

WAR ON DOPING IN SWITZERLAND

(continued)

In our bulletin No. 77, we spoke of the attitude taken by the National Association of Physical Education (in Switzerland), concerning the conflict over the matter of doping. To-day, we are giving a more detailed analysis of the problem, as issued by the Commission designated by the N.A.P.E.

1. *The idea behind doping.* In the field of sport, we understand by 'doping' the use of drugs with a view to improving the athlete's

performance. Since there is no definition of doping in existence, the Commission first had to find a definition to fit the situation in Switzerland. It is convenient to admit *a priori* that all activities causing an athlete to surpass himself to an abnormal extent are contrary to the ethics of sport. Practically speaking, it is necessary to describe as doping, any use of medicines which permit the athlete to reach his goal by artificial means. In this sense, medicine means all substances and patents enumerated on the most recent

lists A.B. and C. of the International Medicine Control Office, which consequently, are obtainable at chemists. Considering the practical difficulties, one might envisage the temporary limitation of doping substances delivered only on presentation of a prescription. The Commission held this to be a minimum requirement.

2. Extent of doping in the world of Swiss sport.

After making numerous enquiries, the Commission came to the conclusion that, in certain types of sports, the use of drugs of all sorts, designed to increase the athlete's efficiency, has assumed disturbing proportions, and that measures must be taken to combat this trend so harmful and morally inadmissible. A particularly important problem, is that of trainers who, without the slightest knowledge of even the rudiments of medicine, and with no moral scruples, poison their protégés by making them absorb noxious drugs.

3. Sources of supply.

As far as most medicines are concerned, which are obtainable only by prescription,

the main source of supply is the chemist. There are fewer cases of the delivery of drugs or the necessary prescription by unscrupulous doctors. Sometimes, they are also procured abroad.

4. Methods of control.

In order to ascertain whether or not sportsmen conform with the recommendations of this report, the organizations responsible can take the following steps:

1. Instruct those responsible to proceed to controls before, during and after the competitions, at the places where the event is being held, along the tracks, in the dressing-rooms, etc.
2. A general medical examination can show the possibility or probability of culpable action, but would not prove it for certain.
3. Nowadays, chemical analysis can establish with absolute certainty, the presence of 'Weckamine' and certain other substances in urine, vomit and drinks.