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EVALUATION REPORT ON 16 PILOT PROJECTS IN THE AREA OF THE FIGHT AGAINST DOPING IN SPORT IN EUROPE

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FINAL REPORT

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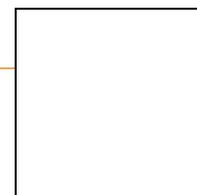
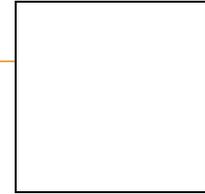


TABLE OF CONTENTS

1. EXECUTIVE SUMMARY.....	3
2. BACKGROUND.....	7
3. THE EVALUATION PROCESS	21
3.1 AIMS OF THE EVALUATION	21
3.2 METHODOLOGICAL APPROACH	22
4. INDIVIDUAL PROJECT ASSESSMENT.....	32
4.1 INTRODUCTION	32
4.2 PROJECT INFORMATION SHEETS.....	33
<i>TRANSPLANTS AND DRUGS: A LEGAL VACUUM.....</i>	<i>35</i>
<i>HARMONISIERUNG DES KENNTNISSTANDES UBER DIE GESUNDHEITLICHEN AUSWIRKUNGEN DES DOPINGS.....</i>	<i>46</i>
<i>1ST EUROPEAN WORKING CONGRESS ON THE HARMONISATION AND FUTURE DEVELOPMENTS IN ANTI DOPING POLICY –</i>	
<i>2ND EUROPEAN SEMINAR ON THE POSITION OF THE ATHLETES IN EUROPE.....</i>	<i>55</i>
<i>CAMPAGNA CONTRO L'USO DEL DOPING.....</i>	<i>67</i>
<i>ITF JUNIOR ANTI-DOPING PROJECT</i>	<i>76</i>
<i>TRAINING, RESEARCH AND EDUCATION AGAINST DOPING (TREAD).....</i>	<i>84</i>
<i>LEGAL COMPARISON AND THE HARMONISATION OF DOPING RULES</i>	<i>96</i>
<i>DOPING PREVENTION IN EUROPEAN ATHLETICS FOR THE SAKE OF ATHLETES AND FAIR PLAY IN SPORT</i>	<i>105</i>
<i>DOPING DISABLES</i>	<i>115</i>
<i>DOPING IN SPORT EDUCATION</i>	<i>125</i>
<i>H.A.N.D.S. – HIGHER AWARENESS NEEDS FOR DOPING IN SPORT</i>	<i>134</i>
<i>HARMONISATION AND EDUCATION PROJECT ON ANTI-DOPING FOR THE BALTIC COUNTRIES AND CZECH AND POLAND</i>	
<i>AND SIX FORMER RUSSIAN REPUBLICS.....</i>	<i>147</i>
<i>DOPINGBEKÄMPFUNG IN KOMMERZIELL GEFUHRTEN SPORTSTUDIOS.....</i>	<i>158</i>
<i>BIOMEDIZINISCHE UND RECHTLICHE GRUNDLAGEN DER BEKÄMPFUNG DES DOPINGS</i>	<i>168</i>
<i>EUROPEAN CERTIFIED DOPING CONTROL OFFICERS. A UNIFIED EDUCATION AND TRAINING PROGRAMME.</i>	<i>177</i>
<i>LE DANGER DU DOPAGE POUR LES JEUNES DANS LE SPORT EN GÉNÉRALE ET LE TENNIS EN PARTICULIER</i>	<i>185</i>
4. MAIN FINDINGS OF PROJECT REPORTS.....	194
5. OVERALL PROGRAMME EVALUATION AND RECOMMENDATIONS.....	219
5.1 CONCLUSIONS OF THE OVERALL EVALUATION OF THE 16 PILOT PROJECTS	219
5.2 EVALUATION OF THE EUROPEAN UNION PROGRAMME IN THE FIELD OF THE FIGHT AGAINST DOPING IN SPORT IN EUROPE	231
5.3 CONCLUSIONS AND RECOMMENDATIONS	235



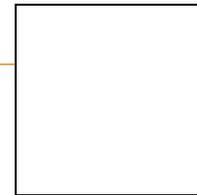
1. Executive summary

The European Union, as well as the international community and sports organisations, have recognised the importance of the issue of doping, both for ensuring sports' ethics and fair play, as well as safeguarding public health. Doping is nowadays practiced in all sporting environments, since the use of substances is perceived to enhance performance and thus lead to increased opportunities for success in sport competitions or achievement of optimum sport activity. For this reason, doping does not only relate to professional athletics, but also to amateur sporting activities which are practiced, among others, by children and young persons.

The European Union, in the past fifteen years, has actively been involved in the fight against doping, by developing policies and initiatives which contribute to the international efforts in this field. Among these initiatives has been the call for proposals for "Pilot projects for campaigns to combat doping in sport in Europe" (No DG EAC C116), which was published in the year 2000. Through this funding scheme, 16 pilot projects in the area of the fight against doping in sport were financed by the European Commission and implemented between 1 August 2000 and 31 August 2001 (initial time period, some projects were prolonged). The Directorate General for Education and Culture, Unit Sport, considered necessary to assess the impact of these projects in the fight against doping and thus published an invitation to tender requesting the evaluation of the 16 pilot projects, as well as an overall evaluation of this specific funding programme. This report is submitted in response to the restricted invitation to tender No DG EAC 86/01, of 26 March 2002.

The external evaluator who was selected to perform the evaluation task, IAPETOS S.A., placed particular attention to the development of an efficient methodology for ensuring optimum results. Thus, the evaluator proposed the assessment to be based both on an extensive examination of project documentation, as well as on information collected directly from the project leaders and partners. Within this framework, a questionnaire has been distributed to all organisations which have participated in the funded projects, requesting information on the project activities and results. Through this process, it has been possible to proceed to an assessment of the 16 pilot projects with the use of both quantitative and qualitative indicators. At this point it is important to note that a number of project partners were quite reluctant to participate in the evaluation process and, despite the efforts of Iapetos S.A. and the European Commission, did not respond at all to the request for further information on their project activities. This created some difficulties for the assessment of certain projects, as well as doubts with regard to the actual commitment of the respective organisations to continue to be involved in the European Commission's activities with regard to the fight against doping.

The team of experts who have participated in the evaluation process comprised of seven persons and one administrative assistant. In view of the tasks to be performed and the particularities of the issue of doping, Iapetos S.A. has included in the team experts with knowledge on sports and doping and experts with knowledge on general project evaluation aspects.



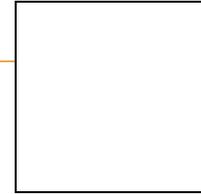
The results of the evaluation have been compiled in this report which includes the following chapters:

- Background:** The chapter provides information on initiatives of the European Union, international and national organisations in the field of the anti-doping policy. Such an overview has been deemed necessary in order to get a better understanding of the European Commission's policy which led to the funding of projects on doping, as well as allow the assessment of the value added which the funded projects have brought to existing actions.
- Evaluation process:** The chapter presents the aims of the evaluation exercise, as well as the methodology which the external evaluator has followed.
- Individual Project Assessment:** The chapter includes individual project assessment forms for the 16 pilot projects which have been funded by the European Commission. The information is based on the examination of project reports and deliverables, as well as on the responses to the research questionnaire which have been received from project partners and leaders.
- Main findings of project reports:** The chapter provides an overview of the project outcomes with regard to the scope of doping, impact on health, existing rules & regulations, links between doping and crime and efficiency of information and education actions. The information concerns results documented in project reports and deliverables. Thus, it provides an insight to the added value of projects.
- Overall programme evaluation and recommendations:** The chapter includes the conclusions of the evaluation exercise with regard to the projects and the European Commission's programme in the field of doping. Furthermore, on the basis of the experiences gained from the call for proposals No DG EAC C116, recommendations are presented for European Union initiatives to be developed in the future, in order to enhance their effectiveness in contributing to the fight against doping.

It is important to note that the European Commission's initiative largely contributed to the fight against doping, since it achieved the aims of raising awareness on doping and creating new knowledge on doping issues. While projects were directed towards information and education actions or the organisation of conferences and seminars (according to the Call for proposals), a large number of consortia combined both activities in their projects. In addition, such activities were often combined with the conduction of studies and surveys, thus adding value with regard to knowledge on the scope of doping, the attitudes of people and organisations and the deficiencies of existing rules and regulations.

The variety of project activities which have been performed, as well as the target groups reached both directly and indirectly through these actions, contributed to the efforts to create a sporting environment of fair play. The individual project assessment forms provided valuable input as to the length and width of activities which the partners have undertaken through the funded pilot projects. It is therefore worthwhile pointing out that:

- In general projects have been quite successful in meeting their objectives, although 8 of the 16 are considered as less efficient, since they did not complete all of the actions initially envisaged in the work programme;
- The projects reached all types of target groups, thus managed to transfer the anti-doping message across all individuals and organisations involved in the sports' environment. More particularly, information and education actions, conferences and surveys addressed athletes, young people, coaches, public organisations, sport associations, scientists, politicians and the general public;



- Partners involved in the projects included a variety of organisations, thus giving the opportunity to sports associations, universities and local authorities to contribute to the fight against doping;
- The geographical coverage of projects is quite satisfactory, since activities took place in almost all Member States;
- The actual tangible outcomes of pilot actions included a multiplicity of products, which had the advantage of accessing target audiences through different methods and means. It is worthwhile mentioning that a large number of projects developed products of a sustainable nature, such as web sites, CD-ROMs, handbooks, education programs, leaflets and exhibition stands, which can serve as a means to continue the fight against doping beyond the scope of the funded projects;
- Surveys and studies conducted as part of pilot projects delivered useful insight with regard to doping issues and to existing rules and procedures. This provided the opportunity to identify areas where more action is necessary, as well as proceed to recommendations on possible harmonisation of rules in order to create an environment of equal opportunities and ensure the efficiency of existing measures.

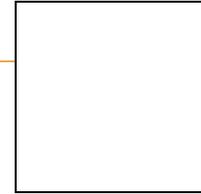
Among the two types of actions which have been funded by the European Commission (information and education actions / organisation of seminars and conferences), projects directed towards information campaigns and education programs have been more successful in contributing to the fight against doping. This is not so only because they generally managed to reach a wider audience of interested parties through a multiplicity of means, but also because projects involving conferences were mainly limited to the organisation of one or few events. Thus, the sustainability of their results has been questioned.

The majority of projects were directed towards the priorities of protecting young people, assessing the effects of doping on health and studying existing rules and regulations on doping. On the other hand, little attention has been given to links between doping and crime, as well as efforts to enhance police and judicial cooperation for increasing the efficiency of the fight against doping.

The experience gained from the actions which have taken place indicated the difficulty to ensure the involvement of athletes in such type of activities. Furthermore, a large number of projects verified the importance of actions directed to children and young people, since in this way efforts are directed more towards prevention than confrontation, when persons are already professional or amateurishly involved in sports. Thus, it is considered worthwhile directing future E.U. initiatives towards athletes, children and young people.

The successful results of information and education projects clearly indicate that future funding initiatives need to address such type of actions. The value these actions add to the fight against doping cannot be questioned, especially when multiplicity of products is ensured and results are sustainable.

Comparative studies undertaken as part of the funded projects led to the identification of areas where more action is necessary. In particular, it has been concluded that technological developments often render existing lists of substances and control methods out of date. For this reason future initiatives should be directed towards research on new methods and substances, with a view to assessing impact on health, increasing the efficiency of controls and continuously updating lists, rules and analytical



techniques. On the other hand, none of the funded projects provided knowledge on the psychosociological aspects of doping, for example the reasons which lead athletes to practice doping.

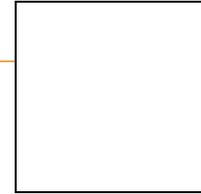
In the same perspective, the comparison of existing rules and regulations indicated that harmonisation of such measures is both supported by a number of important actors in the sporting community and necessary in order to ensure that equal opportunities exist for sports' persons.

