

# *Some aspects of DOPING-HISTORY and consequences for DOPING-PREVENTION*

Reykjavik, 31st of october 2007 – Play the Game



# *The problem is:*

## Introduction

History and  
numbers

General  
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The Jan Ulrich  
dilemma

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Heidelberger  
Approach:  
Reflexion  
Argumentation  
Decision

Anne Gripper (UCI) in Paris  
last week: „Nous pouvons  
débarasser le cyclisme du  
dopage“ (= illusion)

Zabel:



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Not only totalitarian states are in the temptation of doping but also democratic states:

The east-west conflict has not been a main reason for doping. The manipulations did not end with the fall of the Berlin wall.

## Introduction

Never forget the conditions in a country:

History and  
numbers

a) The GDR with 17 million of inhabitants was not able to win as many medals in a natural way as the USA or the Soviet Union by normal means.

General  
conditions

b) Western Germany had in 1976 only half of the births than occurred in 1966, and in the same time the development much more sports (lack of talents)

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c) Countries without tradition in certain sports (like Greece in athletics)

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d) Development of pharmacologie and medicalization in a country, sports medicine, sponsoring, increasing importance of sports in the mass media = pushing factors for doping

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## Introduction

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Stimulants – efficiency in competition -> control  
-> reaction: Anabolic steroids – efficiency in training  
period -> control

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-> reaction: Testosterone, Human Growth Hormone,  
EPO

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-> indirect control for Testosterone (Quotient), for EPO  
-> reaction: doping up to the allowed limits

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**Doping -> doping control -> reaction -> other forms  
of doping**

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After each scandal assertion of clearing up without any  
gap: promised consequence eradication of doping

## Unannounced training controls mean a stagnation/cutback of performances

(cp. SINGLER/TREUTLEIN 2006, p. 37 & p. 115)

Introduction

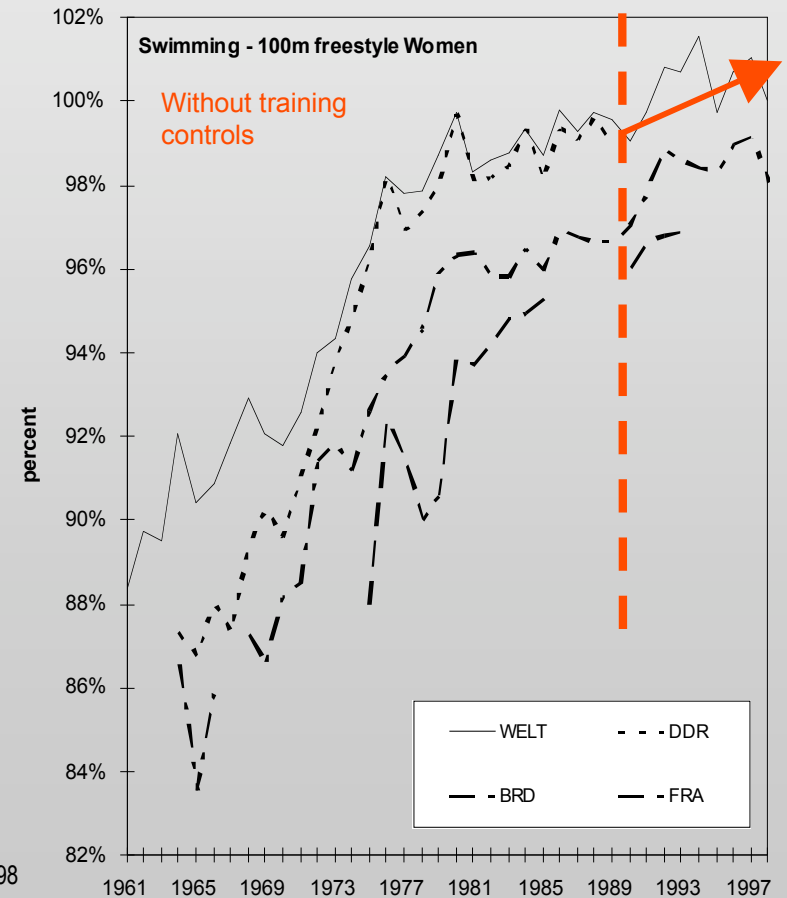
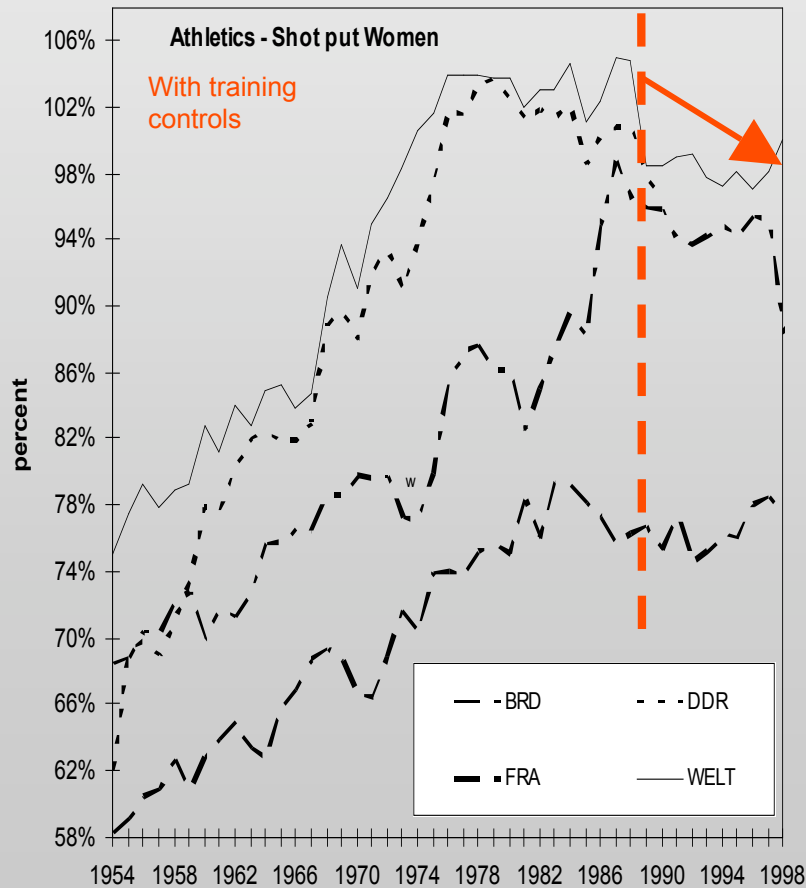
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Introduction

