



# ROLE OF SPORTS COACHES IN PREVENTION OF DOPING

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**ABSTRACT:** A number of reasons—curiosity, peer pressure, or the belief that they cannot win without artificial help—can explain why athletes try or regularly use doping substances. The fact remains, however, that doping is a personal choice. Even with awareness or prevention programs in place, the athlete may still dope out of sight. Values influence personal choices. From birth, children acquire values they constantly compare with those of society. It is through this dynamic that young athletes take their place in the world of sports and encounter its values. The interaction is thus threefold with personal, sporting, and social values crisscrossing and intermingling to change or strengthen the personal values that help the athletes define their vision of sports or society. Coaches are the common denominators in athletes' lives, the people who are there from their Yesterday and today Doping and the image of sport Doping: a question of choices and values, the choice: respecting the values of sport. Whatever their level of involvement, coaches can use their considerable influence to make major contributions to doping prevention. It is important that they keep up their efforts, because the very foundations of sport are at stake.

The study will examine all the forms of doping and their side effects in the health of an athlete & will come up with a meaningful conclusion.

**KEYWORDS:** Doping, Coaches, Society, athlete

## **DOPING AND ITS CAUSES**

The International Olympic Committee (IOC) has recognized doping as the number one enemy of sport and has vowed to wage all-out war on the problem. The international sporting community has also undertaken to combat this plague.

Doping can be defined as the use prior to or during sporting competitions of a substance or method prohibited by sporting officials and intended to artificially enhance athletic performance. The World Anti-Doping Agency (WADA) and the IOC have drawn up a list of banned substances and methods. Borne out of the athlete's excessive will to win at all costs and be seen as the best, doping has become more widespread because of a number of factors. Over the last few decades, society has undergone profound changes that have made doping more and more prevalent in contemporary sport. This phenomenon is very complex as it involves a number of causes and factors that do not originate solely in the sporting world. Parallels are sometimes drawn between the

problem of doping in sports and the use of medications and food supplements or the consumption of alcohol and social drugs.

**DOPING IN HIGH-LEVEL SPORT** Advances in science have led to the development of new medications to treat diverse health conditions. Some medications, however, are not used as intended but rather to improve various aspects of an athlete's performance. Science also makes it seem as though the creation of new anti-doping tests constantly lags behind the creation of new doping methods. Political propaganda in many countries that use sport as a tool for exalting the merits of their system has encouraged doping to spread. This situation has led to aberrations such as those brought to light following the fall of the Berlin Wall, revealing that doping was a state-run system in East Germany.

**The expansion of sport** has entailed an astronomical increase in the prize money and salaries awarded to athletes. In the increasingly mercantile world of sport, wealth is no longer the exclusive preserve of professional athletes. The idea of amateurism has evolved to the point that Olympic athletes can also turn their performances into cash.

**The demands of high level sport** increase constantly. Over the last few decades, remarkable progress in training methods and sporting equipment has pushed back the limits of performance ever further, increasing the effort required to attain or continue at such a high level. With records constantly being smashed (with or without the help of prohibited products), the bar of performance is constantly being raised. The public, the media, the athlete's circle, as well as those with financial interests all exert enormous pressure. To maintain such a high level of performance, athletes must contend with the following:

- > The need to win.
- > A competition schedule and training load (frequency, duration, intensity, etc.) leaving little room for recovery.
- > An increased risk of injury due to overtraining.
- > The need to compete despite injuries.

## **DOPING IN YOUNG ATHLETES**

The influence of high level sport can be felt at lower levels. Viewed from a winning and profit making perspective, sport is less of a fun time activity and less educational and formative than we presume it to be. Organizers, coaches, parents, or the athletes can themselves reproduce the same conditions that lead to doping in high level sport. Young athletes are also very influenced by their idols, whose sporting feats they want to imitate, and sometimes adopt their attitudes and behaviors toward products that improve performance. Peer pressure is also an element to consider as the social group is of primary importance during adolescence. Often, friends are poorly informed about doping products or nutritional supplements, or have never questioned their medium or long term effects. The social circle also makes it easier to come into contact with substances like alcohol or cannabis. Adolescent curiosity and a desire to fit in can encourage the use of these products

## **THE COACH: NOT JUST A SPORTS TECHNICIAN!**

Coaches must take a negative view of doping and share that view with their athletes. By being well-informed, coaches can provide valuable information on doping and explain to athletes why they are against it and will not tolerate it. By creating a healthy environment based on good sportsmanship, providing training conditions that respect individual abilities, and setting realistic goals, coaches can fight the “win at all cost” attitude that leads to doping. Through their ties to other specialists (nutrition, physical fitness, drug addiction, etc.), coaches will be able to keep their athletes informed while having access to a network of useful contacts as needed. Even if doping ultimately remains the athlete’s choice, coaches can play an important role in preventing it. A coach who places little importance on safeguarding the values of sport is not someone working for the athlete’s best interests—he or she is just a sports technician. Coaches can help citizens become better athletes. They can also help athletes become better citizens.

### **COACHES AND DOPING- The coach’s role in the fight against doping.**

**THE COACH: AN INFLUENTIAL PERSON:** - Many studies have demonstrated the big influence coaches can have on young athletes. Even though their main role is to develop the athlete’s abilities, coaches are also teachers, role models, and counselors—teachers because they instill values in young athletes; role models because their behavior is worth imitating and their sporting abilities worth admiring, and counselors because they serve as confidants for the athletes under their care.

**COACHES MUST GET INVOLVED:** -Whatever the level of competition, coaches can play a prominent role in doping prevention and make their positive influence felt in a number of ways. Coaches can take a stance by:

- > Promoting good sportsmanship
- > Speaking out against doping
- > Informing others about the risks of doping and the stakes involved Coaches can prevent doping
- > Respecting the rules of good sportsmanship
- > Encouraging athletes to have fun while still improving their abilities
- > Setting realistic individual and team goals that do not focus solely on winning
- > Involving the athlete’s circle
- > Offering proper training Coaches can help athletes by
- > Teaching them to show good sportsmanship
- > Banning the use of doping substances or drugs
- > Watching for problems and taking action as needed
- > Getting help from qualified specialists when necessary

## **GENERAL ADVICE ON DISCUSSING DOPING**

Communication is the coach's main tool in the fight against doping. Even though athletes may have very busy competition and training schedules, the coach should set aside a few moments to discuss doping with them. Downtime after training sessions and trips may prove very useful. Preseason meetings with players or parents are also good opportunities to hand out information and discuss doping. The following guidelines can help coaches during doping-related meetings:

- > be convinced, convincing, and methodical
- > Prepare in advance and bring the resources needed
- > Get sports associations, administrators, and parents involved

## **CONCLUSION**

Concluding this study there is an advice which can be followed by the coaches in order to curb the menace of doping once and for all.

Focus on the positive values of sport Ask your players (and their parents) why they are interested in sports. Discuss the values of sport, those they wish to achieve, and those you want to promote. You may talk about the following points:

- > Is winning the only acceptable result?
- > What reasons could make an athlete quit or cause a parent to pull his or her child out of sports?

Discuss the importance of rules Ask your athletes to imagine sports without rules and then explain why it is important to respect them. Discuss the importance of ethics Ask your players to define good sportsmanship and compare their responses with the Charter of Good Sportsmanship. Talk about the need to show sportsmanship. Define the objectives Set realistic individual and team objectives with your athletes that embrace sporting values and are not based solely on winning.

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