Combination of efforts should be envisaged by the European Commission in the field of doping, by examining the possibility to address doping through other E.U. policies, such as the policy on research and technological development and the policy on education and training. In this way, the needs in the field of doping would be faced through different policies.

The evaluation exercise provided useful input on the management of the European Commission's funding initiative on doping. An overview of the partnerships indicated that projects are more successful in their impact when partnerships are larger and when all partners are involved in the actions performed during the project. It has therefore been recommended future initiatives to favour extended partnerships. Furthermore, the evaluator has carefully examined the project files and concluded that the unstructured nature of applications and reports make difficult the efficient assessment of projects. Thus, future European Commission initiatives should be based on better structured documentation, which allows a realistic evaluation of project objectives and results. In addition, it would be worthwhile ensuring that the necessary human resources exist in the competent authorities for ensuring efficient management of the funding initiative.

Last but not least, it should be mentioned that in the future projects need to demonstrate a better cost-effectiveness. Some projects provided extensive financial resources to actions which could have been managed in a more cost effective way, thus limiting the scope of the activities funded by the European Commission in the fight against doping.

In conclusion, it must be stressed that the overall impression of the European Commission's funding initiative which has been evaluated, is positive. The initiative achieved important results and its impact in the fight against doping has been well confirmed. Thus, it is advisable to foresee the continuation of this funding initiative and ensure that appropriate resources and procedures are put in place in order to ensure increased efficiency.



2. Background

The issue of doping concerns every person involved in sports, both at competition, as well as at amateur level. Doping relates to ethics but most importantly to health, since the use of substances and medicaments for increasing performance can often be harmful for the individual's body. On the other hand, the main objective of sport competitions, which concerns physical effort in order to achieve high performance and distinction, is jeopardized by doping, since fair play and personal effort are undermined.

Many national and international organizations have dealt with the issue of doping at various levels, including scientific studies and research, legislative initiatives, development of testing and control mechanisms, as well as information actions for raising awareness on the harmful effects of doping on individuals and the fair play spirit of sports.

European Union

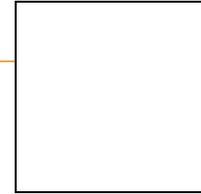
The **European Union** has undertaken initiatives in the field of doping, aiming at both recognizing its importance for sports, as well as promoting actions for fighting the problem. Within this field:

- The Council of Europe adopted on 16 November 1989 the **European Anti-Doping Convention**¹. The main objective of the Convention is to promote harmonisation, at national and international level, of measures against doping. This is an extremely important Treaty, since it is dealing with all aspects of doping in a spherical manner and it proposes concrete guidelines for the combat of doping. The Anti-Doping Convention is a treaty open for signature by the member States, the other States Parties to the European Cultural Convention States and the non-member States which have participated in its elaboration and for accession by the other non-member States. So far, **the number of ratifications/accessions of the Convention is 40**, while it has also been signed by 7 countries in which it has not been ratified yet. The detailed status of the Convention, as of April 2003, is presented in the table below (next page).
- In December 1998, the Vienna European Council expressed its concern with the scale of doping in sports and the severity of this practice, stressing the need for action at E.U. level.
- On 17 December 1998, the European Parliament adopted a resolution² in which it calls the European Commission to take into account the real dimension of the doping problem and to propose measures at Community level, with a view to better coordination and complementarity between national and European measures and actions.
- The Committee of the Regions adopted an opinion on the "European Model of Sport"³, including a chapter on doping. The Committee stressed the need to coordinate and harmonize national measures and also agreed with the European Parliament's proposal for the Commission to present

¹ Council of Europe – European Treaties – ETS No 135

² Resolution on urgent measures to be taken against doping in sport, OJ C 98, 09/04/1999

³ Opinion of the Committee of the Regions 37/99 fin of 16 September 1999



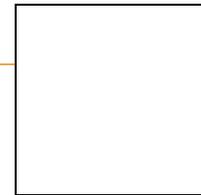
proposals designed to implement a harmonized public health policy with a view to combating doping.

- In December 1999, the European Commission adopted a Communication on the “Community support plan to combat doping in sport”⁴. In this Communication, the European Commission recognized that the nature of doping has changed, partly due to the fact that today sport is over-commercialized. Furthermore, the need for international action in the fight against doping has been stressed.

Table: Status of Anti-Doping Convention ETS no 135, April 2003

States	Date of signature	Date of ratification	Date of entry into force	R.	D.	A.	T.	C.	O.
Member States of the Council of Europe									
Albania	02/02/95								
Andorra	29/05/02								
Armenia	26/05/00								
Austria	10/05/90	10/07/91	01/09/91						
Azerbaijan	28/06/02								
Belgium	16/11/89	30/11/01	01/01/02						
Bosnia and Herzegovina		29/12/94 su	01/02/95						
Bulgaria	24/03/92	01/06/92	01/08/92						
Croatia		27/01/93 su	01/03/93						
Cyprus	20/06/91	02/02/94	01/04/94						
Czech Republic	28/04/95 s	28/04/95 s	01/06/95						
Denmark	16/11/89 s	16/11/89 s	01/03/90				X		
Estonia	14/05/93	20/11/97	01/01/98						
Finland	16/11/89	26/04/90	01/06/90						
France	16/11/89	21/01/91	01/03/91				X		
Georgia	02/07/01								
Germany	27/05/92	28/04/94	01/06/94						
Greece	10/10/90	06/03/96	01/05/96		X				
Hungary	29/01/90 s	29/01/90 s	01/03/90						
Iceland	25/03/91 s	25/03/91 s	01/05/91						
Ireland	25/06/92	29/01/03	01/03/03						
Italy	16/11/89	12/02/96	01/04/96						
Latvia	23/01/97	23/01/97	01/03/97						
Liechtenstein	16/11/89	22/05/00	01/07/00						
Lithuania	01/04/93	17/05/96	01/07/96						
Luxembourg	16/11/89	21/06/96	01/08/96						
Malta	09/09/94								
Moldova									
Netherlands	04/12/90	11/04/95	01/06/95				X		
Norway	16/11/89 s	16/11/89 s	01/03/90						

⁴ Communication from the Commission to the Council, the European Parliament, the Economic and Social Committee and the Committee of the Regions on Community Support plan to combat doping in sport, COM(1999) 643 final



Poland	16/11/89	07/09/90	01/11/90						
Portugal	14/06/90	17/03/94	01/05/94						
Romania	16/06/94	07/12/98	01/02/99						
Russia		12/02/91 a ⁵	01/04/91						
San Marino	16/11/89	31/01/90	01/03/90						
Serbia and Montenegro		28/02/01 su	01/04/01						
Slovakia	06/05/93 s	06/05/93 s	01/07/93						
Slovenia		02/07/92 su	01/09/92						
Spain	16/11/89	20/05/92	01/07/92						
Sweden	16/11/89	29/06/90	01/08/90						
Switzerland	16/11/89	05/11/92	01/01/93						
The former Yugoslav Republic of Macedonia		30/03/94 su	01/05/94						
Turkey	16/11/89	22/11/93	01/01/94						
Ukraine	02/07/98	29/11/01	01/01/02						
United Kingdom	16/11/89 s	16/11/89 s	01/03/90				X		
Non-member States of the Council of Europe									
Australia		05/10/94 a	01/12/94						
Belarus	12/09/02								
Canada	06/03/96 s	06/03/96 s	01/05/96						
Holy See									
Monaco									
Tunisia									
United States									

Explanations:

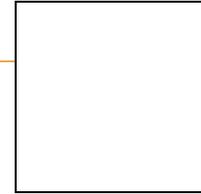
a: Accession - s: Signature without reservation as to ratification - su: Succession - r: Signature "ad referendum".
 R.: Reservations - D.: Declarations - A.: Authorities - T.: Territorial Application - C.: Communication - O.: Objection.

Source: Treaty Office, <http://conventions.coe.int>

On the other hand, the **European Group of Ethics**, an independent multidisciplinary body which advises the European Commission on ethical aspects of science and new technologies, has discussed the ethical aspects arising from doping in sport. On 11 November 1999 it adopted an opinion on the issue (Opinion No 14), on which it highlighted the complexity of the issue, since doping relates to a large variety of actors in the sports' environment, such as athletes, coaches, doctors, sports federations, sponsors and national public authorities which set the legal framework. The Group noted that doping is closely linked to scientific, technological and medical developments, since the continuous development of new substances and production techniques renders the update of the list of prohibited substances almost impossible. In its opinion, the European Group of Ethics stressed the tension that exists between anti-doping measures and an unlimited demand for enhanced performance and noted that all measures taken at European Union level should take into consideration several ethical principles which are central to the fight against doping, such as:

- Protection of health and safety of citizens and sportspersons
- Integrity and transparency, which requires guaranteeing the honesty of sports events and the outlawing of cheating

⁵ Date of accession by the former Union of Socialist Soviet Republics



- Protection of vulnerable persons, especially children and
- Dignity of sportspersons and freedom from exploitation.

The body considered that further actions necessary in the efforts to fight doping in sports should include among others:

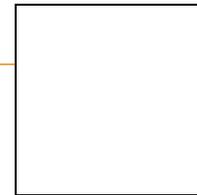
- training courses in sports medicine and in general medical education;
- the setting up of a service of specialized medical, psychological and informational support to sportspersons;
- the adoption of a Directive on the protection of children and adolescents in sport;
- a more science – based approach to doping;
- further research on detection methods;
- police and judicial cooperation enhancement at European Union level.

Having recognized the importance of doping and the need to undertake action for fighting the phenomenon, the **European Commission** considered that it can contribute to this effort by both examining the experts' opinion on the ethical, legal and scientific dimensions of doping, as well as by developing instruments which can supplement national actions in this field.

The European Commission undertook a holistic view of the issue of doping, recognizing that actions need to be developed at various levels. Among others:

- Differences in anti-doping legislation need to be studied, since they may constitute a barrier to the free movement of sportspersons in the European Union.
- The actions undertaken at national level by Member States, as well as actions initiated by international organizations, the European Union and the World Anti-Doping Agency need to be coordinated in order to avoid duplication of efforts and ensure synergy in the fight against doping in sports.
- Research needs to be intensified in order to gain new knowledge on substances, detection methods, the health and socio-economic impacts of doping.
- Education and vocational training programmes need to be developed in order to raise awareness on the harmful effects of doping.
- The fight against doping needs to be combined with actions in the field of research and technological development, education, public health policy, police and judicial cooperation and the reinforcement of medicament information.

Furthermore, as part of an effort to collect information and review the legal aspects of doping, the European Commission in cooperation with the International Olympic Committee has compiled the Member States' legislation on doping in 1999. The overview of the existing legislation indicated that 9 Member States have adopted specific anti-doping legislation (Austria, Belgium, Denmark, Spain, France, Greece, Italy, Portugal and Sweden), 5 Member States have general legislation which concerns among others pharmaceutical products, medicines and drugs (Germany, Finland, Luxembourg, Netherlands and the United Kingdom) and one Member State does not have any legislation which relates to doping or the use of substances (Ireland). This situation indicates the existing gaps and differences in the laws and regulations of the Member States, which has been noted by the Economic and Social Committee in its Opinion on the Communication from the Commission to the Council, the European Parliament, the Economic and Social Committee and the Committee of the Regions:



Community Support Plan to combat doping in sport (COM(1999) 643 final), published on 24 May 2000. The ESC considered that the implementation of laws and regulations on combating and preventing doping involves sports ethics, punishing those involved in doping networks and protecting the health of sportpersons. In addition, the ESC encouraged the creation of a genuine, active Community policy of prevention, the development and harmonization of repressive measures and a continuation and stepping-up of medical and pharmacological research.