## Explosion of performance in endurance sports due to – presumably – the misuse of EPO

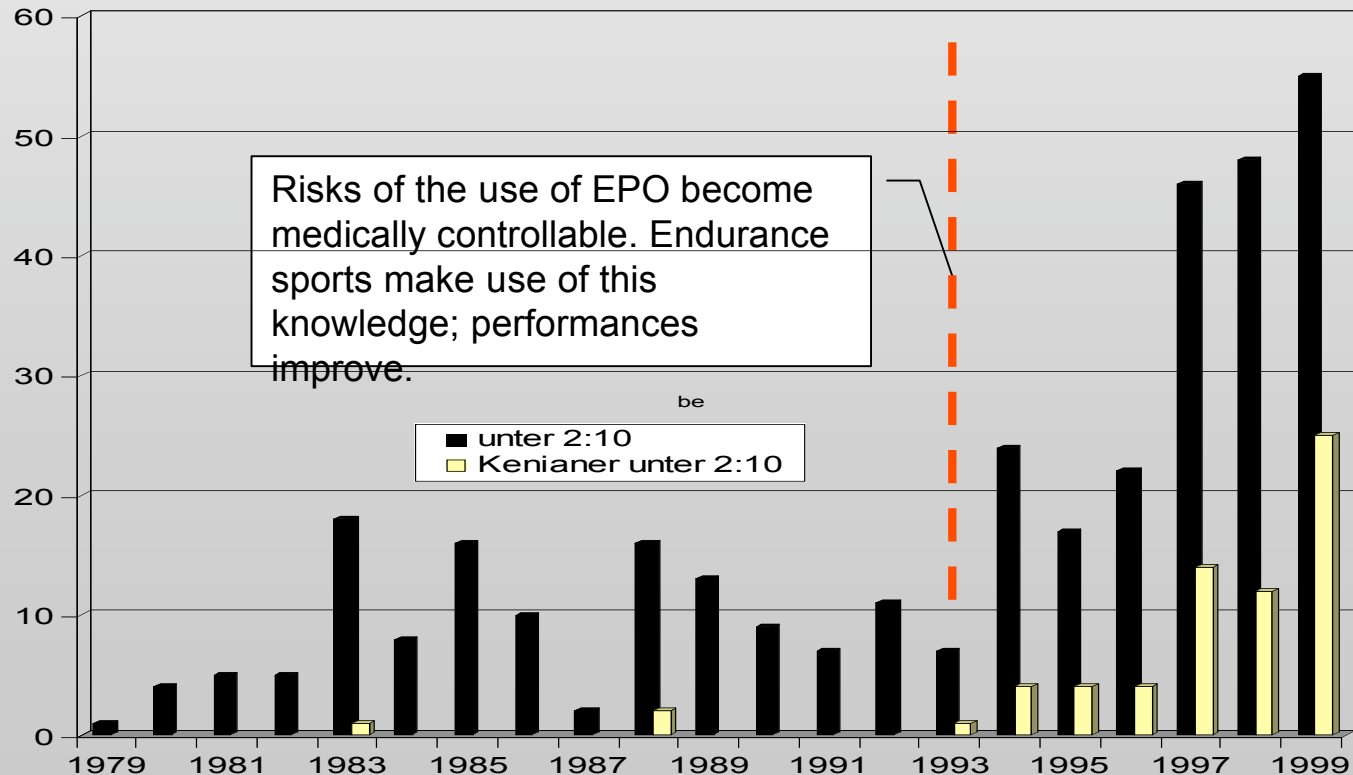
- Especially since 1994
- E.g. development of performance considering marathons
- Increase of results under 2:10 in men's marathon since 1979 (SINGLER/TREUTLEIN 2006, p. 71)

