



WELCOME!

PRINCIPLES AND VALUES OF
CLEAN SPORT, SPEAKING UP AND
CONSEQUENCES OF DOPING



SIMULTANEOUS TRANSLATION

مع الترجمة الفورية للغة العربية

С русским переводом

Traducción en simultáneo en español

Traduction simultanée en français

普通话同声传译





INTERNATIONAL
WEIGHTLIFTING
FEDERATION



A FIVE-WEEK COURSE

WEBINAR SERIES

INTRODUCTION TO ANTI-DOPING
26 May

THE DOPING CONTROL PROCESS
2 June

MEDICATIONS, SUPPLEMENTS PROHIBITED LIST AND TUES
9 June

PRINCIPLES AND VALUES OF CLEAN SPORT
16 June

OUT-OF-COMPETITION TESTING
23 June

All webinars from 14:00 to 15:00 CET
English, 普通话, العربية, español, français, русский

PARTICIPATION CERTIFICATES



01.

PRINCIPLES
AND VALUES

02.

CONSEQUENCES
OF DOPING

03.

SPEAKING UP

04.

Q&A



BY THE END OF TODAY'S SESSION, YOU SHOULD....

- Understand the role of personal values in doping-related decision-making
- Be able to identify your personal values
- Understand moments of vulnerability and how they relate to decision-making
- Understand the different consequences of doping
- Understand the importance of speaking up
- Know where to go if you need to speak to someone or if you have something to report