Although the need to combine the European Union's instruments in the field of the fight against doping has been stressed by various parties (the European Group of Ethics, the Economic and Social Committee, etc.), it must be noted that only few projects funded by other Community instruments such as the Framework Programmes on Research and Technological Development (coordinated by DG Research) and the Leonardo Da Vinci programme (coordinated by DG Education and Culture) have dealt with issues which can provide new knowledge or training to those involved in sports and the anti-doping actions.

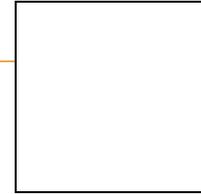
In order to enhance the effectiveness of national initiatives in the fight against doping, the European Commission, Directorate General Education and Culture, Unit Sport, adopted specific instruments in this field. Within this framework, in the year 2000 a **call for proposals** for **"Pilot projects for campaigns to combat doping in sport in Europe"** was published⁶, with a view to provide co-funding for information campaigns and organization of conferences and symposia in the area of combating doping in sport in Europe. The European Commission encouraged activities related to the development of information actions and material, the examination of the Member States' legislation with a view to explore approximation and harmonization needs and the examination of possibilities to harmonize testing methods. Among the topics which were considered of priority for the projects to be funded were the following:

- Protection of young athletes;
- Regulatory questions concerning acceptable medical limits for the absorption of doping substances, with the aim of bringing together or harmonizing approaches in the Member States;
- Bringing together or harmonizing national testing arrangements;
- The effects of doping on health;
- The underlying causes of the growth in doping: socio-psychological aspects, pressures in the sporting environment, over-training, too many competitions;
- Information on medicines.

The projects were presented by international organizations and / or sporting organizations, local, regional and national authorities, scientific institutions, universities and research centres. The level of co-funding provided by the European Commission was of an average of 50% of the total project budget, with amounts ranging from 50,000 to 100,000 EURO, depending on the actions of the project to be funded. Projects were implemented either by international organizations, or by European partnerships of organizations from at least five Member States.

As a response to the above mentioned call for proposals, 55 applications were submitted to the European Commission, of which 28 were considered eligible and 16 were finally financed from European Union funds.

⁶ Call for proposals No DG EAC C 116 of 26/04/2000



This call for proposals was followed by a second call for proposals, published in May 2001⁷ (DG EAC No 20/01). The second call for proposals enhanced the priorities in the field of doping, by expanding the subjects to include the following:

- The role of doctors and other health professionals;
- Ethical and legal aspects relating to health professionals;
- Planning and evaluating programmes to prevent doping;
- Doping among amateur athletes;
- The use of doping substances outside the sporting environment.

The second call for proposals provided higher levels of E.U. co-funding, with an average of 60% of the total project cost, while it also allowed the possibility to fund projects carried out by a single actor at national level, able to produce methods or results which can be easily adapted for use in other Member States.

In the year 2002, the European Commission published a third call for proposals (DG EAC No 33/02) for "Preparatory measures for a Community policy in the field of sport". This call enhanced the objectives of European Union funding to include both the combat against doping in sport, as well as the exploitation of the potential inherent in sporting activities in the area of youth. The scope of this call for proposals covered the organization of conferences and seminars, the exchange of experts and trainers, the setting up of transnational information campaigns and innovative projects having a concrete impact on the call's objectives.

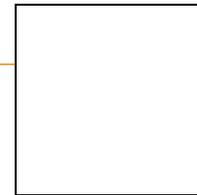
The list of topics / priorities with regard to doping included:

- Protection of young athletes and amateur athletes against doping;
- Planning and evaluating programmes to prevent doping;
- The causes of the spread of doping, from a sporting and social point of view;
- Criteria for measuring the effectiveness of combating doping at regular intervals (benchmarking).

The level of co-funding provided by the European Commission did not exceed 60% of the total project costs, while it addressed public authorities responsible for sport or young people, sports organizations and youth organizations. Furthermore, international partnership has been a prerequisite for funded projects from this call for proposals (partners from at least five Member States).

The actions of the European Union in the field of the fight against doping must not be limited to the reference to initiatives and projects which have been coordinated and funded from financial instruments managed by the Directorate General for Education and Culture, the Unit for Sport. A number of initiatives for enhancing knowledge and information on doping have been combined with other European Union financial instruments, such as the funding programmes of the Directorate General Research. However, the combined actions in this field have been very few, leading to the need to promote further interrelation among the existing European Union instruments.

⁷ OJ C 130, 01/05/2001, pp. 8-13



Research in the fight against doping in sports has been for example supported under the Growth Programme's Measurements and testing generic activity. Among the projects which have been implemented in this area are the following:

- HARDOP - Harmonisation of methods and measurements in the fight against doping;
- ISOTRACE - Detection of illegal drugs by isotope ratio mass spectrometry;
- SGLC/MS - Steroid glucuronides; development of liquid chromatography-mass spectrometric analysis;
- ALADIN 2002 - Analytical laboratories for anti-doping control - international network;
- CAFDIS - Concerted action in the fight against doping in sport.

International Organisations

The importance of the need to fight doping has also been recognized by many **international organisations**, which have developed activities in this field, in view of the efforts to both safeguard the fairness of sport competition, as well as the sport persons' health. Almost all international sporting federations have adopted doping rules and control regulations and a number of them have implemented anti-doping programs. In addition, many sporting federations publish information on the list of prohibited substances, the methods for the control and analysis of samples for tests and the sanctions imposed on athletes.

In an effort to regulate doping, many national and international organizations have adopted specific anti-doping codes, which set out guidelines for sport competitions and doping. Among these initiatives is the adoption of the **Olympic Movement Anti-Doping Code** by the **International Olympic Committee**, which came into force on 1 January 2000⁸. The code covers all aspects of the doping issue, such as:

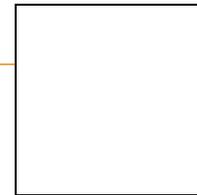
- definition of doping and list of prohibited substances and methods;
- definition of the offence of doping and its punishment (both for use and trafficking of doping); the sanctions include ban on participation in sport competitions, financial fines, as well as suspension from competitions for different time periods; the sanctions apply also to out-of-competition testing, since it is encouraged that sport persons be subject to year round out-of-competition testing;
- sampling and testing procedures in doping controls, as well as laboratory analysis procedures;
- procedures for accreditation of laboratories.

Within the same context, the **International Paralympic Committee** has published a Medical and Anti-Doping Code in January 2002, which sets out similar principles.

An organization which largely contributes to the fight against doping in sport at international level is the **World Anti-Doping Agency**, which seeks to foster a doping free culture in sport⁹. The Agency "combines the resources of sport and government to enhance, supplement and coordinate existing efforts to educate athletes about the harms of doping, reinforce the ideal of fair play and sanction those who cheat themselves and their sport". WADA was established as an independent, non-governmental organization on November 10, 1999, as a result of the Lausanne Declaration on Doping in Sport and is

⁸ www.olympic.org/uk/organisation/commissions/medical/antidoping_uk.asp

⁹ www.wada-ama.org



based in Montreal, Canada. One of the initiatives of WADA is the “True Game”¹⁰ which is an interactive educational program directed to athletes, trainers and others involved in sport. This e-learning tool is a multilingual interactive game where players can enrol and test their knowledge on doping issues. Furthermore, the users can also consult medical, scientific and sociological information on doping and exchange opinions on these subjects. Thus, the tool provides an open forum for discussion on the doping issue, as well as enhances knowledge and education on doping related matters.

An important action in achieving worldwide harmonization in anti-doping has been the development of high-quality national anti-doping programs. In May 2001, WADA entered into a partnership with the International Anti-Doping Arrangement (IADA) to help nations, especially developing nations, enhance and develop effective anti-doping programs. This partnership results in more countries and organizations having access to anti-doping programs and advice, which over time will lead to harmonized, effective national doping control programs around the world.

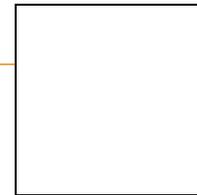
Two of the most important outcomes of WADA-IADA activities are the development of the International Standard for Doping Control (ISO PAS 18873) and the initiation of the International Project Team (IPT) program. IPTs are forums that assist National Anti-Doping Organizations in developing and implementing quality systems for their anti-doping programs, based on international best practices. The IPT program also ensures that doping control standards and procedures used by participating countries and organizations are consistent across doping control programs worldwide.

Moreover, WADA has developed the first **World Anti-Doping Code**. This is an extremely important fact, since the Code is the first international instrument to harmonize rules regarding doping across all sports and all nations. The Code was presented in the World Conference on Doping in Sport, which was held in Copenhagen on March 3-5, 2003. In this conference, which was attended by more than 1.000 delegates, observers and media representatives, the new World Anti-Doping Code was accepted as the basis for the future fight against doping in sport. The fact that **50 governments signed the Government Declaration on Doping in Sport** outlines the governments’ commitment to the adoption and implementation of the Code. Another 23 governments present at the Conference have said they will sign at a later date.

Sports organizations are expected to adopt and implement the Code before the 2004 Olympic Games in Athens. Governments will have an additional two years, until the Olympic Games in Turin in 2006, to put into place legislation accepting the Code.

The WADA activities are supported, among others, by the International Inter-Government Group on Anti-Doping in Sport, a consultative group of over 40 governments working together to strengthen the international fight against doping through harmonisation of government anti-doping policies and programs.

¹⁰ www.truegame.org



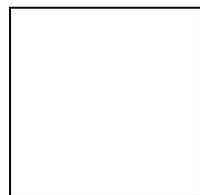
National Organisations

Governments in European and other countries, as well as sporting organisations have realised the need for information and development of a policy on doping at national level. Therefore, in many countries specific bodies have been established in order to coordinate local activities, such as National Anti-Doping Agencies. In others, the National Olympic Committee has a prominent role in the doping-in-sport field. Finally, in other cases the Ministry of Sport or other governmental structures undertake this role.

A list of the bodies responsible for the doping issue in each E.U. member state is presented below. In most cases there are specific bodies that have the role of National Anti-Doping Agencies, while on some occasions there are several bodies that have complementary tasks in this discipline.

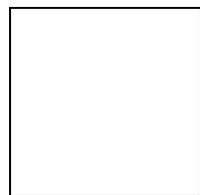
Austria ► **Austrian Anti-Doping Committee**

The Austrian Anti-Doping Committee is responsible for the national Anti-Doping program and for international events organised by national or international federations in Austria.



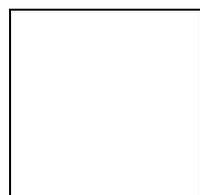
Belgium

The 3 Belgian communities, namely the French Community, the Flemish Community and the German-speaking Community are responsible for all sports issues.



Denmark ► **Anti-Doping Denmark**

The Danish Anti-Doping Agency is responsible for doping control, testing and information concerning doping. The agency is a joint committee of the Ministry of Culture and sports organisations in Denmark. Anti-Doping Denmark, the programme of the Danish Anti-Doping Agency, was initiated in 2000. The programme is established as a collaborative forum for an interim four-year period. The programme may be prolonged subsequent to evaluation. The information Committee as well as the Control Committee is composed of seven members appointed by the Minister for Culture.



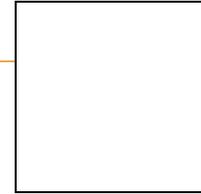
Finland ► **Finnish Antidoping Agency (FINADA)**

Since the beginning of 2002, FINADA has been responsible for the anti-doping work in Finland.

Main tasks of FINADA include:

At National Level

- Intensification of anti-doping education and information, preparation of a strategy, and co-operation with the Finnish Sports Federation, the Finnish Olympic Committee and the national sports federations



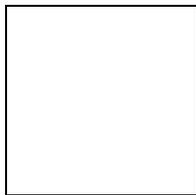
- Development of the Athlete Passport
- Increased number of doping tests and development of the doping control system
- Introduction of the IADA/ISO quality system in doping control and FINADA administration
- Influence on legislation against doping
- Modernisation of anti-doping rules and regulations

At International Level

- International co-operation for a global harmonisation of anti-doping work, improvement of doping control procedures and intensification of education and information in different countries
- Active participation in international organisations; WADA, Council of Europe, IADA, E.U. and Nordic co-operation

Launch of a Strategy for Anti-Doping Research

- Survey of research area
- Strategic preparation and activation of research centres.