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## Impacts on the body in a very short period of time

(cp. SINGLER/TREUTLEIN 2006, p. 59)

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## Introduction

### Possible observations in the past and present times:

- Changes of the body (for ex. muscles, weight, braces for teeth ...)
- continues to run after the finishing line
- is able to give an interview instantly after a mountain arrival
- and so on

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-No acting: for ex. wait and see, wegschauen, not enough money for the development of doping control laboratories end research, for prevention

Prevention approaches

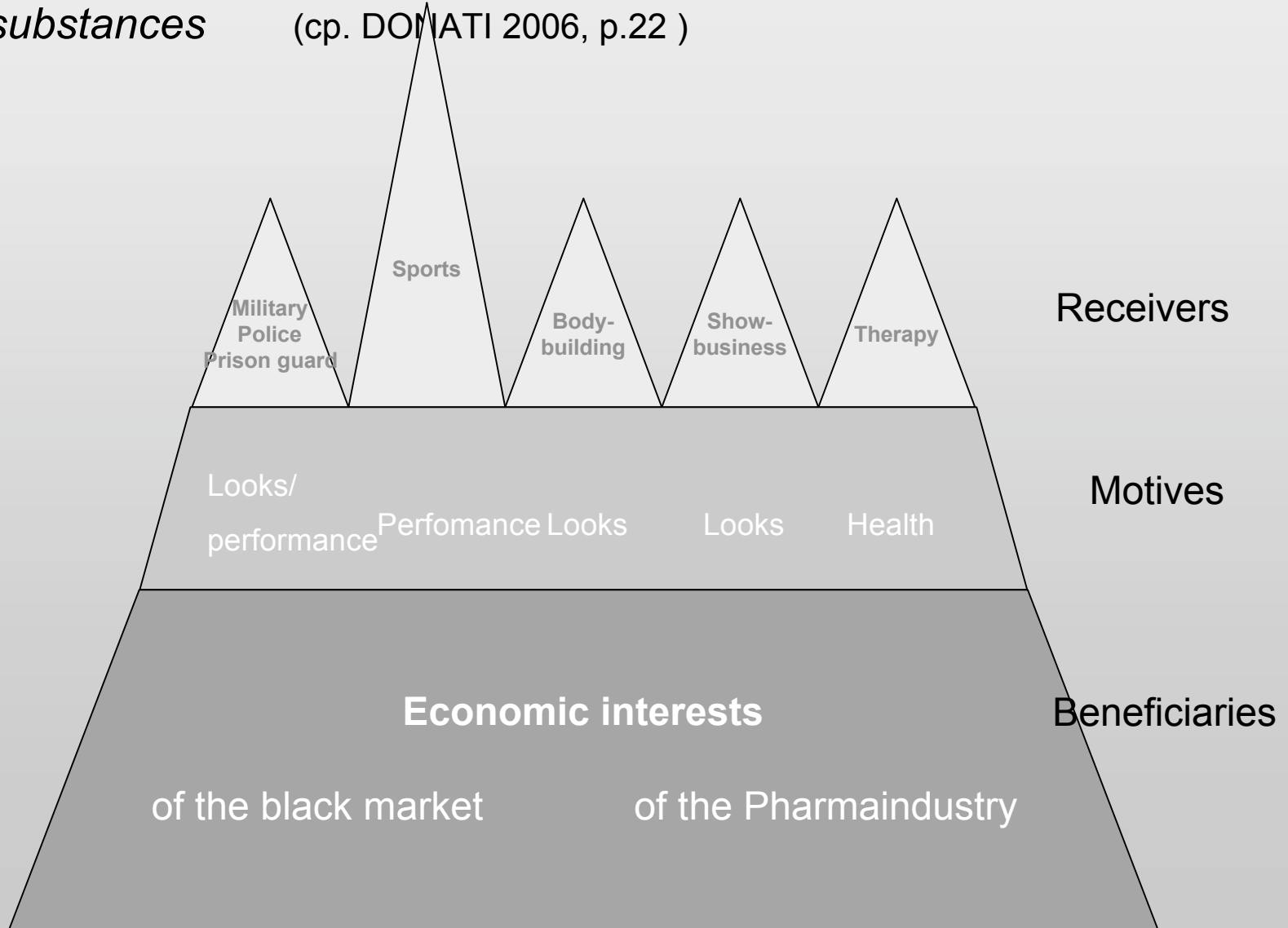
-acting: provocation of the dropout of fighters against doping („enemies of sports“), advice for not to be caught in a control, protection of national sports heroes (for ex. Fuentes/Puerto in Spain)

