}, Vassilis Barkoukis^b, Philip Hurst^c, Mariya Yukhymenko-Lescroart^d,
Lida Skoufa^b, Andrea Chirico^e, Fabio Lucidi^e, Christopher Ring^a

^a University of Birmingham, UK

^b Aristotle University of Thessaloniki, Greece

^c Canterbury Christ Church University, UK

^d California State University, Fresno, USA

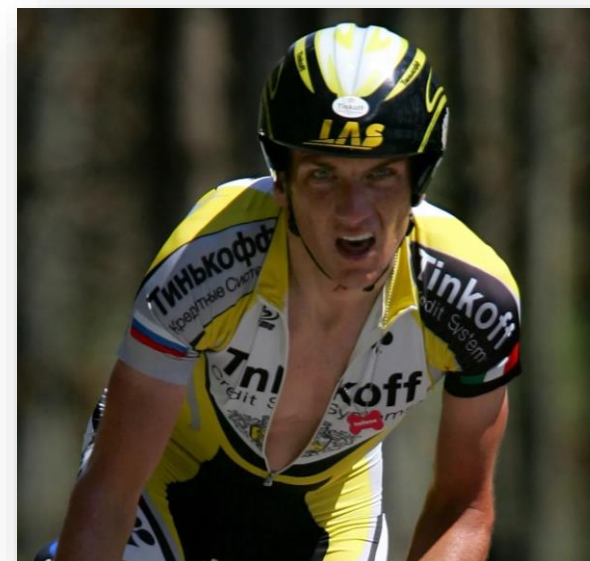
^e Sapienza University of Rome, Italy

TWO ATHLETES WHO MADE A DIFFERENT DECISION



YULIA STEPANOVA

International level runner and whistleblower



TYLER HAMILTON

Former professional cyclist, Tour de France rider

COURTESY OF THE U.S. ANTI-DOPING AGENCY

WHAT DIFFERENCES ARE THERE BETWEEN YULIA AND TYLER WHO DOPED, AND JOHNNY WHO DIDN'T DOPE?

Use the chat box to write your answers.

DECISION-MAKING



DECISION-MAKING



WHAT DIFFERENCES ARE THERE BETWEEN YULIA AND TYLER WHO DOPED, AND JOHNNY WHO DIDN'T DOPE?

Use the chat box to write your answers.

TWO DIFFERENT TYPES OF SUCCESS IN SPORT UNDERPINNED BY DIFFERENT VALUES

- ✓ Winning at all costs
- ✓ Being the best you can be

**WHICH ATHLETE DO YOU WANT
TO BE, AND WHICH ATHLETE DO
YOU WANT TO SUPPORT?**



CONSEQUENCES

CONSEQUENCES



CONSEQUENCES: SANCTIONS

CONSEQUENCES: PHYSICAL HEALTH

PHYSICAL HEALTH CONSEQUENCES



PHYSICAL HEALTH CONSEQUENCES



It was in 2012 and it was one accident. I was injured and my coach offered for me to do some infusions

CONSEQUENCES: MENTAL HEALTH

MENTAL HEALTH CONSEQUENCES



CONSEQUENCES: LONG-TERM EFFECTS

LONG-TERM EFFECTS



PUBLIC REACTION



Justin Gatlin

- ✓ Sanctioned for **doping twice**
- ✓ **Won** the 2017 World Championships
- ✓ **Was booed** when receiving his medal

“Even if he can be forgiven for his past mistakes, he can never be held up as a hero, and sport needs heroes to survive” – *The Australian*

CONSEQUENCES: EFFECTS ON OTHERS

EFFECTS ON TEAMMATES

The Observer Athletics

Kilty will never forgive 'reckless' Ujah for costing GB Olympic relay silver

- Sprinter 'heartbroken' after teammate's failed drug test
- Britain's 4x100m relay team stripped of Tokyo 2020 medal



“To finally reach the pinnacle and win an Olympic medal, and then to **lose it because one person has just been sloppy and reckless** with what's gone into their body **is heartbreaking.**”

EFFECTS ON FAMILY



Dwain Chambers on telling his children:

