

Anti-doping Green Seal

Template for relevant study or survey in anti-doping. *(Length up to 1,2 pages)*

Title of the study: "L'utilizzo illecito dei farmaci nell'attività sportiva" – Illicit use of drugs in sports activity.

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Author/Organization: The Istituto Superiore di Sanità (National Institute of Health), is an Italian public institution that, as the leading technical-scientific body of the Italian National Health Service (*Servizio Sanitario Nazionale*), performs research, trials, control, counseling, documentation, and training, for public health. The Institute is under the supervision of the *Ministero della Salute* (Ministry of Health).

Target audience: Sportsmen in general, with particular attention to young fitness centres athletes.

Objective: The purpose of this study is to favor those who practice sports, with particular reference to gym-athletes, responsible use of drugs, both those included and those not included in the doping lists

Location/Geographical coverage: Italy.

Summary: The study "Illicit use of drugs in sports" wants to remember that doping is a problem that affects not only the sporting ethics but also the health of athletes.

Although current training techniques are effective enough to ensure the sportsman can express the maximum of his psychophysical skills, too often resorting to expedients that have the purpose of shortening the normal physiological path that leads to the construction of functional, psychological and technical conditions indispensable to produce a certain performance damaging, however, the health of the sportsman.

The use of drugs aimed at the pursuit of better results and, more generally, the increase of some performance capabilities, is a phenomenon that has reached dangerous dimensions, especially because of the marketing operations implemented by criminal organizations that derive huge profits, from the illicit consumption of these substances. The manual, through the description of some classes of drugs that can increase the performance of athletes but cause harm to health, wants to provide proper scientific information that can help young people make responsible choices.

URL of the survey/Related Website: http://old.iss.it/binary/dopi/cont/Copia_di_Libretto_Farmaci_Def.pdf