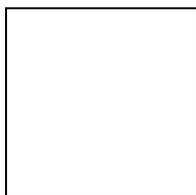


France

- ▶ **Ministry of Sports**
- ▶ **National Olympic Committee (CNOSF)**
- ▶ **Conseil de prévention et de lutte contre le dopage (CPLD)**

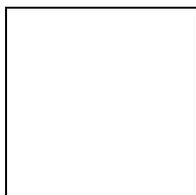
The Ministry of Sports has a very active role in doping, especially in terms of legislation. On the other hand, CNOSF has established the Fondation Sport Santé in an effort to protect the Olympic spirit. Its objectives are based on informing concerning the dangers of doping, sensitizing athletes on sport good practices and activating the various actors of the sports world.

The Conseil de prévention et de lutte contre le dopage (CPLD) is an independent administrative authority that was established in 1999. Its activities are focused on legal aspects of doping, definition of the national policy of doping prevention and coordination of research in sports medicine.



Germany

- ▶ **Nationale anti doping agentur (NADA)**

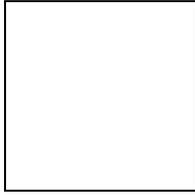
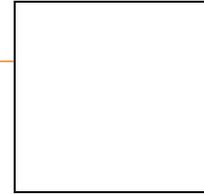


Greece

- ▶ **Ministry of Culture/ General Secretariat for Sport**

The General Secretariat for Sport is responsible for sports issues.

The establishment of a National Anti-Doping Agency has been declared by Law 3057 of 2002 and its activities are expected to be initiated in 2003.



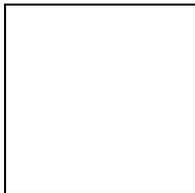
Ireland

▶ **The Irish Sports Council (ISC)**

The Irish Sports Council is committed to the challenge of combating doping in sport and promoting fair play through the implementation of the Irish Sport Anti-Doping Programme. As part of this programme, players and athletes across the full spectrum of sport in Ireland may be required to submit to drug testing both in and out of competition.

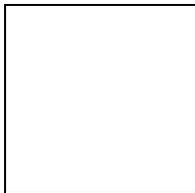
The Anti-Doping Committee has the following functions of assisting and advising the Council in relation to the performance of its functions under section 6 (1)(d) of the Irish Sports Council Act, including:

- providing assistance and advice to the Council on policy formulation relating to the three strands of testing, education and research required under the terms of the Council of Europe Anti-Doping Convention, 1989 and
- providing assistance and advice to the Council's staff on policy execution



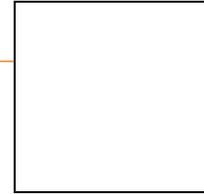
Italy

▶ **National Olympic Committee (CONI)**

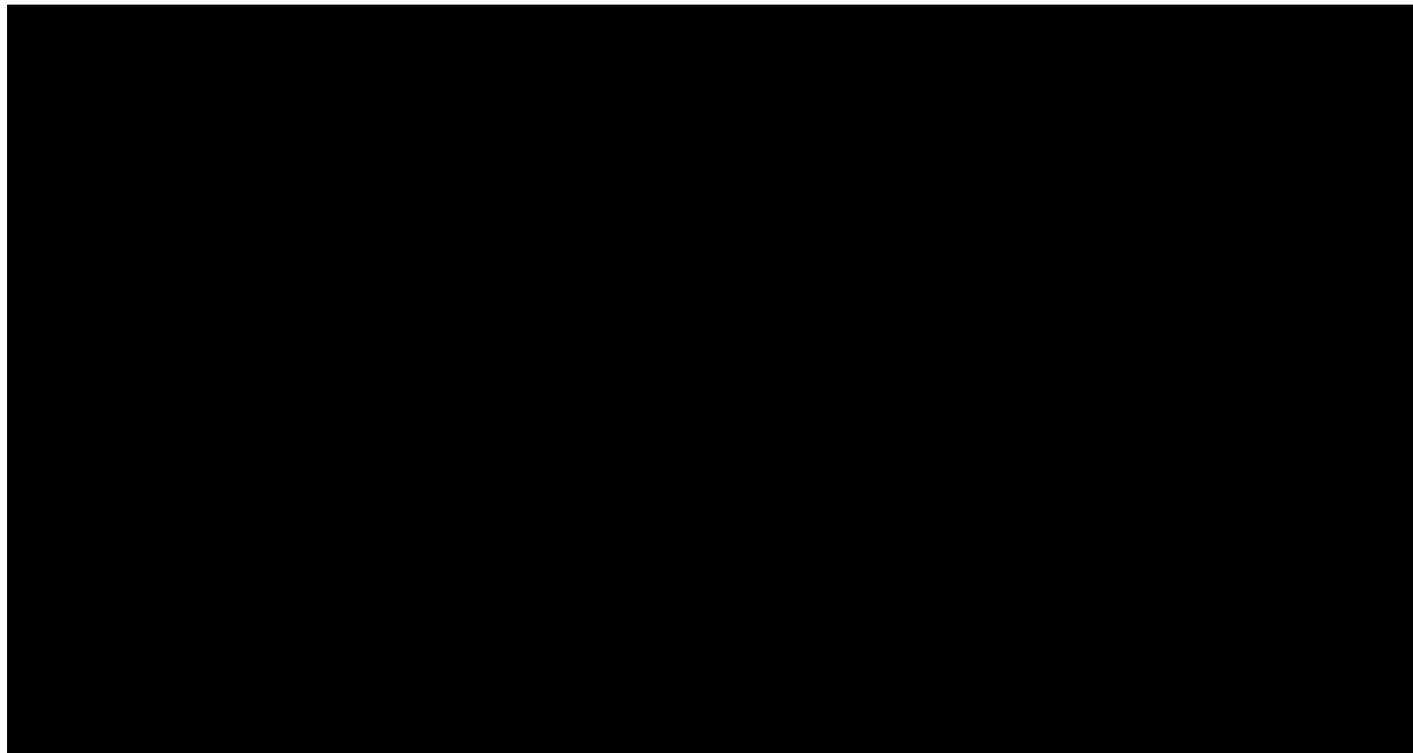


Luxembourg

▶ **Comité national de lutte contre le dopage**

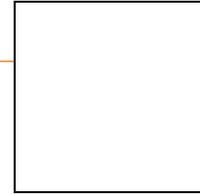


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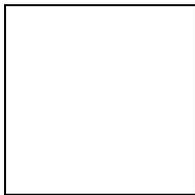
The Netherlands ► **The Netherlands Centre for Doping Affairs (NeCeDo)**

The Netherlands Centre for Doping Affairs (NeCeDo) provides coordination and information for doping issues in sport. NeCeDo develops strategies and provides advice on domestic and international matters in the field of doping. The core activities of NeCeDo are: general advice and information, participation in



activities on the international scene, education of elite athletes and their 'environment', education of athletes in fitness centres and gyms, and scientific research. These activities take the shape of:

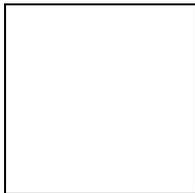
- policy development and policy recommendations;
- the provision of general information and the information programmes about all aspects of doping directed at a wide range of target groups;
- the development and updating of doping regulations and codes of conduct;
- training doping control officials involved in testing and for sports administrators;
- the initiation, coordination and implementation of scientific research;
- the updating and management of a documentation and literature system.



Portugal

▶ **Conselho Nacional Antidopagem**

Conselho Nacional Antidopagem is the organisation responsible for the conduction and coordination of activities in the framework of combating doping in sports at national level.

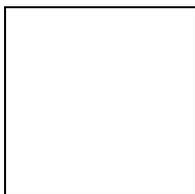


Spain

▶ **Ministry of Education and Culture/ Higher Sports Council**

The Higher Sports Council (CSD) is responsible for sports issues at national level. A National Anti-Doping Committee has been established under the umbrella of CSD.

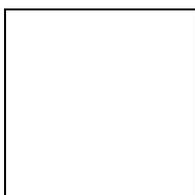
At regional level, the 17 autonomous Communities assume responsibilities in the field of sport. For example, in the Catalan region there is an organisation responsible for doping issues, the Comision Anti-Doping Catalunya.



Sweden

▶ **The Swedish Sports Confederation**

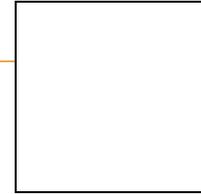
Swedish Sports Confederation, the umbrella organisation of the Swedish sports movement, is also responsible for doping issues.



United Kingdom

▶ **UK Sport**

UK Sport aims to prevent doping in sport and achieve a commitment to drug-free sport and ethical sporting practices. This is a continual challenge that the Anti-Doping Directorate meets through a three-pronged approach: prevention, deterrence and education. In practice, UK Sport is responsible for the

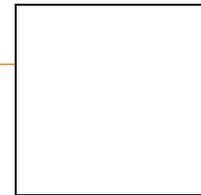


implementation of an effective testing programme and the encouraging of comprehensive education programmes. UK Sport liaises closely with the Sports Councils in England, Northern Ireland, Scotland and Wales and with governing bodies of sport to achieve a comprehensive anti-doping programme in the UK. UK Sport also contributes to the international fight against doping in sport through its involvement in various international projects.

All of the above international and national activities indicate that sporting organisations and governments have perceived the need for adopting a holistic approach to the fight against doping. Such an approach can be enhanced by integrating into actions activities which relate to provision of information and education directed to athletes, coaches and other parties involved in sports, as well as promotion of the harmonisation of rules, regulations and procedures in order to ensure fair play in competition and the safeguard of the sportpersons' health and an international environment whereby the same rules apply to all persons involved in sports. However, there are issues where more actions are necessary. For example:

- a) Scientific and technological research and developments lead to new findings with regard to the nature and use of substances. Therefore, the lists of prohibited substances published by national and international bodies must be continuously updated, while efforts to further develop and harmonise control and testing methods need to be enhanced.
- b) Existing differences among doping rules and regulations adopted by organisations around the world create possibilities for sportpersons to follow different practices. Therefore, the need is apparent to investigate these differences and promote the harmonisation of rules and regulations, in order to create an environment of fair play and equal opportunities of all persons involved in sports.
- c) Doping at the moment is an issue that is largely related to the sporting activity. Sanctions for doping practices most often concern suspension from competition and financial fines. However, doping practices need to be related to specific anti-doping legislation in all countries, in order to promote prosecution of doping offences and sanction the criminal aspects of doping.
- d) Information and education actions must be directed to all persons involved in sports, both at competition and at amateur level and more particularly to vulnerable groups, such as children. Thus, the activities in this field need to address all interested parties, including athletes, coaches, parents, doctors, laboratories, competent authorities and public bodies, sporting clubs and others.

The examination of existing initiatives in the field of doping has highlighted the issue's importance, but also existing gaps in achieving optimum results in safeguarding fair competition and sport persons' health. Thus, it must be stressed that the fight against doping must be a continuous effort combining national, European Union and international initiatives in the area, as well as identifying areas where more actions are necessary. In conclusion, scientific research, education and harmonisation of rules and regulations seem to be priority subjects towards which future initiatives must concentrate.



3. The evaluation process

This report is submitted in response to the restricted invitation to tender No DG EAC 86/01, of 26 March 2002. In the invitation to tender, the European Commission, Directorate General for Education and Culture, Unit Sport requested an evaluation report on 16 pilot projects in the area of the fight against doping in sport in Europe, which were carried out between 1 August 2000 and 31 August 2001, in response to the call for proposals for "Pilot projects for campaigns to combat doping in sport in Europe" (No DG EAC C116). The projects included scientific studies carried out by university departments, sports organisations or other parties and projects of an educational scope for which sports associations and groups of organizations were responsible.

