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COMMITTEE FOR THE DEVELOPMENT OF SPORT

Expert Group on Doping

PROPOSALS FOR ACTION TO INFORM SPORTS ORGANISERS,
SPORTS TEACHERS AND HEALTH PROFESSIONALS
ABOUT DOPING WITH A VIEW TO ITS PREVENTION

The case of FRANCE

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Since existing preventive measures are manifestly inadequate, a strategy for preventing doping needs to be devised. All those who organise or practise a sport are concerned, for doping, and certain ideas about it, are ingrained from the base to the tip of the pyramid in the sporting world.

Many sports medicine officials, organisers and administrators know virtually nothing about doping as it exists in practice. They should therefore be the priority target for objective information about doping, its dangers and the need for effective methods of preventing it. In turn, they will thus be able, with a full knowledge of the facts, to perform their educational function and regularly pass on information about doping in sporting circles.

I. GENERAL INFORMATION CAMPAIGNS

Since little accurate information about doping is disseminated in sporting circles, the authorities or national officials responsible for combating doping need to wage a systematic nation-wide general campaign to increase awareness of the problems. The information should be kept flowing and disseminated throughout the country, particularly by means of conference debates aimed at the general sporting public.

The idea is that these meetings should mobilise government officers, teachers and medical and technical officers at local and regional level. They could be organised by any of the following:

- Ministerial outposts;
- Area or local authorities;
- Sports clubs and associations;
- Regional sports medicine associations, etc.

They should be chaired by specialists or people with expertise in the subject and all documents published in connection with the anti-doping campaign should be distributed at the meetings.

Steps should be taken to involve the media so that the preliminary information message and, in particular, the conference report can be disseminated.

II. SETTING UP A TEAM OF REGIONAL TRAINING OFFICERS

The national authority responsible for combating doping should ensure that information on the subject is transmitted to people who have received appropriate prior training. People well-placed to pass on the message should be recruited, trained and given responsibility for training regional sports medicine officers and professionals.

The idea is that the regional and departmental medical inspectors of the external services of the Ministry of Youth and Sport should be responsible for this task. They would be able to call on colleagues

in the pool of doctors in charge of doping controls throughout the country and other sports doctors, for instance those in regional sports leagues or on regional Olympic committees.

Regional groups of experts on matters connected with doping and its prevention would thus gradually be formed.

Audio-visual material and documentation should be produced to harmonise all these educational measures and ensure that they are as effective as possible. Examples are:

- Slides and booklets summing up the basic concepts to be disseminated (dangers of drugs, anti-doping regulations, alternatives to drugs, etc);
- Videos on various aspects of the subject;
- Annotated lists of drugs banned by the IOC;
- Legislation, etc.

III. ACTION GEARED TO SPORTS OFFICIALS AND SPORTS ORGANISERS

1. Training of sports teachers, organisers and instructors

The curricula at the various levels of training for all jobs connected with sport should include specific information about doping and its prevention.

This training should be provided by the training officers referred to above and should cover careers of all kinds in sport. The supervisory authority (Ministry or federation) would be responsible for organising it.

2. The sports officials trained in this way would, in turn, pass on the information to grass-roots sports administrators, and sportspeople in clubs and associations. They would be responsible for:

- Attending meetings/debates;
- Publishing articles;
- Strictly enforcing training rules;
- Upholding the principle of improving performance by natural means.

They would thus become the most persuasive of advocates of sport without doping.

IV. ACTION GEARED TO HEALTH PROFESSIONALS

The medical profession must be made to assume its responsibilities where doping is concerned, in several capacities and by various means.

1. Training in sports medicine

- Specific information about doping should systematically be included in specialised training courses in sports medicine.
- More general information about doping should form part of the training of all health professionals who are called upon to treat athletes and provide drugs:
 - General practitioners;
 - Vets;
 - Dentists.

Such information may also be provided in such para-medical disciplines as sports dietetics, sports physiotherapy and sports first aid.

2. General information about doping and anti-doping regulations should be updated and regularly disseminated in:

- The bulletins published by doctors' and pharmacists' associations;
- Specialised sports medicine journals;
- The publications of professional associations, etc.

This also applies to the general rules governing the prescription and distribution of drugs.

3. The following steps should be taken to improve the information available:

- A list of banned substances should be included in official dictionaries of drugs;
- List of authorised substances should be drawn up;
- If a proprietary medicine contains a banned active ingredient, a statement to this effect should appear on the packaging leaflet;
- A pictogram should appear on the packet when drugs contain a prohibited molecule.

4. Further information about doping practices and their dangers should be sought: for instance, a survey should be made of the damaging effects of doping and the fate of athletes who have taken drugs and are ill or have died.

Research could be carried out in order to obtain information about doping: themes could be suggested to students for theses and papers.

5. In-service medical training

Doping should be on the agenda at sports medicine conferences and colloquies. National sports doctors from Ministries, federations and Olympic committees should ensure that the information provided is regularly passed on to the members of regional medical committees.

6. A national seminar should be held at the instigation of Ministries of Youth, Sport and Health so that a wide range of medical inspectors from the Departments of Youth and Sport, doctors and pharmacists responsible for health inspection and school doctors can be informed about the problems of doping, with the help of representatives from the judiciary, the police, the fraud department and customs.