

1. BASIC INFORMATION FOR COACH/DOCTOR

Main facts about the fight against doping

It is most likely that doping started when sports were invented. In most continents, athletes were using special diets and there was interest in remedies and methods that could have a positive impact on the performance of athletes. The word “doping” originates from Africa (a kind of remedy named “*dop*” was used by tribes to improve their strength). This word was first used in England to refer to the practice of performance enhancing, primarily in horse and dog racing, and then it was used to refer to manipulation in other sports.

At the beginning of 20th century, some sudden and suspicious athlete deaths were recorded, and this encouraged the International Athletics Federation (IAAF) and then others to ban the use of doping. Later on, some new cases came to public attention. In 1960, the Danish cyclist Knout Enemark Jensen died at the Olympic Games in Rome and the autopsy revealed the presence of amphetamines.

In 1966, the UCI (International Cycling Federation) and FIFA were among the first federations to introduce doping controls.

In 1967, another tragedy, with the death of the cyclist Tom Simpson during the Tour de France, persuaded the International Olympic Committee (IOC) to ban stimulants and narcotics for the first time. In 1972, the IOC published the first “Prohibited List”, which was expanded with new substances and methods over the years.

Many other scandals and famous cases happened in athletics, cycling and many other sports, including football, and anti-doping work became more complicated in the 1970s with state-sponsored doping in some countries.

In 1998, a large number of banned substances belonging to a team were found by the police during the Tour de France. This scandal highlighted the need for coordinating the efforts of sports organisations and public authorities. An agency was created in 1999 on the initiative of the sports movement (the IOC and the international federations) and the governments and named the World Anti-Doping Agency (WADA). A World Anti-Doping Code was drafted with all the stakeholders in order to harmonise the anti-doping regulations and procedures. The code was accepted in 2003 by all the main international federations, governments and other organisations.

Doping traps

A player may be tested positive without him/her even having the intention of doping or enhancing his/her performance. Here are a certain number of traps: It is advised to inform all the people surrounding the player (parents, physiotherapist, nutritionist, family doctor, etc.,,,)

Common medicine

Some medicines for cold, flue or cough may contain a banned substance. Therefore it is extremely important that the player checks with the team doctor before taking it. The parents of the player have also to be informed of this since they are the persons who give the medicine to their child from the family pharmacy.

Also some medicine with the same brand and for treating the same pathology may contain a banned substance in a country and this may not be the case in another country. Furthermore, the same brand may make some medicine with a banned substance for cough and another similar but without any banned substance.

Therapeutic Use Exemption

Should a player be injured or suffers from an illness or medical pathology that requires the use of a banned substance, he/she and his/her doctor must submit a TUE to the competent body (National Anti-Doping Organisation, FIFA or UEFA) in order to ask for authorization to use such substance. If a TUE is not submitted or obtained and the player is tested positive he/she and the doctor may be sanctioned even if the treatment is medically justified.

Recreational drugs

Cannabis (marijuana) is on the Prohibited List and therefore is banned. Cannabis can remain in the body for a long time and therefore a player who smokes a joint at a party one to two weeks before a match may be tested positive after the match.

Food supplements

It is important to remember that NO ONE, not even a doctor, can guarantee a player that a food supplement is 100% safe. If a player takes a food supplement, he/she is taking a risk. Studies show that as many as 20 percent of supplements on sale to athletes can contain products that are not declared on the label but that could lead to a positive doping test. The risk is even higher when the food supplement is bought on internet. As mentioned some are mislabeled and some are contaminated. Even if it is bought in a pharmacy it can still not be safe.

Who does what in anti-doping

In football, a number of different federations/organisations are competent for anti-doping matters. However, as previously mentioned, the rules of each federation/organisation are now harmonised thanks to the World Anti-Doping

Code. Here is a brief summary of the role of each organisation in anti-doping in football:

	FIFA	UEFA	FA	NADO	WADA
In-competition controls	X	X	X**	X	
Out-of-competition controls	X	X	X**	X	X*
TUE	X	X	X**	X	

* WADA conducts out-of-competition controls on behalf of international federations if requested.

** It depends on the responsibility it was given by FIFA, UEFA or the NADO.

A player who participates in international and national competitions may be subject to doping controls conducted by different organisations: FIFA, UEFA, FA, NADO (and WADA). The organisations try to communicate and coordinate among each other to avoid duplicate testing. However, should this happen, a player cannot refuse to be tested; otherwise he/she will be considered to have tested positive and be punished accordingly.

Definitions

FIFA: the international football federation and is composed of member national football associations from the five continental confederations. One of FIFA's main activities is to organise the World Cup and other competitions.

UEFA: a confederation composed of 53 European football associations. One of its main activities is to organise the UEFA Champions League, UEFA Cup and other competitions.

National Football Association (FA): part of FIFA and UEFA (if in Europe) as a member.

NADO (National Anti-Doping Organisation): responsible, at the national level, for developing anti-doping rules, implementing doping controls and dealing with TUEs for all sports in its country.

WADA (World Anti-Doping Organisation): an international and independent body that represents the Olympic movement (international federations, IOC) and the governments. It issues a World Anti-Doping Code that harmonises the anti-doping rules and procedures and issues a new "WADA Prohibited List" (list of prohibited substances and methods) every year to which all federations and other anti-doping organisations are subject.

WADA-accredited laboratory: a laboratory accredited by WADA and therefore is subject to the rules of WADA. There are about 30 WADA-accredited laboratories in the world and they are the only ones authorised to analyse samples provided by athletes/players.

CAS (Court of Arbitration for Sport): the supreme court for sport. Any decision of the CAS is final and cannot be appealed against.

Therapeutic Use Exemption (TUE)

If a player participates in international and national competitions at the same time, this grid will help him/her to know whom a TUE application has to be sent to. An application has to be sent to one body at a time.

<u>For</u>	<u>TUE application to be addressed to</u>	<u>Period</u>	<u>Request made by</u>
National players participating in domestic competitions only. NB: this includes friendly matches abroad.	Your National Anti-Doping Organisation (NADO) or competent public authority, or to your association if applicable.	Entire domestic season.	Player and club doctor
International players called up by your association to participate in UEFA national team competitions and international friendly matches.	UEFA	Period they are on duty with your national team (from arrival for pre-match training to departure after the match).	Player and national team doctor
International players participating in UEFA club competitions.	UEFA	Duration of their team's involvement in UEFA club competitions. NB: when the club is no longer involved in UEFA competitions, any new applications must be addressed to your NADO.	Player and club doctor
International players called up by your association to participate in FIFA competitions (i.e. 2006 World Cup qualifiers).	FIFA	Period they are on duty with your national team (from arrival for pre-match training to departure after the match).	Player and national team doctor

If a player has already been granted a TUE from his NADO and participates later in the season in a UEFA competition, he/she will not have to submit a new TUE application to UEFA but will have to submit the TUE (granted by his NADO) to UEFA in order for it to be recognised by UEFA.