

ANTI-DOPING GUIDELINE

GRASSROOT
FOOTBALL

AMBASSADORS AND
COACHES



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

ANTI-DIF

**KEEP
FOOTBALL
CLEAN**

ANTI-DOPING IN FOOTBALL

Introduction

Coaches are important agents that influence athletes' life. They cultivate their athletes and contribute to the development of the athletes' personality, beliefs system and behaviors.

Coaches should play an important role in athletes' education against doping in sport and act as anti-doping ambassadors.

It is coaches' responsibility to establish a safe and productive training environment.

How can coaches promote an anti-doping culture in their club and their sport:

1. Promote fairplay and ethics
 - a. Be aware of and communicate to their athletes the values of the Spirit of Sport
 - b. Explain why doping is against the core principles of sport
2. Help the athletes overcome justifications that favor doping
 - a. Explain athletes how these justifications work
 - b. Explain athletes why these justifications are important for the decision to dope
3. Develop a safe from doping training environment
 - a. Develop positive interpersonal relationships
 - b. Effectively manage pressure
 - c. Promote adaptive motivation

WAIT A MINUTE! LET'S REVIEW!

GRASSROOTS ANTI-DOPING KEY POINTS

**The spirit of
sport**

**Ethical
considerations**

**Health side
effects**

**Body image
and Body
stereotypes**

**The strict
liability**

**Anti-
doping rule
violations**

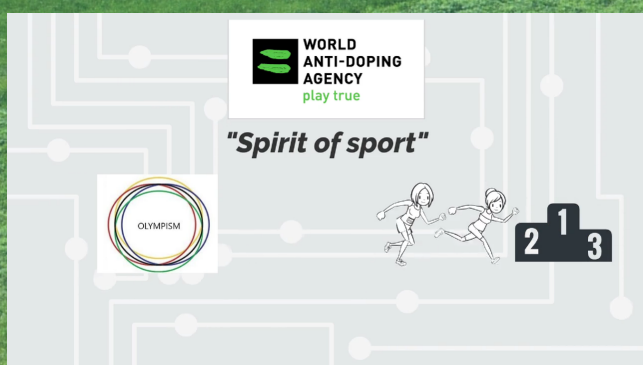
**Checking
medications**

**How to engage
grassroots
football players**

"THE SPIRIT OF SPORT"

In the Anti-doping Code, *Spirit of sport* is defined as "the essence of Olympism, the pursuit of human excellence through the dedicated perfection of each person's natural talents. It is how we *play true*."

The first value of Spirit of Sport is ethics, fair play and honesty. Anti-doping regulations seek to preserve what is intrinsically valuable about sport.



01

Key points:

According to WADA doping is fundamentally contrary to the Spirit of Sport. The Code recognizes 11 values of the Spirit of Sport.

Watch the "Spirit of Sport" video and discuss the 11 values of the Spirit of sport.

"ETHICAL CONSIDERATIONS"

The Spirit of Sport includes ethics, fair play and honesty. Anti-doping practices are based on this ethical ground and supported all through the world. Ethical arguments against doping are:

- Doping is cheating and it causes unfairness
- It causes short and long term harm for the health of athletes who receive doping
- It harms the society especially children and young adults who respect athletes as their role models



02

Key points:

- *Watch the Video "Ethical considerations" and discuss with the players the issues in the video.*
- *Ask them for examples of unfair play or tell them about doped players.*

"ETHICAL CONSIDERATIONS"

In order to make the use of doping more acceptable from a moral point of view and to avoid guilt and responsibility, players often use psychological techniques such as:

- Justifying a bad behavior - people behave according to their moral values and they feel bad in case they do something that goes against them. Nevertheless, in some cases, they manage to convince themselves that their ethical standards somehow don't apply in a certain context (e.g. calling the doping substances with less offensive names).
- To dope to achieve higher purpose (e.g. in order to earn money and support their families).
- Claim that they were not responsible of their actions (e.g. blame other persons, for example the doctor).
- Spread the responsibility (e.g. saying that all the players of the team are doing it).
- Ignoring or avoiding finding out about harmful effects of doping - pay attention only to the benefits.

"WADA'S PROHIBITED LIST AND HEALTH SIDE EFFECTS"

The WADA's prohibited list is updated every year and contains the substances and methods which are prohibited in sport.

