

Critical Analysis of the Wada and Nada Play An Effective Role to Control Doping in Sports in National and International Level



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Abstract

In the field of games and sports doping basically means athletes taking illegal substances to make their performance better. The use of drugs to enhance performance is considered unethical and therefore prohibited by most of international sports organisations including international Olympic committee. IOC wants fair play and clean sports because there are many reasons for the ban of doping mainly the health risk of the athlete, equal opportunity for athlete to compete etc. At international level, the world anti doping agency (WADA) has been established in 1999 at Lausanne Switzerland under the Declaration of Lausanne to coordinate, promote and monitor, the fight against drugs in sports. Its headquarter located at Montreal Canada. At national level, many countries have their own anti doping agencies. But in India, such agency is called National Anti doping agency (NADA). WADA is an NGO and its main aim to harmonize anti doping regulations in all sports and countries. It is collective initiative led by the IOC. WADA aim is a in which all athletes compete in a clean and safe sporting environment. WADA is one of the strong defender of ethical sports and guarantees athletes legal protections. WADA also organize different types of programmes to create awareness among the athletes in all over the world and to give detail information about ban drugs and their ill effect on the sportsmen health. NADA also work under the guideline of WADA. National anti doping agency (NADA) is a national organisation of India to for promote, coordinate and monitor the doping control programmes of sports of all forms in line with world anti doping code in the country. It works under ministry of youth affairs and sports, Govt. of India. It was established under the society's registration act 2006 in the after math of 2004 Comphanhagen.

Declaration on doping in sports in which India is a signatory. The main functions of NADA are adopting and implementing anti doping rules and policies as per world anti doping code. It promotes anti doping research and education and also responsible to implement an effective number of in competition and out of competition tests on the athletes. In its registered pool of international and national level athletes being tested by NADA and may include blood as well as urine collection. NADA deals with matter relating to awareness of doping in sports including dissemination of information, educating the sportsperson coaches, support personnel on the harmful effects of doping through teaching sessions, seminars, workshops and organizing dope test on athlete both in competition and out of competition. On the whole we can say that WADA and NADA play a very effective role to control and fight against doping in all over world, and also give equal opportunities to compete of every athlete in national and international level.

Keywords: Doping, WADA, NADA, Performance, Athletes, National, International.

Introduction

In the field of games and sports doping means use of performance enhancing drugs, especially those forbidden by organisation that regulates competitions. In other word doping is defined as the use of chemical substance foreign to the body to improve athletic performance. Any unethical means including the use of performance enhancing drugs is considered wrong way and therefore prohibits, by most international organisations including International Olympic Committee. IOC wants fair

play, dope free sports, pure sports, and clean sports. Because there are many reasons for the ban of doping, mainly the health risks, of the athletes, equal opportunity for athletes to compete etc. To ensure a play fair opportunity to each and every of the competing athletes the anti doping programmes seek to preserve the value of true sports. WADA and NADA continuously work to adopt and implement the anti doping rules and policies. The main aim of WADA and NADA is to dope control programmes by dope sample collection, ban on athletes, to promote education and research, to create awareness programmes about doping and its side effects.

Review of Literature

1. Doping in sports and its spread to at – risk populations an international review by Dvid A Baron, David M Martin and Samir Abol Magd. Doping is now a global problem that follows international sporting events worldwide. International sports federation, led by the IOC have for the past half century attempted to stop the spread of this problem, with little effect. 2007
2. Doping in sports: A review of Elite athletes attitudes and knowledge by Jaime Morente – Sanchez- Mikel Zabala: The aim of world anti doping programme and the code are to care for the athletes fundamental right to participate in doping free sports and thus promote health, fairness and equality for athletes worldwide, and to guarantee harmonized, coordinated and effective anti doping programme at the international and national level relating to the detection. 2013
3. National Anti Doping Agency is mandated for dope free sports in India. The primary objective are to implement anti doping rules as per WADA code, regulate dope control programme, to promote education and research and creating awareness about doping and its ill effect by www.nadaindia.org. 2006

Aim of the Study

The main aim of the study is clean and pure sports in national and international level without using doping and drugs. WADA and NADA play a very effective role to fight against doping in sports and responsible for monitoring, combating of fighting doping, is very important to strengthen anti doping. In the modern times, IOC wants dope free sports, pure and clean sports. To ensure a fair play opportunity to each and every of the competing athletes, the anti doping programmes seek to preserve value of true sports.

