

Anti-doping Green Seal.

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

Title: "Palestre sicure" – "Safe Sport centres"

Publication date (or implementation date): 2012-2015

Applicant Organization: Regione Emilia Romagna

Target audience and number of people involved: Sports Centres, Fitness Centres. 84 fitness centres subscribed the program.

Objectives: The "Palestre Sicure" project is aimed to create a network of certified sports centers, where to promote correct lifestyles and allow the practice of motor activity both for prevention purposes and as therapy prescribed by the doctors of the national service and as initiatives to prevent risks related to the consumption of psychoactive substances (alcohol and drugs).) and of doping substances as well as promoting proper nutrition and limiting the use of food supplements.

Location/Geographical coverage: Emilia Romagna region.

Summary: The "Palestre Sicure" project is included in the 2008 National Action Plan against addictions, and stems from the need to prevent and contrast the use and diffusion of doping substances among gym athletes and fitness centers, promoting a model of good overall management aimed at improving the health and well-being of users.

More generally, the project aims to enhance the role of these centers in promoting an activity that protects the safety of users and aims to promote a healthy lifestyle.

There are two types of gyms and sports centers, indicated in the project: the "ethical gyms" where physical activity can be carried out aimed at the prevention and protection of health and where actions to combat the improper use of drugs, prevention interventions are developed, risks related to the consumption of psychoactive substances (alcohol and drugs) and of doping substances, interventions to promote proper nutrition and limit the use of food supplements; the "safe gyms" where it is possible to practice the physical

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activity prescribed as therapy by the doctors of the Regional Health Service as there is specialized and suitably trained personnel working there and where cardiac defibrillators are provided.

To obtain the certification of sport center ethic, it is necessary to adhere to an ethical code, which contains general principles and specific commitments, involves inspections and checks by the Sports Medicine Services of the Usl Companies (regional health service) to verify the possession of the required requisites, and requires the obligation to participate in training activities organized at local and regional level within the project.

To obtain the recognition of a "safe gym", and therefore to be able to offer physical activity prescribed by doctors of the Regional Health Service, gyms and health facilities that already have the certification of the ethical gym, must meet the following requirements: to employ graduates in physical education or Isef graduates specially trained through courses organized by the Region and Universities that allow to obtain the qualification of "referent for health"; have cardiac defibrillators supplied (devices that can restore the regular heartbeat in case of cardio-respiratory arrest).

URL of the project/Related website: <http://salute.regione.emilia-romagna.it/news/regione/il-progetto-regionale-palestra-sicura>
<http://www.palestrasicura.it/news/elenco-palestre-etiche-agg.-al-31-07-2015/>

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