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= encouragement of doping

# Spread out of knowledge of doping substances

*Receivers, motives, beneficiaries of the trading with doping substances* (cp. DONATI 2006, p.22 )



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**Rahmenbedingungen**

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## Introduction

**Enlightenment could be better than controls:**

History and  
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**Research of Astrid Offer et al.:**

**293 young top athletes in the region of the Ruhr**

General  
conditions

**Only 75 received information from:**

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**- Coach of the club (18,8 %)**

**- Coach of the federation (18,8%)**

**- (Responsibility of the federation for the fight against doping  
27,4%)**

**- Doctor (11,3%)**

**- Teacher (20 %)**

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**= nearly no prevention work**

Introduction

- **Research on attitudes towards doping**  
(*Questionnaires, interviews*)

History and  
numbers

**Hypothesis:** Certain attitudes, information and reflection deficiencies promote doping

General  
conditions

- **Preconditions of prevention**

development of materials for the education coaches, teachers and young sportsmen

readiness and ability for communication

- **Derived duties for prevention: Transposition of the materials with the following aims:**

- Information

- 

- Acquisition of reasoning

- Qualification for independent decision-making

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## Research on attitudes towards doping with coaches who work with Young athlètes (n = 46)

### Introduction

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**Doping in elite sports is a major problem**

yes  
42

no  
4

n/a  
-

General  
conditions

**If we seriously fight doping in Germany we will  
fall behind in international sports**

yes  
32

no  
13

n/a  
1

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**Battery of questions about  
legalization/liberalization of doping** if control cannot  
garantee cleanness at extreme stresses like Tour de France

yes  
12

no  
34

n/a  
-

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**There is an answer to the doping problem**

yes  
16

no  
30

n/a  
-

Here the **high pressure of the problem** becomes obvious!

## Research on attitudes towards doping with coaches who work with teenagers (n = 46)

Introduction

History and numbers

**Germany should be a forerunner in fighting doping**

**yes  
38**

**no  
7**

**n/a  
1**

General conditions

**Doping bans limit rights of freedom**

**yes  
4**

**no  
41**

**n/a  
1**

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**Doping prevention is reasonable**

**yes  
39**

**no  
3**

**n/a  
4**

Prevention approaches

Conclusion:

**Although the pressure is so high there is still a great interest in fighting doping through prevention.**

*(partly even for such people who are, under certain circumstances, willing to think about the liberalization of doping)*

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*The grand self-delusion of German and international sports consists of among other things two statements:*

All world record performances are possible without doping.