Some Drugs/Medicine Use in Doping

Drugs are life saving as well as life threatening chemicals. They are use by sportsmen for different purpose. Some sportsmen use these drugs to enhance their performance named as in doping in sports. IOC recommended only natural sources of diet for sports performance. But many sportsmen violate the rules of IOC and use banned drugs to improve their artificial performance in sports competitions. These sportsmen also break the rule of true sportsmanship and oath of sportsmanship.

These drugs are of various types and they are named as doping:

Diuretic

Diuretic eliminates the fluid from the body. Diuretic are drugs that increase the rate of urine flow and sodium excretion to adjust the volume and composition of body fluids. Diuretic are banned in sports because they can help with weight loss and could be used to speed up the elimination of drugs from the system. They are generally used by wrestlers, Judo; boxing players etc. it can also used in a sport as a masking agent to prevent the detection of another banned substance.

Commonly used diuretic are furosemide, bendroflumethiazide and metolazone.

Side Effect

1. It leads to the loss of appetite
2. It produces lack of concentration and judgment
3. It also leads the chance of depression and excitement
4. Muscle cramps
5. Drop in blood pressure
6. Dizziness or fainting

Narcotics

Narcotics are used to reduce the pain from injuries and allow the athlete to do activity. They also use in training period to reduce the feeling of fatigue and tiredness. These drugs are usually during competitions Morphine, Heroin, Pethidine are example of such drugs.

Side Effects

1. Decrease heart rate
2. Nausea and Vomiting
3. Dizziness
4. Physical and psychological dependence leading to addiction.
5. Increased pain threshold and failure to recognize injury.

Blood Doping

Blood doping is an illicit method of improving athletic performance by artificially boosting the blood. It increases the hemoglobin in blood stream. This oxygen carrying capacity increase resulting improved endurance. This can improve stamina and performance, particularly in long distance events such as running and cycling. It is banned by IOC and other sports organisations.

Type of Blood Doping

Commonly used these types of blood doping:

1. Blood transfusions.
2. Injection of erythropoietin (EPO)
3. Injections of synthetic oxygen carriers.

Side Effects

1. Blood clot
2. Heart attack
3. Stroke
4. Blood infections
5. Dehydration

Stimulants

Stimulants are drugs that directly affect the central nervous system and cardiovascular system. These drugs increase alertness, concentration, metabolize rate, strength, power etc. they are used by athlete to reduce tiredness and fatigue and to

increase competitiveness and aggressiveness. The most common stimulants detected in anti doping test include amphetamines, cocaine, caffeine, ephedrine etc.

Side Effects

1. Irregular heart rate
2. Violent behavior
3. Dizziness
4. Heart attack

Role of WADA

WADA (World anti doping Agency) is a foundation initiate by international Olympic committee based in Canada to promote, coordinate and monitor the fight against drugs in sports. The main aim of WADA is a world in which all athletes compete in a clean and safe sporting environment. WADA is a one of the strong defender of ethical sports and guarantee athletes legal protection. WADA also aims to harmonies anti doping work all over the world. WADA established 10 November 1999. WADA organizes a social awareness campaign and the main aim of this campaign is to familiarize audiences with clean sport messages. WADA organize different type of programme to create awareness among the athletes in all over world.

Education and Prevention Tools

WADA has many different tools that help stake holder with their education programme. There are special tools kits of activities customized for teacher, coaches, programme officer, and many different brochures providing anti doping information. WADA has also created interactive computer games such as play true quize, play true youth quize and other tools such as card games. Many books and videos exploring numerous subject related to the fight against doping in sports are available.

