

## **Medical Committee**

Chair Chris Gilbert

The Medical Committee is privileged to help members enjoy powerlifting whatever their condition, by providing services on medications, exercise during illness, and navigation through the TUE process. Anti-doping regulations often predominate considerations of wellbeing.

We liaise with the IPF, UKAD, medical services and pharmaceutical companies.

## **Education**

Lead Chris Gilbert

This report introduces the UK Anti-Doping (UKAD) Assurance Framework and suggests just one possible way for compliance. The

suggestion is an individual work in progress, not born of special knowledge or expertise, a little quirky, and in no way definitive.

Education, Education, Education.

UKAD is the UK's National Anti-Doping Organisation (NADO), responsible for ensuring we implement and manage according to national policy. In 2021 the anti-doping Assurance Framework was introduced. [UKAD Assurance Framework v1.pdf](#)

To prepare British Powerlifting compliance with the Assurance Framework, conferences attended included, Mental Health Education in sports, UKAD's 'Workshops on Building an Effective Clean Sport Education Strategy and Implementation Plan, and British Weightlifting seminar on youth development. Future conferences include "Transwomen Athletes: Fairness, Inclusion and Sport, and Duty of Care". In addition, I joined the British Association of Sport & Exercise Science (BASES), and the ResearchGate science network

The UKAD education strategy workshops were concise introductions to the Assurance Framework. All the other sport NGBs attending were much larger than us and had at least a modicum of financial and personnel resources. They seemed to be making progress in raising their general level of knowledge of clean sport.

The sport of Powerlifting has several untested federations, so membership of British powerlifting is in itself a declaration of Corinthian values and motivation. We have a reputation for clean sport. We love our sport for its purity. Nobody sets out to dope.

## **Purpose of Education.**

- to encourage our members to achieve their best through hard work and dedication without using banned drugs, to enjoy powerlifting and preserve its value, to honour the faith family and friends place in us by doing what is right.
- To create a generation of athletes and recreational lifters who have confidence in their ability to succeed without resorting to misusing prohibited substances.
- To create a generation of support personnel who understand that the athlete they work with can achieve their goals without prohibited substances, and who embrace their obligations within the Clean Sport principles.
- To create a generation of powerlifting supporters who are sensitive to issues of doping in sport in an effort to increase their receptivity to prevention messages so that they can play their part in fostering clean powerlifting
- Use powerlifting to overcome disadvantage, inequality and exclusion.

British Weightlifting's Hallam Barbell, and British Powerlifting's Swindon Barbell have set out on that road.

### **One possible education strategy for UKAD**

#### **Year 1 and 2. Information**

Catching up with NGOs might not be so difficult.

For example, for at the level of general organisation, all competition entries could be supplied with an information pack, with the expectation that competitors and support personnel will refer to UKAD "100%Me" and take a UKAD's online course. The courses are beneficial. They are simple, informative, easy to follow, and not at all time consuming.

A same sort of service can be provided to coaches, clubs, British Powerlifting organisation and support personnel. The whole initiative highlighted through social media and using UKAD publicity on merchandise and platforms

This would be a 2-year process, with evaluation every 6 months with UKAD. It would meet UKAD requirements

We need guidance from members who are teachers and educators. Any comment, no matter how small, is very welcome. No commitment necessary, and no need to be polite!

### **Year 3. Understand the issues**

One target for the 3rd year might be better knowledge of our member's interests, understanding and requirements, and to have a database to facilitate continual learning.

### **Year 3-5. Target group**

UKAD require us to target a particular group for values- based education on clean sport. My instinct would be to ride on the back of the 1st and 2nd years and concentrate on our younger members.

UKAD is the national guardian of anti-drug policy. The value of its anti-drug information, learning, publicity, and links to resources cannot be overstated. It has evolved from traditional "law and order" anti-doping polices, towards education by information.

Many athletes support strong measures, and 94% think an anti-doping education programme aimed at young competitors would be effective in reducing future drug use. However, the evidence is that antidoping knowledge does not influence attitude or behaviour in young athletes.

There is a massive knowledge gap around motivation for young people for taking IPEDs. Worldwide there is surprisingly little information or research on promoting clean sport in younger sportspeople. Only comprehensive intervention (fact-based education supplemented with refusal skills role play, peer-led sessions, and integration with a strength training programme) has shown significant decreases in self-reported use, desire or intention to use. Research has been exclusively on team sports; none on high arousal individual sports such as powerlifting. There's been no learning from offenders, and no rehabilitation.

The doping issue is critical in young and vulnerable people, who may find it especially difficult to resist taking drugs if it's part of the culture of sport and our society.

Some athletes take a large number of supplements and might send out the message that there are pharmacological solutions to training needs. It's a short step from vitamin pills and supplements to banned substances. Many role models, musicians, TV and film stars, have admitted or boasted about using drugs. Boris said he'd put the vaccination programme "on steroids", and the wizard in children's "Asterix", whose potions make warriors victorious, is "Getafix".

British Powerlifting has neither the expertise nor resources to influence young members' behaviour, but we can recruit those who do, such as UKAD, the Department for Digital, Culture, Media & Sport, and academia.

British Powerlifting is a unique opportunity for government bodies, educators, social & behavioural scientists, and health influencers, for pivotal research and knowledge.

I would very much appreciate contact and advice from teachers, educationalists, public health, publicists, market researcher, behavioural scientists, universities, and anyone studying for their degree, Masters or doctorate.

## **Now**

British Powerlifters know full well that there can be no ambition without realistic, solid and consistent preparation.

### Suggestions for consideration (3-6 months)

- Do we share a strategic vision for education?
- What is consensus?
- Is the above the sort of strategy we want, and can achieve?
- Is there a better/easier/middle way?
- Should we just concentrate for the next 3 years on strict liability? (Athletes are solely responsible for what is found in their system, regardless of how it got there, or whether there was any intention to cheat)

**What you see is 100% me.**

**Clean Sport Week 23-27 May 2022**



Chris Gilbert.

antidopingeducation@britishpowerlifting.org