

Athlete perspective on Anti-Doping

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Doping in Sport

- Culture of doping
- Testing
- Ethics
- Legalities
- Conclusion



More culture of doping..

- “They can’t test for it so its not cheating.” -WRONG
 - EPO and human growth hormone
 - Balco
 - Gene doping....



Culture of Doping

- Pressure to succeed
- Insecurity (eating disorders, shortcuts)
- Money
- Everyone else is doping
 - . "It's not cheating if everybody is doing it. And if you've got the knowledge that that's what everyone is doing, and those are the real rules of the game, then you're not cheating." – Victor Conte

Testing agencies

- USADA: US Anti-Doping Agency
- WADA: World Anti-Doping Agency
- Types Of Testing:
 - Out-of-Competition
 - 2004: USADA conducted 4447 OOC tests
 - In-Competition



Testing

- Not current (1-2years behind athletes)
 - Finally some promise with the THG and DMT findings by WADA and USADA
- No athlete confidence in testing
- Bad strategy
 - testing at the wrong times
- Not enough money to fund anti-doping
- Types of testing:
 - Out-of-competition testing
 - In-competition testing

Out-Of-Competition Testing

- 4 steps
 - Selection
 - Fill out location forms quarterly, and keep updated
 - Notification
 - Normally at home, work, or gym
 - Sample collection
 - Urine samples
 - Testing
 - Notified of results in writing



Ethics



- Societal “Win at all costs” mentality
 - College students take Ritalin to improve their academic performance. Musicians take beta blockers to improve their onstage performance. Middle-aged men take Viagra to improve their sexual performance. Shy people take Paxil to improve their social performance -New York Times
 - Society is beginning to accept pharmaceutical enhancements

Legalities

- Clean athlete view
 - Non analytical positives are important
 - Save sample for future testing
 - Suing for loss of prize and salary money
 - What about rights of clean athletes to have clean competition?
- Dirty athletes take advantage of system
 - System financially rewards these athletes

Conclusion

- This report sounds negative because I have seen the pitfalls of testing. I believe that unless the work to stop gene doping isn't addressed now, it will change the face of sports.
- Anti-doping is facing a new frontier with gene doping.