CHAPTER-V

SUMMARY AND CONCLUSION

Sports cannot stand with drugs since doping will affect the fairness and the health states of athletes. Once others find that they use drugs to achieve their goals, no one will be proud of them and even look upon them, let alone be respected by others. Only by playing sports without drugs, athletes can enjoy the fun of sports and create a fantastic competition for the one who are sitting on the audience stage.

The intention or aim of study is, at what level the doping issue is serious and how we can resist, restrict and find the solutions for abuse of drugs to make the sports field clean and clear with spirit of sports, ethical values and national Patriotism.

This research examined and further provided a greater understanding the changes of present most burning issue in global sports field and showing the opportunities even on experimental basis where we can get a solution at least in bit of percentage. One of the clear outcomes of the study the issue needs continues action and immediate implementations of plans or solutions which will be soon outdated and again new solutions have to find out for the new hurdles / Unethical ideas.

The above situation we can cleanly understand by latest international example of Maria Sharopova case of ban (INTERNATIONAL LAWN TENNIS PLAYER, RUSSIA) because of her statement only she got banned for two years from International tennis tournaments and here all international regulatory of anti doping failed to detect the substance which she took almost throughout her career, this is a great example of negligence by player and anti doping agencies. And one more shocking news which is not good for future of sports world that is, The World Anti-Doping Agency scrambled the fight against doping only weeks before the Rio Games are to begin in Brazil. Credit Matthew Stockman/Getty Images few weeks before the Summer Olympics open in Rio de Janeiro, the laboratory that was set to
handle drug testing at the Games has been suspended by the World Anti-Doping Agency in a new escalation of the doping crisis in international sports. WADA — the global regulator of doping in sports that oversees three dozen testing labs around the world — confirmed the suspension Friday, citing the Rio lab’s “nonconformity” with international standards.

The lab has a prior disciplinary record and is one of a handful of labs that have had their certification to conduct drug testing revoked in WADA’s 17-year history. Among those is Moscow’s anti doping lab, which was disciplined last fall following accusations of a government-run doping program in Russia.

Those allegations have prompted global sports officials to bar Russian track and field competitors from the Rio Games. At the urging of Olympic officials, 27 other Summer Olympics sports organizations are scrutinizing athletes from Russia and Kenya, another country facing accusations of widespread doping, ahead of the Games.

Doping is now a global problem that follows international sporting events worldwide. International sports federations, led by the International Olympic Committee, have for the past half century attempted to stop the spread of this problem, with little effect. It was expected that, with educational programs, testing, and supportive medical treatment, this substance-abusing behavior would decrease. Unfortunately, this has not been the case. In fact, new, more powerful and undetectable doping techniques and substances are now abused by professional athletes, while sophisticated networks of distribution have developed. Professional athletes are often the role models of adolescent and young adult populations, who often mimic their behaviors, including the abuse of drugs. This review of doping within international sports is to inform the international psychiatric community and addiction treatment professionals of the historical basis of doping in sport and its spread to vulnerable athletic and non-athletic populations.
Present days the sports and the media’s misplaced fixation on fame, fortune and winning at all costs have unintentionally created a growing market for doping substances. These substances, once only abused by elite athletes, are clearly spreading into our schools and health clubs worldwide. They are being accepted by a whole new generation of young customers who see reports daily in the newspapers of sports icons accused of abusing drugs only to continue playing, breaking records and claiming fortunes. These same performance-enhancing drugs are also abused by adolescents and weekend athletes and non-athletes who have wider behavioral and health risk problems. In addition, these drugs are now being abused by male and female adolescents for cosmetic purposes in an attempt to achieve the “cut” and sexy look promoted by the media. Continuing educational programs developed for these at-risk populations by national Olympic organizations and sports federations are important first steps to curb these dangerous behaviors. Testing for performance-enhancing drugs in high schools as a means of early detection, intervention and prevention is now being launched in New Jersey, with other states following their lead. Medical professionals, teachers, coaches and sports organizations must all be made aware of this continuing problem in our adolescent and at-risk populations and contribute to its solution by open, honest discussion. Most importantly, professional athletes must serve as role models and spokesmen for drug-free sport and lifestyle. This position must be actively supported by the media, owners of teams and international sports federations by providing consistent leadership and advocacy of anti-doping programs in sport, regardless of costs and consequences. Accepting the magnitude of doping in at-risk populations and developing education, prevention and treatment programs is the only way we can prevent the continuing spread of the abuse of doping in sport and its spread into the most fragile groups in our society, our youth and at-risk populations.
CURRENT AFFAIRS OF RIO OLYMPICS 2016:

In connection with doping in sports here are some major statements from the recognized personalities and authorities which are addressed in press conferences and in digital media.