PRINCIPLES AND VALUES

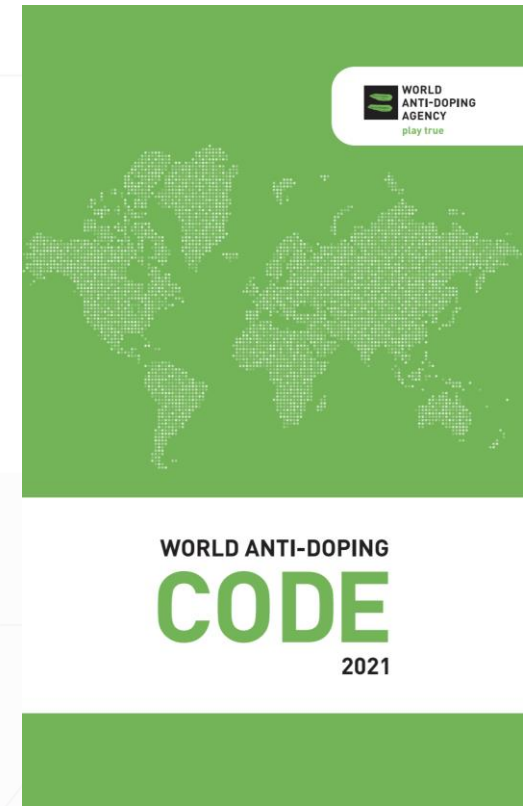
QUESTION

**WHAT IS DOPING IN YOUR
OWN WORDS?**

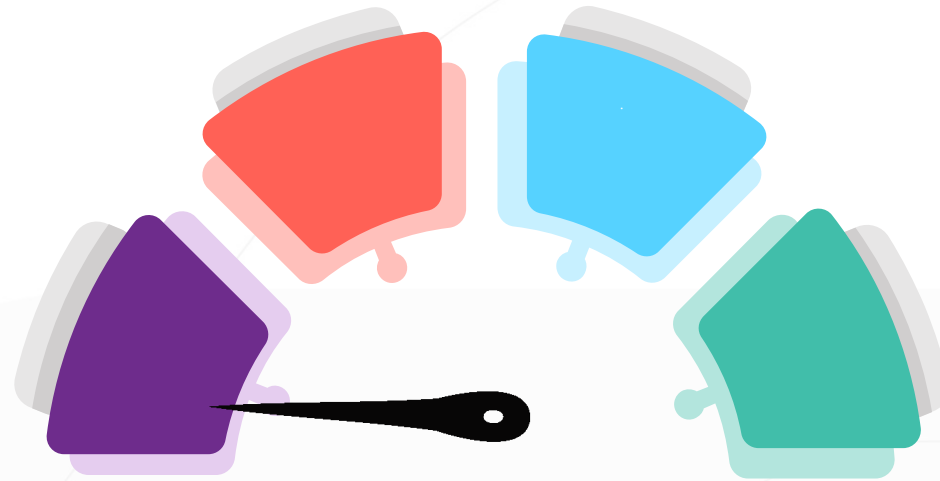
WADA DEFINITION OF DOPING

Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Article 2.1 through Article 2.11 of the Code.

(2021 World Anti-Doping Code)



YOUR DEFINITION OF DOPING



**“THE MOST DIFFICULT
THING IN LIFE IS TO
KNOW YOURSELF”**

Thales of Miletus, Ancient Greek Philosopher

**“WHEN YOUR VALUES
ARE CLEAR TO YOU,
MAKING DECISIONS
BECOMES EASIER”**

Roy E. Disney

VALUES AND TRAITS



Your **values** are part of your **personality**



When you connect with your personal values, you can chart a course that's right for you - **you align your motivations with your actions**



Personal values are the things that are important to us. They are characteristics and behaviours that **motivate us and guide our decisions**

VALUES MATTER BECAUSE...

You feel better when you live according to your values.

You feel worse when you do not live according to your values.

This applies both to day-to-day decisions and to larger life choices.

QUESTION

WHAT ARE **3** VALUES THAT
ARE IMPORTANT TO ME
AS A PERSON?

LOYALTY

COMPASSION

SECURITY

RECOGNITION

RESPONSIBILITY

FREEDOM

DEDICATION

BEAUTY

EXCELLENCE

HEALTH

CREATIVITY

PATIENCE

MORALITY

ACCOUNTABILITY

RESPECT

COURAGE

EMPATHY

INSPIRATION

TRUSTWORTHINESS

FAITH

HUMOR

COOPERATION

EQUALITY

POWER

HELPFULNESS

SUCCESS

ADVANCEMENT

LOVE

HONESTY

KNOWLEDGE

DETERMINATION

WEALTH

FRIENDSHIP

INTEGRITY

WISDOM

المسؤولية	التقدير	الأمان	التعاطف	الوفاء
الصحة	التفوق	الجمال	التفاني	الحرية
الإحترام	المحاسبة	الأخلاق	الصبر	الابداع
الإيمان	الثقة	الإلهام	العطف	الشجاعة
استعداد للمساعدة	النفوذ	المساواة	التعاون	الفكاهة
المعرفة	النزاهة	الحب	التقدم	النجاح
الحكمة	النزاهة	الصداقة	الثروة	الإصرار

