

ANTI- DOPING

code of conduct
2nd edition

BY EUROPEACTIVE

The Context and the EuropeActive Commitment against doping:

Doping remains an important threat to sport, and the use of doping substances by amateur athletes poses serious public health hazards that requires preventive action. The European fitness sector has taken a socially responsible position to promote doping-free environments, that are without any form of intimidation, or criminal activities or witness to people who are causing physical harm to themselves by taking doping substances.

This **Anti-Doping Code of Conduct** is based on the underlying principle that fitness and recreational sporting facilities are places to increase levels of physical activity and in doing so to improve the health of citizens of Europe. Therefore, any level of doping or recreational drug use is counter-productive to the aim of the sector, and the perceived motivations of “doping users”, such as “to improve physical appearance or sporting performance”, are not consistent with the aim of individuals who engage with physical activity the majority of which state the aim is to improve their health and fitness.

In 2012, the European Health and Fitness Association (EHFA) published the **first edition of the Anti-Doping Code of Conduct** that was based upon the findings of **Fitness against Doping Report (FAD)** which was funded by the European Commission. One of the results was that doping and the use of recreational drugs were not widespread nor prevalent within the fitness sector.

Doping prevention and doping sanctions remain within the remit of sport organisations and Member States.

This Code encourages all stakeholders to adopt and share anti-doping action plans aimed at ensuring coordination among all relevant actors. There is a need for anti-doping rules and practices to comply with EU and national law in respecting fundamental rights and principles.

This **Code is not prescriptive** – it is a voluntary process and participant recreational sport and fitness facilities have agreed to abide by certain principles. To that end the Code does not suggest specific reprimands or sanctions for those that are found to be using prohibited substances in sporting or fitness facilities. Instead the intention is to promote better understanding and cooperation to reduce existing levels of doping and recreational drug use by amateur sportspeople and fitness users.

In 2014, the European Commission published the **Study on Doping Prevention**, which developed an evidence-base for policies designed to combat doping in recreational sport. The Study proposed 7 recommendations and summarised the regulatory and legal framework of the 28 Member States concerning doping and preventative actions in recreational sport.

In 2017, EuropeActive was awarded an **Erasmus+ project** called **Forum in Anti-Doping in Recreational Sport (FAIR)** - Agreement Number 2016 – 3637 / 001 – 001, that will review existing interventions on doping preventions (through case studies), develop proposals in order to harmonize rules concerning food supplements for sports people, and help to raise awareness of doping issues.

This updated Code of Conduct is voluntary but aims to promote a standardised approach across Europe which can be supported by recreational sport and fitness facilities, by fitness facilities and by sport coaches, instructors and fitness professionals.

In particular it is recognised that doping practices in fitness centres and in recreational sporting environments:

- Can threaten the health of individuals who use doping substances
- Be threatening to other people in a doping users' immediate environment

- Can be harmful to the integrity and perception of the fitness sector
- Is often linked to criminal activities such as drug trafficking
- Can particularly affect young people and other vulnerable people



The Code of Conduct focuses on the following themes:

1. Education and research to combat and reject doping
2. Social responsibility
3. Food and supplements for sportspeople
4. Cooperation in anti-doping actions

1. Education and research to combat and reject doping

Better education for fitness professionals, managers and consumers is as important as any enforcements, controls, sanctions and criminalisation to have a realistic reduction of doping. Everybody must understand that effective and beneficial training does not require any stimulants at all. Education programmes on sport ethics, behavioural change and/or information campaigns on health consequences of doping will not change the scenario in the short term but it will be able to establish a long term solution. The European fitness sector should also commit to undertaking

and participating in further research into doping practices as well as continually evaluate anti-doping interventions, programmes or activities.

Educate fitness professionals

Stakeholders across recreational sport and the fitness sector should commit to include doping awareness and intervention

Stakeholders across recreational sport and the fitness sector should commit to include doping awareness and intervention strategies within the education and training of its coaches,

instructors and trainers to ensure it becomes part of the culture of promoting the benefits of regular exercise without the need to take any performance or image enhancing substances.

This training should provide the knowledge and understanding to be able to “spot the signs” of doping practices and how to intervene to proscribe alternative approaches to training.

Educate managers/owners

Managers and owners should:

- Include an anti-doping condition in contracts of the users of their fitness and sporting centres which prohibits the use of any banned, performance or image enhancing substances.

2. Social Responsibility

The European recreational sport and fitness sector should have a commitment to act in a socially responsible manner in promoting doping-free environments which are safe for use by all consumers and citizens without fear from any intimidation, criminal activities, or witness to people who are causing physical harm to themselves by taking doping substances.

4. Cooperation in Anti-doping actions

At the National Level

National sporting federations, associations and stakeholders will be encouraged to cooperate with their national anti-doping organisations, Government department, their agencies and NGOs to coordinate actions to reduce the prevalence of doping practices at a recreational sport level.

- Only sell and promote food and supplement products which have been satisfactorily tested by recognised best practice methods, and are certified free from contamination of any doping substances.

Educate consumers

Stakeholders in recreational sport and fitness should commit to work with European Agencies and other bodies in anti-doping networks to provide clear information to educate consumers on the harmful effects on the risks and dangers to their health by taking doping substances. A copy of this Code should be displayed in sport and fitness facilities.

3. Food and Supplements for Sportspeople

The recreational sport and fitness sectors should collaborate with all stakeholders in relation to developing a European framework for the testing and labelling of food and food supplements intended for use by sportspeople.

At the European Level

EuropeActive will coordinate actions with other stakeholders and European Institutions to develop methodologies and evidence-based actions to help reduce the prevalence of doping practices at an amateur level.