In Germany and in the world at the most one percent of the athletes use doping.

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## *The substantial dilemma since the 1970s:*

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Without asserted effective fight no subsidies from the State or sponsors. (-> hypocrisy)

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Classical negative incentive system in Germany:  
Who effectively takes action against doping (less achievement), will be punished.

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Introduction

## *Situations of temptation in the course of a top athletes career*

History and numbers

- Switching clubs
- Failures
- Severe injuries (« pieces of advice » from doctors, buddies and so on)
- Doping rivals (Equality of chances)
- Fear of « social death » after the end of the career (Bette/Schimank 2000)

General

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***Doping becomes a way of coping with difficult situations.***

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Imagine you are in the final 100m track and field run and your chances of winning and a big advertising contract, fame, acceptance, ... are good.

You have never doped yourself your whole life and are now being asked by your coach if you would – just to make sure you win – dope yourself for *just this one competition*, and never again thereafter.

*Would you do it?*

yes

no

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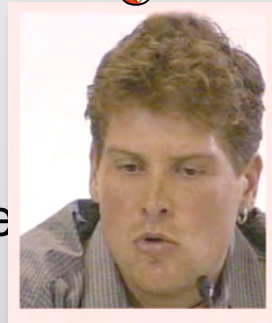
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## Advantages

- Money and wealth
- Fame and acceptance
- Health



## Costs/Risks

- Loss of money from sponsors
- Condemnation by the public
- Physical ruin

In each person (athlete, coach, doctor, researcher) can be an angel (sports without doping) or a devil (cheat)

Prevention = repression and prevention



**Repression = short  
time effects**

**Prevention = long  
time effects**

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Ansatz:  
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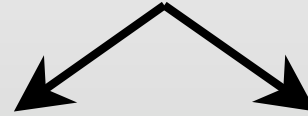
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## Double duty for coaches and functionaries



Encouragement of  
**Performance**

Personality:  
**Mature Athlete**

*In short:*

A trainer/functionary is supposed to produce an „**all-in-one device suitable for every purpose**“!

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**Prevention  
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- Deterrence
- Moralizing instruction
- Allegation of ineffectiveness
- Concealment
- Individualization of the problem
- Enlightenment and information



**« Doping is health-threatening »**



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**Präventionsansätze**

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**« Doping is bad – who  
dopes is mad! »**

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**« Doping = Placebo! »**

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***« Doping – the unsightly,  
unaudible and unutterable in  
sports! »***

