

Some aspects of DOPING-HISTORY and consequences for DOPING-PREVENTION

Reykjavik, 31st of october 2007 – Play the Game



The problem is:

Introduction

History and
numbers

General
conditions

The Jan Ulrich
dilemma

Prevention
approaches

Heidelberger
Approach:
Reflexion
Argumentation
Decision

Anne Gripper (UCI) in Paris
last week: „Nous pouvons
débarasser le cyclisme du
dopage“ (= illusion)

Zabel:



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Not only totalitarian states are in the temptation of doping but also democratic states:

The east-west conflict has not been a main reason for doping. The manipulations did not end with the fall of the Berlin wall.

Introduction

Never forget the conditions in a country:

History and
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a) The GDR with 17 million of inhabitants was not able to win as many medals in a natural way as the USA or the Soviet Union by normal means.

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b) Western Germany had in 1976 only half of the births than occurred in 1966, and in the same time the development much more sports (lack of talents)

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c) Countries without tradition in certain sports (like Greece in athletics)

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d) Development of pharmacologie and medicalization in a country, sports medicine, sponsoring, increasing importance of sports in the mass media = pushing factors for doping

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Stimulants – efficiency in competition -> control
-> reaction: Anabolic steroids – efficiency in training
period -> control

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-> reaction: Testosterone, Human Growth Hormone,
EPO

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-> indirect control for Testosterone (Quotient), for EPO
-> reaction: doping up to the allowed limits

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**Doping -> doping control -> reaction -> other forms
of doping**

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After each scandal assertion of clearing up without any
gap: promised consequence eradication of doping

Unannounced training controls mean a stagnation/cutback of performances

(cp. SINGLER/TREUTLEIN 2006, p. 37 & p. 115)

