

# PacificMUN

Dare to Speak



IOC-Topic A  
Backgrounder Guide



## The Epidemic of Performance Enhancing Drugs in Athletic Competitions - IOC

Topic A



PacificMUN



### Welcome Letter

Dear delegates,

My name is Kiran Basra and I am honoured to serve as the Director of the International Olympic Committee for PacificMUN 2019. I am currently finishing my 12th year as a Crofton House student, and have been involved in MUN for the past several years. Besides Model United Nations, I am a volleyball and soccer player, and a competitive debater. Your Chairs, David Ni and Catherine Cho are both intelligent and hardworking seniors who have been involved in MUN for the past five years and are thrilled at the opportunity of meeting so many passionate delegates! The IOC has always held a special place in my heart, as it combines my two greatest interests of debate and athletics into one unique committee. As your Director, I hope to create a supportive, challenging, and enlightening conference full of fierce debate and inspiring ideas.

As a committee, the International Olympic Committee aims to create solutions to the corruption of sport in hopes of returning the games to its purest self where everyone has an equal opportunity to succeed. As a delegate, it is your responsibility to protect the interest of both athletes and athletics, while handling the perspectives of legislation, country stances, and Olympic values.

Please don't hesitate to contact Catherine, David, or I if you have any questions about the committee. On behalf of your dais, we are thrilled at the opportunity to meet all of you as we explore the Olympics and the intricacies of the international athletic stage with a passionate group of people!

Sincerely,



Kiran Basra  
Director of IOC  
PacificMUN 2019

## Committee Overview

The Olympics are the most prestigious and celebrated sporting event in the world. They represent the pinnacle of success, the dream of every athlete, and the glory of every nation. Hosting the Olympics reflects the same level of pride: a privilege to display the Olympics through a nation's eyes. However, the cost for hosting has risen tremendously over the past 50 years. With the hefty price tag, lack of sustainable stadiums, and overwhelming public disapproval, many countries are dropping out of the bidding process without a second thought.

Founded in 1894, The International Olympic Committee (IOC) is a private Non-Governmental Organization that is located in Lausanne, Switzerland. The IOC is responsible for all Olympic affairs including choosing host countries, organizing both Summer and Winter Olympic games, protecting the interests of athletics, and promoting international cooperation through sportsmanlike behaviour.

There are currently 105 active members within the International Olympic Committee, 32 honorary members and two honour members with each member having just a single vote. The IOC acts as a catalyst for cooperation between the different faculties and mediums of the Olympic teams such as broadcast partners, United Nations agencies, individual athletes, countries, and organising committees. Sports are celebrated as one the few events with the power to unite people throughout the world regardless of racial, political, and gender identity. Hence, one of the main responsibilities of the International Olympic committee is to use the Olympic Games to bridge the differences between nations to celebrate sports. This responsibility can be seen with the IOC's recent support for athletes of North Korea given the opportunity to attend the World Championships in Sweden after the IOC lifted all financial burdens. This continued support ultimately led to both North Korea and South Korea walking under a united flag at the 2018 Winter Olympics, proving the tremendous capability that the Olympics hold in connecting a divided nation together.

The International Olympic Committee also strives to solve problems that come as a result of the event or epidemics that endanger athletes or the Olympics themselves. Such problems include: environmental dangers of creating stadiums related to the Olympics, the process of choosing a host country despite its stained history with human rights abuses, and how performance enhancing drugs have impacted athletes and competitive sports games.



The IOC deals with controversial topics surrounding the Olympics and sports with the power to set precedence for events in the incoming future as well. Stances on these problems and possible solutions are all topics that are readily discussed in the International Olympic Committee Session which takes place every year in a different country. Above all, the IOC is responsible for liaising between all of the different parties in the athletic world, and for using the power of sport to unite people and promote Olympic values.

## Topic Introduction

The act of using performance enhancing drugs (PED) has been very heavily recorded with sources tracing as far back as Ancient Greece where runners often used mushrooms or herbal teas to improve stamina. In more modern times, athletes often drank glasses of wine during races or chewed coca leaves to go beyond their physical capabilities under the use of illegal and gateway drugs.<sup>1</sup>

In the 21st century, only by integrating modern technology and scientific advances in the sports field has allowed the isolated incident become an epidemic shocking the core values of the International Olympic Committee. As the technology used to enhance athletes have improved dramatically over recent years, the methods used to catch PED users have also closely followed pursuit. As both sport and drug enhancements are constantly changing, the problem is not bound by or limited to old methods but evolutions with the international society.<sup>2</sup>

Athletes participating in the Olympic games are the best that the world has to show and are desperate to show on an international level their training, talent and skills. Whether the use Performance enhancing drugs stems from the pressure to win or gaining advantages, what is clear is that athletes that use performance enhancing drugs biological and scientifically have a greater edge than their non-drug using counterparts. Indeed, athletes that spend entire lives training will often seek ways to give their performances even the smallest of advantages. As such, many spiral into the continued use of PEDs often developing attaching results to the quantity of PEDs used.