E – Learning: Anti Doping

E - Learning programme play vital role to provide clean sports and anti doping awareness. It offers many special courses for athletes, coaches, doctors, parents and anyone interested in learning more about anti doping, suitable environment and protecting the values of clean sport.

Social Science Research

WADA organize social science research programme, through these programmes WADA create awareness among the athletes to harmful effect of doping and of anti doping rules will assist in ensuring that doping prevention strategies are effective and efficient.

WADA Primary Tasks Are

1. To harmonize, develop and maintain WADA's anti doping and how various parties comply with it.
2. To provide and distribute an annual list of substances and method prohibited in sports.
3. To develop regional level anti doping programme.
4. To carry out an independent doping control monitoring programme at international sports competition.
5. To accredit doping laboratories.

NADA

National Anti doping Agency is the national organisation responsible for promoting, coordinating

and regularly monitoring the doping control programme in sports in all its forms in the country. NADA play a very important role to create awareness programmes about doping and its ill effect. The main objectives of NADA are to implement anti doping rules as per WADA code, regulate dope control programme, to promote education and research and creating awareness programmes about doping and its harmful effects. NADA deals with matters relating to awareness of doping in sports including dissemination of information, educating the sportspersons, coaches and support personal on the harmful effects of doping through teaching sessions seminars, workshops and organizing dope test on athletes both in competition and out of competition. NADA has also lunched the "Programme for education and awareness on anti doping in sports" (PEADS) since October 2014 with an objective to deal with the fight against doping across the country NADA has conducted various programmes of doping and its ill effect on various places across the country during competitions/events conducted by NSFs Association of all the SAI centers, all inter universities, SAI training centers, SGF and services sports control boards.

NADA play a very effective role to control doping in every games and sports and to communicate every athletes in every corner of the country in India through anti doping brochures information has been got translated and printed in 14 different languages viz. Hindi, English, Punjabi, Bengali, Tamil, Telugu, Kannada, Malayalam, Bengali, Assamese, Gujarati, Marathi, Oriya, Kashmiri, Manipuri languages to ensure the best communication of anti doping. Ministry of youth affairs and sports, Govt. of India organized 1st Khelo India school games in Delhi from January 31, February 8th 2018. The main aim of the games was to promote the sports cultural and to identify talent of grass root level, to further nurture the identified talent with the purpose to achieve excellence in sports international level.

NADA play an important role in Khelo India school games to preserve the integrity of sports and to promote fair play spirit amongst the participating athletes of the country. The main purpose of the NADA to create awareness programmes amongst the participating young's athletes of the country during the 1st Khelo India games and maintained the integrity of sports. During the games, NADA deputed many experts to conduct anti doping awareness sessions and dope control programme during the games. NADA also conducted dope test in all sports and the urine samples were collected by deputed experts. NADA educated the participating athletes and coaches about ethical conduct and harmful ill effects of doping. NADA also provide anti doping literature in form of hand outs, booklets, prohibited list 2018 were distributed among all the participant and support staff with the aim to control doping. NADA experts also resolved queries and doubts of 1st Khelo India participant relating to anti doping.

Conclusion

Doping in sports is an old problem. Development of modern techniques has made doping control possible for all drugs listed on the IOC list. The

important thing in the games and sports is not winning but taking part. The essential thing is not conquering, but fighting well. In the modern world IOC want fair play, dope free sports, pure and clean sports. The main reason for the ban of doping, mainly the health risk of the sportsmen, equal opportunity for athlete to compete etc. To ensure a play fair opportunity to each and every of the competing athletes the anti doping programmes seek to preserve the value of true sports. WADA and NADA play a very effective role to control the doping in sports through.

Various dope control programmes to create awareness among the athletes, to promote education and research, to anti doping literature, to create awareness about doping and its side effects.

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