



**EUROPEAN U16
WOMEN'S ICE HOCKEY CUP**



Co-funded by the
Erasmus+ Programme
of the European Union

**Hungarian Anti-Doping Group's
EDUCATIONAL PROGRAM**

WHAT IS DOPING?

World Anti-Doping Code: „a substance or treatment constitutes doping if it meets two of the three following criteria:

- It enhances performance
- It presents a risk to the athlete's health
- It is contrary to the spirit of the sport"

WHY DO PEOPLE CHEAT?

- Sometimes prizes, money or fame can cause people to make bad decisions
- Others feel pressure from coaches, parents or themselves to be the best
- Some athletes use drugs to overcome an injury

**Whatever the reason,
there is no excuse for doping!**

HISTORY OF DOPING

- Already the ancient athletes tried to achieve better performance by eating raw meat, testicles, special mushrooms or drinking different herbal infusions
- Doping was first reported in the second half of the 19th century
- That time athletes used alcohol, strychnine and opioids
- 1928: International Amateur Athletic Federation (IAAF) was the first federation to ban doping

HISTORY OF DOPING

- 1966: FIFA and UCI introduced doping control at their world events
- 1967: first Prohibited List set up by the International Olympic Committee
- 1968: first drug test introduced at the Olympic Games (Grenoble and Mexico City)
- 1970: most international sport federations introduced drug tests



WORLD ANTI-DOPING AGENCY

1999: the International Olympic Committee took the initiative in a more organized battle against doping by forming the World Anti-Doping Agency.



PURPOSE OF THE WORLD ANTI-DOPING PROGRAM AND THE CODE

To protect the athletes' fundamental right to participate in doping-free sport and thus promote health, fairness and equality for athletes worldwide.

Learn more about the **Athletes' Anti-Doping Rights Act**:
https://www.wada-ama.org/sites/default/files/resources/files/athlete_act_en.pdf

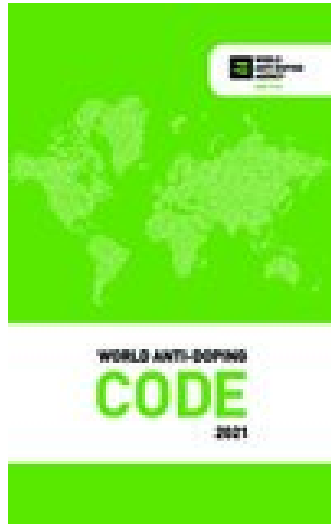
PURPOSE OF THE WORLD ANTI-DOPING PROGRAM AND THE CODE

To ensure harmonized, coordinated and effective anti-doping programs at the international and national level with regard to the prevention of doping, including:

- Education
- Deterrence
- Detection
- Enforcement
- Rule of law

World Anti-Doping program

Level 1: The Code



MANDATORY

Level 2: The Standards



MANDATORY

Level 3: Models of Best Practice

For federations
and national anti-
doping
organizations

RECOMMENDED

ANTI-DOPING ORGANISATIONS (ADOs)

ADOs are in charge of implementing and enforcing the rules.

- National Anti-Doping Organizations (NADOs - in charge of anti-doping for a country)
- International Federations (IFs - in charge of anti-doping for a sport)
- Major Event Organizations (MEOs - in charge of anti-doping at a given event)

ANTI-DOPING RULE VIOLATIONS

ADRVs applying to athletes only:

- Presence
- Use or attempted use
- Evading, refusing or failing to submit to sample collection
- Whereabouts failures

ANTI-DOPING RULE VIOLATIONS

These ADRVs apply both to athletes and to athlete support personnel

- Tampering or attempted tampering
- Possession
- Trafficking or attempted trafficking
- Administration (i.e. without aiding or abetting)
- Complicity or attempted complicity
- Prohibited association
- Acts by an athlete or other person to discourage or retaliate against reporting to authorities