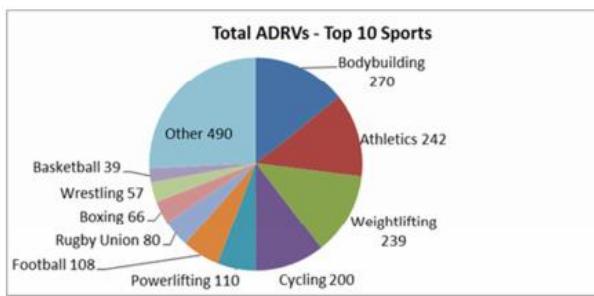
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<sup>1</sup> <http://ancientolympics.arts.kuleuven.be/eng/TC024EN.html>

<sup>2</sup> [europepmc.org/abstract/med/17003000](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC17003000/)

##### 5. The sports with the highest number of ADRV:s:

1. Bodybuilding (270);
2. Athletics (242);
3. Weightlifting (239);
4. Cycling (200);
5. Powerlifting (110);
6. Football (108);
7. Rugby Union (80);
8. Boxing (66);
9. Wrestling (57);
10. Basketball (39).



*Statistics on areas where ADRV:s are most commonly used<sup>3</sup>*

In competitive sports, Doping is the act of using any banned or illegal performance enhancing drugs by participants. Although athletes often train daily and adjust diets to reach peak physical performance, doping is considered unethical by many because of the fact users are actively seeking illegal ways to gain unfair advantages on the competitive field. That is to say, even though users have prior knowledge that the use of PEDs are banned, they choose to dope anyways. For instance, a Chinese coach gave athletes testosterone pills to “build muscle” it was only when two athletes tested positive for Performance enhancing drugs were they banned for two years.<sup>4</sup>

Blood transfusions and Testosterone in the hands of amateur athletes and untrained professionals leads to many instances of dishonesty, injuries and fatalities.<sup>5</sup> Not only are these dangerous drugs in the hands of users with almost no knowledge of modern health procedures, but PEDs are quite often banned due to the fact that they are intended for therapeutic purposes and prescribed by a doctor. Performance enhancing drugs given to athletes are generally obtained from illegal methods such as the black market which gives even higher risks of side effects to the user.<sup>6</sup>

Doping is not an isolated instance only found in the International Olympic Committee. It is also heavily prominent in other international and national competitions. As one of the biggest influencers in competitive sports, the International Olympic Committee sets precedents for other sports events to follow in dealing with doping and performance enhancing drugs. With recent controversy surrounding nation and state-sponsored doping, the IOC's power remain limited as countries can simple implement legal doping policies in their own borders in national level competitions. This impacts both the performance of athletes being under the influence of PEDs and the mindset of athletes to normalize the use of PEDs in regular sport. It essentially creates a system where steroids are “accepted” by athletes and found to have no moral implications or health risks.

<sup>3</sup> [combatsportslaw.com/2017/04/03/wadas-2015-statistics-shed-light-on-doping-in-combat-sports/](http://combatsportslaw.com/2017/04/03/wadas-2015-statistics-shed-light-on-doping-in-combat-sports/)

<sup>4</sup> [www.theguardian.com/sport/2001/jul/25/athletics.duncanmackay](http://www.theguardian.com/sport/2001/jul/25/athletics.duncanmackay)

<sup>5</sup> [www.ncbi.nlm.nih.gov/pmc/articles/PMC4203840/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4203840/)

<sup>6</sup> [www.antidoping.hk/rights\\_and\\_responsibilities.php?target=health](http://www.antidoping.hk/rights_and_responsibilities.php?target=health)



Additionally, with the rapid advancement of technology, performance enhancing drugs have become smaller and less detectable in tests, making it easier for the athlete to consume them and get away with the act. Despite these dilemmas, the International Olympic Committee must rise to the challenge and solve the doping epidemic or risk losing the purity of sport and the health of athletes for good.