Introduction

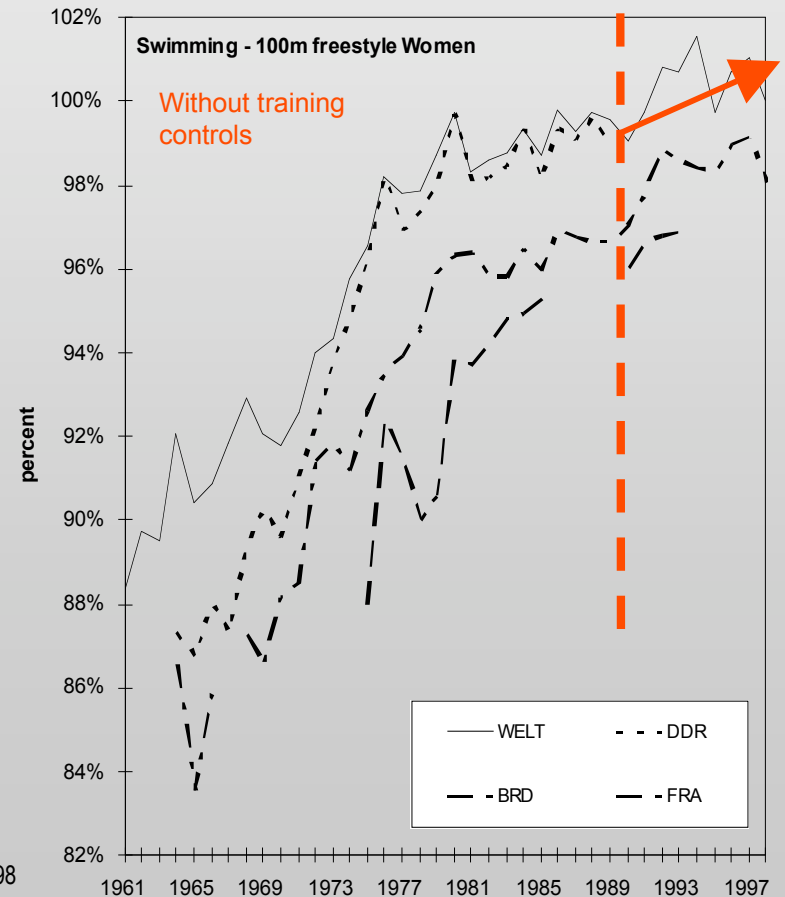
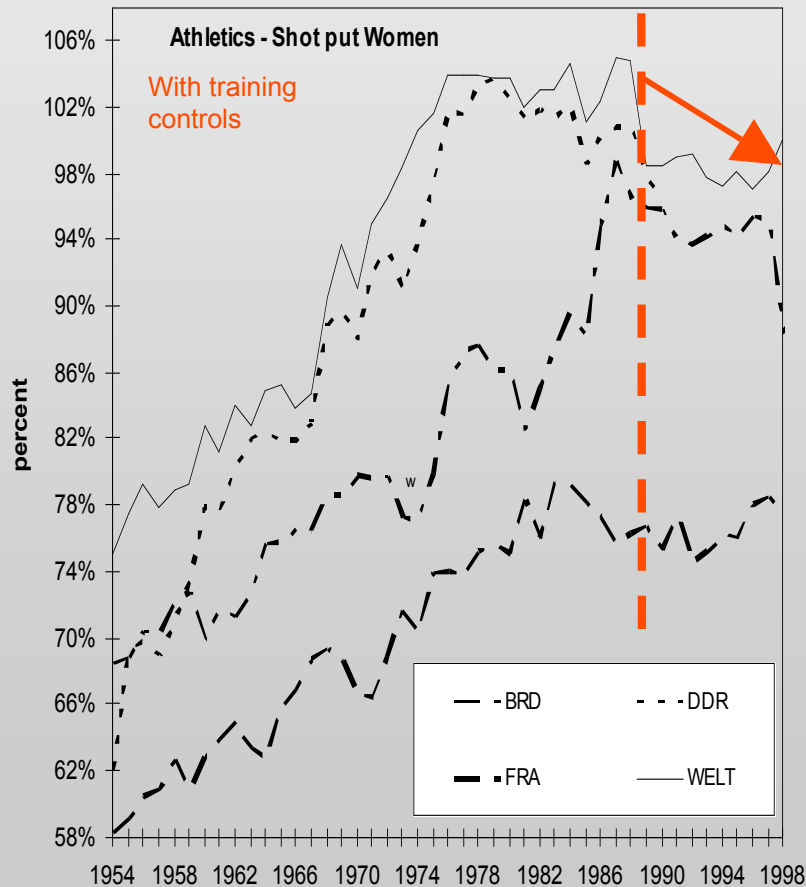
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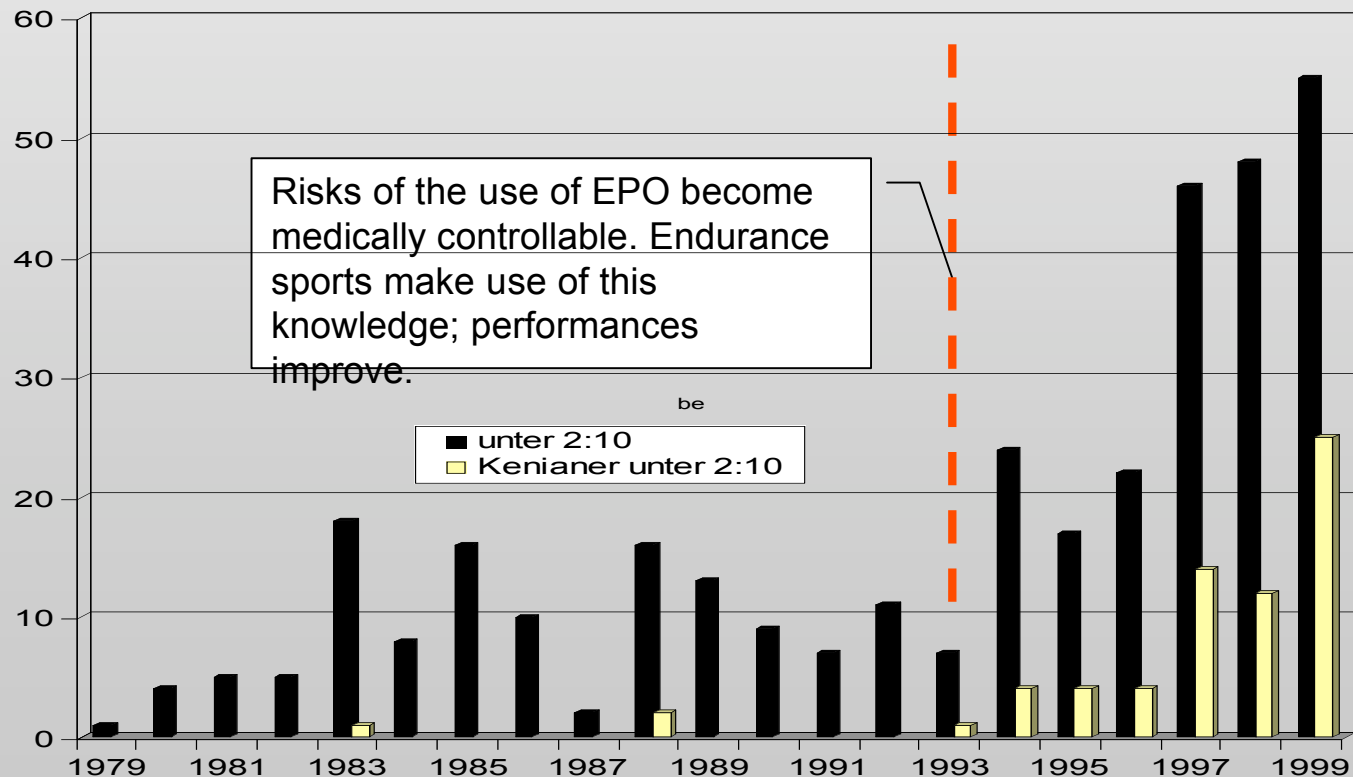
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Explosion of performance in endurance sports due to – presumably – the misuse of EPO