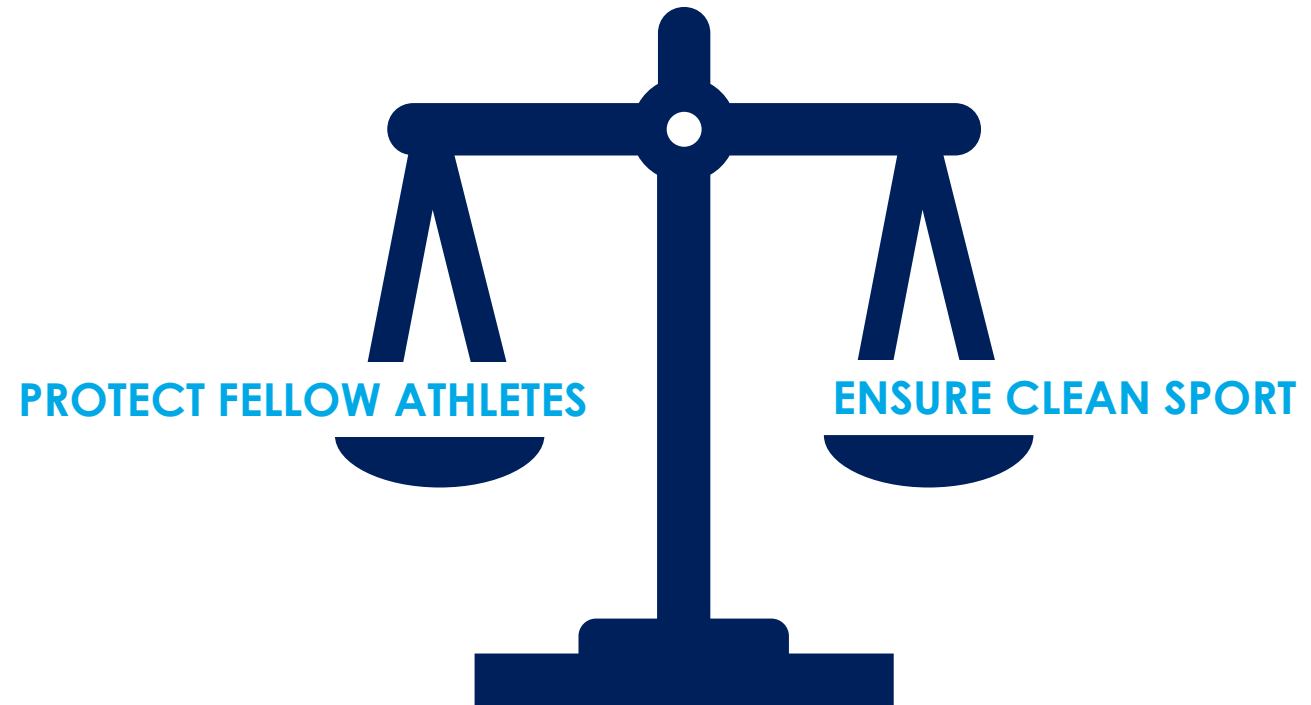
- ✓ **"It was very hard.** They're still very young. They didn't understand."
- ✓ **"It will come up again.** There will be instances in life when they're going to get pulled up on it. It's going to happen."
- ✓ " So, I always say to them, you've got to be very careful how you react to people. Because of me. **I've told them that their life will be hard, because of me.**"