## Timeline

**776 B.C** - The first Olympic Games take place in Ancient Greece in the plains of Olympia as a means of honouring their respective gods.<sup>7</sup>

**776 BC-393 BC** - Ancient Greeks use wild mushrooms as an early form of Performance Enhancing Drugs in Athletic Competitions.

**100 B.C.E** - Roman Gladiators consume stimulants and use hallucinogens to combat fatigue and treat injuries in preparation for fights.

**1800s** - Athletes in cycling and lacrosse drink wine and eat coca leaves to prevent fatigue and improve stamina

**1904-1920** - Modern doping is first rises to prominence in the modern Olympics. As organizations lack basic testing equipment to test for athletes doping, many are left unpunished

**1928** - First anti-doping law is passed. The IIAF becomes the first international sporting body to legally forbid the consumption of performance enhancing drugs by athletes.

**August 1960** - Knud Jensen, a Danish cyclist is one of the first fatality caused by modern day doping operations

**1967** - The International Olympic Committee creates a medical commission to examine and test the athletes that are suspected of doping in competitive events.

**1968** - The IOC conducts their first doping test on athletes at the Summer Olympic Games. This takes place in Mexico City and is conducted through urine sample tests.

**November 1999** - The World Anti-Doping Association, also known as WADA, is created in order to combat the increasing use of Performance enhancing drugs among athletes.

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<sup>7</sup> <https://www.olympic.org/ancient-olympic-games/history>



**August 2012** - Lance Armstrong, an American cyclist and famed Tour de France champion, is found guilty of using doping in all of this competitive events as an athlete. Armstrong was able not caught doping during his runs as tests were not as advanced enough during this time. In the following year, Lance Armstrong admits to these cases on national television.

**July 2016** - The Court of Arbitration for Sport penalizes Russia for doping incidents by banning the entire Russian Paralympic Team and 118 Russian Olympic athletes from the 2016 Summer Olympic Games.

**February 2018** - Russian athletes are permitted to compete in the 2018 Winter Olympics compete under a neutral flag instead of their national flag.

## Historical Analysis

Since the beginning of competitive sports, athletes have searched high and low for ways to enhance and augment their bodies in order to grant them international success. The epidemic is escalating at a dangerous speed, evolving from wine and coca leaves in the 1800s to modern day blood transfusions and injectable steroids.<sup>8</sup>

As effects of doping become more evident, officials realize that measures must be taken in order to stop this epidemic before it completely ruins the core values of the Olympics. Thus, the first anti-doping law was passed in 1928 by the International Governing Body of Track and Field (I.I.A.F) to combat the dangerous and devastating effects of doping. This legislation forbids athletes to dope in competitive events run by the International Governing Body of Track and Field. With no viable way to test athletes using Performance Enhancing drugs, enforcement of doping policies are kept at a minimum. Eventually, despite precautions, on August 26th 1960, Knud Jesen, an Olympic athlete is the first recorded and official death as a result of unsafe use of performance enhancing drugs. Therefore, the IOC creates their own medical commission against PEDs 7 years later and begins testing athletes in 1968.

As the modern doping epidemic grows, a committee is proposed to overlook the process, separate from the IOC, in order to oversee anti-doping legislation in all international athletic competitions. The World Anti-Doping Association (WADA) is established and focus on protecting athletes from the harmful effects of PEDs.<sup>9</sup>

Recently, despite these precautions, Russia continues to state-sponsor their athletes, and encourage them to use PEDs to enhance their athletic performance. As a result, the International Olympic

<sup>8</sup> [www.bicycling.com/health-nutrition/a20040926/timeline-a-history-of-tour-de-france-nutrition/](http://www.bicycling.com/health-nutrition/a20040926/timeline-a-history-of-tour-de-france-nutrition/)

<sup>9</sup> [www.wada-ama.org/en/what-we-do](http://www.wada-ama.org/en/what-we-do)



Committee penalized 118 Russian Athletes, a large percentage being from the national track and field team, and the entire Paralympic team to send a clear message about the IOC's forbiddance of doping. This countermeasures are further extended in the 2018 Winter Olympic Games as International Olympic Committee banned athletes to compete under a Russian flag. This was an action meant to deter many Russian athletes to be involved in state-sponsored doping programs. Instead, athletes from Russia participate under a neutral Olympic flag in the Winter Olympic Games.