- Especially since 1994
- E.g. development of performance considering marathons
- Increase of results under 2:10 in men's marathon since 1979 (SINGLER/TREUTLEIN 2006, p. 71)



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Impacts on the body in a very short period of time

(cp. SINGLER/TREUTLEIN 2006, p. 59)

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Introduction

Possible observations in the past and present times:

- Changes of the body (for ex. muscles, weight, braces for teeth ...)
- continues to run after the finishing line
- is able to give an interview instantly after a mountain arrival
- and so on

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-No acting: for ex. wait and see, wegschauen, not enough money for the development of doping control laboratories end research, for prevention

Prevention approaches

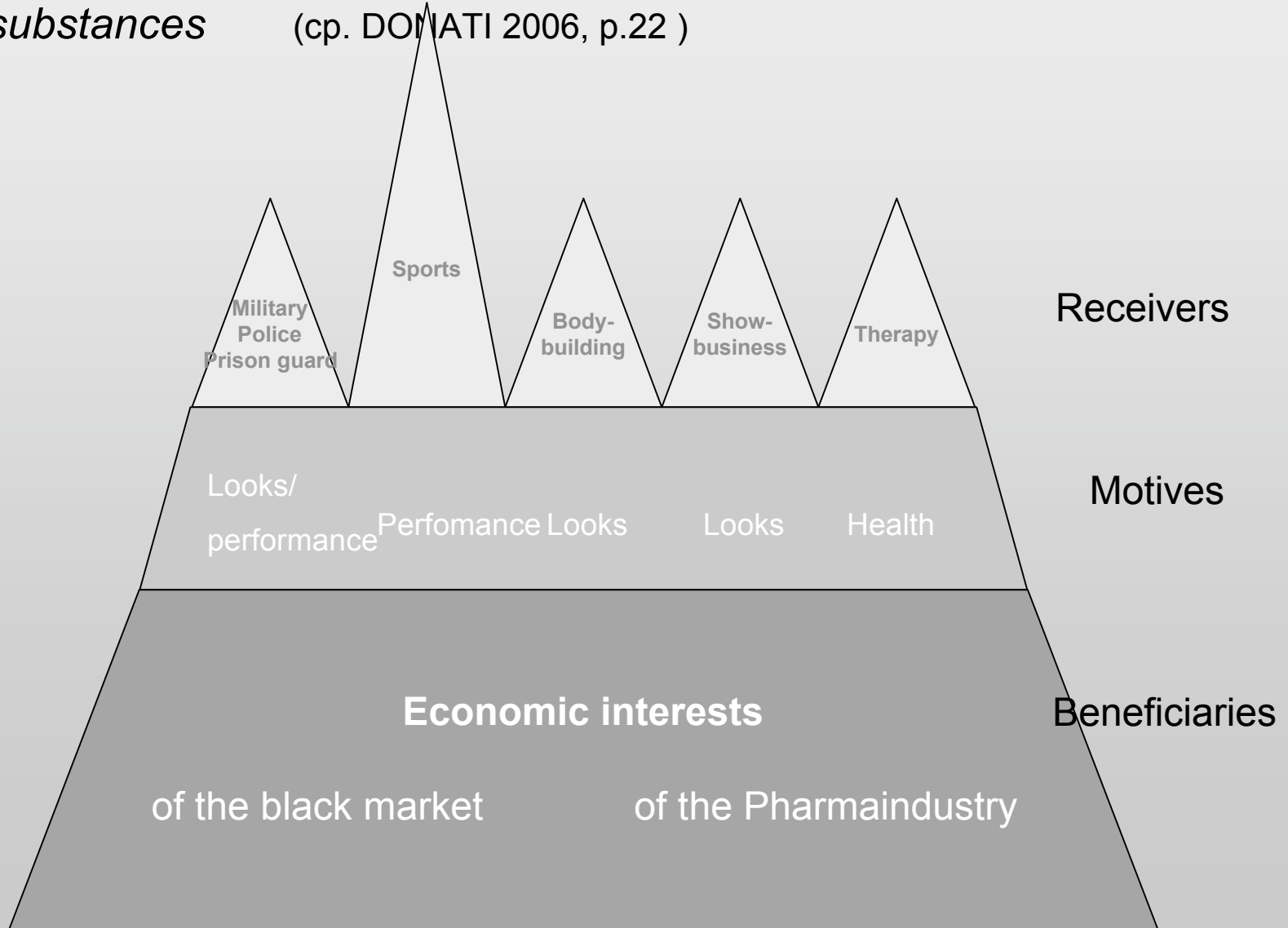
-acting: provocation of the dropout of fighters against doping („enemies of sports“), advice for not to be caught in a control, protection of national sports heroes (for ex. Fuentes/Puerto in Spain)

