

How else can a ban affect an athlete?

Learning Outcomes

- ★ Identify how doping can impair physical and mental health, social relationships, career, finances and more
- ★ Explain the potential severity of the health and social consequences of doping
- ★ Evaluate the potential impact of the consequences experienced by a sanctioned athlete

The most common **Consequence** an individual may face when they commit an Anti-Doping Rule Violation (ADRV) is a **ban from sport**, which in some circumstances could even be for **life**. The table in **Resource 12A** indicates the length of ban an athlete or Athlete Support Personnel (ASP) may receive for each of the ADRVs.

Athletes should also be aware that doping can have severe **health and social consequences**. **Resource 12B** shows some of the potential health consequences of using particular **prohibited substances and methods**.

The **social consequences** of committing an ADRV and receiving a sanction may include:

- **loss of sponsorship deals**
- **loss of income**
- **financial implications**
- **achievements eradicated**
- **relationships with friends and family put under pressure**
- **isolation from peers and sport**
- **restrictions on current and future career prospects**
- **depression.**



Doping poses serious **health risks** to athletes as in some cases, the substances and methods used in doping have **not been tested** or approved for use. There is also the abuse of counterfeit or **'designer' drugs** that have been developed with no safety control. Doping does not just threaten athletes' physical health; living with the consequences of doping can **destroy lives** and **break the faith** people have in athletes and role models.

When sport is the most significant part of an athlete or Athlete Support Person's life, the impact of these factors can be **enormously destructive**.

Consider the **social consequences** of doping by adding the missing letters to the statements in **Activity 12.1**.


Read the information about the **Consequences of Doping** and then in **Activity 12.2**, expand the chains on the **word web** to explore these **consequences**.

Review the information in **Resource 12B** then **annotate the body map** in **Activity 12.3** to show the **health consequences** of doping.

Quick Links:

-  [Current UKAD ADRV Sanctions](#)
-  [Wider Consequences](#)
-  [Health Consequences](#)
-  [Consequences of Doping](#)
-  [Medal Reallocation Case Study](#)
-  [Consequences](#)

You will need:

-  Handouts

Assessment Options

Scaffold: Explain to a peer the consequences faced by an athlete who dopes.

Task: Write a report to explain the negative consequences of doping on an athlete's relationships and finances.

Challenge: Produce a report that examines the wide range of consequences of doping and an athlete's potential to return to sport.

ADRV	SANCTION
1. Presence	Up to four years
2. Use	Up to four years
3. Evasion, Refusal or Failure	Up to four years
4. Whereabouts	Up to two years
5. Tampering or Attempted Tampering	Up to four years
6. Possession	Up to four years
7. Trafficking	Four years up to a lifetime ban
8. Administering or Attempted Administration	Four years up to a lifetime ban
9. Complicity or Attempted Complicity	Two years up to a lifetime ban
10. Prohibited Association	Up to two years
11. Acts to Discourage or Retaliate against Reporting to Authorities	Two years up to a lifetime ban

Prohibited Substance	Potential Health Consequences
Steroids:	<p>Acne, increased aggression and mood swings, libido disorders, high blood pressure, increased risk of cardiovascular and liver disease, psychological dependence, increased risk of contracting hepatitis and HIV from needle use. More specifically:</p> <ul style="list-style-type: none"> ● For males: Impotence, infertility, breast enlargement and premature baldness ● For females: Development of male features such as deepening voice and excessive hair growth on the face and body and foetal damage.
Human Growth Hormone:	<p>Increased risk of diabetes in those already at risk, worsening of cardiovascular diseases, muscle, joint and bone pain, hypertension, abnormal growth of organs and accelerated arthritis.</p>
EPO:	<p>By thickening of the blood, increased risk of heart disease, a stroke and cerebral or pulmonary embolism.</p>
Insulin:	<p>Hypoglycaemia (low blood sugar), nausea, weakness, shortness of breath, drowsiness, coma, brain damage and death.</p>
Stimulants:	<p>Increased heart rate, palpitations or cardiac irregularities, insomnia, anxiety, tremor and aggressiveness, inhibited judgement or decision making and dehydration.</p>
Narcotics:	<p>Increased pain threshold and failure to recognise injury, loss of balance and coordination, sedation, physical and psychological dependence that can lead to addiction.</p>
Blood Doping:	<p>Allergic reaction (rash, fever, shock, etc.), delayed transfusion reactions (e.g. destruction of transfused red blood cells, fever, jaundice), transmission of infectious diseases (e.g. viral hepatitis and AIDS), overload of the circulatory system, blood clots.</p>



Activity 12.1: Social Consequences of Doping in Sport

On the right are eight potential **social consequences** of doping in sport. Some of the letters have been removed from each of the consequences.

1. Fill in the missing letters in each of the consequence phrases.
2. Which of these consequences do you believe would have the most immediate impact on an athlete found guilty of an ADRV?
3. Which of the consequences would have the potential to have a long term effect on the athlete, even after a potential ban from sport was complete?

