

There are many risks associated with doping. From negative effects on mental and physical health, to loss of sponsorship or prize money, to permanent damage to a Skater's image and relationships, it is important to understand and consider all consequences of doping. Below is a list of some of the common consequences of not competing clean.

## HEALTH

Skaters take huge risks by doping. Let's see how doping can impair physical & mental health, social life, career, finances, future and more.

Let's look at Health Consequences first...

### a. Prohibited Substance

Prohibited substances/methods are banned because their side effects can have severe non-reversible consequences on athletes' health. Here are a few examples:

Steroids can lead to:

- Strong acne
- Mood swings
- Libido disorders
- High blood pressure

Increased risks of:

- cardiovascular or liver disease
- contracting HIV from needles

Females: Be aware that developing a deepening voice, excessive hair growth on face & body and fetal damage in pregnancy are risked.

Males: Be aware that impotence, infertility, breast enlargement and premature baldness are risked.

### b. Human Growth Hormones

Hormones can lead to:

- Diabetes
- Cardiovascular diseases
- Muscle, joint and bone pain & accelerated aging
- Abnormal growth of organs

### c. EPO

EPO can lead to deadly diseases as:

- Heart disease
- Stroke
- Cerebral or pulmonary embolism

### d. Social Drugs

Social drugs as cannabis are also prohibited in competition because it:

- Reduces **memory, attention** and **motivation**
- Weakens **immune system**
- Affects **lungs (respiratory diseases)**

- **Stays in urine** for **several weeks** depending on individual
- Leads to dependence

### e. Mental Health

Many substances sold to athletes or support personnel are produced illegally and can contain impurities/additives causing anxiety, hallucinations, psychosis, and addiction.

## SPORTING & FINANCIAL CONSEQUENCES

- **Disqualification of results:**

Disqualification at an event, including forfeiture of medals, and cancellation of previously obtained results depending on conditions. If the Skater is part of a team, an ADRV can disqualify the Skater's team and lead to further team consequences.

- **A ban from all sport**

A ban from all sport means a ban from; competing, training and/or coaching, for up to four years if the Skater is submitted to an ineligibility period or a lifetime ban in most serious cases.

- **Financial Penalties**

Depending on the circumstances the Skater will have to pay allocation to CAS, Forfeited Prize Money and costs related to the Anti-Doping organization conducting the results management.

These rules protect clean athletes from competitors taking unfair advantage to ensure athletes' fundamental right to participate in doping-free sport and thus promote health, fairness, equality, joy, and pursuit of excellence for athletes worldwide.

## SOCIAL

A positive test can affect Skater's life. A skater and/or support personnel found guilty is exposed to media attention resulting in permanent damage to its future in and out of sport. That's why doped skaters and/or implicated support personnel don't only cheat others, but also themselves:

- An ADRV wipes out Skater's previous achievements and shall get the Skater isolated from peers and sport. This would be the end of their sporting career.
- An ADRV results in a loss of reputation, standing, respect and credibility. The Skater's future prospects in as well as out of sport will be affected and lead to financial issues.
- The Skater will lose sponsorship deals and will have to refund sponsors and prize monies. Additionally, they may have difficulty reconstructing a professional career.
- Skater should also know that this can cause major legal consequences.
- All those consequences do not only affect Skater's well-being: it places pressure on people close to the Skater such as friends, partners and family and damages those relationships. This is often the most difficult to deal with.

It is understandable that the will and need to enhance performances and the pressure put on Skaters and support personnel sometimes leads to the consideration of shortcuts. Many ex-skaters and support personnel have gone through shortcuts and now suffer from that health and/or social

consequences every day. Please be informed about the risks. Skaters have one body, one life which is not worth damaging their health and future.

### **SANCTIONS**

An Anti-Doping Rule Violation (ADRV) will have an impact on the Skater's ability to train and compete. For Coaches and other Skater Support Personnel, a ban may mean that they are no longer able to work with the Skater. A sanction resulting from an ADRV can range from a warning to a lifetime ban from all sport.

It is also important to note that individuals banned in any disciplines of Ice Skating will also be prohibited from playing, coaching, or working with Athletes in any other capacity in a in a different discipline or any other sport itself.

It is also against the Code to work with Athlete Support Personnel who have been sanctioned by ISU or the WADA, as well as any coaches, trainers, physicians, or other Athlete Support Personnel who are ineligible on account of an ADRV, or those who have been criminally convicted or professionally disciplined in relation to doping.

Beyond the legal consequences, an increasing number of public authorities and governments have adopted legislations that treat doping as a criminal act. Consequently, in addition to being ineligible to coach or compete, they may face criminal charges in their countries. Depending on the national legislation and the degree of the violation, charges can lead to fines, social service requirements and even incarceration.

A full list of all Athlete Support Personnel who are currently suspended from working with Athletes or other Persons can be found on [WADA's Prohibited Association List](#).

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