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= encouragement of doping

Spread out of knowledge of doping substances

Receivers, motives, beneficiaries of the trading with doping substances (cp. DONATI 2006, p.22)



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Enlightenment could be better than controls:

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Research of Astrid Offer et al.:

293 young top athletes in the region of the Ruhr

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Only 75 received information from:

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- Coach of the club (18,8 %)

- Coach of the federation (18,8%)

**- (Responsibility of the federation for the fight against doping
27,4%)**

- Doctor (11,3%)

- Teacher (20 %)

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= nearly no prevention work

Introduction

- **Research on attitudes towards doping**
(*Questionnaires, interviews*)

History and
numbers

Hypothesis: Certain attitudes, information and reflection deficiencies promote doping

General
conditions

- **Preconditions of prevention**

development of materials for the education coaches, teachers and young sportsmen

readiness and ability for communication

- **Derived duties for prevention: Transposition of the materials with the following aims:**

- Information

-

- Acquisition of reasoning

- Qualification for independent decision-making

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Research on attitudes towards doping with coaches who work with Young athlètes (n = 46)

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Doping in elite sports is a major problem

yes
42

no
4

n/a
-

General
conditions

**If we seriously fight doping in Germany we will
fall behind in international sports**

yes
32

no
13

n/a
1

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**Battery of questions about
legalization/liberalization of doping** if control cannot
garantee cleanness at extreme stresses like Tour de France

yes
12

no
34

n/a
-

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There is an answer to the doping problem

yes
16

no
30

n/a
-

Here the **high pressure of the problem** becomes obvious!

Research on attitudes towards doping with coaches who work with teenagers (n = 46)

Introduction

History and numbers

Germany should be a forerunner in fighting doping

**yes
38**

**no
7**

**n/a
1**

General conditions

Doping bans limit rights of freedom

**yes
4**

**no
41**

**n/a
1**

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Doping prevention is reasonable

**yes
39**

**no
3**

**n/a
4**

Prevention approaches

Conclusion:

Although the pressure is so high there is still a great interest in fighting doping through prevention.

(partly even for such people who are, under certain circumstances, willing to think about the liberalization of doping)

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The grand self-delusion of German and international sports consists of among other things two statements:

All world record performances are possible without doping.

In Germany and in the world at the most one percent of the athletes use doping.

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The substantial dilemma since the 1970s:

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Without asserted effective fight no subsidies from the State or sponsors. (-> hypocrisy)

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Prevention approaches

Classical negative incentive system in Germany:
Who effectively takes action against doping (less achievement), will be punished.

