

Lecture 8

Topic: «DOPING PROBLEM IN SPORTS» Part 2



WHAT IS A DOPING?

* **Doping** is an any substances of natural or synthetic origin which use allow to achieve improvement of sports results. Such substances can raise sharply for a short time activity of nervous and endocrine systems and also increase muscular force. The medicines stimulating synthesis of muscle proteins after influence of loads of muscles belong to dope.



* TYPES OF DOPING

- * All psychostimulators, respiratory analeptik, adrenomimetik, MAO inhibitors, holinomimetik, antikholinesterazny means, antidepressants, narcotic analgetik, warm glycosides, corticosteroids, peptide hormones - STG, AKTG, gonadotrophins, erythropoietin.
- * Anabolic steroids, gonadotrophin, amphetamines, diuretics, blood dope, alcohol, cocaine, heroin, amphetamines, beta



2017 LIST OF PROHIBITED SUBSTANCES AND METHODS

The 2017 List is valid from January 1 to December 31, 2017.

SUBSTANCES AND METHODS

PROHIBITED AT ALL TIMES

(IN- AND OUT-OF-COMPETITION)



SUBSTANCES

PROHIBITED IN-COMPETITION



SUBSTANCES

PROHIBITED IN PARTICULAR SPORTS



PROHIBITED AT ALL TIMES

Substances

S0 Non-approved substances

Methods

S1 Anabolic agents

S2 Peptide hormones, growth factors, related substances and mimetics

S3 Beta-2 agonists

S4 Hormone and metabolic modulators

S5 Diuretics and masking agents

PROHIBITED IN-COMPETITION



Substances

S6 Stimulants

S7 Narcotics

S8 Cannabinoids

S9 Glucocorticoids

PROHIBITED IN PARTICULAR SPORTS ✓

Substances

P1 Alcohol

P2 Beta-blockers

WADA publishes 2018 List of Prohibited Substances and Methods



Today, the World Anti-Doping Agency (WADA) publishes the [2018 List of Prohibited Substances and Methods](#) (List); along with, the [2018 Summary of Major Modifications and Explanatory Notes](#). The List, which was approved by WADA's Executive Committee on 24 September 2017, comes into force on 1 January 2018.

The List, which is one of five International Standards that are mandatory for all [Signatories](#) of the [World Anti-Doping Code \(Code\)](#), designates what substances and methods are prohibited both in- and out-of-competition; and, which substances are banned in particular sports.

* IN WHAT SPORTS USE A DOPING?

- * 1. High-speed and power types: weightlifting, throwings, sprint distances in track and field athletics, swimming, speed skating, cross-country skiing.
- * 2. Sports with primary manifestation of endurance, cyclic sports: run, swimming, cross-country skiing, cycle racings, speed skating (long distances).
- * 3. Game sports: football, soccer, basketball, rugby, baseball, bandy and with a washer, golf, etc.
- * 4. Hard coordination sports: high jumps, diving, figure skating, gymnastics, fencing, etc.
- * 5. Single combats: all types of wrestling, boxing, oriental martial combats, etc.
- * 6. In equestrian sport (В конном спорте).