THE STATEMENTS

- **IOC** reported the results of second retests and said “There are 30 competitors from 2008 Beijing Olympics and 15 competitors from 2012 London Olympics are adverse analytical findings.
- United Kingdom Athletics wants IAAF to reset the world records for ‘CLEAN ATHLETICS’.
- Doping is directing the human being towards darkest side.
- Mr. Dick Pound (Ex. President of WADA) says “We will never end doping, despite small victories.”
- On the basis of official dope tests, worlds’ worse offenders are Russia, Turkey, France and INDIA are respectively ranked top four positive tests recorded countries for banned substances in all sports (2013).
- Special athletic tournament has been announced by the Russian para Olympics committee chief Mr. Wladimier Lukin for banned athlete of Rio Olympics to defend their athletes and to show protest against the IOC’s action (news published in praja vani daily kannada news paper, dated 1st sep 2016)
- International Olympic medalist Mr. Yogeshwar Dutt’s case (Indian wrestler 2012) has proven the research hypotheses and opinion of most of the sample that the quality,
quantity and speed for doping testing has to be more sufficient and has to be more standard which we have now to function.

WADA has taken more than four years to find out the doping culprit by which innocent and gentleman athlete have been become victim for this long period and stayed with bronze medal rather than silver and he lost name fame and wealth of silver medal standard.

This is all due to lack of standard / advanced doping detecting or testing equipments, lack of Anti doping testing officials and need much more speed in functioning.  (news published in praja vani daily kannada news paper, dated 1st sep 2016).
IOC ACTIVITIES FOR RIO OLYMPICS 2016:

Apart from publishing prohibited drugs, methods, do’s & don’ts for athletes guidance the IOC is actively conducting/organizing several programs to maintain esteemed sporting events clean and hold it up with ethical and moral values. Some of the IOC programs are as follows:

- Protect and Support clean athletes.
- Fight against doping.
- Athletes Sports.
- Ethics code.

PROTECT AND SUPPORT CLEAN ATHLETES:

Hearts of the Olympic Movements are Elite Athletes only. Providing protection and support to these athletes on the field and off the field is IOC’S first priority. The expenditures/investments in the fight against doping, against match fixing, manipulation of competition and related corruption, whether it be for education, research, testing, logistics or staffing, cannot be considered as a cost but as an investment in support of clean athletes. Athletes are central actors in the sport competition on which the Olympic Games are constructed. The children who will be the future athletes will follow their favorite athletes and wish to be like them, so they (athletes) should inspire millions of children around the world as a role model to participate in sports and reflect the Olympic ideals. IOC Athletes’ commission has been constructed by itself in 1981 and addition process of an Olympic athlete as a member of Executive board in 1999. Gradually it is increasing support to athletes career and education programs, helping for overall development off the field and for after their careers.
FIGHT AGAINST DOPING:

Worldwide more than 500 million US Dollars estimated by all countries per year to control and fight against doping and protection to field of sports. The strategy Of an Olympic movement is based on Zero tolerance policy, with the aim of ensuring that only clean athletes take participation in competitions. Currently its agenda is to keep away unethical ways from sports field by detection and deterrence, supported by athletes and related educational encouragement.

The number of tests is increasing in every Olympic Games which shows the determination towards aim of organizations. Simultaneously the findings of positive results make to worry for future sports field. To make unethical successes failure and athletes play fairly, IOC adopting greater intelligent testing methods in addition to general rules and applying these tests on top 5 finishers of final competitions.

ETHICS CODE:

Ethics code is defined and updated by the IOC Ethics Commission. Code of ethics is based upon values and principles cherished in the Olympic charter. One of the major roles of IOC is to encourage promotion of ethics and good governance in the sports and games conduction. All anti doping activities and programs are not only for the present movement, in fact these all are future steps towards good governance for 2020 Olympics and major sports competitions as well.

