

at this time to state its corporate policy and recommendations upon the whole question.

It should be clearly appreciated that the intention is to facilitate the greater enjoyment of and safety in sport (in the widest sense of the word) for all concerned. Thus, where the Association has recommended legislation and formal action it is to be understood that any such legislation proposed should be interpreted with a degree of flexibility and common sense in keeping to the spirit rather than the absolute letter of the law.

The British Association of Sport and Medicine proposes and recommends :

- 1. That the only effective and safe way of ensuring optimum performance in any activity is a proper programme of training and preparation.*

Doping and the use of chemical agents to modify human performance in sport.

During the past few years much interest has been aroused by the problem of the doping of athletes and sportsmen. The British Association of Sport and Medicine considers it appropriate

2. That no known chemical agent is capable of producing both safely and effectively an improvement in performance in a healthy human subject.
3. That every chemical agent taken by a healthy human subject with the intention of artificially modifying his performance will be in some degree harmful to that subject.
4. That no purpose other than medical (therapeutic or prophylactic) is properly to be served by the administration or use of chemical agents with the intention or effect of modifying the performance of healthy human subject except in cases of properly controlled research.
5. That the use of chemical agents other than for medical purposes or research shall be regarded as doping (a full definition of doping is set out in the first appendix).
6. That doping in sport should be actively discouraged and that the governing bodies of sport and all other interested parties should consider and implement what steps they can take to this end.
7. That the public advertising of chemical agents or preparations for purposes which fall within the definition of doping should cease and that Parliamentary legislation to this end should be sought if necessary.
8. That appropriate methods should be evolved actively to curb the practice of doping. Such methods would include educational campaigns, prohibition of doping in the rules of sports generally, the introduction of suitable methods of test and control, and the application of sanction to offenders.
9. That when a sportsman or sportswoman is taking part in a competition while receiving drugs of any kind as a properly authorised form of medical treatment, the same should be made known, in confidence and with the patient's consent, to the duly authorised medical representatives of the body organising the competition.
10. That certain drugs (including those on the first shown in the second appendix) shall not be used for the properly authorised medical treatment of any individual taking part in a sporting competition and where the use of any such prohibited drug is medically necessary, the sportsman or sportswoman concerned must be withdrawn from the competition.

Appendix I

Doping is :

1. The administration to, or use by, a HEALTHY individual while taking part in a sporting competition of :
 - a) any chemical agent or substance not normally present in the body and which does not play either an essential or normal part in the day to day biochemical environment

or process of metabolism, regardless of dosage, preparation, or route of administration ;

and/or

- b) any chemical agent or substance which plays an essential or normal part in the day to day process of metabolism or forms a normal part of the biochemical environment, when introduced in abnormal quantities and/or by an abnormal route and/or in an abnormal form.

either or both of which (a. and/or b.) are present in the body of the individual during competition with the purpose or effect of modifying artificially the performance of that individual during competition.

Doping is also :

2. The administration to, or use by an individual temporarily or permanently disabled by disease or injury who takes part in a sporting competition of :
- c) any chemical agent or substance regardless of nature, dosage, preparation or route of administration.

for the SOLE PURPOSE OF ALLEVIATING OR CURING the disability and/or its cause, which, being present in the body of that individual during competition would, BY ITS SECONDARY EFFECTS, improve artificially the performance of that individual during the competition.

Appendix II

The following drug substances must not be used for the treatment of sportsmen or sportswomen while they are immediately engaged in sports competitions :

- alcohols (except where used topically) ;
- amphetamines and their derivatives ;
- purines bases ;
- camphor and pharmacologically similar substances including analeptics ;
- cocaine ;
- hormones (natural or synthetic) when given systematically unless they have been regularly used by the sportsman for the previous 28 days or longer. Hormones and similar preparations administered for the sole purpose of menstrual control are excluded from this prohibition ;
- lobelline and similar substances ;
- nitrates and similar substances ;
- peripheral vaso-dilators ;
- narcotics ;
- strychnine ;
- tranquilizers.

BY ORDER OF THE EXECUTIVE COMMITTEE.

Signed :

Sir Arthur Porritt, Bart., K.C.M.G.,
K.C.V.O., C.B.E., F.R.C.S.,
Chairman

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