

DOPING AND THE USE OF CHEMICAL AGENTS TO MODIFY  
HUMAN PERFORMANCE IN SPORT

POLICY STATEMENT - DRAFT APPROVED BY COMMITTEE

Bearing in mind the many implications of the use of chemical agents of one kind or another to modify artificially the performance of healthy human beings not only in sport but in all walks of life, the British Association of Sport and Medicine considers and recommends:-

1. That the only effective and safe way of ensuring optimum performance in any activity is a proper programme of training and preparation.
2. That no known chemical agent is capable of producing both safely and effectively an improvement in performance in a healthy human subject.
3. That every chemical agent taken by the healthy human subject with the intention of artificially improving his performance is in some degree harmful to that individual.
4. That no purpose other than medical (therapeutic or prophylactic) is properly to be served by the administration or use of chemical agents with the intention or effect of modifying human performance, except in cases of properly controlled experiment and research.
5. That the use of chemical agents other than for medical purposes shall be regarded as DOPING. A full definition of DOPING is set out in the appendix to this draft.
6. That Doping should be actively discouraged, and that the Governing Bodies of Sport and all other interested parties should consider and implement what steps they can take appropriate to this end.
7. That the public advertisement of chemical agents or preparations for purposes which fall within the definition of Doping should cease, and that Parliamentary Legislation to this end should be sought if necessary.
8. That appropriate methods should be evolved actively to curb the practise of Doping, such methods to include an educational campaign, the prohibition of Doping in the rules of sports generally, the application of sanctions to offenders and the introduction of suitable methods of test and control.

9. That when a sportsman or sportswoman is taking part in a competition while receiving drugs of any kind as a form of properly authorised medical treatment, the same should be made known in confidence to the duly authorised representatives of the body organising the competition.
10. That no drug included in the list shown in the second appendix shall ever be used for the properly authorised medical treatment of any individual taking part in a sporting competition, and where the use of any such prohibited drug is medically necessary, the sportsman or sportswoman concerned must be withdrawn from that competition.

The British Association of Sport and Medicine further considers that should its recommendations be put into effect, the result can only be to the benefit of sport in particular, and the health of the community in general.

#### APPENDIX I

##### DOPING IS:-

1. The administration to, or use by, a HEALTHY individual while taking part in a sporting competition of -
  - a) Any chemical agent or substance not normally present in the body and which does not play either an essential or normal part in the day to day biochemical environment or processes of metabolism, regardless of dosage, preparation, or route of administration,
  - and/or
  - b) Any chemical agent or substance which plays an essential or normal part in the day to day processes of metabolism or forms a normal part of the biochemical environment, when introduced in abnormal quantities and/or by an abnormal route and/or in an abnormal form

either or both of which (a. and/or b.) are present in the body of the individual during competition for the purpose or effect of modifying artificially the performance of that individual during the competition.

## DOPING IS ALSO:-

2. The administration to, or use by an individual disabled by disease or injury who takes part in a sporting competition of -
- c) Any chemical agent or substance regardless of nature, dosage, preparation or route of administration
- for the sole purpose of alleviating or curing the disability and/or its cause, which, being present in the body of that individual during competition would, BY ITS SECONDARY EFFECTS, improve artificially the performance of that individual during the competition.

## APPENDIX II

The following drug substances must never be used for the treatment of sportsmen and sportswomen while they are actually taking part in sports competitions:-

Alcohol (specifically ethyl alcohol)  
 Amphetamines and their derivatives  
 Purine bases  
 Camphor and pharmacodynamically similar substances including analeptics  
 Cocaine  
 Hormones (including those of the corticosteroid and allied series) when given systematically, unless they have been regularly used by the sportsman for the previous 28 days or longer  
 Digitalin and similar substances  
 Monoamine oxidase inhibitors  
 Lobelline and similar substances  
 Nitrites and similar substances and peripheral vasodilators  
 Phenothiazines  
 Picrotoxine  
 Narcotics  
 Strychnine  
 Tropeines  
 Uridine triphosphate