

Anti-doping Green Seal.

Template for best practices in anti-doping. (length up to 1,2 pages each BP)

Title:

Strengthening the Anti-Doping Fight in Fitness and Exercise in Youth

Publication date (or implementation date):

Start at 1 Jan 2015 End date 31 Dec 2016

Applicant Organization:

Aristotle University of Thessaloniki- Aristotelio Panepistimio Thessalonikis
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Higher education institution (tertiary level)

Target audience and number of people involved:

Participant: 1500

Objectives:

The strategic objectives of Project SAFE YOU are to:

1. Identify the key risk and protective factors for doping substance use in adolescent and young athletes involved in fitness and amateur sports.
2. Assess the lived experiences of young people involved in fitness and amateur sports settings, especially in relation to availability/access, promotion and purchase of doping substances.
3. Co-create with adolescent and young amateur athletes an evidence-based, online education tool against doping in fitness and amateur sports.
4. Develop a “train the trainers” approach to teach educators and other professionals and stakeholders how to use the SAFE YOU Tool to effectively design, implement and evaluate anti-doping interventions and educational campaigns for young people in fitness/amateur sports.

Location/Geographical coverage:

Universitaet Potsdam (DE) , Stiftung Nationale Anti-Doping-Agentur Deutschland (DE) ,

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Universita Degli Studi Di Roma Foro Italico (IT) , Cyprus Sport Organisation (CY) , Hellenic Ministry Of Culture And Sports (EL) , Kingston University Higher Education Corporation (UK)

Summary:

SAFE YOU aims to dynamically contribute to anti-doping in fitness and amateur sports. To do so effectively we should abide by the following principles:

Primary prevention: *We should start early on, and prevent the very onset of doping use among younger people. To do so, we need to target adolescents and young adults involved in fitness and amateur sports.*

Empowerment through education: *There is an imminent need to develop an anti-doping educational resource that will reflect the needs of our end-users. Through education we can provide them with all the useful resources, knowledge and capacities they need to make an informed decision about abstaining from doping use.*

Strategic partnership: *We cannot achieve our goals unless we commit to strategic partnerships and coalitions with key stakeholders in fitness/amateur sports, such as academic institutions, sports organizations, and education providers.*

SAFEYOU involves the synergy between academic experts in doping use, and non-academic partners with a strong policy-making orientation, and vested interest and strong commitment to promote amateur sports, and ensure that sports are safeguarded against emerging threats, such as doping.

URL of the project/Related website:

<http://safeyou.eu/>

Photos (if free of use):

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