

CONSEQUENCES OF DOPING

Health Effects

- Medications are for people with specific health issues – not for healthy Athletes. They were not approved to be used by healthy people, in higher doses and in combination with other substances.
- All medications have side-effects. But taking them when your body doesn't need them can cause serious damage to your body and destroy your athletic career.
- Blood doping, including having blood transfusions to change the way your blood carries oxygen to the rest of your body, may result in:
 - An increased risk of heart failure, stroke, kidney damage and high blood pressure
 - Problems with your blood – like infections, poisoning, overloading of your white cells, and reduction of platelet count
 - Problems with your circulatory system
- As with any injectable drug, using a syringe to dope puts you at a higher risk for contracting infectious disease such as HIV/AIDS and hepatitis

Sanctions

Anti-Doping Rule Violations can result in one or more of the following sanctions:

- Disqualification. Your results in a particular competition are invalidated, with further consequences including forfeiture of any medals, points or prizes
- Ineligibility. You are barred for a specified period of time from participating in any competition or other activity or funding
- Provisional suspension. You are barred temporarily from participating in any competition or activity prior to the final decision at a hearing
- Financial consequences. You are subject to a financial sanction (fine) for an ADRV, or to recover the costs associated with an ADRV
- Public disclosure or public reporting. Information about your ADRV is distributed to the general public, or those beyond the people that were entitled to earlier notification. Teams in team sports may also be subject to consequences.

Social Consequences

These can include:

- Ruining future career
- Loss of any possible sponsorship
- Disrupted relationships with family and friends
- Loss of psychological or emotional peace of mind
- Loss of respect and credibility from other people.

Further to these social consequences, Athletes who have been found guilty of an ADRV are often exposed to a level of media attention that can result in permanent damage to their reputation. This can mean stories on the TV news, in newspapers and on social media such as Facebook and Twitter which, in cases of deliberate cheating, can lead to you becoming the subject of public contempt.

Doping rule violations can place pressure not just on you but others close to you: friends, partners and family. It is these consequences which are frequently the most difficult for Athletes to deal with.

As with any drug, using a syringe to dope puts you at a higher risk of contracting infectious diseases such as HIV/AIDS and Hepatitis.