LEALTAD

HUMOR

SEGURIDAD

RECONOCIMIENTO

CONFIANZA

AMOR

DEDICACIÓN

BELLEZA

EXCELENCIA

PODER

CREATIVIDAD

PACIENCIA

CORAJE

TOLERANCIA

COOPERACIÓN

MORALIDAD

EMPATÍA

INSPIRACIÓN

RESPONSABILIDAD

FE

COMPASIÓN

DETERMINACIÓN

LIBERTAD

ÉXITO

RESPE TO

SALUD

PROGRESO

IGUALDAD

INTEGRIDAD

CONOCIMIENTO

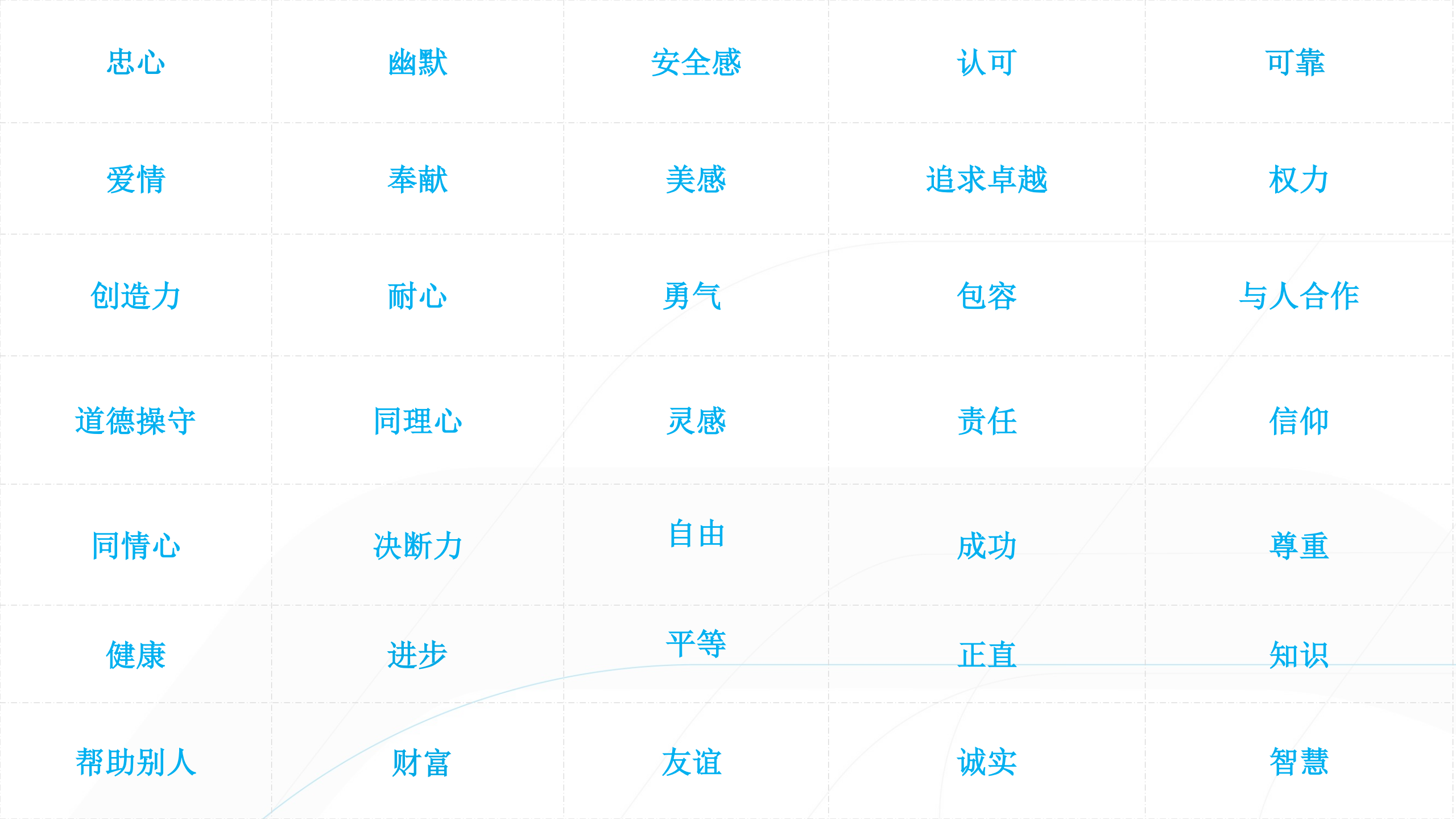
SERVICIALIDAD

RIQUEZA

AMISTAD

HONESTIDAD

SABIDURÍA



忠心

幽默

安全感

认可

可靠

爱情

奉献

美感

追求卓越

权力

创造力

耐心

勇气

包容

与人合作

道德操守

同理心

灵感

责任

信仰

同情心

决断力

自由

成功

尊重

健康

进步

平等

正直

知识

帮助别人

财富

友谊

诚实

智慧

ВЕРНОСТЬ	ЮМОР	УВЕРЕННОСТЬ	ПРИЗНАНИЕ	БЛАГОНАДЕЖНОСТЬ
ЛЮБОВЬ	ПОСВЯЩЕНИЕ	КРАСОТА	СОВЕРШЕНСТВО	ВЛАСТЬ
КРЕАТИВНОСТЬ	ТЕРПЕНИЕ	ОТВАГА	ТОЛЕРАНТНОСТЬ	СОТРУДНИЧЕСТВО
НРАВСТВЕННОСТЬ	ЭМПАТИЯ	ВДОХНОВЕНИЕ	ОТВЕТСТВЕННОСТЬ	ВЕРА
СОЧУСТВИЕ	РЕШИМОСТЬ	СВОБОДА	УСПЕХ	УВАЖЕНИЕ
ЗДОРОВЬЕ	ПРОДВИЖЕНИЕ	РАВЕНСТВО	ЧЕСТНОСТЬ	ЗНАНИЕ
ПОДДЕРЖКА	БЛАГОСОСТОЯНИЕ	ДРУЖБА	ИСКРЕННОСТЬ	МУДРОСТЬ

ВЕРНОСТЬ

ЮМОР

УВЕРЕННОСТЬ

ПРИЗНАНИЕ

БЛАГОНАДЕЖНОСТЬ

ЛЮБОВЬ

ПОСВЯЩЕНИЕ

КРАСОТА

СОВЕРШЕНСТВО

ВЛАСТЬ

КРЕАТИВНОСТЬ

ТЕРПЕНИЕ

ОТВАГА

ТОЛЕРАНТНОСТЬ

СОТРУДНИЧЕСТВО

НРАВСТВЕННОСТЬ

ЭМПАТИЯ

ВДОХНОВЕНИЕ

ОТВЕТСТВЕННОСТЬ

ВЕРА

СОЧУСТВИЕ