A substance should respond to the following criterias to be included in the Prohibited list:

- Performance enhancing potential
- Potential health risk to the athlete
- Harm to the Spirit of Sport



03

Key points:

- *Aware the players how to find WADA's Prohibited list on:*
<https://www.wada-ama.org/en/what-we-do/the-prohibited-list>
- *Watch the videos "Health side effects"*



KEEP IN MIND

PROHIBITED SUBSTANCES AND HEALTH SIDE EFFECTS

Anabolic steroids:

Liver and cardiovascular diseases

Sexual Issues

Breast growth

Acne

Aggression and anxiety



THE RESPONSIBILITY IS YOURS!

KEEP IN MIND

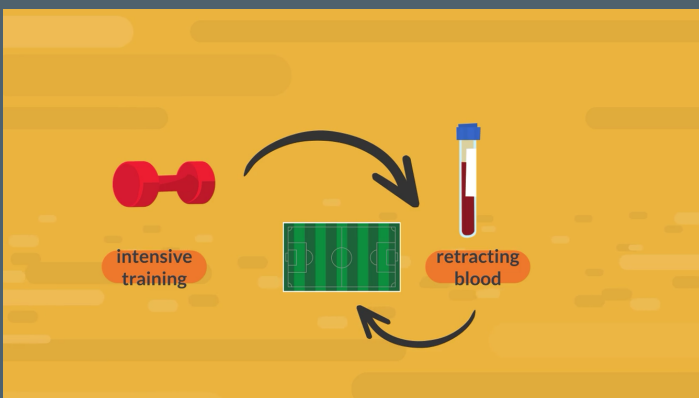
PROHIBITED SUBSTANCES AND HEALTH SIDE EFFECTS

Erythropoietin
(EPO):

Blood thickening

Heart attack

Stroke



THE RESPONSIBILITY IS YOURS!

KEEP IN MIND

PROHIBITED SUBSTANCES AND HEALTH SIDE EFFECTS

Cocaine:

Sleep disorders

Addiction

Dehydration

Weight loss

Shaking

High blood pressure



THE RESPONSIBILITY IS YOURS!

KEEP IN MIND

PROHIBITED SUBSTANCES AND HEALTH SIDE EFFECTS

Human growth hormone:

Strong headaches

Enlargement of bones
and internal organs

Heart disorders

Diuretics:

Dehydration, muscle cramps

Loss of coordination and balance

Blood doping:

Blood thickening

Heart and brain disorders



THE RESPONSIBILITY IS YOURS!

KEEP IN MIND

PROHIBITED SUBSTANCES AND HEALTH SIDE EFFECTS

Marijuana:

Memory blurring

Low immune status

Lack of concentration

Addiction



USING CANNABINOIDS

KEY POINTS:

- *Any substance on the prohibited list may harm player's body .*



THE RESPONSIBILITY IS YOURS!

"BODY IMAGE AND BODY STEREOTYPES"

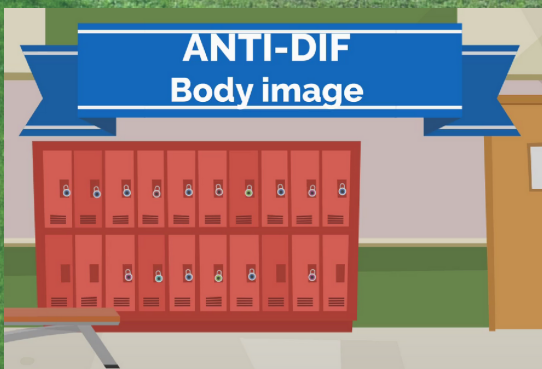
Positive body image involves understanding that healthy attractive bodies come in many shapes and sizes, and that physical appearance says very little about our character or value as a person.

How we get to this point of acceptance often depends on our individual development and self acceptance.

04

Key points:

Watch the videos "Body image" and "Body stereotypes" and then discuss with the players the issues below.



"BODY IMAGE AND BODY STEREOTYPES"

05

Key points:

The following steps can help you develop a positive mindset about body image to your athletes:



- *Kilograms on a scale don't tell us anything meaningful about the body as a whole or our health.*
- *Eating habits and activity patterns (training, resting) are much more important.*
- *Realize that we cannot change our body type: thin, large, short or tall, we need to appreciate the uniqueness of what we have – and work with it.*
- *Stop comparing ourselves to others. We are unique and we can't get a sense of our own body's needs and abilities by comparing it to someone else.*
- *We need to move and enjoy our bodies not because we have to, but because it makes us feel good.*



"BODY IMAGE AND BODY STEREOTYPES"

Remember!
Doping is not the
solution and
could only harm
the athletes in
achieving their
goals!