## Current Situation

As science evolves and performance enhancing drugs become stronger and less detectable, the epidemic of doping is growing bigger by the day. In many teams and countries, the societal stigma surrounding doping has lifted and been replaced with a “normalization of drugs” which can be attributed to the mentality that one is dependent on doping in order to succeed in the athletic world. This societal belief is exemplified in teenage athletes emulating their idols such as Lance Armstrong and other athletic icons when they see their regular doping use and can credit their success to steroids and supplements. Thus, spreading the epidemic to youth and ultimately shifting the social mindset towards doping, making it difficult to solve a problem that many people don't seem to recognize even *is* a problem.

Additionally, there has been an upwards trend of injuries and fatalities occurring in athletes consuming PEDs on the international stage. The health risks associated with doping are enormous, and many athletes overlook any potential symptoms due to the priority of succeeding and earning medals. This success factor is not the only obstacle that makes athlete's more willing to blur the lines between ethics and sport. Economic factors such as the sponsorship deals and financial gain that come as a result of being a more successful athlete when on PEDs makes it difficult for athletes to quit once they begin. It also incentivizes poorer athletes and women who make less to turn to PEDs when they begin a financial downfall.

As scientific advancements continue to develop in the field of sports science and biology, it is essential to keep in mind different methods of doping that have emerged as well. The number of banned drugs and substances as also increased significantly. For instance, instead of having direct blood transfusions to increase blood red cell count (and in turn increase oxygen intake), many athletes take hormones or proteins that naturally elevate red blood cell count in order to more easily mask doping. Testing for these new ways of doping have not been readily available or accurate until the early 2000s. One of the most famous cases of this was Lance Armstrong's doping controversy that was only recently uncovered. Armstrong used Erythropoietin (EPO), a glycoprotein to naturally increase his red blood cell



production and oxygen intake.<sup>10</sup> It was only through modern day testing in 2010s that Armstrong was finally caught.<sup>11</sup> Doping continues to evolve in the world of competitive sports and as such the International Olympic Committee has made many further attempts to evolve more accurate testing procedures as well.

TABLE 3: CLASSES OF BANNED DRUGS

	2008	2009	2010	2011	2012	2013
<i>Anabolic agents</i>	3,259	3,297	3,374	3,325	2,279	3,320
<i>Stimulants</i>	472	325	574	718	697	530
<i>Cannabinoids</i>	496	399	533	445	406	188
<i>Diuretics &amp; other masking agents</i>	436	273	396	368	322	393
<i>Glucocorticosteroids</i>	316	265	234	274	365	330
<i>All other classes of drugs</i>	544	525	435	470	431	510
<i>Total</i>	5,523	5,084	5,546	5,600	4,500	5,271

In order to solve doping, the International Olympic Committee must find ways to combat athlete motivation, health risks and scientific advancements.<sup>12</sup> As society and technology change, the IOC must also change to better suit the needs and role that they have in moderating competitive events around the world.

## International Olympic Committee Involvement

The International Olympic Committee has made many major public statements and legislation explicitly condemning the use of performance enhancing drugs. It is widespread knowledge that using drugs for the sake of improving performance has been prohibited across all sporting events from national level competition to international platforms. Decisions made by the International Olympic Committee will influence all competitive events

The inherent problem of doping lies in the lack of control that the IOC may have in moderating other international competitive sporting events. All other competitions must be influenced by the International Olympic Committee to have anti Performance Enhancing drug policies.

<sup>10</sup> news.bbc.co.uk/sport2/hi/front\_page/4657010.stm

<sup>11</sup> www.nytimes.com/2012/10/12/sports/cycling/how-lance-armstrong-beat-cyclings-drug-tests.html

<sup>12</sup> www.usada.org/substances/effects-of-performance-enhancing-drugs/



The epidemic of doping has expanded its impacts beyond the Olympics: it has affected the world on an international scale. It impacts not only the athlete and the country, but how people view competitive sports. Thus, the United Nation has recognized the significance of this issue and has been seeking resolutions to solve this crisis. In 2009 the United Nations General Assembly gave the International Olympic Committee "Permanent Observer Status" allowing them to participate in the United Nations Agenda, and speak at United Nations General Assembly meetings in order to advocate for the advancement of athletics at an international and diplomatic level.