РЕШИМОСТЬ

СВОБОДА

УСПЕХ

УВАЖЕНИЕ

ЗДОРОВЬЕ

ПРОДВИЖЕНИЕ

РАВЕНСТВО

ЧЕСТНОСТЬ

ЗНАНИЕ

ПОДДЕРЖКА

БЛАГОСОСТОЯНИЕ

ДРУЖБА

ИСКРЕННОСТЬ

МУДРОСТЬ



LOYAUTÉ

HUMOUR

SÉCURITÉ

RECONNAISSANCE

FIABILITÉ

AMOUR

DÉVOUEMENT

BEAUTÉ

EXCELLENCE

POUVOIR

CRÉATIVITÉ

PATIENCE

COURAGE

TOLÉRANCE

COOPÉRATION

MORALE

EMPATHIE

INSPIRATION

RESPONSABILITÉ

FOI

COMPASSION

DÉTERMINATION

LIBERTÉ

SUCCÈS

RESPECT

SANTÉ

PROGRESSION

ÉGALITÉ

INTÉGRITÉ

CONNAISSANCES

SERVIABILITÉ

RICHESSSE

AMITIÉ

HONNÊTETÉ

SAGESSE



OLYMPIC VALUES
FRIENDSHIP
RESPECT
EXCELLENCE

PARALYMPIC VALUES
DETERMINATION
INSPIRATION
COURAGE
EQUALITY

TWO ATHLETE STORIES

COURTESY OF THE U.S. ANTI-DOPING AGENCY



YULIA STEPANOVA

Russian runner and whistleblower



TYLER HAMILTON

Former professional cyclist, Tour de France rider

**WHILE WATCHING THE VIDEOS,
THINK OF THE FOLLOWING:**

- 1. DO KEY EVENTS IN AN ATHLETE'S LIFE
INFLUENCE THEIR DECISION TO DOPE?**
- 2. WHO CAN HELP ATHLETES MAKE THE RIGHT
DECISION IN SUCH SITUATIONS?**

DECISION-MAKING



DECISION-MAKING



I was just learning from other athletes and from my coach and they were talking about doping like it's a normal

