



Anti-Doping Commission session 2009-2010

There is no doubt that the fight against the doping is the main worry of the ISMF Anti-Doping Commission. Although we should put aside the simplistic idea that every athlete is doped or an accomplice, we cannot deny that the doping affects a big variety of athletes, why not our? We have the political will in fighting the doping, and we will work on both precaution and repression.

Performance Rules

With the help of the national federations, we will exert a useful and necessary disciplinary power over the athletes, and possibly over some lenient leaders. Since this moment, we encourage the national federations to increase the medical supervision. In fact, it is their main role regarding the anti-doping precautions and the protection of the athletes.

They must put into practice soon the Performance Rules. These rules must include at least: the medical follow-up of the athletes, a training plan, warming-up and recovery methods, general hygiene advice, sleep and diet recommendation, during the travels (by plane for example), before, during and after the effort, and all that should help a good life hygiene and to avoid the doping temptation.

Certain values

Let's remind the words of the baron Pierre de Coubertin:

"the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well." To fight well means for Pierre Coubertin the strict respect to the *fair-play* and that the athletes participate with honour. Obviously, to cheat or to dope in order to improve the performance is contrary to the Olympic spirit.

The Olympic values

The doping risks the three main Olympic values: excellence, friendship and respect.

The *excellence* means the athlete does his best in the competition. The point is to participate with honour, to show and prove he likes the effort, and to try hard to reach his aim.

The *friendship* is the camaraderie, the exchange, and also means to deepen in interculturality and to use the sport to build a peaceful and better world.

The *respect* is something every athlete owes to his opponent before, during, and after a race, and also something he owes to himself. If he cheats, or dopes, he is not honest with himself.

The victory is then meaningless and the records are null.

The affected groups

The doping affects several groups of the population: high level athletes, amateur athletes, spectators...

The *High Level athletes* are the first affected group. An athlete who dopes deprives his rivals, who do not dope, of the glory and the reward they are supposed to obtain. Besides, we have



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to denounce the fact that an athlete who dopes is detrimental to the sport, since a positive doping test has a very negative effect on a sport's reputation. Another reason for the fight in this case is the bad example given to the young generations.

The *amateur* athletes are also affected. We can find them in the gym for example and "outdoor", but there we have few chances to make them subject to a test.

The *spectators* are likewise affected by this prevalent doping. One day they will stop watching the competitions because they will be too horrified at this cheating. Some of them, on the contrary, will be fatalistic and consider this was bound to happen. And others will stay indifferent. These three reactions will undermine the values of the sport.

The precaution actors

The sport is everybody's business: parents, doctor, coaches, teachers, leaders.

The *parents* must pay attention to any behaviour changes of their growing athletes. However, they shouldn't try to replace the coaches.

The *doctors* must inform and raise awareness. They know at best what can or cannot be taken.

The doctor and the coach have to make up a competence cell around the athletes.

The *teachers* and coaches must be fully aware that the doping is not only a matter of the others, the contagion is possible and unfortunately growing up.

The *leaders* mustn't demand "only" results, which can lead to excess of training and competitions. They have the main role of making up teams, reaching decisions, making choices, with respect of the sport and the rules.

The fight against doping is a long battle which has to be carried out without rest, with determination and conviction. The fight against doping is definitely each and everyone's business with respect of each other's tasks.

Inspiration sources

- Ministry of youth affaires and sports French Republic
- Olympic magazines: IOC, CNOSF, ...
- Websites for anti-doping fight: AFLD, WADA, ...