

CONSEQUENCES OF DOPING: MENTAL AND PHYSICAL HEALTH, SOCIAL AND ECONOMIC EFFECTS OF ANTI-DOPING SANCTIONS

Once an Anti-Doping Organisation (ADO) has sanctioned someone for an Anti-Doping Rules (ADRV) Violations: this is only the beginning of some larger and diverse consequences.

Although clean sport is the principal value shared by most sports communities, some people decide to dope regardless of the risks of sanctions and the other possible consequences.

As established in articles 2 and the following of the [World Anti-Doping Code](#) (the Code) and the [World Triathlon's Anti-Doping Rules](#), there are 11 types of Anti-Doping Rules Violations (all the Anti-Doping Rules violations [here](#)) that can result in a sanction. From these 11 rules, 7 can apply to another person other than the athlete, such as a coach or other support personnel. All the sanctions are detailed in the Code in article 10: "Sanctions on Individuals".

If one is found to have broken one of these anti-doping rules and faces a sanction for an Anti-Doping Rules Violations, this is the beginning of a long and nightmarish journey.

The consequences of a sanction are multiple, and other repercussions can arise. What other consequences may the person be facing?

Sport Consequences:

As outlined in Article 10.1 of the Code, an Anti-Doping Rule Violation occurring during or in connection with a competition may lead to the disqualification of all the individual's results obtained in that competition as well as the forfeiture of any medals, points, and prize money.

In addition, all other competitive results obtained from the date a positive sample was collected (whether In-Competition or Out-of-Competition), or any other Anti-Doping Rules Violation occurred, through the commencement of any Provision Suspension or Ineligibility Period shall be (unless fairness required otherwise, case by case), be disqualified including the consequences of forfeiture, medals, points and prize money.

In addition, to the above a sanction from sport would mean that the sanctioned person would not be allowed to train with their club or with any other athlete.

Physical Consequences:

Taking prohibited substances can be very dangerous and toxic on one's body. One risks exposing one's body to immediate and, also future health implications. Drug's impact on the human body has been widely researched and reported on.

Reputational Consequences:

A sanction for an Anti-Doping Rules will affect one's reputation because of the disclosure of the sanction (all decisions of any anti-doping rules violation must be rendered public as it is a requirement from article 14.3.2 of the Code).

A sanction could have an impact on relationships with one's sponsors and one could lose their sponsors as a result of the announcement of the anti-doping rule violation. Many contracts now have a moral clause that would be triggered if one is found guilty of not abiding by the rules.

One's image would no doubt be tainted by receiving an anti-doping rule violation. This damage could also result in economic consequences as seen below.

Economic Consequences:

As already mentioned above, one will be forced to refund the prize money that has been won.

Furthermore, a sponsor could demand that the sanctioned person refund all the money they had previously gained from the contract. It would be difficult to approach new sponsors with this stigma attached to their new circumstances.

Mental Consequences:

A person who has been found to have committed an anti-doping rule violation often can feel anguish, anxiety and depression. Sometimes, a person's friends and family will not stand by them so they feel alone and ashamed of their actions.

Often participating in physical activity was one's means of coping with stress but this release is now gone as the individual may be barred from taking part in training sessions with others. This can exacerbate one's declining mental health.

Legal Consequences:

In certain countries, taking a prohibited substance is also considered a criminal offense: one can be sued in addition to the sanction awarded by World Triathlon or any other anti-doping organisation.