**1. DO KEY EVENTS IN AN ATHLETE'S LIFE
INFLUENCE THEIR DECISION TO DOPE?**

**2. WHO CAN HELP ATHLETES MAKE THE RIGHT
DECISION IN SUCH SITUATIONS?**

VULNERABILITY MOMENTS



CHANGING CLUBS OR TRAINING ENVIRONMENT



ENTERING A HIGHER LEVEL OF COMPETITION



LOSS IN COMPETITION



PRESSURE TO WIN



INJURIES

POWER OF ENTOURAGE

“Coaches and peers having a close and trusty relationship with the athletes were considered **most influential** with respect to doping-related decisions”

(Barkoukis 2019)



Entourage can prevent doping



Entourage can facilitate doping



CONSEQUENCES

CONSEQUENCES



CONSEQUENCES: SANCTIONS

2.1 PRESENCE OF A PROHIBITED SUBSTANCE OR METHOD

SPECIFIED

NON-SPECIFIED

DESCRIPTION

More likely to have a purpose other than sport performance.

More likely to be used for sport performance enhancement.

SANCTION

2 years

4 years

EXCEPTIONS

Sanction can be increased if intent is established by the ADO.

Sanction can be reduced if athlete establishes non-intent.

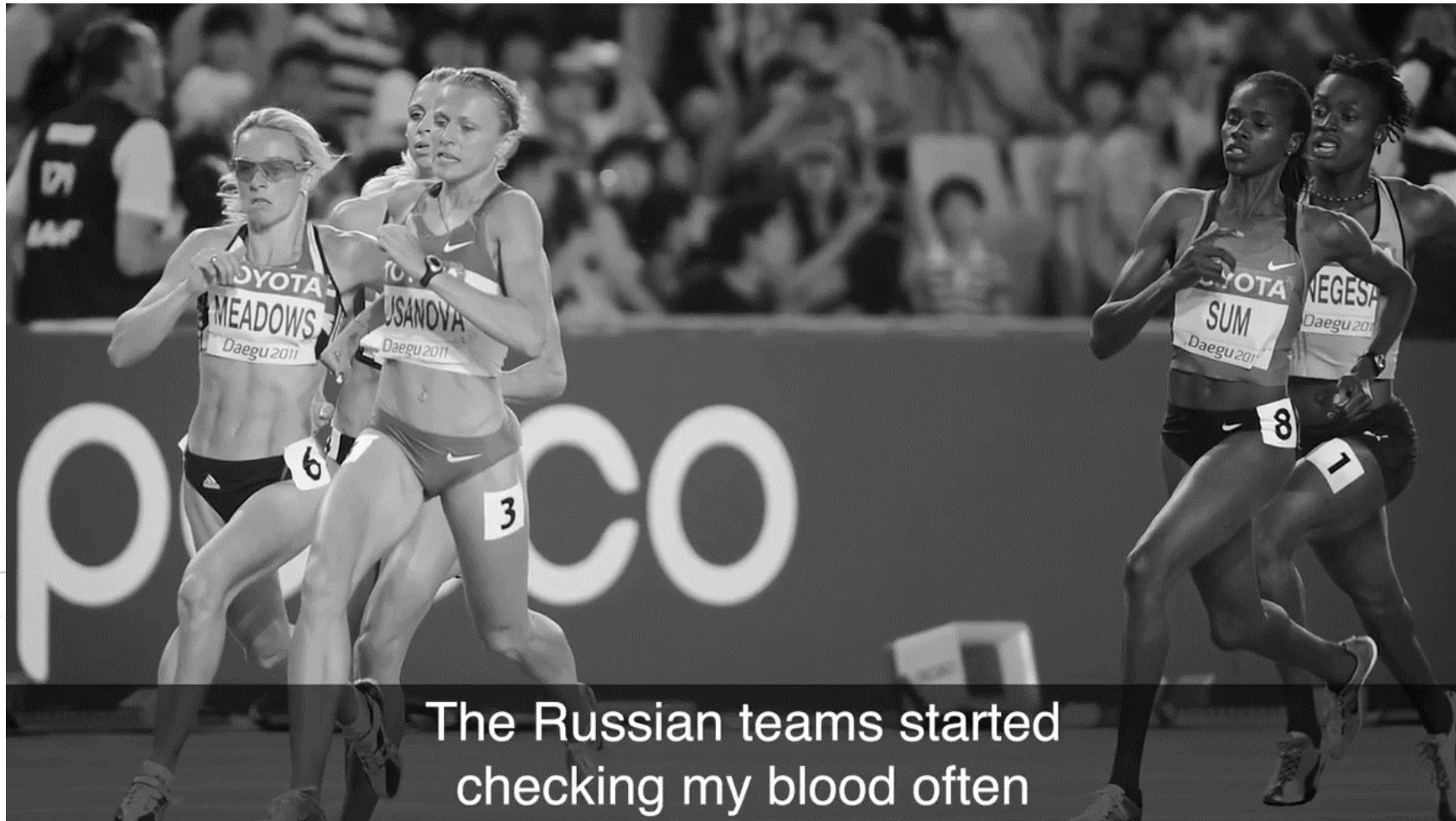
Sanction can be reduced if athlete establishes non-intent.

