

## Banned drugs

There are many types of drugs banned in sport because of the damage they can do to an athlete's health and to fair play. Every year a new list of banned drugs is prepared by the World Anti-Doping Agency. These drugs fall within the following categories:

- **stimulants** may increase concentration and reduce tiredness, but they can also damage the heart.
- **steroids** can increase muscle and strength, but they harm the heart, liver and reproductive system and can cause sudden death.
- **hormones** can have a variety of useful medical purpose, but they can be harmful when you are young and still growing.
- **diuretics** may help with weight loss but they cover up the use of other banned drugs and can cause dehydration and fatigue.
- **narcotics** can relieve pain but this could lead to a lasting injury.
- **cannabinoids (hashish, marijuana)** can act as relaxants, but may also lead to loss of coordination and concentration.

Even if you take something by accident it is still considered doping. Ultimately, you are responsible for everything that goes into your body.

## Think about this

- Sport is about expressing your true self and realizing your own unique potential.
- Being successful at sport takes the right attitude, practise, time and effort.
- Giving your natural best is always good enough.
- You will be judged on how you play, not just the result.
- You and only you, are responsible for what goes into your body.

### The Jamaica Anti-Doping Commission

PBCJ Complex, Building 2  
5-9 South Odeon Avenue, Kingston 10  
Tel: (876) 960-3572 | 929-3500  
Fax: (876) 929-6006  
Toll Free: 1-888-429-5232  
✉ executive@jadco.gov.jm  
f jamaicaantidopingcommission  
t ja\_antidoping



# Doping



## What's doping?

Doping refers to an athlete's use of prohibited drugs or methods, to improve training and sporting results. Steroids are the drugs that often come to mind when we talk about doping, but doping also includes an athlete's use of other banned drugs (such as stimulants, hormones, diuretics, narcotics and marijuana), use of forbidden methods (such as blood transfusions or gene doping) and even the refusal to take a drug test or an attempt to tamper with doping controls.

## What's the big deal?

Some drugs can lead to obvious changes in appearance. For example, steroid use can cause acne, particularly on the back. In boys, it can shrink testicles, cause impotence and baldness and girls can develop a deeper voice and facial hair. There can be even more serious side effects. Doping can cause heart, liver and kidney problems and has even killed some athletes.

Doping in sports is cheating. It destroys fair play and sporting competition.

## Doping Control

As you get older and get better at sport it is likely that you will be tested for doping. These tests are aimed at preserving the spirit of sport by catching the cheats.

Testing can take place during a competition, during training, or in the off-season and will generally be given without forewarning. If you refuse to take a test or to follow the testing procedures, you will receive the same sanction as an athlete who tests positive.

## Why do people cheat?

Most athletes know that doping is cheating, however, some still take the risk.

Sometimes prizes, money or fame can cause people to make bad decisions. They are told that doping might give them a boost, provide a shortcut to long years of training or help them win and they are prepared to risk their sporting careers and their health. They are prepared to win at all cost.

Some athletes use drugs to overcome an injury. Trainers or coaches might say that drugs can make you forget about the pain or may help speed up recovery, but they often do not mention the health risks and that doping is cheating.

Whatever the reason, there is no excuse for doping.

## Getting Caught

Athletes caught cheating by doping will be banned from sport. Imagine not being able to play any sport for a two year period or for the rest of your life. After all your training, the closest you would get to sport would be from the sidelines or the stands.

## Looking after you

Be sure to avoid any drugs that are not prescribed by a medical doctor who knows that you are an athlete. Some drugs or supplements from the pharmacy or supermarket may contain banned substances even if their labels state that the product is "all natural".

## Play fair

Honesty, dignity, respect, teamwork, commitment and courage are essential to a memorable sporting performance. All these values can be summed up in the term 'fair play'.

- Show respect for yourself and for others (competitors, umpires/ referees and officials).
- Respect the rules of the competition and a clean sport.
- Be gracious as much in victory as in defeat.
- Have fun and enjoy being part of the action.