In 2014, the International Olympic Committee and United Nations signed an accord that promoted the collaboration between both associations. These efforts made between the UN and the IOC has given the much needed exposure of doping to the international community. Furthermore, performance enhancing drugs were given the spotlight during the United Nations Education Scientific and Cultural Organization conference, in which a high burden was placed on educating young athletes on the health risks and consequences of using PEDs in order to deter from doping. Since 2005, UNESCO has hosted the International Convention Against Doping in Sport in order to address the problems of the epidemic and find ways to resolve the presence of PEDs in athletic competitions. UNESCO additionally controls a fund which seeks to educate athletes about the dangers of doping and strengthen anti-doping measures.<sup>13</sup> The IOC is a partner in the International Convention Against Doping in Sport, and the two organisations work collaboratively in the attempt of solving the PEDs epidemic.

## Seeking Resolution

As doping continues to evolve to better suit the athlete. It is important to have solutions be implemented in order to stop doping both in the short term and long term. It is not doubt there will continue to exist and develop ways to bypass doping test. As such, it is essential for delegates to develop multi-faceted approaches to the situation to best seek resolution.

Many creative resolutions can be considered when asked how to combat the effect of doping in sports. However, in order to solve the problem, the question of accountability must also be examined. Whether the country, the individual or the drug itself be punished must also be discussed along with effective deterrence for future instances of doping.<sup>14</sup>

<sup>13</sup> [www.insidethegames.biz/index.php/articles/1056023/only-eight-countries-still-to-sign-unesco-convention-against-doping-after-tanzania-ratify-agreement](http://www.insidethegames.biz/index.php/articles/1056023/only-eight-countries-still-to-sign-unesco-convention-against-doping-after-tanzania-ratify-agreement)

<sup>14</sup> [ukad.org.uk/education/athletes/performance/drug-test/](http://ukad.org.uk/education/athletes/performance/drug-test/)



## **The Country**

As seen in the 2018 Pyeongchang Winter Olympics, Russia was forbidden from displaying their flag at the Olympics, and Russian athletes were forced to compete under a blank Olympic flag.<sup>15</sup> The reason why this solution is effective is because the reason countries sponsor and encourage domestic doping is for the opportunity to wave their country flag beside a gold medal, furthering their nationalistic ideals. By forbidding them to display their flag, it forces a country into a costly ultimatum. If countries are held accountable, state sponsored doping projects may be halted but individual athletes may still continue to be use PEDs so long as they are untraced.

## **The Athlete**

In order for Athletes to be held accountable it is important to look at the root causes of why athletes use performance enhancing drugs in the first place. Many may be pressured by national pride or selfish gain but in order to better athletes it may be in the interest of the International Olympic Committee to have harsh financial penalties or extended banning periods to punish individual athletes.

## **Drug Tests**

Drug tests are not perfect, far from it.<sup>16</sup> They misread often and many dopers are able to ride the scale between a doping positive and doping negative, allowing them to cheat the system. In modern day competitions, it is important to have test be increasingly viable and reliable. Many developing nations may have difficulty going this route due to the fact they have inadequate resources and infrastructure to build and maintain consistent testing for competitions.

## **Accessibility of Drugs and Doping Procedures**

Many performance enhancing drugs must be prescribed by either a doctor or have extremely limited quantities for very niche and specialized purposes. Users often turn to the black market to find performance enhancing drugs which may pose serious health risks. On the other hand, if doping projects are state sponsored, the accessibility of drugs may be of lesser concern to the users. The International Olympic Committee must consider the widespread manufacturing, distribution and consumption of popular doping drugs when dealing with this pressing issues. Testosterone. Steroids and Blood transfusions remain a popular choice among users.

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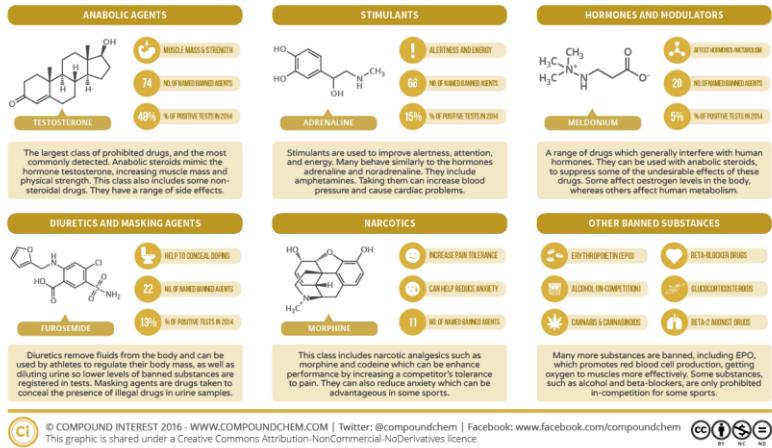
<sup>15</sup> [www.cbc.ca/sports/olympics/ioc-russia-doping-1.4432781](http://www.cbc.ca/sports/olympics/ioc-russia-doping-1.4432781)