In response to the tender, the independent external evaluator IAPETOS S.A. which has been selected, has been requested to read all interim and final reports of the 16 pilot projects, examine deliverables produced by the parties involved in the projects, as well as develop an evaluation methodology for performing the required task. The evaluator has been asked to present specific information sheets for the funded projects and general conclusions and recommendations, especially with regard to the desirability of funding such projects in the future. Recommendations for future funding exercises were welcomed by the European Commission and a summary of the main findings and important lessons learnt by the funded projects and the first call for proposals has been requested.

In order to gain a better understanding of the findings presented in the report, hereafter follows a presentation of the evaluation aims and methodology which has been followed by the independent evaluator, IAPETOS S.A.

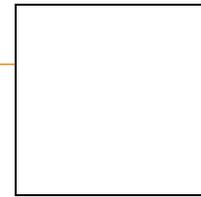
3.1 Aims of the evaluation

The aim of the evaluation is to **assess the results of the projects financed by the European Commission** within the framework of the Call for proposals No DG EAC C116 in order to obtain conclusions on:

- a) their **impact in combating doping** in sports in the European Union and
- b) their **contribution in ensuring sports ethics, fair competition and public health**.

Furthermore, the evaluation aims also at recommending future actions which will add new value to the European Union efforts in the fight against doping. The evaluation process addresses all issues and new knowledge related to the legal and scientific dimensions of doping in sports and also the efficiency of information and education measures in providing knowledge on doping to athletes and the general public.

According to the Communication from the Commission to the Council, the European Parliament, the Economic and Social Committee and the Committee of the Regions on Community support plan to combat doping in sport (COM (1999) 643 final), the European Union actions in the field need to complement existing national and international activities and be directed to the intensification of research on doping issues, education, training and information actions, the development of an



appropriate public health policy and police and judicial cooperation programmes. Thus, the project evaluation process must contain actions which can lead to conclusions on whether the projects financed by the European Commission have fulfilled these aims, as well as report on the findings of the projects in each E.U. priority area of action.

In more detail the objective of the evaluation is threefold:

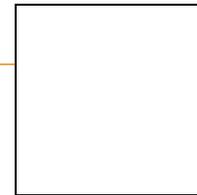
- Evaluate the programme as a whole** (main evaluation criteria: relevance and effectiveness in meeting general objectives and needs in terms of fighting doping in sport, coherence of programme components, national and transnational impact of actions, geographical balance of projects and contribution to European Union policy in this field) - this action requires a general overview of all actions and projects completed within the framework of the programme, as well as an analysis and comparison with regard to the initial programme objectives and the efficiency of the final results and the programme structure in meeting the needs with regard to the policy on the fight against doping.
- Evaluate in more detail the specific projects which have been funded by the European Commission**, in order to assess their contribution in meeting the programme's objectives and needs in terms of new knowledge and education & information actions on doping issues (main evaluation criteria: relevance and effectiveness in meeting programme priorities, projects' economic efficiency with regard to inputs and outputs, comparison of European Union funding and other initiatives, sustainability and effectiveness of project results and projects' impact in meeting the programme's aims and needs) - this action requires a detailed examination of the 16 projects which have been funded by the European Commission, which needs to be based on both desk (examination of project files) and field research (face-to-face interviews and questionnaires).
- Make recommendations with regard to remedial actions and future programmes' structure** for increasing the programmes' impact and efficiency in focusing on the best projects, optimising results in fighting doping in sport (according to the sector's needs and European Union general aims) and improving the European Union's added value in this field.

In conclusion, the evaluation exercise requires both individual assessment of the projects, as well as an overall assessment of the European Commission's specific financial instrument in the field of the fight against doping.

3.2 Methodological approach

In response to the invitation to tender for an evaluation of the 16 pilot projects in the area of the fight against doping in sport in Europe, the independent external evaluator, IAPETOS S.A., proposed a step-by-step methodology which includes both desk and field research. First, the evaluation exercise has been divided in **three phases**:

Phase A. The first phase concerns the detailed **analysis and evaluation of the qualitative and quantitative characteristics and results of the 16 pilot projects** through an in-depth examination of the project reports and final products, as well as contacts with project leaders and partners. The set of criteria for the evaluation process have been developed by the external evaluator's project team, which

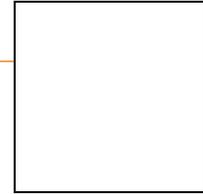


has expertise on doping issues and evaluation methodology and discussed with the European Commission in order to ensure the best possible results. The project results are assessed in terms of their contribution and effectiveness in combating doping in sports. In general, the studies implemented through the Call for proposals are assessed with regard to their contribution in gaining new knowledge on doping issues, while education and information projects are assessed in terms of their contribution in raising awareness on doping issues and changing public attitudes with regard to the use of substances in order to ensure prevention of use, equality & fair competition in sports and public health. The results of this process lead to a separate **information sheet for each project**.

Phase B. At second stage, the results / final products of the projects are to be studied in more detail, in order to report on their overall **main findings** with regard to:

- new knowledge* on doping causes & phenomena, substances, detection methods and impact on health, in order to develop a concrete knowledge base, as well as identify issues which need further research and studying at European level;
- efficiency of information, communication and education measures* on prevention of doping (target groups reached, means of communication / information, dissemination methods and sustainability of actions, etc.), in order not only to evaluate the projects' impact, but also assess the value added such projects bring in relation to the financial resources attributed to such initiatives at European level, as well as how the results of such projects can serve as a means to promote knowledge on good practices in the area;
- links between doping and crime*, in order to gather knowledge on the issue and assess needs for future actions in this field;
- existing rules, procedures and legal instruments against doping in sports*, as well as reporting on the *deficiencies and inconsistencies* of existing systems and measures at national and international level, in order to evaluate coordination, harmonization and future action needs;
- impact of actions by international governmental bodies* and framework & effectiveness of *cooperation* among different actors within the projects which have been implemented;
- conclusions on the usefulness and effectiveness of the 16 projects and the programme as a whole* in reaching the aim of preventing doping, as well as bringing added value at European Union level in complementing national actions, in order to propose guidelines for future European Union initiatives in the field of the fight against doping in sports.

Phase C. At third stage, these findings are to be the subject of **round table discussions** between the experts' team and with the European Commission, in order to assess their value added at European Union level in the field of actions against doping in sports. Furthermore, the project team will contribute with its specialized knowledge and experience on doping issues, in order to evaluate existing European Union measures in the efforts to combat doping, assess their efficiency & usefulness and propose future actions which can ensure that the E.U. efficiently contributes to the fight against doping in sports, as well as that future measures add new value to the actions in the area. An overall evaluation of the type and content of existing Community measures, as well as the projects' findings, will serve as a means to develop future actions which will provide new knowledge, ensure increased effectiveness and avoid any



potential mistakes of the past. Thus, the evaluation process will provide useful **guidelines for setting priorities in future Community instruments concerning doping.**

In order to set the **evaluation criteria**, the experts' team examined the evaluation theory for implementing an efficient evaluation procedure and decided to assess and measure two kinds of characteristics for the projects, in view of their quantitative and qualitative aspects.

In the methodological approach finally adopted by the experts' team, the process involves an evaluation following some fundamental indicators.

Quantitative aspects

The proposed quantitative indicators were:

- Relevance:**
 - Number of projects by set of priority area in the field of doping in sport
 - Final division of the budget by set of priority area
 - Number of final products by the total amount of projects (measurable results)

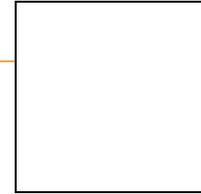
- Efficiency:**
 - Cost per project - average cost of a project
 - Total number of beneficiaries - organisations - per capita cost
 - Number of partners / participants - per capita cost
 - Classification of products / results - definition of units of products / results - average cost per unit - comparisons between different costs of final products / results units

- Effectiveness:**
 - Final number of indirect beneficiaries, target groups reached
 - Number and type of participating organizations
 - Identified problems of the sector in each set of priority area
 - Classification of the projects' objectives / actions and comparison with classification of the identified needs at national and European Union level
 - Number of negative or unexpected effects

- Subsidiarity and European added value:**
 - Proportion of the nationally, regionally or locally available funds to the European Union's co-financing
 - Proportion of the funds available by priority area of the programme compared with the already available ones

- Sustainability:**
 - Number of follow-up activities
 - Life-cycle of projects' products
 - Dissemination of the final products
 - Division of the sustainability by Member State

Qualitative aspects



The qualitative results are obtained through further examination of the projects (based on the above issues but with a more descriptive and open discussion input) by the following methodological tools:

- Visits to leaders of a sample of projects: *Face-to-face interviews* with four projects (sample 25% of total of 16 projects) selected in view of the aim to include both study and information / education projects and in view of the geographical area. The initial proposal of the external evaluator has been to hold interviews with the leaders of the following projects:
 - Training, Research and Education Against Doping (T.R.E.A.D.) – Northern Greece Physical Education Teachers Association
 - Higher Awareness Needs for Doping in Sport (H.A.N.D.S.) - PAOK
 - Legal Comparison and the Harmonisation of Doping Rules – Universität Erlangen – Nürnberg, Institut für Recht und Technik
 - Biomedizinische und rechtliche Grundlagen der Bekämpfung des Dopings – International Sport Lawyers Association
- Distribution of a *questionnaire* (including both closed and open questions for obtaining quantitative and qualitative data on the projects) to all project leaders and partners. The research is supported by telephone and e-mail contacts and aims at understanding the strong and weak points of the projects & the programme and the possibilities for future improvements.

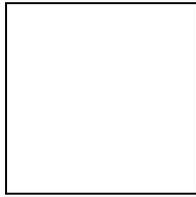
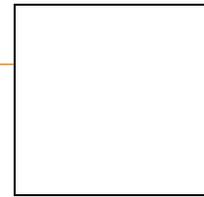
As it is indicated above, the evaluation process required both **desk and field research**.

Desk research concerns the identification and studying of general policy and specific project documentation for the European Union policy in the field of doping in sport (European Commission policy and programme documents, project files, material and reports, press articles for impact of projects' actions, etc.).

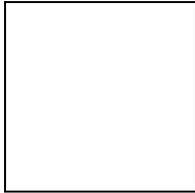
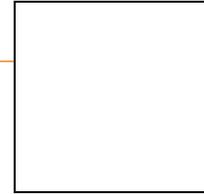
Field research concerns the drawing up, dispatch and processing of questionnaires to project leaders & partners and interviews with a number of project leaders, through visits to their premises. The questionnaire has been developed by the experts who have experience in programme evaluation and market research and examined by the external evaluator's project team in order to ensure that all issues concerning doping are taken into account.

With regard to the projects examined in detail through personal interviews, the experts visited project leaders and had an in-depth discussion with regard to both the project performance and results and the efficiency of the programme in meeting the sector's needs and aims. These discussions were based on the issues included in the questionnaire, but also elaborated more on a number of issues considered of major importance for the whole evaluation, such as problems encountered in completing the necessary project actions, attitudes of the target audiences and the partners towards the European Union policies in this field and the impact of the funded actions on efforts to combat doping in sport in general.

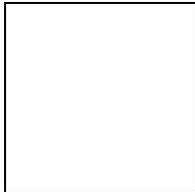
During the evaluation process the **actions** which have been completed are the following:



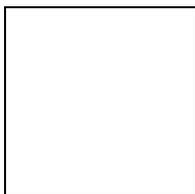
Identification of key issues and needs by the external evaluator's project team and finalisation of project plan. The team of experts met on 11 and 12 November 2002, in order to finalise the project plan, with regard to the aims of the action, the expected results, the detailed processes and the research work and methodology.



