

## DRUGS AND SPORT



Drugs and Organized Crime  
Awareness Service

### THE DRUGS AND SPORT DOPING PREVENTION PROGRAM AIMS TO:

- Promote awareness among young athletes, and their parents, coaches and peers about the adverse effects of alcohol, drugs and doping in sport. This encourages young athletes to adopt positive and healthy attitudes towards sport, as well as their day-to-day activities;
- Inform young athletes about ethical sport and the consequences of doping so that they can make informed decisions and;
- Promote and encourage the implementation of drug prevention initiatives in sport organizations involving young athletes.

### WHAT IS DOPING?

- Using, or attempting to use, a prohibited substance to artificially enhance physical capabilities.
- Violating applicable requirements regarding athletes' availability for out-of-competition testing, including failing to provide required information about whereabouts, and missing tests that are reasonably requested.
- Tampering, or attempting to tamper, with any part of doping control.
- Possessing and trafficking a prohibited substance or method.
- Administering, or attempting to administer, a prohibited substance to an athlete.
- Assisting, encouraging, aiding, abetting, covering up or otherwise violating an anti-doping rule.

### REASONS FOR USE

- Pleasure
- Curiosity
- Personal/Experience
- Relaxation
- Peer pressure
- Lack of confidence
- Low self-esteem
- Relieving pain
- Body Image

### FACT SHEETS ON COMMON SUBSTANCES

#### STEROIDS

##### Intended use

Increase weight, muscle mass, physical endurance and aggressiveness.

##### Legal Aspect

Most steroids are obtained on the black market. Simple possession of steroids is legal, but importing, trafficking and possession for the purpose of trafficking are illegal.

##### Ethics in Sports

Substance is illegal in sport. In and out of competition, using it is cheating, as it gives artificial advantage over other athletes, which contravenes the ethics of sport.

##### Health Consequences

Overload on liver and kidneys, cardio vascular disorders (increase bad cholesterol [LDL] and decrease good cholesterol [HDL]), severe acne, stunted growth, break-down of tendons, loss of libido, sterility (long-term use), testicular atrophy, hair loss, psychological and psychiatric problems.

##### Consequences on Social Environment and Others

May affect safety of others, leads to antisocial behaviors and a high level of aggressiveness among users. These may lead them to act dangerously toward others, e.g. road rage.

#### CREATINE

##### Intended use

Increase muscle mass and VO<sub>2</sub> Max.

##### Legal Aspect

France is the only country where its sale and usage are prohibited.

##### Ethics in Sports

Not prohibited in sport, but it is controversial and is being well studied. It can reveal doping behavior in individuals who use it to enhance performance.

##### Health Consequences

Still under study. Many athletes have experienced the following harmful effects: muscle cramps, digestive problems, overloading of the kidneys and liver, back pain and the risk of tendon injury. Psychological dependence to this substance has been observed in many cases.

##### Consequences on Social Environment and Others

No apparent problem detected.

#### ALCOHOL

##### Intended use

Feeling of well being, relaxation, reduced inhibitions and fear, pain relief.

##### Legal Aspect

Alcohol is a legal product. You must be of legal age to purchase it.

##### Ethics in Sports

Alcohol is in the category of substances prohibited in certain sports and tested only during competition (ex: archery, karate, ski). Using it is cheating as it gives an artificial advantage over other athletes, which contravenes the ethics of sport.

##### Health Consequences

Hormonal disorders, gastrointestinal, liver and pancreas disease, blood cardiovascular, psychological disorders, reduced resistance to infections and increased risk of cancer.

##### Consequences on Social Environment and Others

Affects safety of athletes and their teammates by reducing inhibitions and alertness. This can lead to accidents, violent or vulnerability to violence by others.

#### METHAMPHETAMINE (SPEED)

##### Intended use

Stimulate, give illusion of invincibility, increase alertness and aggressiveness, reduce or delay fatigue.

##### Legal Aspect

Simple possession, importing, trafficking and possession for the purpose of trafficking are illegal. A criminal history file can cause problems traveling and seeking employment.

##### Ethics in Sports

Included on a list of prohibited substances in sport and tested only during competition. Using it is cheating as it gives an artificial advantage over other athletes, which contravenes the ethics of sports.

##### Health Consequences

High blood pressure, tachycardia, shivering, headaches, arrhythmia, muscle spasms, clenched jaw, psychological disorders, psychoses, depression, insomnia, nervousness, extreme anxiety and highly addictive.

##### Consequences on Social Environment and Others

May affect safety of others, leads to antisocial behavior and a high level of aggressiveness. Sleep disorders may adversely affect performance at school and in sport.

#### COCAINE

##### Intended use

Stimulate, increase alertness and aggressiveness, reduce fatigue and pain, cause feelings of physical and intellectual powers.

##### Legal Aspect

Possession, importing, trafficking, and possession for the purpose of trafficking, are illegal. A criminal history file can cause problems when traveling and seeking employment.

##### Ethics in Sports

On the list of Prohibited Substances. Using it constitutes cheating, as it gives an advantage over the other athletes; which contravenes the ethics in sport. It is also a health risk.

##### Health Consequences

Contraction of blood vessels, tachycardia, shivering, headaches, arrhythmia, dizziness, psychological disorders, intense mood swings, hallucinations, paranoid delirium, panic attacks, insomnia, nervousness, anxiety and highly addictive.

##### Consequences on Social Environment and Others

Affects safety of others. It leads to a high level of aggressiveness. Lowers inhibitions, which can cause users to commit violent acts. Sleep disorders may adversely affect performance at school and in sport.

[www.rcmp-grc.gc.ca/docas/index\\_e.htm](http://www.rcmp-grc.gc.ca/docas/index_e.htm)



### PARTNERS OF THE DRUGS AND SPORT PROGRAM

- Association des intervenants en toxicomanie du Québec (AITQ)
- Canadian Association of Chiefs of Police (CACP)
- Canadian Association of Physical and Health Education/Recreation and Dance (CAPHERD)
- Canadian Centre of Ethics in Sports (CCES)
- Coaching Association of Canada (CAC)
- Comité permanent de lutte à la toxicomanie (CPLT)
- Fédération des éducateurs et éducatrices physiques du Québec
- Fédération des kinésiologues du Québec
- Fédération Québécoise du sport étudiant
- Health Canada
- Institut national de la recherche scientifique
- University of New Brunswick, University of Manitoba, Université de Sherbrooke, Université du Québec à Trois-Rivières
- Ministère – Éducation, loisir et sport (Quebec)
- National Sports Centres (NSC)
- Provincial, regional and municipal police services
- Provincial Sport Organizations (PSO)
- Royal Canadian Mounted Police
- Sport Canada
- True Sport Strategy
- World Anti-doping Agency
- Other Police Service Agencies