<sup>16</sup> [www.nytimes.com/2006/06/30/sports/30cnd-tour.html](http://www.nytimes.com/2006/06/30/sports/30cnd-tour.html)



## A BRIEF GUIDE TO DOPING IN SPORTS

Doping in sports has been in the news in the run up to the Olympics. What drugs will doping tests at the Olympics be looking for? This graphic looks at some of the major groups of drugs used in doping, their effects, and why athletes might take them.



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### Ethical Implications

Pro-doping experts argue that to allow *everyone* the right to dope not only equalizes the playing field but also allows the sport to be at its best, because everyone is heightened and therefore everyone is better.<sup>18</sup> But this still has logistical issues: how would you ensure a poor track athlete from a developing country has the same drugs and adequate resources in comparison to an athlete from a richer nation. The question of frequency of doping, the ability to dope, and the purpose of doping must also be considered. Indeed, just because all athletes may have the right to use performance enhancing drugs does not mean they will have equal access in different nations. Health risks also pose a threat to this problem.<sup>19</sup> Simply put, competitive sports, if allowed doping will change from a place of hard work and training to which nation is able to afford the best quality PEDs for athletes.

### Education and Awareness

Many users of Performance enhancing drugs are oblivious and completely unaware of the negative health consequences of taking banned and illegal PEDs. If an international effort was made by the International Olympic Committee to not only educate young athletes but also spread awareness of the unethically and unhealthy effects of doping, it may lead to a drop in performance enhancement drug related issues.

### Promotion of Olympic Values

As it is one of the major aims of the International Olympic Committee to promote competitive sports and the spirit of competition, delegates must also keep in mind how they will move past recent controversies and clean the reputation of international sporting events. When dealing with the use of doping in

<sup>17</sup> [www.compoundchem.com/2016/08/09/doping/](http://www.compoundchem.com/2016/08/09/doping/)

<sup>18</sup> [theconversation.com/why-its-time-to-legalise-doping-in-athletics-46514](http://theconversation.com/why-its-time-to-legalise-doping-in-athletics-46514)

<sup>19</sup> [www.cces.ca/doping](http://www.cces.ca/doping)



international events, Olympic values such as international cooperation and competition through sports is emphasized.

## Bloc Positions

### ***Europe and Western Countries***

As the continent that was the birthplace of both the modern and ancient Olympics, European countries, along with other developed nations acknowledge the unethical and dangerous behaviours that doping causes to the individual. Although many laws are already in place to deter athletes to go down the path of doping, the ever changing technologies used to dope and mask doping are a problem.

### ***Developing Nations***

Developing Nations are determined to make a name and identity for themselves on an international stage. Thus, statistically, many more athletes from developing nations are found using performance enhancing drugs to improve standings and international results. What makes doping even more problematic in these regions and countries are the lack of infrastructure to test for doping and PEDs. Many nations lack the adequate resources to have precise and accurate testing facilities for athletes in national level competitions. Quite often, many PED using athletes are not able to get caught in developing nations and continue to use doping methods to improve performance.

### ***Russia***

Perhaps the most infamous when it comes to doping scandals and controversy, Russia has been involved in numerous instances where the state sponsored athletes to use performance enhancing drugs in an effort to improve Russia's competitive international standings in sports. After being banned from the latest Winter Olympics, the decision to reform athletic policies to better align with the International Olympic Committee or push for expansion of doping on the international stage remains unclear.

## Discussion Questions

1. How does doping affect your country? Do you earn money from it? Is it normalized? Does your country support doping?
2. What negative ramifications of doping effect your country? What positive effects of doping impact your country?
3. What factors drive athletes to dope? Is it always their choice or are they forced?



4. Does doping play a different role in developed countries and developing countries? What are ways both types of countries can collaborate to solve this problem?
5. What makes doping safe or unhealthy? How can it be made safer?
6. What are the main barriers to solving doping in your country?
7. How does doping affect women more so than men? Is this epidemic sexist?
8. What are solutions we can implement to eradicate this epidemic?
9. Is doping even a problem? Should it be made safer and used in sports to further athletic growth?



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