An **initial meeting** has been held with the **European Commission**, Directorate General Education and Culture, Unit Sport, on 18 and 19 November 2002. During the meeting, two experts of the external evaluator's project team presented the project plan and methodology and discussed issues such as the evaluation aims, the documentation to be studied, the proposed methodology and the time plan. In addition, the experts examined the project files and collected material and reports needed for facilitating the evaluation process.

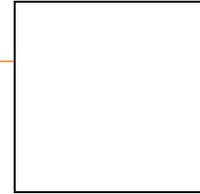


Desk research for documentation. This action concerned the identification of key policy papers, studies and press reviews which assist the overall evaluation process. The team of experts has mainly performed research through the Internet in order to collect information on anti-doping initiatives adopted by national and international organisations and gain an overall view of the actions to fight doping. Within this framework, the activities developed by the International Olympic Committee and the World Anti-Doping Agency have been examined in more detail, as well as initiatives undertaken by the European Union Member States. The collection of this information assisted the experts' team in the process of evaluating the European Union policies and actions with regard to offering European added-value to national measures, maintaining the balance between the actions which have been funded, promoting transnational cooperation and contributing to the fight against doping in sport at international level.



Design of research work and final selection of sample. On 25 and 26 November 2002, the project team met in order to discuss the plan for the research work. The team decided to first send the research questionnaire to the project leaders and partners and then finalise the time plan for visits to premises of project leaders, as well as the sample of project leaders with whom personal interviews would be held.

- Design and dispatch of questionnaire.** The questionnaire for conducting the research was developed by the project team on 26 November 2002 and sent to the European Commission for approval on 29 November 2002. The questionnaire was subsequently sent for completion to all project leaders and partners by e-mail on 4-6 December 2002. The project partners and leaders were given two weeks' time for sending their responses, while clarifications were given by both e-mail and telephone to organisations which requested further details.



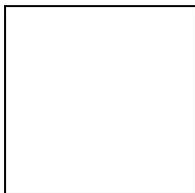
Due to the fact that the response rate has been rather low, a reminder was sent by e-mail on 3 January 2002 and an extension of the response period was given to project leaders and partners. The extension of the response period has been considered mandatory, since many organisations requested more time due to high work load, while an evaluation based only on the examination of project files has been considered insufficient in providing the actual views and opinions of project leaders and partners with regard to the European Union funding instrument on doping, as well as the capacity of the instrument to respond to their needs and objectives in the fight against doping.

The situation concerning the low response rate has been discussed with the European Commission and the evaluation experts increased their efforts to enhance response to the research. Since a number of organisations were completely reluctant to participate in the evaluation process, new reminders for completion of the questionnaire have been sent by e-mail on March 26 and April 3, 2003, while the European Commission informed project leaders that they were required to provide to the external evaluator all assistance for completing the evaluation work.

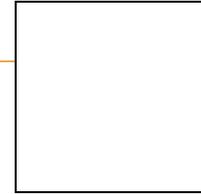
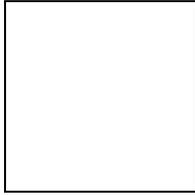
Following these actions, responses to the research questionnaire have been received from 12 of the 16 pilot projects, while neither the leaders nor the partners of the other four projects accepted to participate in the evaluation process. These four projects are the following:

- Project No 116-10 "ITF Junior Anti-Doping Project" (in this project only one partner has submitted a questionnaire with responses to only two of the questions)
- Project No 116-18 "Doping Disables"
- Project No 116-25 "Biomedizinische und rechtliche Grundlagen der Bekämpfung des Dopings"
- Project No 116-09 "Campagna contro l'uso del doping" (due to the fact that all partners in this project were public authorities, the evaluators faced difficulties in contacting the relevant bodies and obtaining information on the project, mainly because the officials responsible for the project had left the organisations and it has not been possible to identify persons with knowledge on the project activities)

In view of this situation, the team of experts has based the evaluation of the above mentioned projects only on the examination of project files, reports and deliverables.

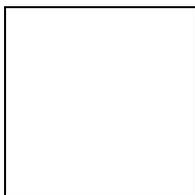


Examination of project files. During November & December 2002 and January 2003, the evaluation experts examined in detail the project files, material and reports of the 16 projects in order to have an in-depth overview of the aims and final results of the projects. The experts filled in individual assessment forms for each project, which led to the drafting of project information sheets, included in the report. The content of the sheets relate to the evaluation criteria mentioned above, as well as to issues included in the research questionnaire.



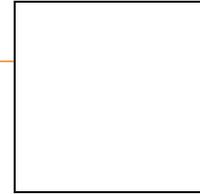
Interviews with project leaders. The experts' team discussed again the selection of the sample of project leaders for holding personal interviews on 10 January 2003, following an assessment of the situation with regard to the responses to the research questionnaire. Thus, it has been decided to hold the interviews with the Northern Greece Physical Education Teachers Association, PAOK and E.K.A.T.O., the organisation which coordinated the project in cooperation with PAOK. The interviews were held in Thessaloniki on 31 January 2003 and 1 February 2003. Due to the fact that the Universität Erlangen – Nürnberg, Institut für Recht und Technik and the International Sport Lawyers Association did not respond to the research questionnaire within the required time limits, it has been initially decided to postpone the relevant interviews for a later date. In the meantime, the evaluation experts contacted these organisations in order to enhance their understanding of the evaluation process. However, the first organisation responded to the questionnaire on 7 April 2003, while the second organisation did not send a response. Thus, it has finally been decided not to hold interviews with these organisations in view of their reluctance to participate in the evaluation process and base the evaluation only on project files.

- Collection of questionnaires and evaluation of responses.** All questionnaires completed up to 8 April 2003 were collected by the experts' team, which undertook to study the results and draw qualitative (efficiency in meeting objectives, priorities and needs in the field of doping in sport, efficiency in keeping the initial project objectives, project successes and failures, major problems, impact, dissemination aspects, etc.), and quantitative conclusions (size and types of actions, number of partners, number of participants and countries involved, financial issues and relevance to initial budget, number and range of dissemination activities, etc). These conclusions were taken into consideration in the drafting and completion of the project information sheets included in this report.



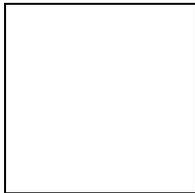
Interim evaluation. During January 2003 the experts collected and reviewed all information from project files and questionnaire responses received up to that time in order to draw the first conclusions on the programme evaluation. The main issues considered by the experts' team were the following:

- first conclusions of the overall evaluation exercise, relevance and effectiveness of projects in meeting initial programme objectives, priorities and needs in terms of fighting doping in sport;
- individual assessment of the 16 pilot projects funded by the European Commission, based on responses to the research questionnaire and examination of projects' documentation, in order to assess the selected projects' efficiency in meeting the partners' specific needs and



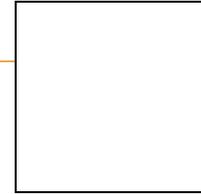
the projects' efficiency in meeting the European Union aims and priorities in the field of combating doping in sport;

- identification of main problems with regard to programme implementation and management efficiency, including administrative issues;
- evaluation of project efficiency, relating to the extent to which the project partners have successfully utilised the inputs and efficiently converted inputs to outputs, as well as to the degree to which the projects have been implemented according to the proposed time plan, budget structure and expected results;
- evaluation of overall impact and sustainability of projects, in order to assess the long-term effects of projects in meeting the European Union policy aims to fight doping in sport.



Interim report. The findings of the interim evaluation were the basis for drafting an interim report which included project information sheets for the 16 pilot projects funded by the European Commission, as well as a first overview of the conclusions with regard to the overall evaluation of the projects and the European Union programme in the field of doping in sport. The interim report has been submitted to the European Commission on 7 February 2003.

- Interim meeting with the European Commission.** After submission of the interim report to the European Commission, a meeting has been held between the evaluation experts and DG EAC, Unit Sport on 17 March 2003. Three evaluation experts participated in this meeting. The aim was to present and discuss the first findings of the evaluation process. The main emphasis has been placed on the overall assessment of the 16 pilot projects, in view of their efficiency in contributing to the fight against doping. Furthermore, the first conclusions on the overall evaluation of the European Union programme were discussed with the European Commission.
- Detailed examination of the project findings and final products.** In order to assess the efficiency of the funded projects in contributing to the fight against doping, the external evaluator analysed the project findings, especially studies, in order to gather information on issues related to new knowledge on doping (legal, scientific and social aspects of doping, e.g. causes, substances, detection methods, impact on health, prevention activities, legal instruments, etc.) and make a report on the main findings of projects. In addition, minutes of meetings and presentations given during conferences organised as part of projects have been examined, as well as all other printed material and deliverables submitted to the European Commission. On the other hand, information and education projects were examined in terms of the applied methods, used means, final products and target groups addressed, in order to gather knowledge on best practices and impact of such projects. This project phase required an in-depth study of the project final reports and products, as well as the studying of conclusions of face-to-face interviews and questionnaires distributed to project leaders and partners. This activity took place in February and March 2003.



- Assessment of European Union policies and programme structure and recommendations for future actions.** The action aimed at evaluating the structure and content of E.U. policies and funding programmes in the field of doping in sport, in order to assess their effectiveness and their added value in relation to existing initiatives at national and international level. The major interest was to ensure that no duplication of efforts exists, as well as to assess the usefulness of existing measures. The experts' team made round table discussions during March 2003, in order to examine the main findings of the assessment and proceed to formulation of recommendations on future priorities at European Union level and on the development of future initiatives (including funding programmes) which can enhance the added value of European Union actions in the fight against doping. This activity also required collection and examination of documentation on E.U. and other national and international policies and programmes in the field of doping in sport.

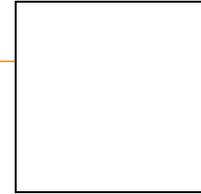
The main issues on which this action focused were:

- ◆ Proposals for future priority areas / actions in the field of doping in sport
- ◆ Conclusions on best practices / proposals on priorities in terms of activities to be financed in the future
- ◆ Conclusions on best practices in terms of programme structure (content, partnership, eligible subjects & actions, funding opportunities, evaluation criteria, selection procedures, reporting, etc.), in view of the experience gained from the funding exercise which has been subject to this evaluation process
- ◆ Conclusions on usefulness & efficiency of existing initiatives at E.U. level and comparison with other national or international initiatives
- ◆ Identification of factors for ensuring that future E.U. initiatives bring added value in the efforts to combat doping in sport and that duplication of efforts is avoided

- Final report.** The conclusions of the evaluation process were compiled in this report which includes all aspects and results of the evaluation. The final report is submitted to the European Commission on April 11, 2003. The comments and suggestions of the European Commission authorities have been taken into account for finalising this document.

The evaluation process for reaching the results included in this report required a time period of five months, from mid-November 2002 to mid-April 2003. The project team comprised of six evaluation experts coordinated by the project manager and assisted by an administrator.

The experts' team considers that in-depth studying of documentation, contacts with project partners and discussions among experts and the European Commission guarantee the high quality of the final results.



4. Individual project assessment

This part of the report includes project information sheets for the 16 pilot projects funded through the Call for proposals No DG EAC C 116 for "Pilot projects for campaigns to combat doping in sport in Europe".