1. Lo_s of spo_s_rs_i_

2. Lo__ of _n_ome

3. F_na_cial i_pl_cat_o_s

4. Ac_ie_em_nt_ er_di_at_d

5. R_l_ti_ns_ips with f_ien_s & _a_ily

6. Is_la_io_ from p_rs & spo_t

7. R_strict_o_s on care_r pr_sp__ts

8. De_r_s_i_n

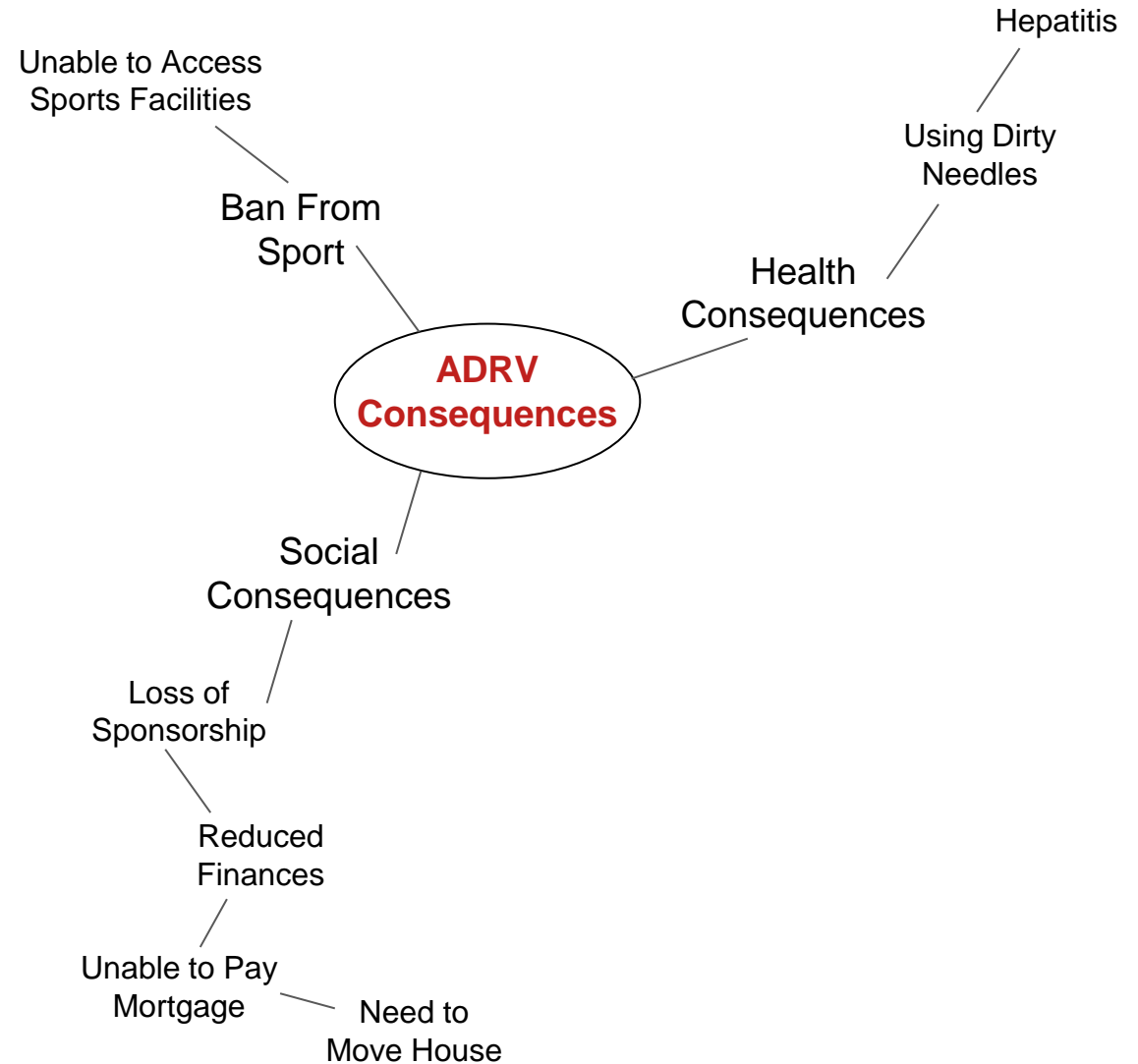


On the right is a **word web** that is exploring the wider **consequences of receiving an ADRV**. The word web has been broken down into three categories:

- **Ban From Sport**
- **Health Consequences**
- **Social Consequences**

Some example long term consequences have already been plotted onto the word web.

1. Expand the word web by adding additional consequences under each of the three headings.
2. Expand the chains by considering what each of these consequences may mean for an individual and what could happen as a result.
3. Which of the consequences do you believe would have the biggest impact on an athlete.
4. Which consequence would be most impactful on an ASP?





While athletes may incorrectly choose to use **prohibited substances** to increase their performance, many prohibited substances can have a detrimental effect on aspects of an athlete's **physical health**. On the right is an outline of an athlete's body.

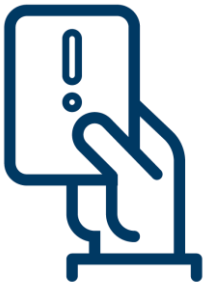
1. Using the information from **Resource 12B** annotate the athlete's body to show the potential health consequences for doping.
2. Which prohibited substance do you believe has the most negative impact on health?
3. None of the substances themselves would cause an athlete to contract HIV or hepatitis, so why is this a health concern?



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Scaffold:

Explain to a peer the range of health dangers an athlete faces if they choose to dope and how this choice could impact on their future career in sport.

Task:

Write a report to explain the broad range of negative consequences an athlete faces if they choose to dope and how these choices could affect their relationships and finances in the future.

Challenge:

Produce a report to examine the social, health and sporting consequences of choosing to dope, for an athlete who is served with an ADRV. Consider whether an athlete would be able to return to their sport after serving a two year ban, given the potential consequences.