ANTI-DOPING RULE VIOLATIONS

Athletes need to make sure they are fully aware of all the Anti-Doping Rule Violations and what the consequences are for breaking them. For example:

- Refusing a test can lead to a four-year ban.
- Intending to cheat, whatever the substance, the period of ineligibility is four years
- If the violation involved a contaminated product (diet supplementary) and you can prove you had no significant fault, your ban may range from two years to a reprimand

RESPONSIBILITIES OF ATHLETES

- To be knowledgeable of and comply with all applicable anti-doping policies and rules adopted pursuant to the Code
- To be available for sample collection at all times
- To take responsibility - in the context of antidoping - for what they ingest and use
- To inform medical personnel about their obligation not to use prohibited substances and prohibited methods
- To cooperate with Anti-Doping Organizations investigating anti-doping rule violations

PROTECTED PERSONS

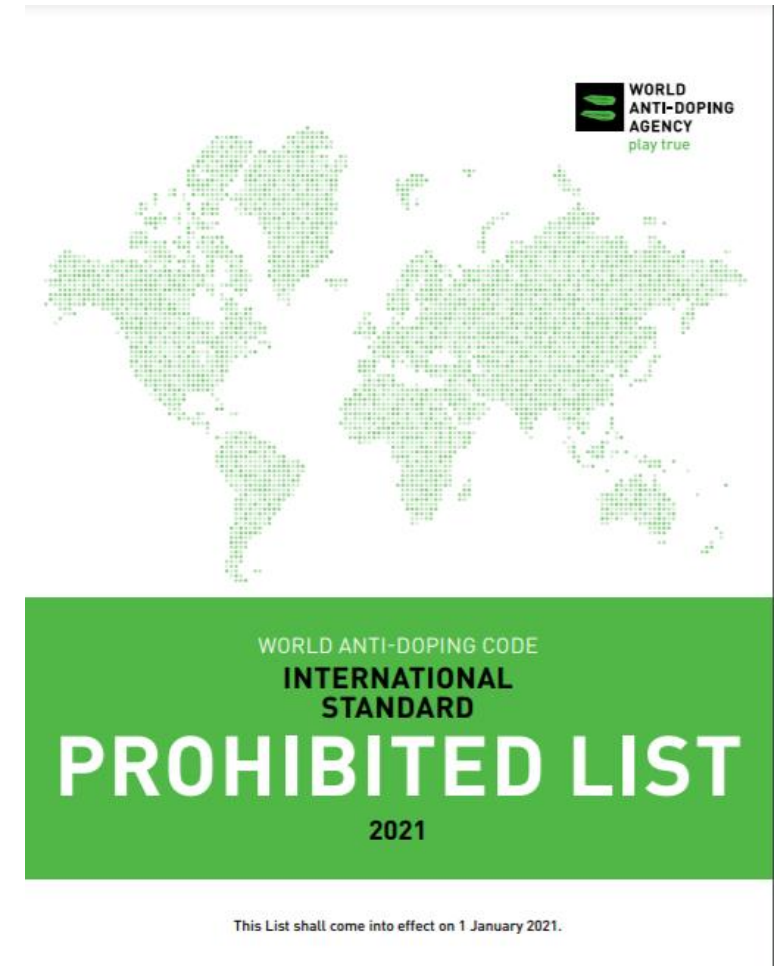
The Code treats protected persons differently than other athletes or persons in certain circumstances based on the understanding that, below a certain age or intellectual capacity, an athlete or other person may not possess the mental capacity to understand and appreciate the prohibitions against conduct contained in the Code.

YOU ARE A PROTECTED PERSON IF YOU

- have not reached the age of sixteen (16) years;
- have not reached the age of eighteen (18) years and are not included in any Registered Testing Pool and have never competed in any international event in an open category;
- for reasons other than age have been determined to lack legal capacity under applicable national legislation.



PROHIBITED LIST



<https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents>

WHAT ARE THE CRITERIA FOR SUBSTANCES OR METHODS TO BE ADDED TO THE LIST?