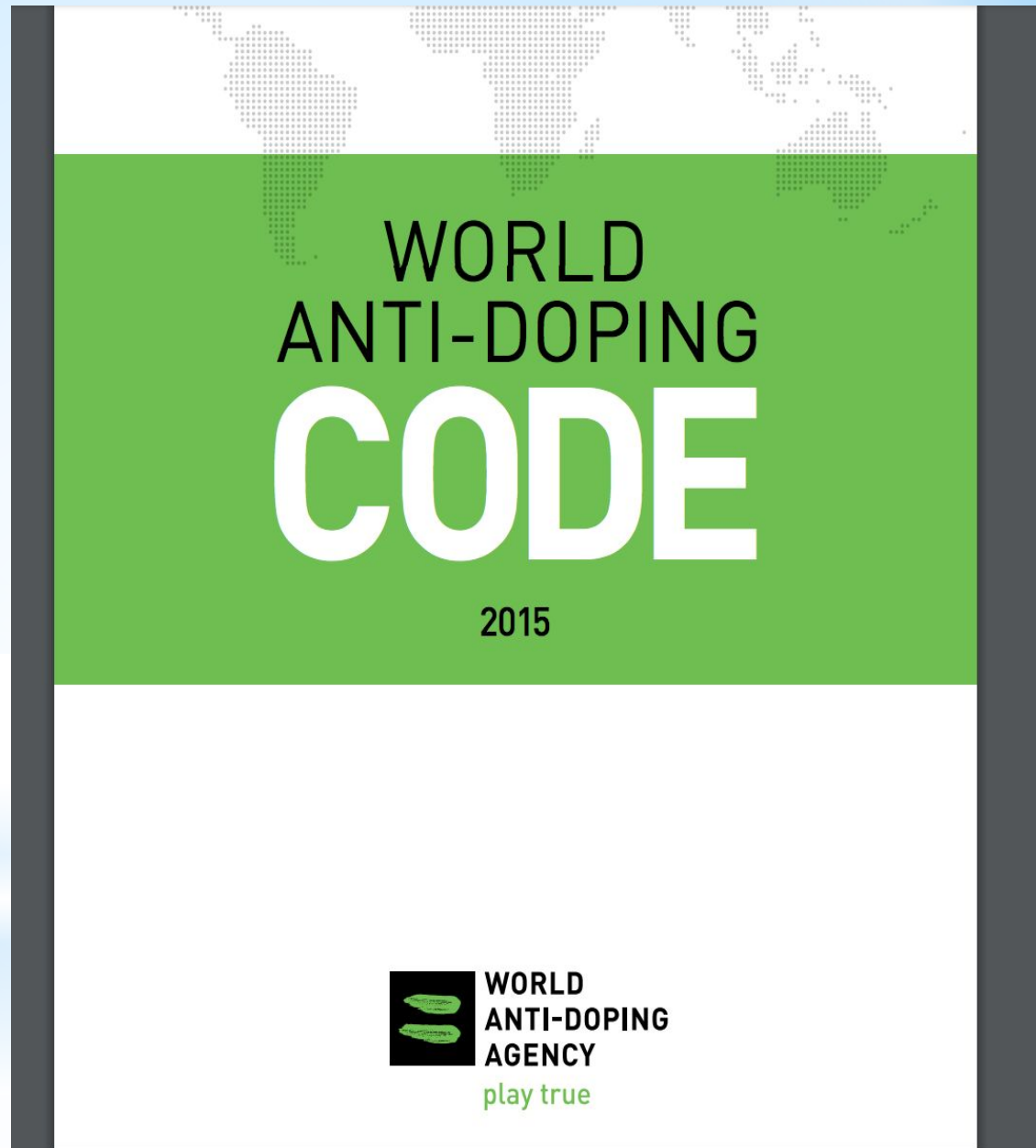
* Who checks athletes for doping?

* Huge amount of medicines have the status **forbidden** (запрещенный) for athletes during the competitions. The modern concept in the field of fight against doping in elite sport is provided in the **Anti-doping Code** of the **World Anti-Doping Agency (WADA)**.



* At the international level the use by athletes of the forbidden substances controls WADA. Besides, in each country there are national anti-doping agencies which work at internal competitions, minimizing thereby the number of the international scandals.

* In January
1, 2015
WADA
published
new World
Anti-Doping
Code





DOPING CONTROL

- *The doping test is the most important component of the comprehensive program of the actions directed to prevention of application by athletes of the prohibited (doping) means.
- *In the majority of sports the established doping involves disqualification for 4 years, and repeated – for 8 years or even forever.

* **Doping Control Officer** - also know as a DCO.
He protects athletes' rights in a doping control process

which consist of five phases:

1. **Athlete selection** - Выбор спортсмена

2. **Athlete notification** - Уведомление спортсмена

3. **Sample collection** - Забор анализа

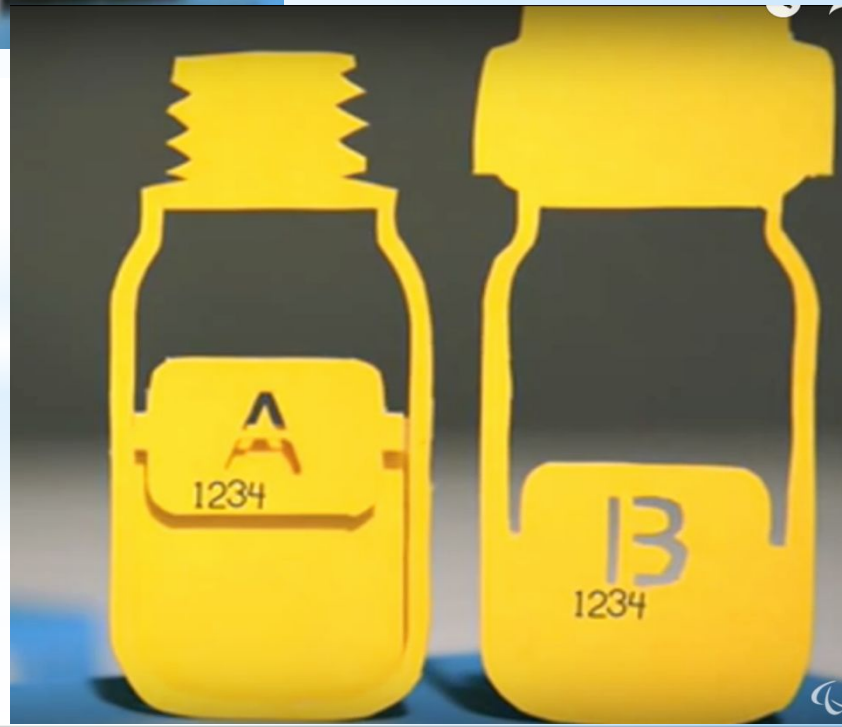
4. **Laboratory analysis** - Лабораторный анализ допинг-теста