FACING THE TRUTH



SPEAKING UP

THE MORAL DILEMMA





Sport Management Review

Available online 11 December 2018

In Press, Corrected Proof 



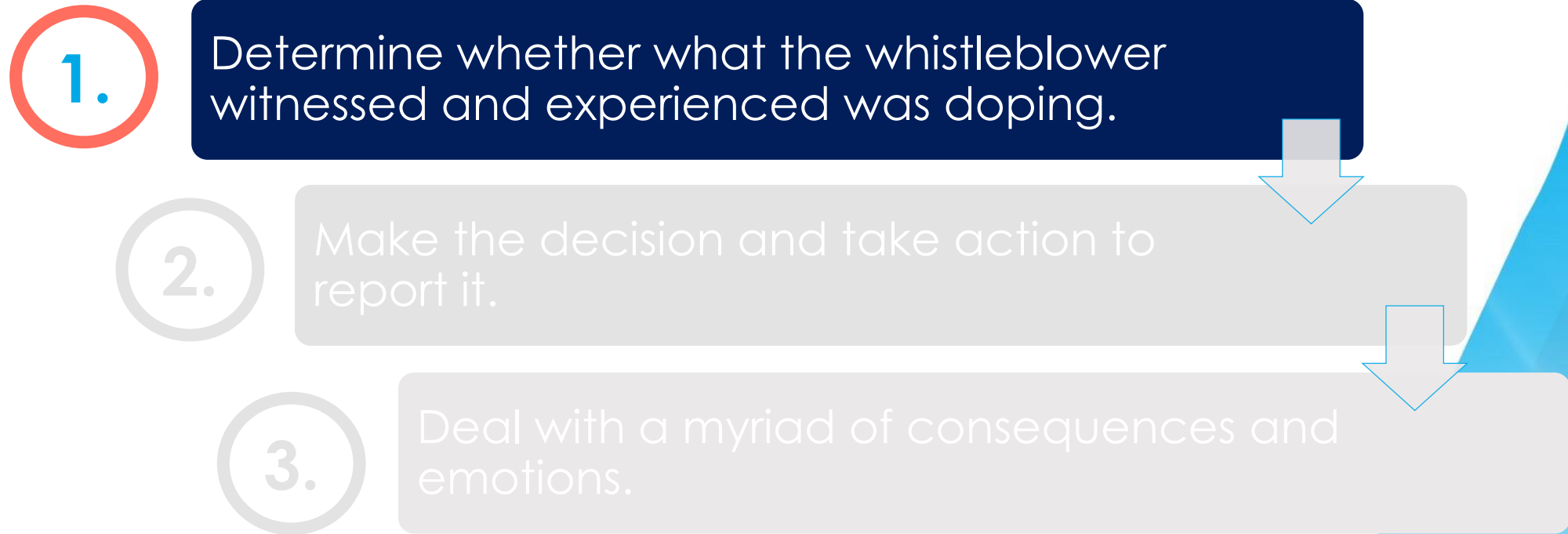
“The process isn’t a case of report it and stop”:
Athletes’ lived experience of whistleblowing on doping
in sport