- The substance or method has the potential to enhance or enhances sport performance
- The use of the substance or method represents an actual or potential health risk to the athlete
- The use of the substance or method violates the spirit of sport (e.g.: drugs)
- A substance or method that has the potential to mask the use of other prohibited substances or prohibited methods (e.g.: diuretics)

PROHIBITED LIST

SUBSTANCES AND METHODS PROHIBITED AT ALL TIMES

- Non-approved substances
- Anabolic agents
- Peptide hormones, growth factors and mimetics
- Beta-2 agonists
- Hormones and metabolic modulators
- Diuretics and other masking agents
- Manipulation of blood and blood components
- Chemical and physical manipulation
- Gene doping

SUBSTANCES PROHIBITED IN-COMPETITION

- Stimulants
- Narcotics
- Cannabinoids
- Glucocorticosteroids

SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

- Beta-blockers

DO NOT FORGET!

ATHLETES
and only
ATHLETES

are responsible for any prohibited substance
that may be found in their sample!

DO NOT FORGET!

WHAT IS THERAPEUTIC USE EXEMPTION (TUE)?

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 (TUE) may give that athlete the authorization to take the needed medicine.

WHAT ARE THE CRITERIA FOR GRANTING A THERAPEUTIC USE EXEMPTION(TUE)?

- 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.



HEALTH CONSEQUENCES OF DOPING

Most medications on the Prohibited List can be
bought at a pharmacy

– so they must be safe to use –

RIGHT?????

NO!!!!!!

HEALTH CONSEQUENCES OF DOPING

All types of medication have side effects – but taking them when your body doesn't need them can cause serious damage to your body and destroy your athletic career.

The banned substances can cause a very serious disease in a young and healthy body.

Medication is for people with specific health issues – not for healthy athletes. They were not approved to be used by healthy people, in higher doses and in combination with other substances.

HEALTH CONSEQUENCES OF DOPING – Anabolic Steroids

They can make your muscles big and strong, BUT ...
....you may become dependent on them and they may :

- Give you acne
- Make you bald
- Increase the risk of liver and cardiovascular disease
- Give you high blood pressure
- Give you psychological dependence
- Give you mood swings
- Make you more aggressive
- Make you suicidal
- Increase your risk of contracting infectious diseases such as hepatitis and HIV/AIDS

HEALTH CONSEQUENCES OF DOPING – Anabolic Steroids

Further risks

Girls

- increased facial and body hair growth
- deepening of the voice, and loss of feminine body characteristics
- enlargement of the clitoris
- menstrual cycle changes

Guys

- pain when urinating
- testicular shrinkage
- breast development
- impotence, reduced sperm count and infertility

NUTRITIONAL SUPPLEMENTS

Most of athletes and coaches believe in the performance-enhance power of nutritional supplements.

BUT

- scientific evidence is poor
- its popularity is caused mostly by the marketing of the producers

RISK OF USING NUTRITIONAL SUPPLEMENTS

Supplements may intentionally contain prohibited substances or may be inadvertently contaminated with prohibited substances, because:

- Supplement companies are not highly regulated
- Some supplement manufacturers mislabel their products by not accurately specifying the contents or the relative amounts of each ingredient per dose.
- It is not uncommon for supplements to be cross-contaminated with banned substances during the manufacturing process.

**„ALL NATURAL“
„PURE“ „FAST RESULTS“
nutritional supplements**

BEWARE!!!

There could be a banned substance
in your „all-natural“ supplement

USE IT AT YOUR OWN RISK!

DOPING CONTROL- WHAT IS IT'S PURPOSE?

- To prevent the use of substances and methods, which are dangerous to health and/or increase performance
- Secure the athletes the right to honest and fair play
- Respect the ethics in sports and medicine.

THANK YOU!



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WOMEN'S ICE HOCKEY CUP

DOPING CONTROL

Please watch our video!



<https://www.youtube.com/watch?v=vTnoIKKhQR4&t=86s>