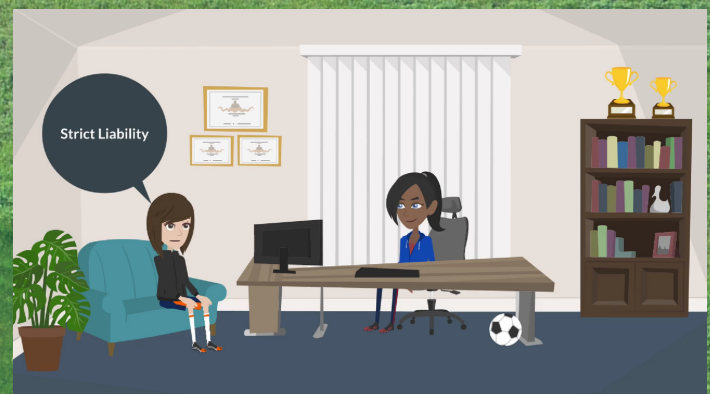
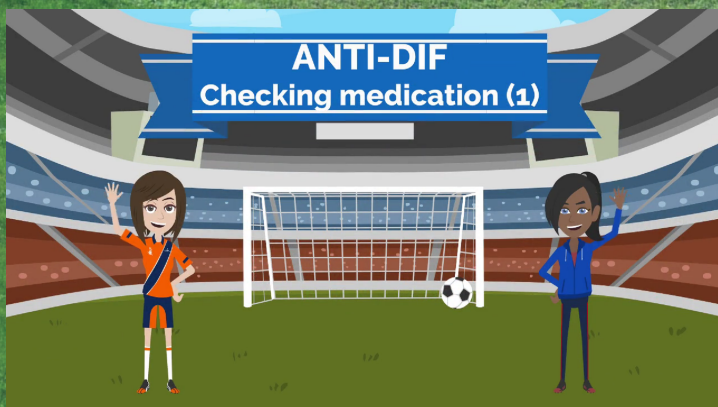
"THE STRICT LIABILITY"

The principle of strict liability is applied in situations where urine/blood samples collected from an athlete have produced adverse analytical results. It means that each athlete is strictly liable for the substances found in his or her organism, and that an anti-doping rule violation occurs whenever a prohibited substance (or its metabolites or markers) is found in bodily specimen, whether or not the athlete intentionally or unintentionally used a prohibited substance or was negligent or otherwise at fault.

06

Key points:

- Watch the video "Checking medications" and discuss with the players if they use any supplements and how they can check if they are free of doping



"THE STRICT LIABILITY"

KEY POINTS:

It is player's personal responsibility to ensure that no prohibited substance enters his/her body.

Nutritional supplements are a big risk to players because they are often contaminated or contain 'hidden ingredients'. However, if you do choose to take them, then be safe when you do it.

Note:

If a substance is found in an athlete's body he/she will be sanctioned, even if he/she didn't do it on purpose. The player has the possibility to avoid or reduce sanctions if he/she admit how the substance had entered his/her system, establish evidences that he/she was not at fault or in certain circumstances did not intend to enhance his/her sport performance.

The message we should be transmitting is that if the player eats a balanced diet and train well, he/she shouldn't need supplements. However, if the player does choose to take them, then do it in a safe way.

**Keep football
clean!**

"CHECKING MEDICATIONS"

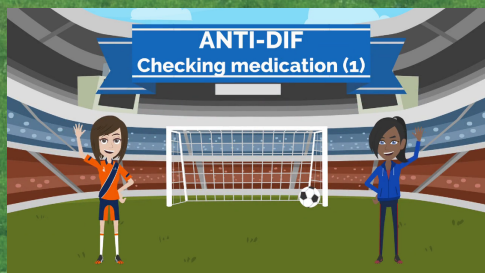
Medications prescribed by a doctor or bought directly over the counter may contain prohibited substances. It is an athlete's responsibility to check their medication before using it even if they have used it before.

