



# ANTI-DOPING SEMINAR

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# Summary

- Doping - Introduction
- Prohibited list
- Drug testing programme overview
- Positive test results
- Drug testing procedure
- Therapeutic Use Exemptions

# What constitutes Doping?

- Using a prohibited substance
- Possessing a prohibited substance
- Interfering with the testing process
- Refusal to undergo test
- Not providing whereabouts information (Out-of-Competition). 3 missed tests/12 months for individuals in RTP
- Encouraging or assisting others to dope (including trafficking of drugs)
- Covering up Doping activities
- Any type of complicity regarding doping activity

# Anti-Doping Positive Test(s)

- What happens?
- Suspended for up to four (4) years
- More than 3 positive tests in 12 months, a federation may be suspended.
- Fines/Costs
- Notification by the media that undermines the sport.

# Why do powerlifters take drugs?

**Increase  
oxygen  
transport**

**Lose weight,  
train harder**

**PHYSIOLOGICAL  
REASONS**

**To build muscle,  
increase energy**

**Mask injury and  
reduce  
tiredness**

# Why do powerlifters take drugs?

**To increase  
motivation**

**PSYCHOLOGICAL  
REASONS**

**To steady  
nerves**

**To increase  
aggression**

# Why do powerlifters take drugs?

**They are prepared to win at all costs**

**Belief that everyone else is doing it**

## **SOCIAL REASONS**

**Pressure to win from coaches, peers and the media**

**By winning they can earn big money**

**Fear of not winning**

# Why should athletes not take drugs?

## MORAL REASONS

- Gives an unfair advantage
- Undermines the true spirit of sport
- Reflects badly on others

## LEGAL REASONS

- Against the law of the land
- Against the law of sports



# Why powerlifters should not take drugs?

## HEALTH REASONS

- Can be addictive
- Lower life expectancy
- Can cause death
- Can lead to liver disorders and heart disease
- Can suppress growth
- Can cause sexual and gynaecological problems
- Can affect moods and behaviour causing aggression and depression

# Why shouldn't powerlifters take drugs?

## ROLE MODELLING


- Gives a bad example to others, especially young people who copy their heroes and put their lives at risk
- Gives a bad image to powerlifting and lowers its status

# Why does the IPF fight against Doping?

- Protect the integrity of our sport.
- Protect the sport against those that may want to cheat
- Anti-doping rules protect the rights of athletes.
- Protect the health of the athlete!

# Why is Doping dangerous?

- Athletes using prohibited substances:
- Substances are not always prescribed and followed by a doctor
- The athletes often take larger doses
- Might use in combination with other substances – The combinations may be lethal due to drug interaction.
- Substances are often illegal or contain counterfeit substances that are not regulated



## How does a substance become prohibited?

### What are the criteria for adding a substance to the List?

Must meet any 2 of the following 3 criteria:

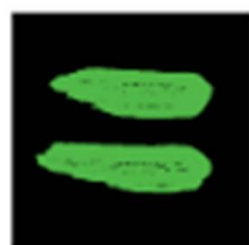
- It has the potential to enhance or enhances sport performance;
- It represents an actual or potential health risk to the athlete;
- It violates the Spirit of Sport.

# Drugs in Sport

1. Socially acceptable: alcohol, nicotine - NOT PROHIBITED
2. Medications: OTC and prescribed drugs – MAY BE PROHIBITED
3. Socially unacceptable: Marijuana, cocaine, ecstasy, etc.
4. Performance enhancers
5. Contaminated supplements

# Common medications

- There are some common medications on the Prohibited List. An athlete or a medical professional should not make assumptions regarding the status of any medications.
- It is the responsibility of the athlete to ensure that all medical professionals are aware of their status as an athlete who could be tested. All athletes should ask medical professionals to check the status of medications during the prescription process and when purchasing medications over the counter at a pharmacy.



**WORLD  
ANTI-DOPING  
AGENCY**

play true





# The World Anti-Doping Code

THE 2017  
PROHIBITED LIST

INTERNATIONAL  
STANDARD

The official text of the Prohibited List shall be maintained by WADA and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.

This List came into effect on 1 January 2017

The Prohibited list is a document which identifies the substances and methods prohibited in-competition, out-of-competition, and in particular sports

# Anabolic Agents

- Enhance muscle mass gained from strength training
  - Anabolic steroids
  - Testosterone precursors

# Anabolic Steroids

- Testosterone derivatives – modified to increase anabolic effects to increase strength and endurance with the overall purpose of elevating performance.
- Human Growth Hormone

# Anabolic steroid side effects

- Acne
- Alopecia
- Testicular atrophy
- Masculinization
- Gynecomastia
- Infertility
- Mood alterations
- Adverse lipid profile
- Hypertension
- Glucose intolerance
- Premature epiphyseal closure

# Stimulants

- Promote CNS and muscular excitation
- Caffeine (not prohibited)
- Amphetamines
- Ephedrine (and pseudoephedrine)

# Pseudo-ephedrine

- Pseudoephedrine is an ingredient in many cold, flu and sinus remedies
  - Consider using an alternative medication. There are several products that contain phenylephrine instead, which is permitted in sport.
  - Never exceed the manufacturers recommended dose.
  - Do not use any medications that contain pseudoephedrine with 24 hours (minimum) of competing.



# Nutritional Supplements

- Unregulated industry
- Supplements are often tainted with banned substances
- Recent cause of a number of test failures

# Supplements

- Supplements can present a high risk for several reasons:
  - They do not fall under the same regulations as food and medicines. This means they do not have to state all their ingredients on the label, so you may not know what you're taking
  - Advertising of supplements can suggest untested claims about their benefits
  - Production of some supplements has low quality control, which means that there is a chance of contamination with other products that may be banned substances.
- Diet, lifestyle and training should all be optimised before considering supplements (Do you really need them?)
  - Athletes should assess the need for supplements by consulting an accredited sports dietician, registered nutritionist with expertise in sports nutrition, or a sports and exercise medicine doctor, before taking supplements.



# Bottom line

- Check medications!
- Competent personnel, literature, websites.
  - [www.powerlifting-ipf.com](http://www.powerlifting-ipf.com)
  - Global Drug Reference On-line (Global DRO)
  - [www.globaldro.com](http://www.globaldro.com)
  - World Anti-Doping Agency
  - [www.wada.org](http://www.wada.org)
- Medications bought in one country may contain different ingredients in another country
- Beware of over the counter supplements – They may be tainted with a substance that may cause a positive test!

# Comments

- Strict liability principle
- More testing..... ?
- Increasing abuse of social drugs
- Misconceptions & misperceptions of doping control by lifters / clubs
- Failure to comply with regulations – Negligent
- Inadequate Medical control of drug consumption by athletes
- Supplement contamination

# Therapeutic Use Exemptions

- Athletes, like all others, may have illnesses or conditions that require them to take particular medications.
- If the medication an athlete is required to take to treat an illness or condition happens to fall under the Prohibited List, a Therapeutic Use Exemption may give that athlete the authorization to take the needed medicine.

# What are the criteria for granting a TUE?

The criteria are:

- The athlete would experience significant health problems without taking the prohibited substance or method,
- The therapeutic use of the substance would not produce significant enhancement of performance, and
- There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method.

# Apply for a TUE

- For any treatment involving a substance or method on the Prohibited List.
- If approved, athlete can begin treatment only after receiving the authorization notice from the relevant organization (except in rare cases of an acute life threatening condition for which a retroactive approval may be considered).

In partnership with

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**Thank you**