Kelsey Erickson  , Laurie B. Patterson, Susan H. Backhouse

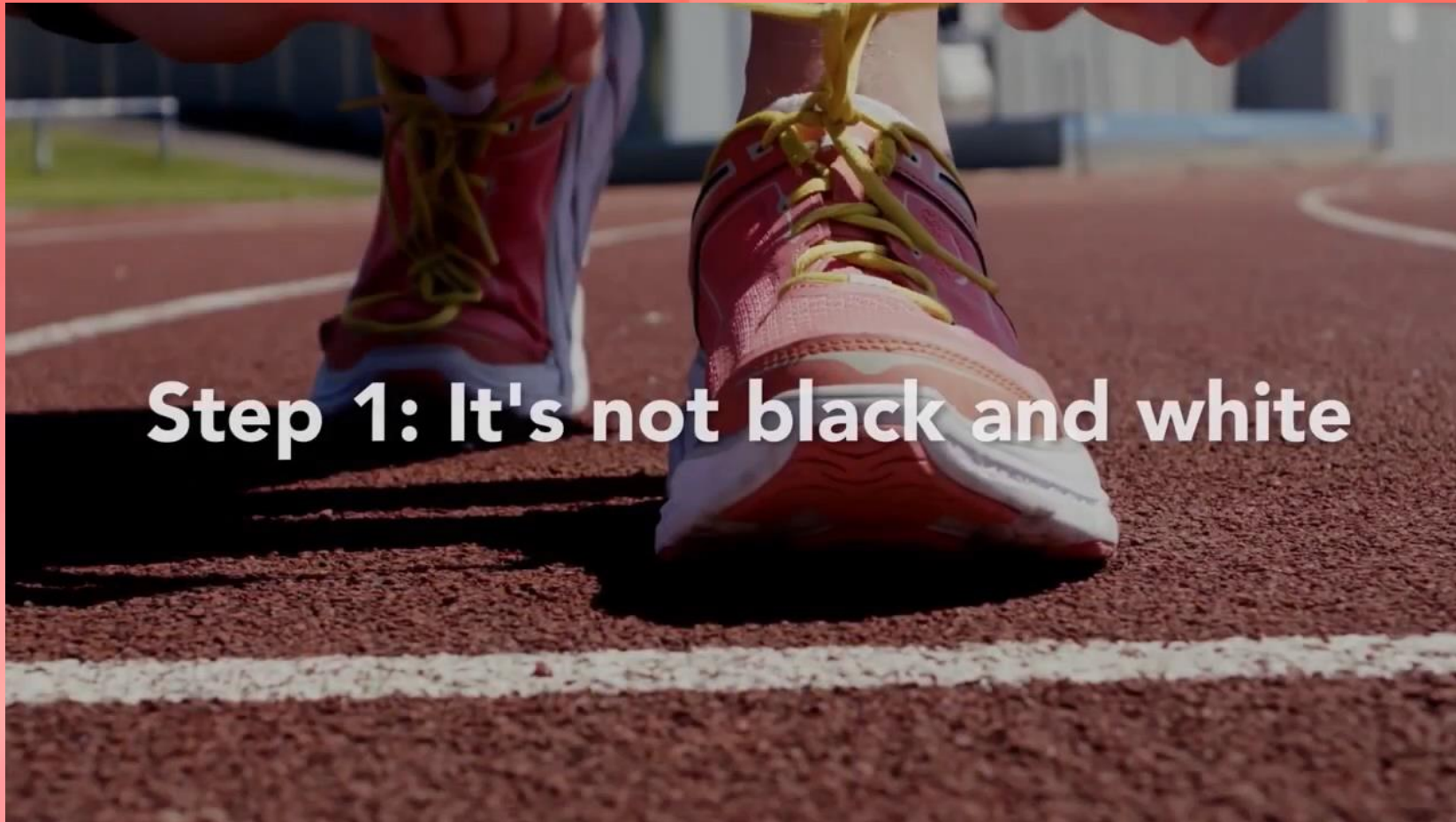
WHISTLEBLOWING DECISION-MAKING PROCESS

1. Determine whether what the whistleblower witnessed and experienced was doping.
2. Make the decision and take action to report it.
3. Deal with a myriad of consequences and emotions.