CONSEQUENCES: PHYSICAL HEALTH

PHYSICAL HEALTH CONSEQUENCES



PHYSICAL HEALTH CONSEQUENCES



CONSEQUENCES: MENTAL HEALTH

MENTAL HEALTH CONSEQUENCES



CONSEQUENCES: LONG-TERM EFFECTS



LONG-TERM EFFECTS



When I was banned, it was like the last straw. After that, I decided I need to do something right now and I need

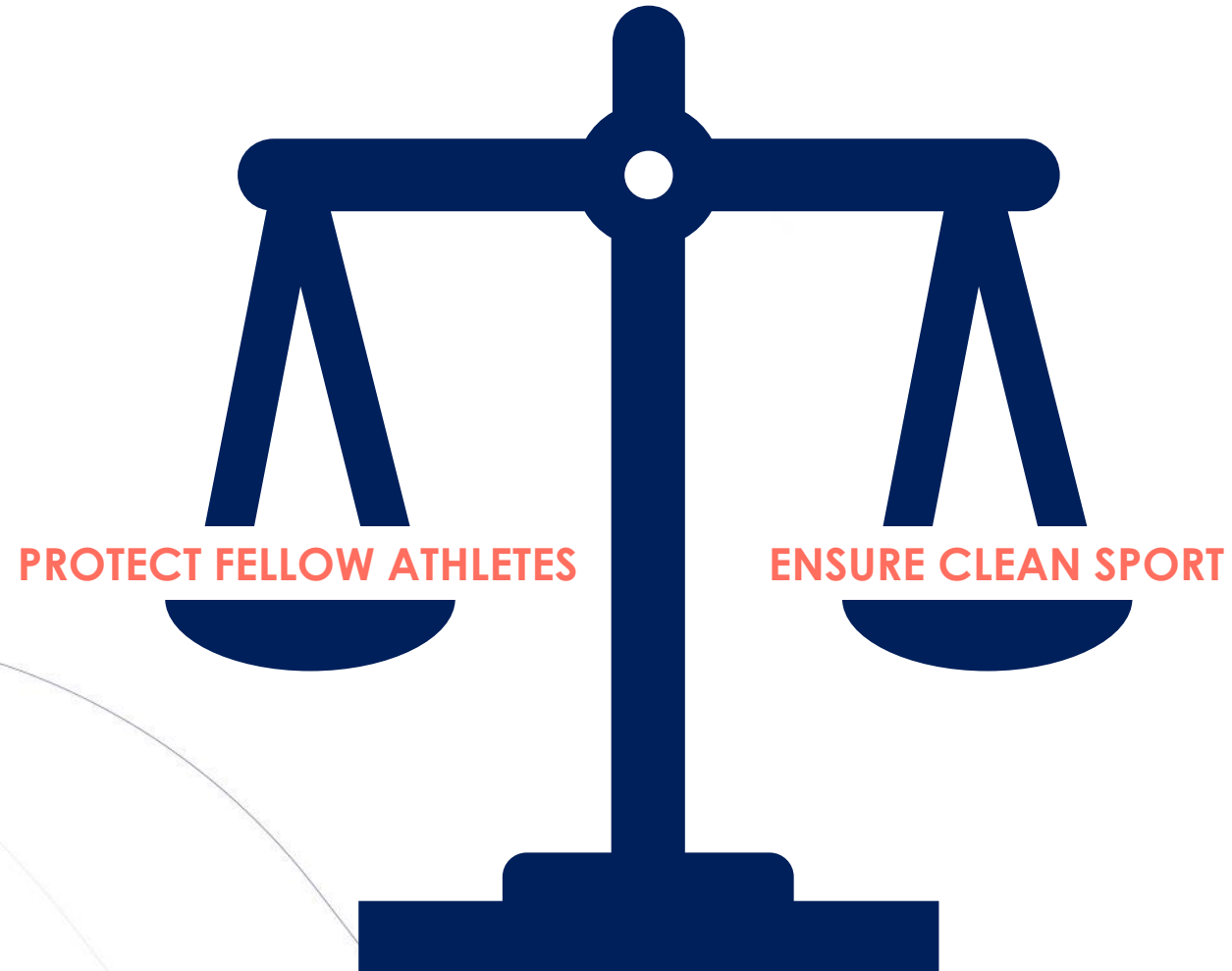
FACING THE TRUTH





SPEAKING UP

THE MORAL DILEMMA





Sport Management Review

Available online 11 December 2018

In Press, Corrected Proof 



“The process isn’t a case of report it and stop”:
Athletes’ lived experience of whistleblowing on doping
in sport

Kelsey Erickson  , Laurie B. Patterson, Susan H. Backhouse

WHISTLEBLOWING DECISION-MAKING PROCESS

1.

Determine whether what the whistleblower witnessed and experienced was doping.

2.

Make the decision and take action to report it.

3.

Deal with a myriad of consequences and emotions.

WHISTLEBLOWING DECISION-MAKING PROCESS

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A close-up photograph of a person's feet as they tie their running shoes. The shoes are primarily pink with white accents and bright yellow laces. The person is standing on a red running track with white lane markings. The background is slightly blurred, showing a typical outdoor track environment.

Step 1: It's not black and white

WHISTLEBLOWING DECISION-MAKING PROCESS

1.

