



Values & Ethics

In this edition of P.L.A.Y, we present the story of 2 athletes – **Fire & Ice**.

Both were up and coming Skaters destined for great success. They came through the Junior circuit with excellent performance and were ready to step up in the senior international stage.

But **Fire** and **Ice** had different approaches to the Sport.



Ice trained regularly, put in a lot of effort in warm-up, training, diet, rest, Off-ice training, and gym work. **Ice** did not win immediately but was progressively improving with each performance at every competition, and winning a medal was just a matter of time.

Fire also trained hard but, after several competitions having not finished on the podium, wanted to switch gears, and have a quicker and faster route to finishing on top. **Fire** was also pushed by his coach to indulge in a few tactics to win the competitions.



These tactics included usage of medications/supplements for strength and concentration which were sold as 'All natural' and 'Organic' substances on the market. **Fire** gained extra strength and his concentration improved. Subsequently, **Fire** started winning competitions and due to his fiery personality, **Fire** was able to secure several sponsorships with major sporting brands and was also roped in for various endorsement deals. **Fire** never attended any Clean Sport seminars or completed any Anti-Doping Educational courses as he was more focused on the competitions, sponsorships and didn't bother much about knowing the Dangers of Doping.



Ice, meanwhile, continued his regimen and focused more on training, and relied on the directions provided by his coach, parents, and mentors around him. **Ice** considered himself lucky to have an understanding entourage around him and eventually the medals started coming in. **Ice** was also approached by many sporting brands owing to his humble personality and excellent work ethic. **Ice** also took time-out to attend the Clean Sport seminars at the ISU Events, and also completed the Anti-Doping eLearning courses for boosting his knowledge and awareness.

Few months later, both **Fire & Ice** had to participate in the biggest Skating Global Competition. **Ice** ended up winning Gold by a very small margin and **Fire** secured the second position. As part of the competition protocols, both **Fire and Ice** were summoned for In-Competition doping control testing. The sample's test result of **Fire** came out to be **positive** just a week after the competition.



Next steps for Fire:



1. Request his B sample to be analyzed.
2. Attend the opening of the B sample through his representatives or/and by being present himself.
3. Check all the lab documents with his lawyer and scientific experts.
4. Provide explanations on how the prohibited substances entered his body.



Fire's defense was that he had taken only those supplements/medications that he thought were 'All natural' and 'Organic', which he assumed were safe for consumption. As he awaits the decision of the Disciplinary Commission, here are a few questions:

1. Since Fire only wanted to gain strength and improve his concentration should this be legitimate reasons for taking these substances and therefore, he should not be banned?

A- **Fire** will eventually be banned even though his intention may have been only to improve his strength and focus through the consumption of allegedly 'organic' medications & supplements. The use of supplements/medications that contain substance, which are banned under the WADA's Prohibited List will lead to direct consequences on his career like a suspension or a ban to compete. These substances on the Prohibited list, whether listed as organic or natural, unfairly enhances performance and has severe long-term impact on health and is against the spirit of sport.



2. What could Fire have done better to avoid these situations?

A- **Fire** should have checked with his team doctor or family doctor whether these supplements/medications are OK to use. If the coach and the team doctor were the ones advising him to consume certain pills, **Fire** should have double-checked also with his family doctor or independently searched on the ISU clean sport website for links to resources.

B- **Fire** should have also taken a time-out to get himself educated and learn more about Anti-Doping Education and should have attended the Clean Sport seminars.

3. Would this be okay if Fire only took the pills off-season?

A- There are some substances banned in-competition only and some others are banned both during in-competition and out-of-competition.

B- Out of competition testing is also scheduled during off-season, so never use any prohibited substances even during off-season.

C- Moreover, these medications have harmful side effects and long-term consequences to your health and well-being, so it is essential to stay clear of these substances and methods.



At the end of the day, it is important to realize that one small mistake, no matter how harmless your intention claims to be, could be detrimental to your sporting career. All the hard work put in throughout the years will all vanish because of this mistake. A ban or suspension would mean all these achievements will be lost, all medals will be taken back, and risk of losing the sponsorship and endorsement deals will become imminent. You will lose respect from others and there may be continuing questions around your integrity.

Ice, on the other hand, focused more on training, surrounding himself with the right people, educating himself about the dangers of doping to career and health, keeping himself aware of the risks of indulging in foul play. Being a responsible Ice skater not only helped him win competitions but also allowed him the respect, admiration and love by his fans that led him to receive several brand endorsements and sponsorships. **Ice** became an excellent role model

for the sport and embodied the spirit of sport with his discipline, ethics and values that are all a core of the 'Pure as Ice'.

So, the conclusion of this story is clear: Say No to the **dangerous Fire of Doping**, and skate as **Pure as Ice**.