FOOTPATH OF RUSSIA TO RIO OLYMPICS:

A documentary called “Top Secret Doping: How Russia makes its’ Winners.” Was released from German Broadcaster in 2014 which pointing out the Russia was funding on an “east German Style” doping program! The former president of WADA Mr. Dick Pound called it as a “Deeply Rooted Culture of Doping.” Soon after so many allegations and bad remarks the Track and Field Team of Russia was suspended by IAAF from International Competitions.
Despite Russia’s efforts of over hailing the system, IAAF refused to overturn the ban and in reply said, not satisfied by the Russia’s efforts. WADA President Mr. Craig Reedie referred the report of Canadian law professor Richard McLaren in which he said Russia operated sponsorship state of doping program in the period of 2011 to 2015, IOC should interfere and “Decline entries of all Russian Athletes for Rio Olympics 2016.”

As per latest progress IOC said Russia will not receive a blanket ban from Rio Olympics 2016, the decision is following the Richard McLaren’s report and IOC will leave it up to individual sports governing bodies to decide that Russian competitors are ethically clean and should be allowed to take part.

YULIYA STEPANOVA:

The Whistle Blower (One who reveals wrongdoing within an organization) Russian Athlete (800 mtr) Yuliya Stepanova challenges IOC ruling on Doping Ban and questioned the “Unfair” decision of IOC of ban on her for Rio Olympics. Meanwhile she is wishing to compete in the competition under “neutral flag, but IOC ruled that she had previously failed to cross the dope test and so she should not be allowed to take part.

In reply to IOC decision Yuliya said “It is based on wrong and unfair statements.” In continuation she claimed the decision of IOC will put negative impression on future whistle blowers from coming forward, and called the organization for reviewing their decision on the basis of information provided.

INDIAN AFFAIRS:

(Source; NDTV Digital media)

- INDRAJIT SINGH and NARSINGH JADHAV failed to cross the dope test conducted by NADA for Rio Olympics the enquiry is still going on.
- The Indian Sports Ministry says “No Arjuna Award for dope offenders.”
Women shot putter from India tests positive for stimulants and pulled out of Asian Championship.

In Patiala four athletes caught for doping.

Raids have been done on P.T.USA’S School of athletics by NADA.

NADA aims at frequent tests to prevent doping instances.

NADA raids & collects samples at SAI centre of Bangalore, and surprise raid at Patiala.

Conclusions

The final conclusion of the present study as follows

- Doping and its hidden techniques are continuously developing field with its unethical ideas. The whole world of sports has to fight against it with togetherness.

- The study and its related aspects are just like a cat and mouse run, or like it can’t be seen ring of haven or horns of hell on athletes’ head!

- Most importantly on experimental basis produce all sports related medicine and food supplements etc, under one roof and supply to all nation’s sports authorities and no athletes are allowed to use other than these medicines, this may reduced the innocent athletes to become a victim of positive dope unknowingly. (This idea is appreciated by an international doping official Dr. kiran Kulkarni)

- Need of construct the syllabus on anti doping information to educate all level of coaching professionals by which we can provide the same information to athletes from their initial stage.

- Need of compulsory anti doping advertisements, threats and legal punishments, visualization on sports TV channels. These could act as dynamic tools and techniques which may directly reaches to awareness and massages to sports players regularly.

- More programs on national patriotism, proud feeling towards his or her society, psychological and ethical motivation such programs should be constructed and
implemented in systematic manner on regular basis by the governing bodies of sports.

- Doping is social hazard, which leads towards the end of ethics, health and sportsman spirit.
- There are more numbers of Anti doping permanent officials needed with advanced equipments at the Agencies.
- Female sports players are having less information of the doping substances & its side effects. Special informative programs should be conducted for female sports players.
- To avoid the negative thinking towards doping officials, impartial service with more efforts and observation on most of the athletes is needed
- The time has come to protect the sports field by dividing it into two categories as with doping and without doping competitions. If it happens it would be the most darkest day for the global sports world.
- Everything in our world can be a boon and a bane and it hinges on how you use it. Drug is not an exception. Drugs have been used accessibly in the medical field so many of us are benefited from it, and using drugs aptly in this way is certainly right. Yet, contrary to the above, tremendous criticisms and assailments of using drugs in an illegal and cheating way are discussed for long and it is unquestionable that most of the people oppose it. Stop the illegal usage of drugs in the sports field.
- Unfortunately it is most difficult to find out permanent solution to stop the abuse of drugs in the sports, in the timeline of my Educational and professional career I did not witnessed any awareness programs related to doping on mandatory basis for the sports players and officials of common standards.
- Actions from the government bodies of sports are much needed on regular basis on doping control and bring the awareness among the sports professionals and players.