08

Key points:

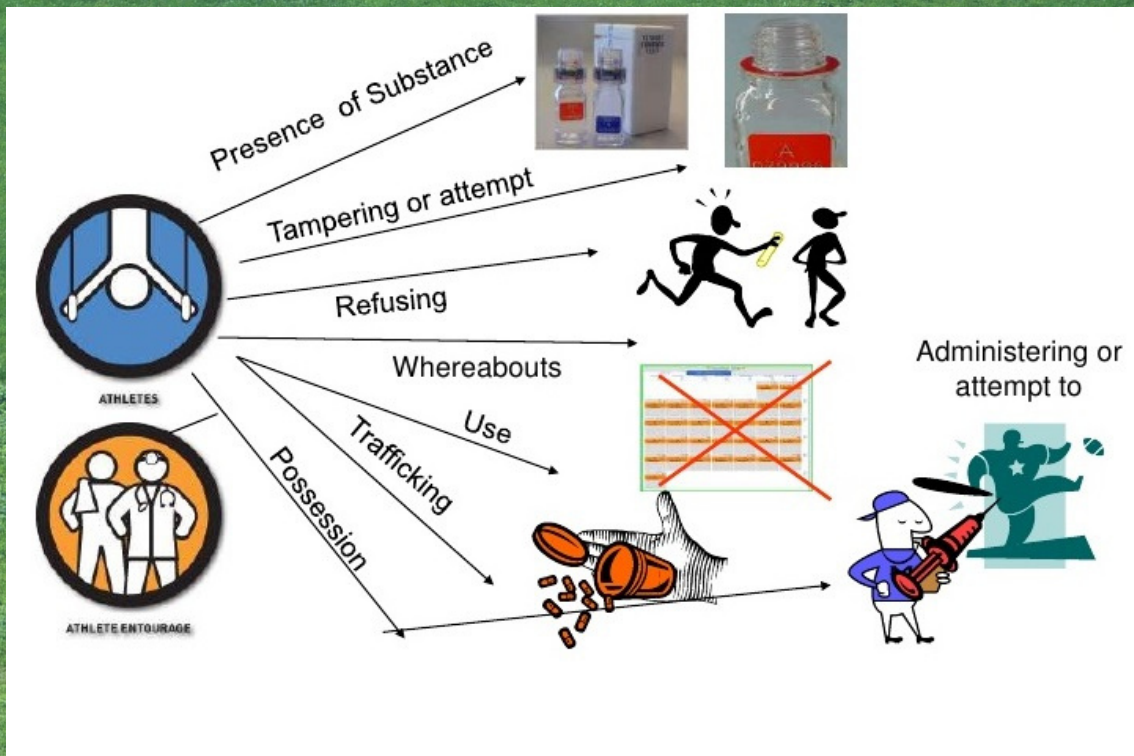
Watch the video "Checking medications" and then discuss with the players:

- *If they are aware of how a prohibited substance can enter in their body.*
- *Ask if they know how to check their supplements and medications.*
- *Aware them that players can refer to Global DRO to make sure they understand the search results correctly.*
- *Annual changes to the Prohibited List come into effect each year on 1 January.*
- *If a player is unable to find the medication they are looking for, they can send an enquiry to his/ her national anti-doping organisation.*



"ANTI-DOPING RULE VIOLATIONS"

Players shall be responsible for knowing what constitutes anti-doping rule violation and the substances and methods which have been included in the prohibited list.



07

Key points:

Aware the players about the violations by using different kinds of games like passing the ball to each other and explain one violation.



ANTI-DOPING RULES VIOLATIONS

Use/
attempted
use of
prohibited
substance
or method

Evading,
refusing or
failing to
submit to
sample
collection

Possession
of a
prohibited
substance

Presence
of a
prohibited
substance
or method
in an
athlete's
sample

Whereabouts
failures

Tampering
or
attempted
tampering
with any
part of
Doping
control



ANTI-DOPING RULES VIOLATIONS

Prohibited
association

Administration
to any athlete
of
any prohibited
substance or
method

New rule since
2021:
Discourage or
Retaliate
Against
Reporting to
Authorities

Trafficking
or
attempted
trafficking
in any
prohibited
substance

Complicity-
assisting,
encouraging,
aiding,
abetting and
etc.



2017 Anti-Doping Rule Violations (ADRVs) Report



*How to check your medications and nutritional
supplements?*

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Follow the links:
www.globaldro.com
www.informed-sport.com

"How to engage grassroots football players to anti-doping education"

- **Group sessions**
- **Individual sessions**
- **Dissemination of the materials**
- **Discussions**
- **Games**





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PROJECT

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