

## MEDICAL COMMISSION

Under the chairmanship of Prince Alexandre de Mérode, the Medical Commission has on one hand carried out its work in Grenoble and on the other hand brought about certain changes in the rules concerning the doping and sex tests.

These are the modifications made to the tests which up to now have been in force.

### 1. DOPING

- 1) Modifications of the sanctions (I.O.C. Rules and Regulations p.46 "Doping") are as follows:

#### Exclusion from the Olympic Games

- The athlete who, in an individual sport, has been shown to have used dope is excluded from the Olympic Games.
- In team sport: the team of an athlete who has been shown to have used dope is excluded, if the team can benefit from this usage.

In those sports (gymnastics, modern pentathlon) where the team can no longer participate because of the disqualification of one athlete, the remainder of the team will be able to take part on an individual basis.

- The athlete who does not attend for the control will be disqualified.
- 2) The control will be carried out according to the most modern and appropriate methods and at the discretion of the Medical Commission in consultation with the I.F.S. concerned.
  - 3) The list of products has been definitively fixed for the Grenoble Games as follows:
    - a) Sympathomimetic Amines (e.g. amphetamine), ephedrine and similar substances,
    - b) Stimulants of the central nervous system (strychnine) and analeptics,
    - c) Narcotics and analgesics (e.g. morphine), similar substances,
    - d) Anti-depressants (e.g. IMAO), imipramine and similar substances,
    - e) Major tranquillisers (e.g. Phenothiazine).

### 11. SEX TEST

- 1) The most modern laboratory methods will be used (salive)
- 2) The control will be carried out before the Games in such a way as to preserve secrecy and avoid all embarrassment.
- 3) All women athletes will, in principle, be tested.

The tests carried out during the 10th Olympic Winter Games, being over, the following communique was released:

" The Olympic Winter Games, which took place in Grenoble, now being over, the IOC Medical Commission, under the chairmanship of Prince Alexandre de M&rode, has drawn a number of conclusions from the tests carried out for the first time in the history of the Games.

The sex tests took place before the opening of the Games and were carried out with the greatest respect for human rights and with absolute secrecy. After having learned how simple the procedure is, the athletes submitted themselves to it with a smile. In this case, the test consisted of taking a buccal smear in order to determine the sex chromatin granules.

The results obtained were so clear that it was not necessary to undertake any supplementary test - each athlete will be informed of this fact through the intermediary of the National Olympic Committees.

As far as doping is concerned, the technical tests were carried out by the specialised laboratory of the Faculty of Medicine of the University of Paris which was specially set up in Grenoble for this purpose. The tests were made through gas chromatography and infra red spectrophotometry.

Up to now, eighty-six samples have been taken.

The tests made on the products drawn up in a list by the Medical Commission and published before the opening of the Games, proved to be negative. The results were regularly given within twenty-four hours to the Chairman of the Commission. The samples were taken between one and three hours after the end of the competition according to material possibilities and the suggestions of the International Federations concerned.

The IOC Medical Commission would like to thank the Organizing Committee of the Olympic Winter Games for having put Dr. Thiébault, doctor of the French Olympic Committee, at its disposal. Dr. Thiébault's kind collaboration greatly helped the smooth running of the procedure. "

The IOC Medical Commission is composed of the following members:

Prince Alexandre de Mérode - Chairman (IOC)  
Mr. A. Csanadi, Vice - Chairman (IOC)  
Dr. A. Dirix (Belgium)  
Prof. L. Prokop (Austria)  
Prof. C. La Cava (Italy)  
Prof. A. Beckett (Great Britain)  
Dr. P. van Dijk (Netherlands)  
Dr. E. Hay (Mexico)  
Dr. Thiébault (Org. Com. of Xth Olympic Winter Games)

Let us stay in the medical field: the following sentences were taken from an editorial of Maurice Herzog, which was recently published in the review "Sport, Youth and Nutrition", by Doctor Creff, Hopital St. Michel, Paris.

" If an athlete wishes to keep up to competition standards, he is compelled to behave always and again according to what is now commonly called the biological preparation, which is based upon exportation of his physiological resources only, and without which improvements would remain limited.

Yet the responsible, loyal, generous modern athlete will ignore all artificial dangers, illegal expedients, all dishonest, treacherous, false means, and will rather devote his care and attention, to rational training, comprehensive medical control, rigorous physical and moral hygiene and a healthy and balanced diet. "