4.1 Introduction

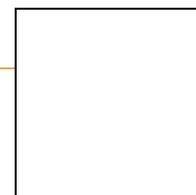
The project information sheets provide a **description of each project's activities and results**, based on both quantitative and qualitative evaluation aspects. The information is based on:

- a) the detailed examination of the project reports, deliverables and all other information and material collected from the project files of the competent European Commission authorities and
- b) the responses to the research questionnaire distributed among project leaders and partners

The main data included in the project information sheets is the following:

- Project title
- Implementation period
- Partners involved
- Geographical area coverage (Member States – other countries)
- Activities – actions completed during the project
- Target groups reached
- Final outcomes – results – products
- Sustainability of project results – follow up actions
- Financial details
- Project evaluation information:
 - relevance to programme aims and priorities in the field of combating doping in sports
 - benefits – impact – results obtained – experience gained
 - problems – negative aspects
 - project economic efficiency
 - complementation aspects in relation to national, international and E.U. actions already in place
 - comments – qualitative evaluation

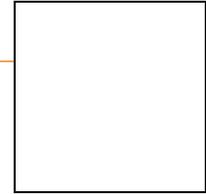
Although an effort has been made to provide as much detailed and complete information as possible, it must be noted that the absence of responses to the research questionnaire from some project partners and leaders, as well as the unstructured interim and final reports submitted by the project leaders to the European Commission have made difficult the task of the evaluators in responding to all project assessment issues. Furthermore, a number of partners did not provide detailed information on the financial aspects of the funded actions, the target groups reached and the detailed activities which took place, or did not submit full information on the project deliverables. Thus, the evaluators have based their work on the information and documentation which was available for each project. In more detail, the situation concerning the responses to the research questionnaire on 8 April 2003 was as follows:



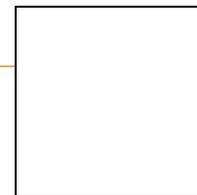
Project number	Project title	Response to questionnaire	
		Yes	No
116-02	Transplantation et dopage: un vide juridique	✓	
116-03	Harmonisierung des Kenntnisstandes über die gesundheitlichen Auswirkungen des Dopings	✓	
116-06	First European working congress on the harmonisation and future developments in anti doping policy	✓	
116-09	Campagna contro l'uso del doping		✓
116-10	ITF Junior Anti-Doping Project		✓
116-13	Training, Research and Education Against Doping (TREAD)	✓	
116-15	Legal Comparison and the Harmonisation of Doping Rules	✓	
116-17	Doping prevention in European athletics for the sake of athletes and fair play in sport	✓	
116-18	Doping Disables		✓
116-21	Doping in Sport Education	✓	
116-22	HANDS Higher Awareness Needs for Doping in Sport	✓	
116-23	Harmonisation and education project on antidoping for the Baltic Countries and Czech and Poland and 6 former Russian Republics	✓	
116-24	Dopingbekämpfung in kommerziell geführten Sportstudios	✓	
116-25	Biomedizinische und rechtliche Grundlagen der Bekämpfung des Dopings		✓
116-27	European certified doping control officers. A unified education and training programme	✓	
116-28	Colloque anti-dopage SEAT OPEN Luxembourg	✓	

The project methodology for gaining a more in-depth view of the projects, included interviews to be conducted with the project leaders of four projects, to be selected on the basis of their nature in order to ensure equal representation of study or information / communication / education projects. In January 2003, interviews were conducted, with the leaders of projects No 116-13 and 116-22, in Thessaloniki, Greece. The project information sheets for these two projects are thus also based on the interview results. The other two project leaders, initially selected to be included in the sample (No 116-15 and 116-25), despite the efforts to obtain information on their projects through the research questionnaire, were quite reluctant to participate in the evaluation process. In fact, response on project No 116-15 has been received only in the beginning of April 2003. Due to this rather negative response to the evaluation, it has been decided not to conduct interviews with the relevant project leaders and base the evaluation on the contents of the projects files and reports submitted to the European Commission.

4.2 Project information sheets



The following pages include 16 individual project assessment forms on the basis of the above mentioned collected information and data, as these have been assessed by the external evaluators' project team.



Project Information Sheet

Project Number	Implementation Period
116-02	1/10/2000 - 31/8/2001

PROJECT TITLE:

TRANSPLANTS AND DRUGS: A LEGAL VACUUM

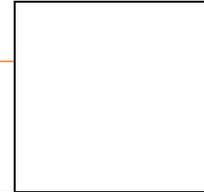
		ACTION
TYPE OF ACTION:	<input type="checkbox"/>	ACTION I : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING
	<input checked="" type="checkbox"/>	ACTION II : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL
	<input checked="" type="checkbox"/>	PROTECTING YOUNG ATHLETES
	<input type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
	<input type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
	<input checked="" type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
	<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
	<input checked="" type="checkbox"/>	INFORMATION ON MEDICINES
	<input checked="" type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
	<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
	<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
	<input type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
	<input checked="" type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT

GENERAL EVALUATION REMARKS

The project "TRANSPLANTS AND DRUGS: A LEGAL VACUUM" has dealt with a special group of athletes; persons that have transplanted organs.

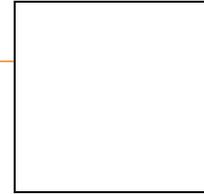
Its main purpose was the examination of difficulties existing for these athletes due to the use of medicaments, which is mandatory for them in order to sustain a stable physical state. These difficulties even affect their ability to obtain a sporting license, therefore their participation in sporting events can be rather complicates. Since sporting activities are important to transplanted persons, similarly to healthy individuals, this is an issue that has to be discussed and hopefully solved.

Obviously enough, the target group of this project were transplanted athletes, in particular from France, Belgium, Austria, Germany and Italy, i.e. the countries in which there were associations involved in the project.



In the framework of the project a conference has been organised by various national associations of transplanted athletes and a leaflet has been issued. Both actions are considered as a step in the right direction: addressing the problem of transplanted athletes. On the other hand, although the conference has served as a forum to gain a better understanding of the problems these persons encounter when participating in sports, the list of subjects discussed also included other issues not related to doping and sports, such as transplants and insurance, rehabilitation and return to work. These are issues which may present an interest to the target group; nevertheless they are clearly outside the scope of the doping-in-sport issue. It is evident that these issues have been dealt with during the conference and within the articles of the leaflet that was produced quite extensively; therefore it is difficult to see the project as focused on the issue of interest.

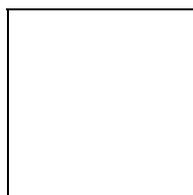
Furthermore, while the initiative has been interesting despite the above-mentioned defects, the results seem to be restricted to the exchange of views and experiences and not proposals which can contribute to handling the problem of use of mandatory medicaments and participation in sports. In other words, it cannot be claimed that concrete recommendations have been made for future actions or that commitment has been made for effective solution of the problem.

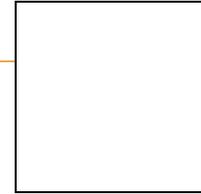


PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: Trans-Forme, Association Fédérative Française des Sportifs Transplantés et Dialysés
	CITY, COUNTRY: Paris, France
	CONTACT PERSON: Olivier Coustere
	ORGANISATION TYPE: National sporting organisation
Partner 2	ORGANISATION NAME: Transplantierten Sportverein Austria (TSVA)
	CITY, COUNTRY: Innsbruck, Austria
	CONTACT PERSON: Erika Langbauer
	ORGANISATION TYPE: National sporting organisation
Partner 3	ORGANISATION NAME: Association Sportive Belge des Transplantés (ASBT)
	CITY, COUNTRY: Brussels, Belgium
	CONTACT PERSON: Philippe Cordier
	ORGANISATION TYPE: National sporting organisation
Partner 4	ORGANISATION NAME: Deutsche Sportvereinigung für Organtransplantierte e.V. (DSVO)
	CITY, COUNTRY: Munich, Germany
	CONTACT PERSON: Knud Erben
	ORGANISATION TYPE: National sporting organisation
Partner 5	ORGANISATION NAME: Associazione Nazionale Emodializzati Onlus (ANED)
	CITY, COUNTRY: Milan, Italy
	CONTACT PERSON: Franca Pellini Gabardini
	ORGANISATION TYPE: National sporting organisation

GEOGRAPHICAL COVERAGE





GENERAL PROJECT INFORMATION & FACTS

Brief Project Description:

The aim of the project was to organise a conference on the subject of transplants and sports. People who have transplanted organs often need to take specific medicaments during their whole life, necessary for maintaining their health and avoiding rejection of the organs. However, from the sports' point of view, some of these medicaments may be considered as doping substances, thus making the participation of such persons in sport competitions a problem from a juridical point of view.

The partners considered that the organisation of a conference with the participation of doctors, specialists on transplants, kinesiotherapists, physiologists and representatives of public authorities in order to discuss the issue a contribution into promoting the participation of such persons in sports.

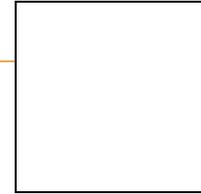
The conference was organised on 28 June 2001, in Paris, France with the title "Transplants and drugs: a legal vacuum. The issues which the conference addressed were:

- Difficulties of persons with transplanted organs in the sporting activity – transplants and drugs, insurance, return to work, rehabilitation process
- Round table discussions between experts and persons with transplanted organs on how to deal with the subject of transplants and doping
- Juridical aspects and exclusion factors, how to promote a higher quality in every day life for persons with transplanted organs
- Transplanted persons and the insurance issue (their relationship with banks and insurance companies)
- The return of transplant and dialysis patients to work
- Rehabilitation process of the transplant and dialysis patients

Activities	Tasks	Partners
Organisation of a conference	<ul style="list-style-type: none"> • Creation of a management committee • Research on personal experiences of persons with transplanted organs • Research on studies on the subject • Selection of conference participants and subjects • Publicity on the conference • Conference • Minutes of the conference and dissemination of results 	<ul style="list-style-type: none"> • Trans-Forme • TSVA • ASBT • DVSO • ANED

Direct target groups:

Target Group	Number of beneficiaries	Countries
Persons with transplanted organs, exercising a sporting activity		Belgium, Austria, France, Germany, Italy
Speakers and persons involved in the conference presentation	60	Belgium, Austria, France, Germany, Italy
Representatives of public organisations	50	France



Indirect target groups:

Target Group	Number of beneficiaries	Country
Trans-Forme Members	400	France
Transplantation centers	300	France
Members of Partner associations	2000	Various

Overall final results of the project:

Result	Type	Size
Conference	Conference	
Leaflet	Leaflet	3000 copies

Production of tangible project products or results:

Product	Number of units	Cost
Conference	1	
Leaflet	3000 copies	

Positive outcomes / effects of the project:

Exchange of views and discussion on Transplants and drugs between various actors

Negative, adverse or unexpected effects/ problems:

No adverse effects or problems have been reported.

Effectiveness of the project in meeting the partners' objectives:

Scale 0-4 (0 = not at all effective, 4 = very effective)

Objective	Effectiveness				
	0	1	2	3	4
Dealing with the issue of Transplants and drugs				X	
Sensitize to the success of the transplantation			X		
Research related to sports medicine				X	

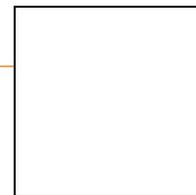
PRESENTATION OF PROJECT RESULTS IN DETAIL

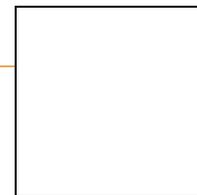
ACTION II

II1. Contribution in gaining and providing new knowledge on issues of the doping-in-sport field

Scale 0-4 (0 = no contribution, 4 = very significant contribution)

Issue	Description of contribution	Contribution rating				
		0	1	2	3	4
Transplants and drugs	Overview and discussion of issues such as: <ul style="list-style-type: none"> - The right of transplants to sports - Achievement of license from the sports federations - The secondary effects of the drugs applied 				X	





SUSTAINABILITY OF RESULTS

Follow-up activities:

1.	Edition and dissemination of the leaflet
2.	Contacts within and outside the framework of the conference organisation

Life cycle of project products:

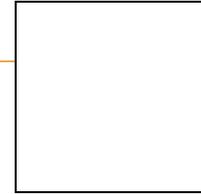
Product/ Result	Life cycle (months)
Leaflet	
Contacts	infinite

Dissemination activities:

Dissemination activity	Period	Target Group	Number of beneficiaries	Country
Mailing	October 2001	Trans-Forme members	400	France
Mailing	October 2001	Public organisations	50	France
Mailing	October 2001	Transplantation centers	300	France
Mailing	October 2001	Persons invited to the conference	60	Various
Mailing	October 2001	Co-organisers of conference	2000	Various

Collaboration – networking:

No information available concerning the collaboration of partners with other organisations



EFFICIENCY

Rating of efficiency in programme implementation and management

(0 = very poor, 4 = very good)

Project leader performance
 Contribution of other partners
 Economic efficiency
 Management of the project by the European Commission

Rating	0	1	2	3	4
Project leader performance				X	
Contribution of other partners			X		
Economic efficiency				X	
Management of the project by the European Commission				X	

Deviations from initial project scheduling:

	Description of deviation
Initial time plan	
Expected results	
Initial budget	A slightly lower budget has finally been spent (149.276 €)
Initial budget structure	
Other:	

FINANCIAL OVERVIEW OF THE PROJECT

Budget	EC Funding
157922	89600

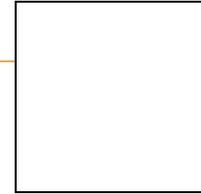
First payment	26880
Submitted interim report	19/7/2001
Interim payment	26880
Submitted final report	21/11/2001
Final payment	30939,20
Received all funding	Yes
Total funding	84699,20

Remarks on project economic efficiency:

The number of attendees of the conference is not known. Therefore it is difficult to estimate whether it had a wide dimension and impact.