# Individualization of the problem

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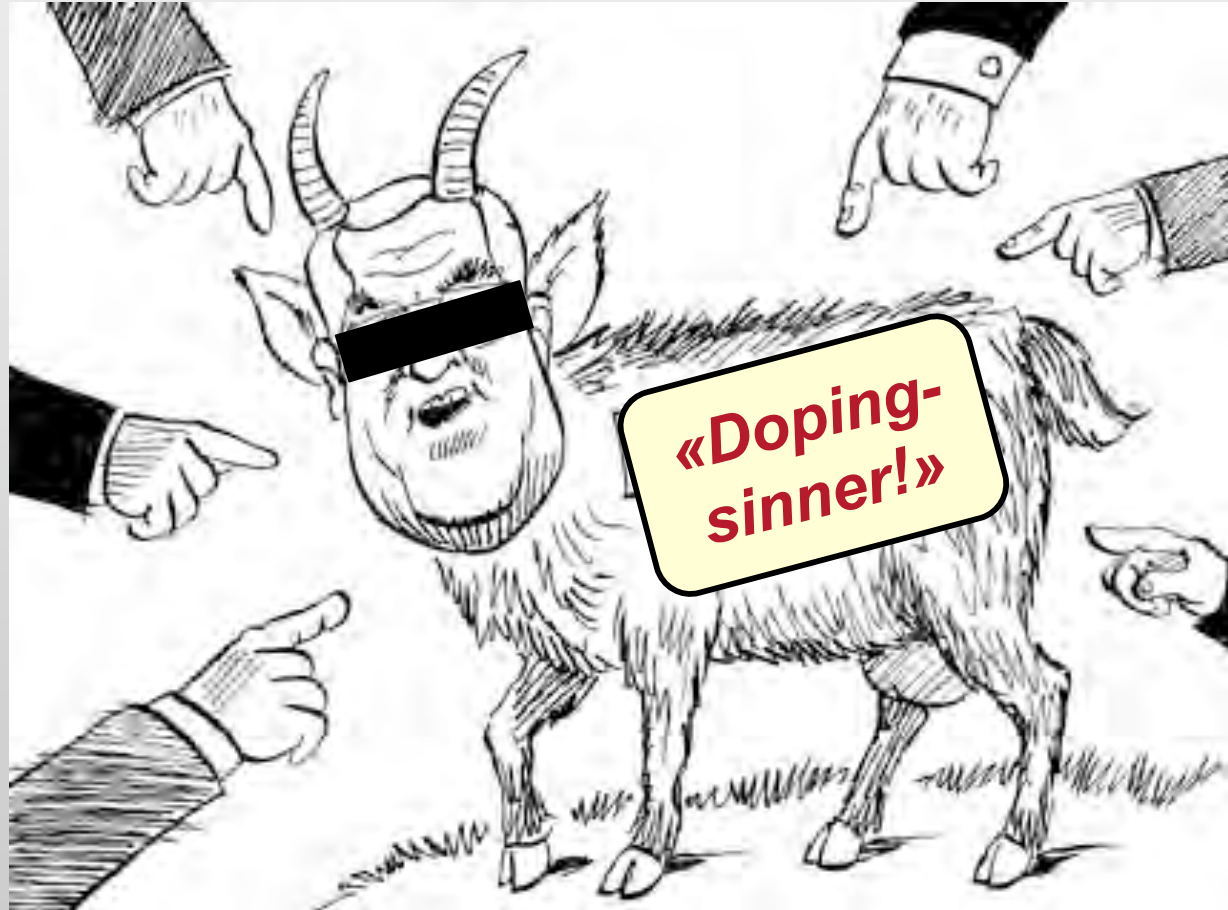
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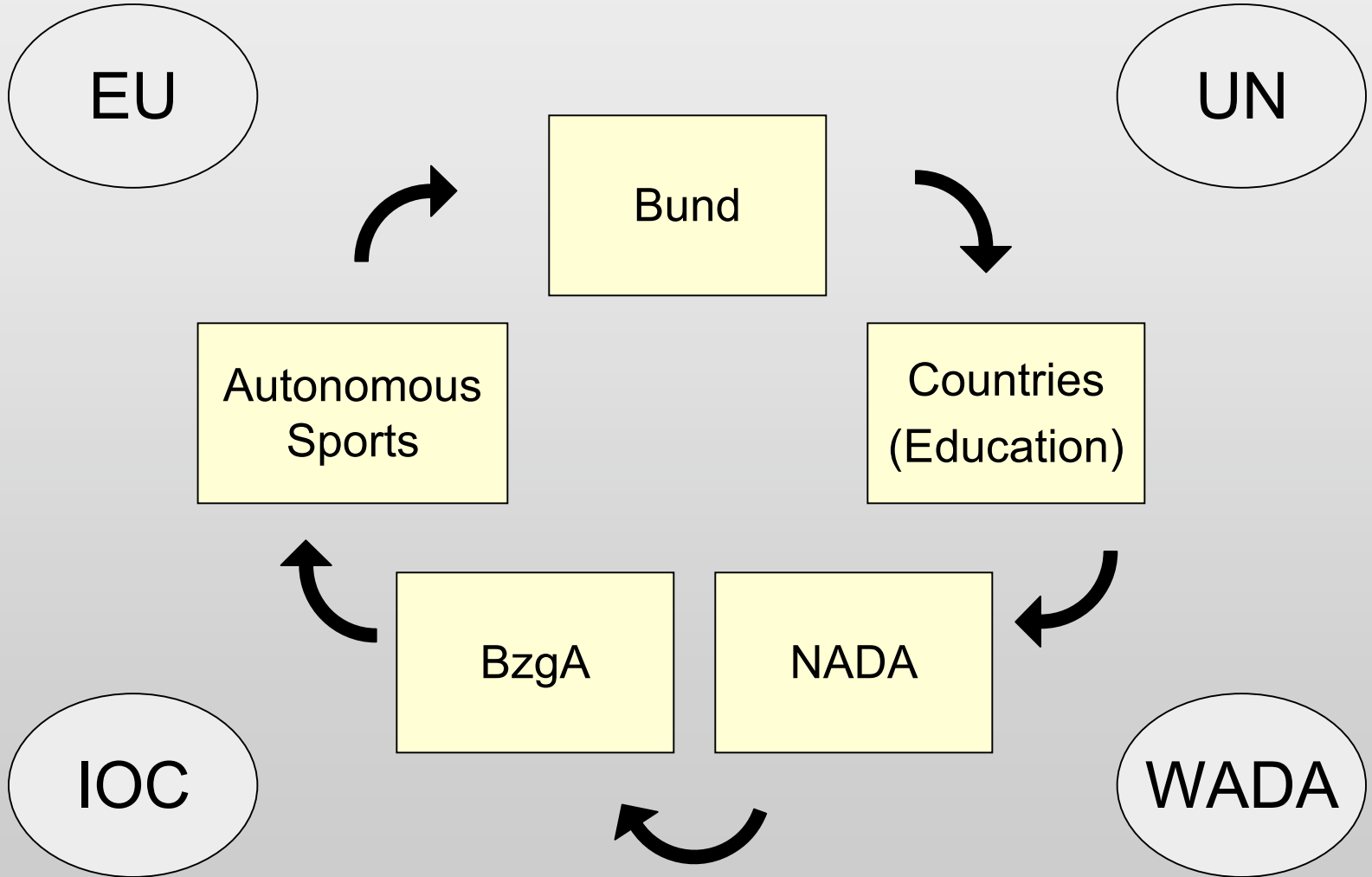
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# The „passing-the-buck-game“ of doping prevention