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Make the decision and take action to report it.

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Deal with a myriad of consequences and emotions.

A close-up photograph of a person's lower leg and foot wearing a bright pink and yellow running shoe with a white sole. The shoe is positioned on a reddish-brown running track with white lane markings. The text "Step 2: People need to know" is overlaid in white, bold font across the center of the image.

Step 2: People need to know

WHISTLEBLOWING DECISION-MAKING PROCESS

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A close-up photograph of a person's lower legs and feet in a starting crouch on a reddish-brown running track. The person is wearing a red and white running shoe with yellow laces and a black wristwatch on their left wrist. Their hands are placed on the white starting line. The background shows the track's surface and white lane markings.

Step 3: It has totally changed my life

USEFUL RESOURCES



RE✓EAL

REVEAL: [ITA WHISTLEBLOWING PLATFORM](#)



VIDEO: [EFFECTS OF PERFORMANCE ENHANCING DRUGS WITH TYLER HAMILTON](#)

VIDEO: [EFFECTS OF PERFORMANCE ENHANCING DRUGS WITH YULIA STEPANOVA](#)

VIDEO: [ANDREAS KRIEGER: HEIDI'S FARTHEST THROW](#)



**LEEDS
BECKETT
UNIVERSITY**

VIDEO: [BLOWING THE WHISTLE ON DOPING IN SPORT](#)

VIDEO: [WADA – ANTI-DOPING SOCIAL SCIENCE RESEARCH](#)