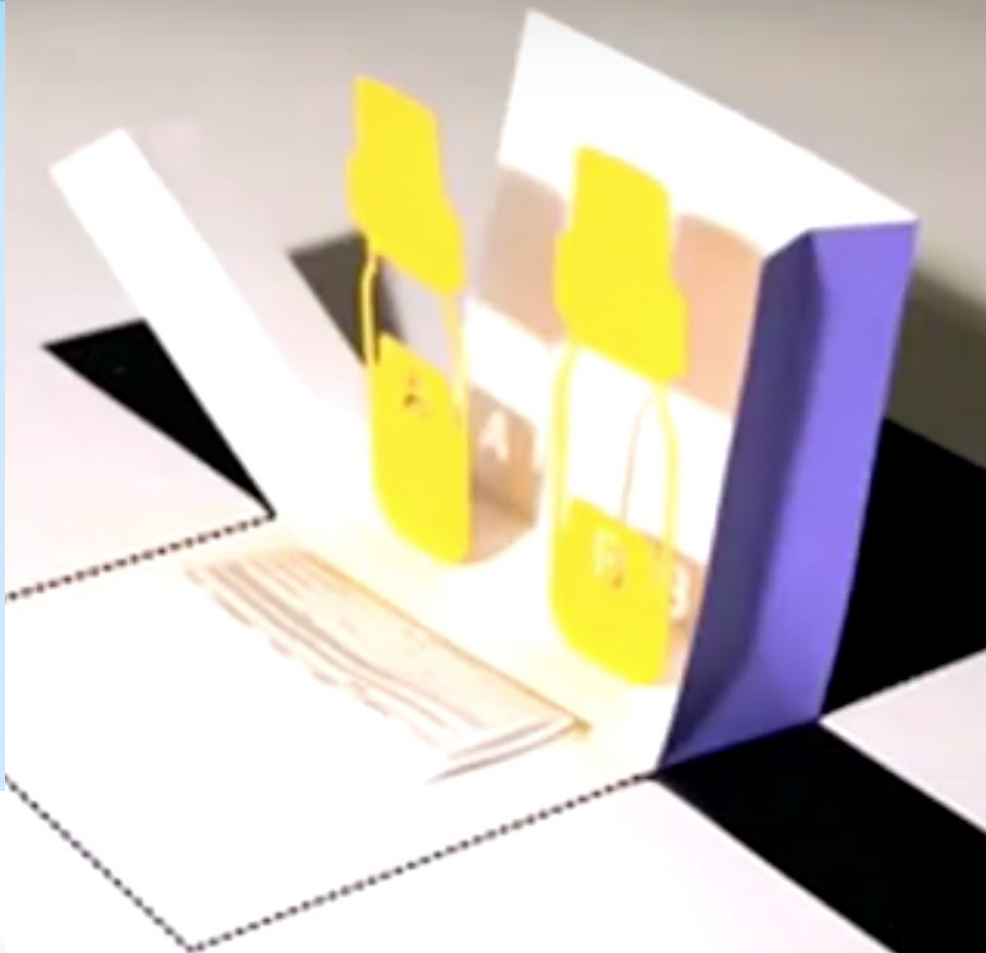
5. **Results management** - Управление результатами допинг-теста



*Special banks for sample collection
(for urine)

*Doping-test Process





WADA
Accredited
Laboratory

* therapeutic permission to use of the prohibited medications



Simona Biles -
American artistic
gymnast

Rafael Nadal - Spanish
professional tennis
player





- * **The Williams sisters are two professional American tennis players**
- Only in 2015 WADA has given 583 therapeutic permission for American athletes

* Influence of doping medicines on a human body very not unambiguous



* On the one hand, they stimulate nervous and physical activity of the person therefore sports results can be fantastic.

* On the other hand, doping - all the same drug. So, can't but exert on an organism of bad impact. The quantity of death because of taking stimulants has sharply increased in recent years.



* In the summer of 2012 of the legendary bicycle racer **Lance Armstrong** have found guilty of the doping use – erythropoietin. The athlete has been deprived of all titles won by him since 1998, including also the Olympic gold of Sydney in 2000.



- * On March 7 Maria Sharapova has convened the emergency press conference at which she declared that she has got on doping.
- * But it was the medicine Mildonium which stimulates and supports work of heart.
- * Sharapova was discharged of the international competitions for 15 months.

* Sports Doping Scandal Hits Kazakhstan



***THANK YOU FOR
ATTENTION!**