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1. **Prevention** without finger-wagging
2. ***Doping mentality*** is no longer only in sports, but within many ranges of the society
3. **Problem awareness** is only present to a small amount likewise the readiness for the execution of measures

Introduction

## *Reflection – Argumentation – Decision*

History and  
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Two aims:

*Doing sports meaningfully and with your body in mind* by taking the whole span of life into account.

*The mature athlete:*

he is informed, can reflect over himself and argue; feels responsible for his decisions

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Ansatz:  
Reflektieren  
Argumentieren  
Entscheiden**

***Relation-  
prevention***

***Behavior-  
prevention***

5. Layer:  
International Community

4. Layer:  
State/Society

3. Layer:  
Sports unions

2. Layer:  
Club/Environment

1. Layer:  
Athletes

Introduction

- **International Network**

History and numbers

- **Europe-wide congress**
- **Expert talk 2005**

General conditions

- **Congress volume**

- ***DSB/dsj-Project***

- ***ÜL-advanced training***

- ***Material folder***

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- ***Doping brochure***

- ***Lectures***

Prevention approaches

- ***Individual care for athletes***

- ***„Make kids/athletes mentally strong“***

Heidelberg

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Ansatz:**  
Reflektieren  
Argumentieren  
Entscheiden

5. Layer:  
International Community

4. Layer:  
State/Society

3. Layer:  
Sports unions

2. Layer:  
Club/Environment

1. Layer:  
Athletes

## ***Prevention can succeed, if ...***

- ... an anti-doping-attitude is being communicated and exemplified through one's own life in a convincing way
- ... action is taken on all levels and
- ... the political will for clean and believable sports is given.



***„We have to imagine Sisyphus as a happy man.“***

*Albert Camus*

*We will never reach the aim of sports without doping, but we have to try it nevertheless*

## Introduction

Since 1995/96 research project „Doping im Spitzensport“ at the PH Heidelberg with the focal point „Doping im Westen“ (Andreas Singler/ Gerhard Treutlein)

History and numbers

### **Result:**

- **2000/01:** Book publications „*Doping im Spitzensport*“ and „*Doping – von der Analyse zur Prävention*“. Interdisciplinary approach: Statistic, historical and sociological analyses were combined into conclusions for the fight against doping out of an educational view.
- Since **2000/01:** various academic publications in anthologies and professional journals; lectures in and out of the country.
- **2004:** „*Sport ohne Doping!*“ (Arndt/Singler/Treutlein) for the dsj, Austria takes on the brochure.
- **2005:** 1. conference „*Internationales Expertengespräch zur Dopingprävention*“, January 13th – 15th 2005 (conference report „*Dopingprävention in Europa*“ 2006).
- **2007:** Media workbook „*Sport ohne Doping!*“ für die DSJ.
- **Current:** Survey by order of the Deutsche Bundestag regarding „*Doping in demokratischen Gesellschaftssystemen*“ (Singler/Treutlein).

General conditions

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