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Introduction

Situations of temptation in the course of a top athletes career

History and numbers

- Switching clubs
- Failures
- Severe injuries (« pieces of advice » from doctors, buddies and so on)
- Doping rivals (Equality of chances)
- Fear of « social death » after the end of the career (Bette/Schimank 2000)

General

Rahmen-
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Doping becomes a way of coping with difficult situations.

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Imagine you are in the final 100m track and field run and your chances of winning and a big advertising contract, fame, acceptance, ... are good.

You have never doped yourself your whole life and are now being asked by your coach if you would – just to make sure you win – dope yourself for *just this one competition*, and never again thereafter.

Would you do it?

yes

no

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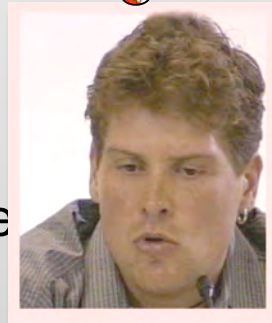
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Advantages

- Money and wealth
- Fame and acceptance
- Health



Costs/Risks

- Loss of money from sponsors
- Condemnation by the public
- Physical ruin

In each person (athlete, coach, doctor, researcher) can be an angel (sports without doping) or a devil (cheat)

Prevention = repression and prevention



**Repression = short
time effects**

**Prevention = long
time effects**

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Double duty for coaches and functionaries



Encouragement of
Performance

Personality:
Mature Athlete

In short:

A trainer/functionary is supposed to produce an „**all-in-one device suitable for every purpose**“!

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- Deterrence
- Moralizing instruction
- Allegation of ineffectiveness
- Concealment
- Individualization of the problem
- Enlightenment and information

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**Präventions
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**« Doping is health-
threatening »**



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**« Doping is bad – who
dopes is mad! »**

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« Doping = Placebo! »

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**« Doping – the unsightly,
unaudible and unutterable in
sports! »**

Individualization of the problem

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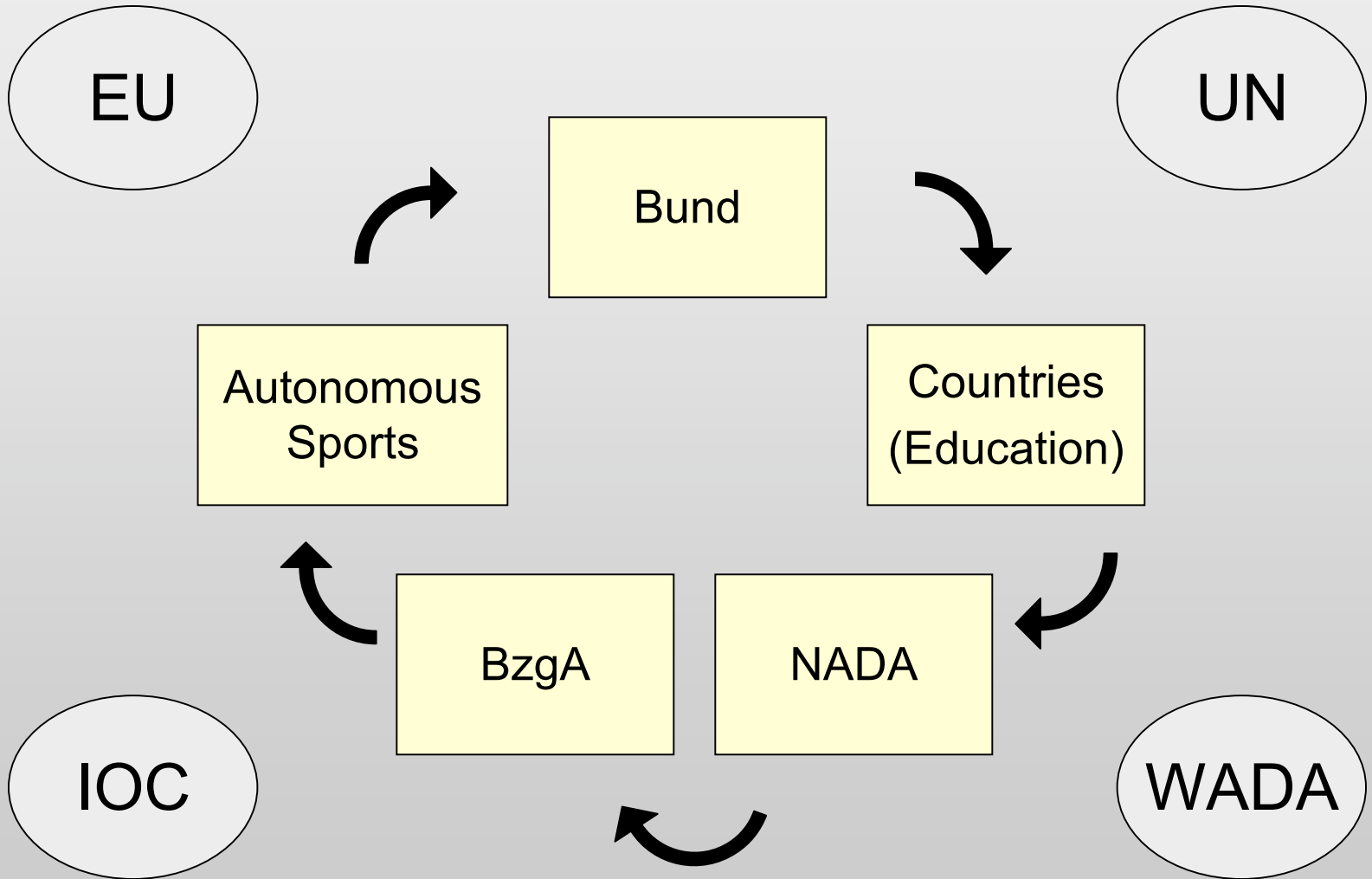
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The „passing-the-buck-game“ of doping prevention



