

## 1. CONSEQUENCES OF DOPING

### The Consequences of Doping

There are many risks associated with doping. From negative effects on mental and physical health, to loss of sponsorship or prize money, to permanent damage to an athlete's image and relationships, it is important to understand and consider all consequences of doping. Below is a list of some of the common consequences of not competing clean.

#### Health

The use of Performance-enhancing Drugs (PEDs) may have long- and short-term impacts on the Athlete's physical and mental health.

Depending on the substance, the dosage and the duration of use, some PEDs have been proven to have severe side effects and can cause irreversible damage to an athlete's body.

In addition to the physical aspects, scientific research has shown that there is a considerable correlation between the use of PEDs and mental health issues. Most commonly, it was found that the use of doping substances can trigger anxiety, obsessive disorders or psychosis.

#### Social

Being associated with doping or a doping offence will have an impact on the person's reputation and social relations. In the public view, Athletes or other persons convicted of doping are often considered "cheaters" and experience many forms of stigma.

Doping has a significant negative impact on the person's private life and social interactions as people may feel that they no longer want to be connected to someone who has damaged the reputation of a sport and displayed poor judgement.

#### Financial

A ban resulting from an Anti-Doping Rule Violation (ADRV) will have a significant financial impact on the individual. For athletes, this includes, but is not limited to, the requirement to return prize money or a financial sanction. Other negative consequences of doping include termination of contracts and sponsorship deals, loss of government funding and other forms of financial support.

## Sanctions

An Anti-Doping Rule Violation (ADRV) will have an impact on an athlete's ability to train and compete. For coaches and other Athlete Support Personnel, a ban may mean that they are no longer able to work with athletes. A sanction resulting from an ADRV can range from a warning to a lifetime ban from all sport.

It is also important to note that individuals banned in the sport of ISA will also be prohibited from playing, coaching or working with athletes in any other capacity in a different sport.

It is also a violation of the Code to work with Athlete Support Personnel who have been sanctioned by an ADO, as well as any coaches, trainers, physicians or other Athlete Support Personnel who are ineligible on account of an ADRV, or those who have been criminally convicted or professionally disciplined in relation to doping.

A full list of sanctioned athletes and Athlete Support Personnel in the sport of surfing can be found below in accordance with Code Art. 14.3 (Public Disclosure).

### Table of Sanctions

Date of decision	Name	Role (e.g., Athlete/ coach)	Rule violation	Substance	Sanction	Ban commenced	Ban ends	Full decision (link to case)

A full list of all Athlete Support Personnel who are currently suspended from working with athletes or other persons can be found on [WADA's Prohibited Association List](#).

### USEFUL REFERENCES:

[Effects of Performance Enhancing Drugs with Tyler Hamilton](#)  
[Effects of Performance Enhancing Drugs with Yulia Stepanova](#)  
[Andreas Krieger: Heidi's Farthest Throw](#)

## Risks of Supplements

Extreme caution is recommended regarding supplement use. A number of positive tests have been attributed to the misuse of supplements, poor labelling or

contamination of dietary supplements, and there is no guarantee that a supplement is free from prohibited substances.

Risks of supplements include:

- Manufacturing standards, which are often less strict compared with medicines. These lower standards often lead to supplement contamination with an undeclared prohibited substance;
- Fake or low-quality products which may contain prohibited substances – and be harmful to health;
- Mislabelling of supplements with ingredients wrongly listed and prohibited substances not identified on the product label;
- Misleading and false claims that a particular supplement is endorsed by Anti-Doping Organisations or that it is "safe for athletes". Anti-Doping Organisations do not certify supplements.

All athletes should do a risk-benefit assessment if they are considering the use supplements. The first step of such an assessment is to consider whether a "food-first" approach meets the athlete's needs. Whenever possible, such assessment should be done with a support of a certified nutritionist or other qualified professional who is familiar with the ISA Anti-Doping Rules.

## Checking Supplements

If, after careful consideration, an athlete chooses to use supplements, they must take the necessary steps to minimise the risks. This includes:

- Thorough research on the type and dose of the supplement, preferably with the advice of a certified nutritionist or other qualified professional who is familiar with the ISA Anti-Doping Rules.
- Selecting only those supplements that have been batch-tested by an independent company. Companies that batch-test supplements include [Informed Sport](#), [Certified for Sport](#) or [Kölner Liste](#).

Remember, no supplement is 100% risk-free but athletes and Athlete Support Personnel can take certain steps to minimise these risks.

For more information, please watch this [ITA webinar](#) on nutritional supplements.