

Anti-doping Green Seal

Relevant study in anti-doping with UK participation. *(Length up to 1,2 pages)*

Title of the study: SAFE YOU+: Strengthening the anti-doping fight in fitness and exercise in youth.

Publication date: Duration of the project: 01.01.2017. till 01.01.2019.

Author/Organization: The European Commission.

Target audience: Young exercisers and amateur athletes.

Objective: The SAFE YOU project in 2014 established an online tool that serves as an open-access, user-friendly educational resource, which provides expert advice about how to address doping use in recreational sports. There are no subscriptions or fees. By using the tool, exercisers across Europe can improve their knowledge about the myths and realities of doping use and learn how to make informed decisions about this issue. It also features case studies and training plans to help fitness instructors and coaches deliver workshops on the themes of substance use. SAFE YOU+ aims to develop the tool further to help bridge the gap between recreational and competitive sport. SAFE YOU+ will target those at risk of engaging in sports doping practices and provide them with the knowledge, confidence and autonomy to reject this practice.

Location/Geographical coverage:

Project is led in the UK by Sheffield Hallam University and Kingston University, with Aristotle University of Thessaloniki, Greece, taking the European-wide lead, and follows on from the successful project SAFE YOU (funded by the European Commission in 2014.)

Summary:

Doping in sports has received global attention in recent years due to some very high-profile cases - but sports doping has now extended to a much wider audience, recreational sports, and unless timely preventive action is taken it will become a major societal and public health challenge. Doping in exercise settings and amateur sports has arguably become more important than in elite sports. Average gym goers and amateur athletes are putting themselves at risk through lack of knowledge, reduced accountability, and the inability to regulate intake of what could be potentially very dangerous substances. This study supports a duty to do everything we can to tackle that and help these young people understand their bodies, know what these substances do and make an informed decision.

URL of the survey/Related Website:

<https://www4.shu.ac.uk/mediacentre/doping-prevention-gym-goers?filter=Exercise-psychology>

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