

Anti-doping Green Seal.

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

Title:

Department of Anti-Doping Research of Institute of Sport in Poland and its actions in the field of doping in recreational sports.

Project: Fitness Against Doping

EU grant

Programme: Preparatory Actions in the field of Sport, DG EAC

Duration: 14 months (01/01/2011 to 31/03/2012)

Agreement number: 2010-1283

Publication date (or implementation date):

2011

Applicant Organization:

European Health and Fitness Association

The project partners were: AGAP - Portugal (Portuguese Fitness Association) BAHF - Bulgaria (Bulgarian Association of Health and Fitness) DFHO - Denmark (Danish Fitness and Health Organisation) DSSV - Germany (German Fitness Association) DADR - **Poland (Department of Anti-Doping Research of Institute of Sport)** FIA - UK (Fitness Industry Association) Fit!vak - Netherlands (Dutch Fitness Association) HCA & ICCE - Hungary (Hungarian Coaching Association and International Council for Coach Education) ISCA - Denmark (International Sport and Culture Association) QualiCert - Switzerland (Swiss Quality Assurance Company)

Target audience and number of people involved:

Fitness sector; professionals, fitness trainers who deliver programmes and supervise exercise for adults, children and adolescents

Objectives:

Department of Anti-Doping Research of Institute of Sport is the National Research Institute in Poland. The subject of the Institute's activity is in general: conducting scientific research for sport, development of expert opinions and services for sports organizations and associations, performing anti-doping analyzes in accordance with relevant regulations, design and construction of measuring devices for sport, certification for sport and recreation.

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Institute of Sport is engaging in many anti-doping actions and projects.

In particular Organization was a partner in anti-doping project in recreational sports -FAD.

FAD project objectives:

The prevalence of recreational drug use across Europe was of interest for the purposes of the FAD project study in order to ascertain whether cultural and national attitudes towards recreational drugs, national prevention strategies and drug policy have an impact on the prevalence of doping in the amateur sports and fitness sectors. It allowed to answer the question how consistent national and local authorities have been in developing strategies to tackle the separate problems of recreational drug use and doping in elite and amateur sport. The project also survey the level of recreational drug use by fitness users and compare to national profiles. Trends in recreational drug use were of particular interest to this study as young people (and in particular young males) are believed to be among the most prevalent users of PIEDs, including anabolic steroids and stimulants as well as recreational drugs

The project was divided into four main activities: 1. Research into existing evidence of doping practices in amateur sport and fitness 2. Field research by the partners into doping practices in their countries 3. Reporting on findings and consultation 4. Develop intervention strategies to effect reductions in any doping practices. The methodology for the original research was developed by the project team in consultation with the Polish Anti-Doping Research Centre (WADA Agency) and Leisure Net Solutions with the Division of Sport, Health & Exercise Sciences at the University of Hertfordshire (UK).

. Location/Geographical coverage:

Europe

Summary:

The data presented in project indicates the general prevalence of amphetamine use, which are occasionally used to enhance fitness performance despite the detrimental effect they have on health, with psychological and physical effects such as euphoria, hyper-alertness, emotional hypersensitivity with stress and anger known to occur to users.

Important findings:

- 27.70% of customers reported using a food supplement. This included electrolyte drinks and their use was the most popular of all supplements as an aid to rehydration.
- Respondents could identify a number of substances, and the most popular were anabolic steroids, stimulants such as amphetamines and “other substances” such as diuretics – almost in equal measure.
- Male users of fitness centres are much more likely to take banned substances and recreational drugs than women participants.
- The age “peak” for the use of substances is the group of 25-49 year olds and not the 15-24 group which has become the “target” in some previous research.

Information comes from the FAD report available here

<https://www.virke.no/globalassets/bransje/bransjedokumenter/ehfa.pdf/>

URL

<http://www.europeactive-euaffairs.eu/projects/FAD>

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