WHISTLEBLOWING DECISION-MAKING PROCESS

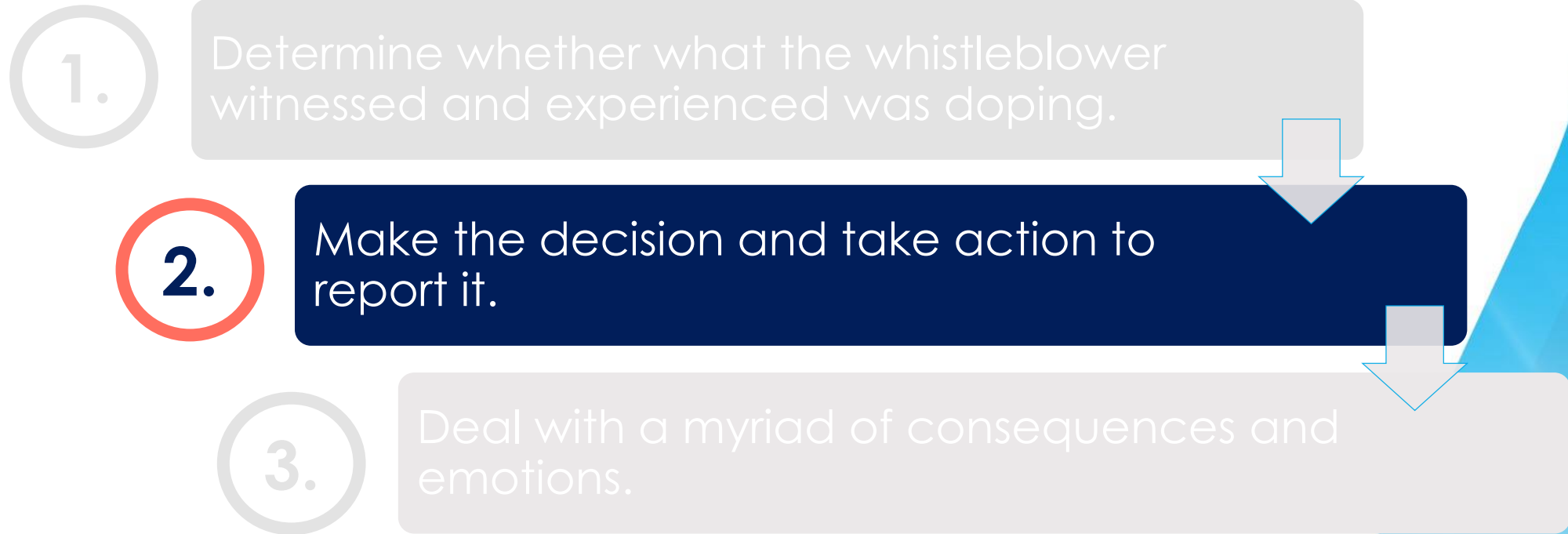


STEP 1

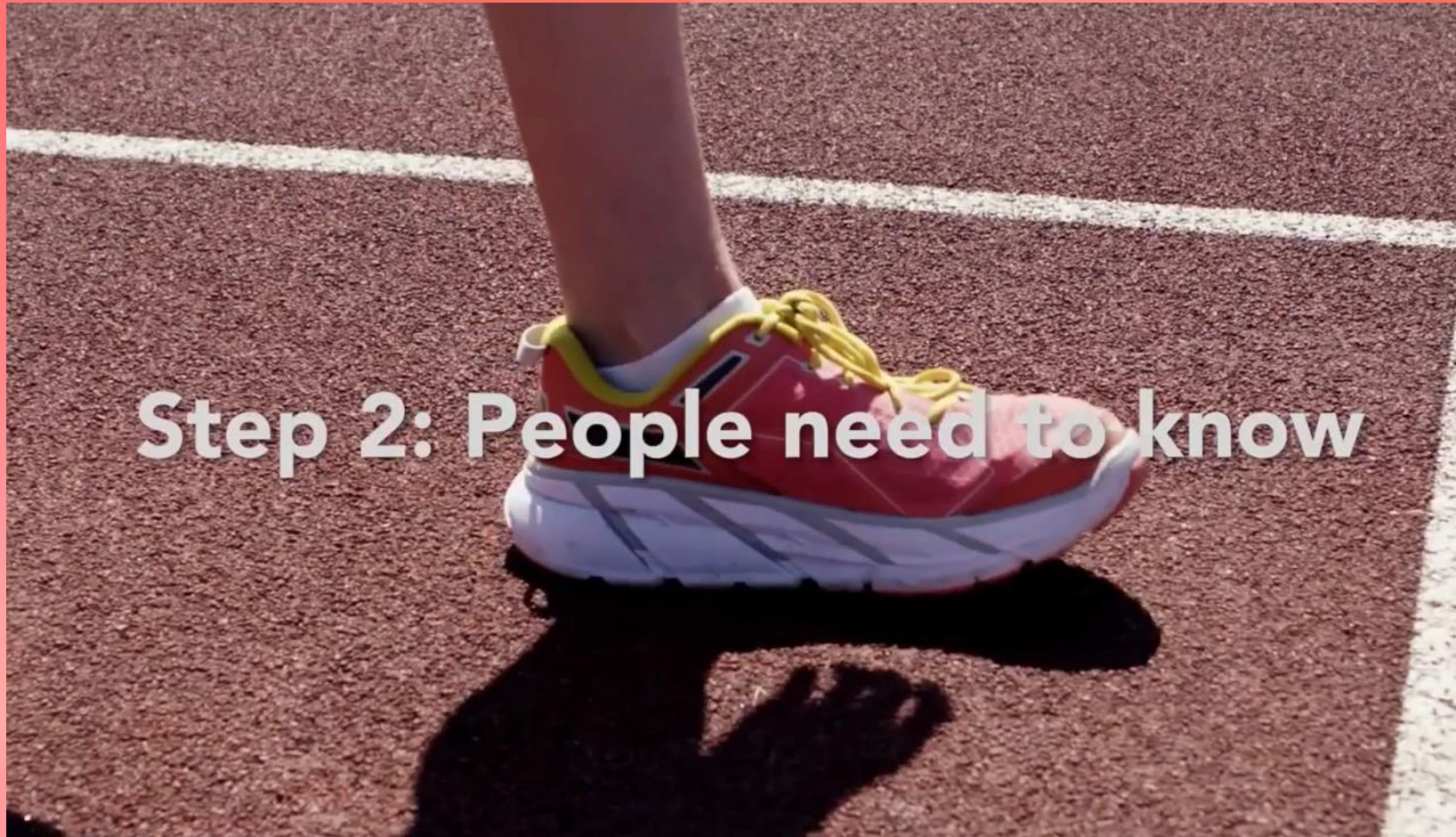


Step 1: It's not black and white

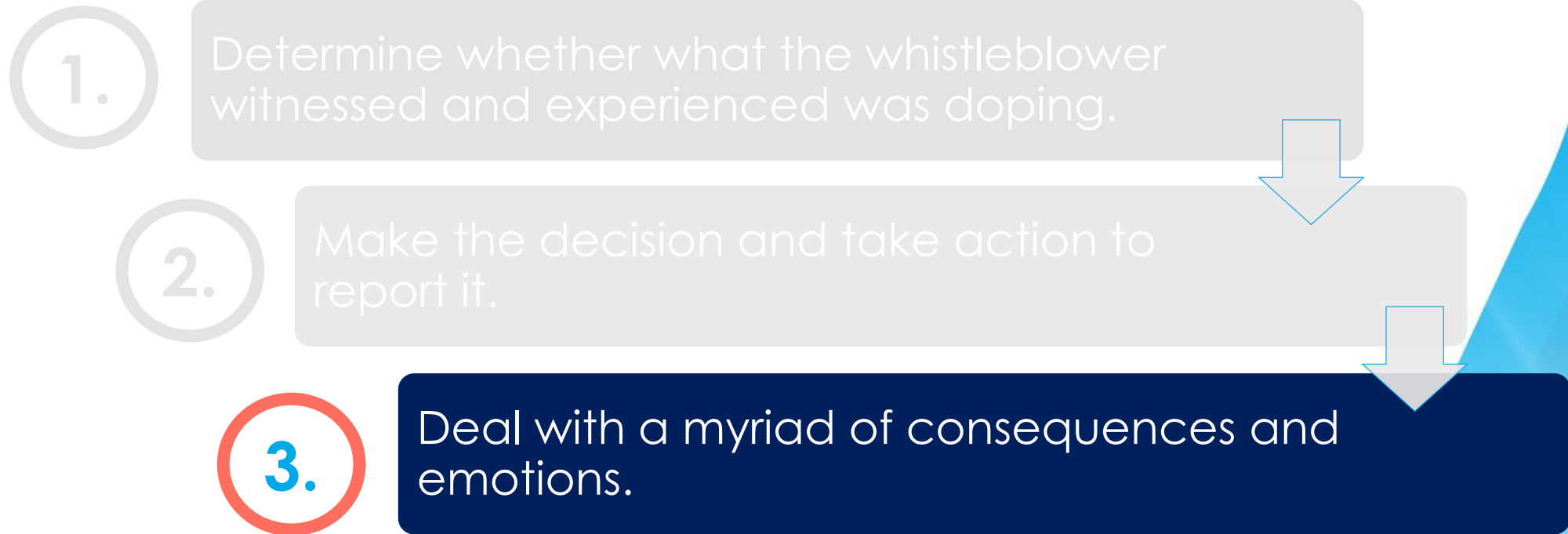
WHISTLEBLOWING DECISION-MAKING PROCESS



STEP 2



WHISTLEBLOWING DECISION-MAKING PROCESS



STEP 3



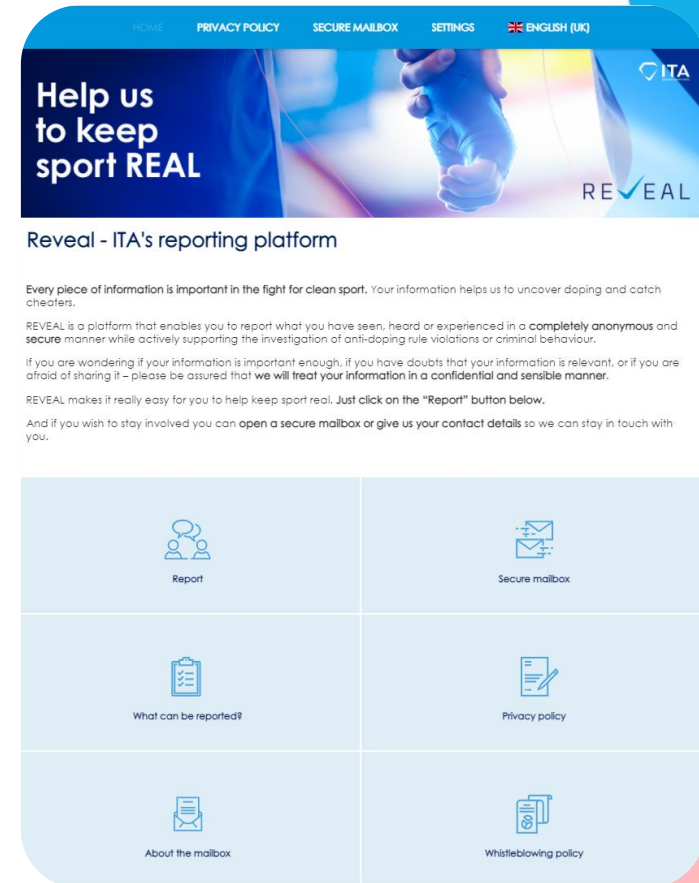
Step 3: It has totally changed my life

REVEAL

- ✓ ITA's online platform that can be used to report what you have **seen, heard or experienced** in a secure, confidential and anonymous manner
- ✓ Option to **open a mailbox** and/or provide contact details for further exchanges
- ✓ **Every piece of information is important** – no matter how small
- ✓ Reports can be submitted in **any language**

WWW.REVEAL.SPORT