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**Präventions
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1. **Prevention** without finger-wagging
2. ***Doping mentality*** is no longer only in sports, but within many ranges of the society
3. **Problem awareness** is only present to a small amount likewise the readiness for the execution of measures

Introduction

Reflection – Argumentation – Decision

History and
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Two aims:

Doing sports meaningfully and with your body in mind by taking the whole span of life into account.

The mature athlete:
he is informed, can reflect over himself and argue; feels responsible for his decisions

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Ansatz:
Reflektieren
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Entscheiden**

***Relation-
prevention***

***Behavior-
prevention***

5. Layer:
International Community

4. Layer:
State/Society

3. Layer:
Sports unions

2. Layer:
Club/Environment

1. Layer:
Athletes

Introduction

- **International Network**

History and numbers

- **Europe-wide congress**
- **Expert talk 2005**

General conditions

- **Congress volume**

- ***DSB/dsj-Project***

- ***ÜL-advanced training***

- ***Material folder***

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- ***Doping brochure***

- ***Lectures***

Prevention approaches

- ***Individual care for athletes***

- ***„Make kids/athletes mentally strong“***

Heidelberg

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5. Layer:
International Community

4. Layer:
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1. Layer:
Athletes

Prevention can succeed, if ...

- ... an anti-doping-attitude is being communicated and exemplified through one's own life in a convincing way
- ... action is taken on all levels and
- ... the political will for clean and believable sports is given.



„We have to imagine Sisyphus as a happy man.“

Albert Camus

We will never reach the aim of sports without doping, but we have to try it nevertheless

Introduction

Since 1995/96 research project „Doping im Spitzensport“ at the PH Heidelberg with the focal point „Doping im Westen“ (Andreas Singler/ Gerhard Treutlein)

History and numbers

Result:

General conditions

- **2000/01:** Book publications „*Doping im Spitzensport*“ and „*Doping – von der Analyse zur Prävention*“. Interdisciplinary approach: Statistic, historical and sociological analyses were combined into conclusions for the fight against doping out of an educational view.

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- Since **2000/01:** various academic publications in anthologies and professional journals; lectures in and out of the country.

Prevention approaches

- **2004:** „*Sport ohne Doping!*“ (Arndt/Singler/Treutlein) for the dsj, Austria takes on the brochure.

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- **2005:** 1. conference „*Internationales Expertengespräch zur Dopingprävention*“, January 13th – 15th 2005 (conference report „*Dopingprävention in Europa*“ 2006).

- **2007:** Media workbook „*Sport ohne Doping!*“ für die DSJ.

- **Current:** Survey by order of the Deutsche Bundestag regarding „*Doping in demokratischen Gesellschaftssystemen*“ (Singler/Treutlein).