

The Anti-Doping Battle

is making Good Progress

The European Council on doping and the biological preparation of the athlete taking part in competitive sports, met in the lounges of the Casino of Uriage (France), last January. This is the first time that an international gathering composed of doctors, pharmacists, biologists, jurists, sport leaders, athletes and journalists joined forces to face squarely the problem of doping, the importance and seriousness of which everyone is well aware. Colonel Crespin, who presided the assembly, took the chair. An atmosphere of truth and courage prevailed right through the proceedings and was maintained from the opening of the debates. The various aspects of this complex problem were developed, analyzed and dealt with on a strict scientific basis but yet with human feeling and understanding. The causes of doping were revealed and its immediate and indirect effects were brought to light when definitions were found. A reasonable and realistic anti-doping plan of battle was formulated which will soon be put into action.

At the end of the conference, a motion was adopted. One only needs to read it carefully to appreciate its tremendous importance:

The first European Council held at Uriage (France) on 26 and 27 of January 1963, proposes the following motion:

1. Doping is not the physiological preparation of the athlete. This preparation is essential and must remain under medical control.

Is considered as doping: the use of substances and of all means conducive to increase artificially the desired efficiency of the athlete in view of competitions, and which may be detrimental to the physical and psychological integrity of the latter.

The European Council condemns doping such as defined above.

2. The Council maintains that resorting to the practice of doping constitutes an infringement of rights or offence in sport, which comes under the disciplinary jurisdiction of each Federation or Sport Organization, without regard to the Rules in force at the time.
3. The Council considers that it is urgent and vital that an international body should examine the matter thoroughly and standardize the rules governing sport in the different countries.

While waiting this standardization of rules, the statutes governing sport of one country will apply as law to every competitor.

4. The Council desires the formation of an International Commission whose purpose would be:
 - a) to draw the attention of all athletes, of medical authorities in charge of Physical Education and of public opinion to the noxious effects of doping;
 - b) to study the behaviour of the athlete during competitions, and in drawing a plan of action for the rational preparation of the athlete;
 - c) to appoint a permanent Board charged to draw up and control regularly a list of methods used in doping and to find means to track it down. The results of the work of this Commission would be submitted to the relevant sports authorities in each country;
5. The Council demands the inclusion in the statutes of each Federation or sporting organization, of a clause by the terms of which the sworn athlete would pledge himself not to resort to doping and agrees to undergo all tests such as medical, clinical or biological even if unexpected. Every precaution will be taken to ensure that this control will not be detrimental to the competition.
6. The Council requests that this Commission meets in one month's time.
7. Right from the opening of this Conference, the Council insisted on the noxious effects of all forms of doping on the human body, that there are efficacious means of detecting the use of artificial stimulants (especially with regard to psychamines and other stimulants of the nervous system; that of analeptics or other forms of tranquilizers, of drugs modifying the blood-pressure or respiratory action, of hormones, etc.).
A physio-pathological investigation must be carried out in order to be able to define the substances which can be used for the rational preparation of the athlete.
8. The Council notes that one of the most important means in combating doping is the rational preparation of the athlete, and this calls for the rational application of the principles of hygiene, diet, physical and psychological training leading to the formation of more and more groups of capable adepts of sports-medicine.
The Council confirms its desire to uphold and maintain the 'highly educative' influence of sport since it is such a valuable factor to improve the health of mankind.