

Consequences of doping

The Consequences of Doping

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 an athlete'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

The use of **Performance-enhancing Drugs (PEDs)** may have long- and short-term impacts on the athlete's **physical and mental** health.

Depending on the substance, the dosage and the duration of use, some PEDs have been proven to have severe side effects and can cause **irreversible damage** to an athlete's body.

In addition to the physical aspects, scientific research has shown that there is a considerable **correlation between the use of PEDs and mental health issues**. Most commonly, it was found that the use of doping substances can trigger **anxiety, obsessive disorders or psychosis**.

SOCIAL

Being associated with doping or a doping offence will have an impact on the **person's reputation and social relations**. In the public view, athletes or other persons convicted of doping are often **considered "cheaters"** and experience many forms of **stigma**.

Doping has a significant **negative impact** on the person's **private life and social interactions** as people may feel that they no longer want to be connected to someone who has damaged the reputation of a sport and displayed poor judgement.

SANCTIONS

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

Others consequences

It is also important to note that **individuals banned** in a sport will also be **prohibited from playing, coaching or working with athletes** in any other capacity in a different sport.

It is also a **violation of the Code to work with Athlete Support Personnel** who have been sanctioned by an ADO, 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.

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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