RE✓EAL



USEFUL RESOURCES

RE✓EAL



UNIVERSITY OF
BIRMINGHAM



LEEDS
BECKETT
UNIVERSITY

- ✓ **Reveal:** [ITA Whistleblowing Platform](#)
- ✓ **Research paper:** [A psychological intervention reduces doping likelihood in British and Greek athletes: A cluster randomized controlled trial](#)
- ✓ **Video:** [Johnny's story](#)
- ✓ **Video:** [Effects of performance enhancing drugs with Tyler Hamilton](#)
- ✓ **Video:** [Effects of performance enhancing drugs with Yulia Stepanova](#)
- ✓ **Video:** [Blowing the whistle on doping in sport](#)
- ✓ **Video:** [WADA – anti-doping social science research](#)

Q&A

NEXT SESSION

SCAN TO REGISTER

OUT-OF-COMPETITION TESTING

THURSDAY

3 AUGUST – 14:00 CEST



A FEW REMINDERS

Please fill out the survey after this session. **Your feedback is very important** to us!

- ✓ You will receive a copy of the slides after the webinar after via email.
- ✓ Course completion certificates will be issued to everyone who attends all five webinars – make sure you **always register with the same email address.**

THANK YOU AND SEE YOU NEXT WEEK!

MORE QUESTIONS?

education@ita.sport

WEBSITE

www.ita.sport



[International Testing Agency](https://www.facebook.com/InternationalTestingAgency)



[@IntTestAgency](https://www.linkedin.com/company/IntTestAgency)



[@internationaltestingagency](https://www.youtube.com/channel/UCinternationaltestingagency)



[@IntTestAgency](https://twitter.com/IntTestAgency)



[@internationaltestingagency](https://www.instagram.com/internationaltestingagency)