In any case, it is considered that the activities that were implemented (one conference and issuing of one leaflet in 3000 copies) do not justify such a budget (149.276 € were actually spent). It is suggested that similar actions should not cost so much, especially when no research or survey is performed in the framework of a project.

Moreover the fact that a great extent of the activities involved other issues, irrelevant to the subject of interest, clearly demonstrates that overspending has taken place.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The project contributed to the gaining of knowledge and experience on the use of medicaments and the sporting activity. The conference which has been organised highlighted the problems which persons with transplanted organs face due to the mandatory need for taking medicaments in order to safeguard health (avoid rejection of organs). In fact the major problem seems to be access to sports and competition, since some medicaments are considered as doping substances in sports. Thus, some athletes are often marginalised and cannot overcome barriers in engaging in sports.

The contribution the project made to the programme aims is the identification of the need to find appropriate legal and administrative rules in order to allow a group of persons with special needs in participating in sports. Thus, the project has mainly highlighted the need to examine doping from the point of view of use of medicaments for health purposes.

Main benefits, impact, results, experiences gained:

The project presented the difficulties persons with transplanted organs face when engaging in sports.

The main benefit that derived from the project is the creation of awareness on the problems that athletes with transplanted organs face:

- barriers in accessing sport competitions,
- absence of rules and procedures for obtaining sport licenses,
- need to consider the use of medicaments for health purposes during doping control,
- need for further cooperation among doctors, the sporting community and public authorities on this issue

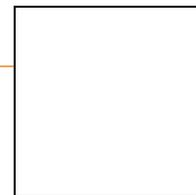
Contribution of project in terms of:

Scope of doping and doping-related phenomena	<input checked="" type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input checked="" type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input checked="" type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>

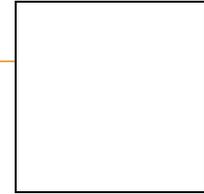
Description of the project's complementarity to other national or international activities:

No information available

Added value of the project compared to other activities:



No information available



QUALITATIVE REMARKS

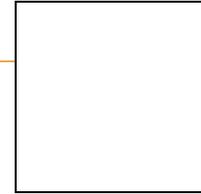
The project has been successful in meeting its initial aims in organising a conference on transplants and drugs, from the point of view of mandatory use of medicaments for health purposes. It contributed to creating or increasing awareness on the difficulties that persons with transplanted organs face when engaged in sports. Furthermore, it enhanced the scope of doping to a new field, this of the contradiction between use for substances for increasing performance and use of substances for maintaining health.

The organisation of the conference and the exchange of views, as well as the experiences of the persons with transplants who engage in sports, served as a means to identify problems which need to be tackled in order to allow this group of persons to access sports and competitions. The project highlighted the fact that persons with transplants face disqualification possibilities, due to the use of medicaments for avoiding rejection of transplanted organs. Thus, it made apparent the need to develop special rules and regulations in order to avoid the exclusion of such persons from sporting activities.

The issue of equal opportunities for all is very important in sports. However, in order to ensure fair play action is necessary to take into account the situation of persons with special needs.

A leaflet was also produced, presenting the same issues; therefore it served as a dissemination tool for a wider audience.

On the other hand, the conference organised during the project (and similarly the leaflet that was produced) has not focused on the issue of sports only, but also extended to equal opportunities for work, problems with insurance and rehabilitation processes. Thus it is considered that the contribution of the project in the fight against doping has been somewhat restricted and its added value does not reflect the resources provided for its implementation.



Project Information Sheet

Project Number	Implementation Period
C 116 – 03	01/08/2000 – 31/10/2001

PROJECT TITLE:

HARMONISIERUNG DES KENNTNISSTANDES UBER DIE GESUNDHEITLICHEN AUSWIRKUNGEN DES DOPINGS

TYPE OF ACTION:	<input type="checkbox"/>	ACTION I : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING	
	<input checked="" type="checkbox"/>	ACTION II : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL	
	TOPIC	<input type="checkbox"/>	PROTECTING YOUNG ATHLETES
		<input type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
		<input type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
		<input checked="" type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
		<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
		<input type="checkbox"/>	INFORMATION ON MEDICINES
		<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
		<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
		<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
		<input checked="" type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
		<input checked="" type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT

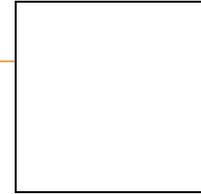
GENERAL EVALUATION REMARKS

This is a project that has a simple structure and concept. Yet it is dealing with a prominent issue: Harmonisation of knowledge on the biomedical side effects of doping and dissemination of such knowledge.

The project has succeeded in one of its objectives, which was the conduction of a conference. This has been of high scientific value and it has comprised of presentations by distinguished scientists. Unfortunately, unavailability of the manual that was produced containing the conference proceedings made evaluation of the conference contents difficult.

The problem that appeared was the fact that a series of open lectures that was planned was not performed, thus leaving a gap that should be filled in the future.

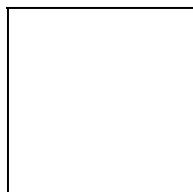
Overall examination of the project gives a good picture. It seems to have been rather effective and most of its targets have been met. Moreover, its results will be utilised in another project, thus ensuring sustainability and they will form the basis for creation of educational material. This fact enhances sustainability and extension of the project results; therefore it increases its value.

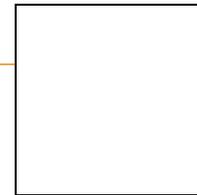


PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: German Sports University of Cologne, Institute of Morphology and Tumor Research
	CITY, COUNTRY: Cologne, Germany
	CONTACT PERSON: Prof. Dr. Dr. H. Michna
	ORGANISATION TYPE: University.
Partner 2	ORGANISATION NAME: Aristotle University, Department of Physical Education and Sport Science, Laboratory of Sports Medicine
	CITY, COUNTRY: Thessaloniki, Greece
	CONTACT PERSON: Prof. Asterios Deligiannis
	ORGANISATION TYPE: University
Partner 3	ORGANISATION NAME: University of Maastricht
	CITY, COUNTRY: Maastricht, the Netherlands
	CONTACT PERSON: Prof. Dr. Harm Kupiers
	ORGANISATION TYPE: University
Partner 4	ORGANISATION NAME: Departamento Fisiologia Animal, Facultad de Ciencias
	CITY, COUNTRY: Badajoz, Spain
	CONTACT PERSON: Prof. Dr. Eduardo Ortega Rincon
	ORGANISATION TYPE: University
Partner 5	ORGANISATION NAME: Finnish Anti-doping Committee, National Health Institute
	CITY, COUNTRY: Helsinki, Finland
	CONTACT PERSON: Dr. T. Seppala
	ORGANISATION TYPE: National Authority
Partner 6	ORGANISATION NAME: Bundesinstitut fur Sportwissenschaften
	CITY, COUNTRY: Cologne, Germany
	CONTACT PERSON: Dr. M. P. Buch
	ORGANISATION TYPE: National Authority

GEOGRAPHICAL COVERAGE





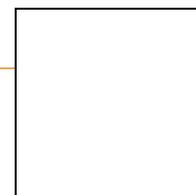
GENERAL PROJECT INFORMATION & FACTS

Brief Project Description:

The main aim of the organisers of the project was to contribute towards further harmonisation of the scientific knowledge about the side effects of doping, since as they mentioned in their application there is a tremendous lack of information in Europe regarding the public knowledge in this field. Their goal was to collect information and provide novel views on the possible side effects of doping in competitive sports regarding to medical and psychological effects on athletes. The main object of the project was the organisation of a symposium in Cologne, in order to discuss the information from the previously conducted (within the project) study on the side effects of doping.

The symposium, which took place in Cologne on the 23rd of July 2001, focused on topics such as:

1. **Effects of hormones**, a presentation by Dr. Martin Bidlingmaier University Hospital/Munich City, Dept. of Medicine, Neuroendocrine Unit; München/Germany
2. **Physical route of elimination**
3. **Distribution of drugs in fitness gyms and through the internet or black market**, including a presentation about the "The doping trade: An exploratory study into the trade of performance-enhancing drugs in the Netherlands" by Dr. Rens van Kleij Educational Programs Manager NeCeDo/ The Netherlands.
4. **Side effects of doping on health: An overview**. Including:
 - *Side effects of narcotics and diuretics*, a presentation by Dr. Carl Müller-Platz, Federal Institute of Sport Science; Cologne/Germany
 - *"Beneficial and adverse effects of erythropoietin therapy"*, a presentation by Univ.-Prof. Dr Wolfgang Jelkmann, Head of the Institute of Physiology; Medical University of Lübeck/Germany
5. **Physical side effects of doping**. Including:
 - *"Cardiac side effects of anabolics"*, a presentation of Prof. Dr. Asterios Deligiannis, Head of the Lab. of Sport Medicine, Dept. Physical Education and Science, Aristotle University of Thessaloniki/Greece
 - *"Anabolic steroids alter cardiac adaptation to exercise"*, a presentation by PD Dr. Wilhelm Bloch Dept. of Anatomy; Medical University of Cologne/Germany
6. **Psychological side effects of doping**, including a presentation about the "Aggression and anabolic steroids" by Prof. Dr. R. Klaus Müller, Institute of Doping Analysis and Sports, Biochemistry, Head of the IOC accredited Laboratory Kreischa, Leipzig/ Germany.
7. **Doping in the former E. Germany**, a presentation by PD Dr. Giselher Spitzer, Institute of Sports Science, University Potsdam/Germany
8. **Doping in children**, a presentation by Dr. Spitzer.
9. **Uptake of hormones by nutrition—hormones as nutritional supplements**, including:
 - *"Health risks of nutritional supplements"*, a presentation by Dr. Hans Geyer, Institute of Biochemistry and IOC accredited Laboratory, German Sport University Cologne/Germany
 - *"Nutritional supplements and doping"*, a presentation by Univ.-Prof. Dr. Frans Delbeke, Dept. of Pharmacology; Pharmacy and Toxicology, Head of the Doping Control Unit, Ghent University/Belgium
 - *"Androgen related prohormones as nutritional supplements" - is their use worth the risk?"* a presentation by Prof. Dr. Craig Broeder, Head of the Human Performance Lab., East Tennessee State University/USA



After the seminar the organizers of the project published a congress manual summarizing the results of the symposium. The manual was also meant to be used as a basis for a series of open lectures in the universities of the co-organizers. However, this was not possible because the project had to be postponed, leaving the co-organizers without enough time to organize the structure for the lecture series.

Activities	Tasks	Partners
<i>1. Organization of a symposium in Cologne.</i>	1. Evaluation of knowledge of biomedical side effects of doping in the different countries of the co-organizers (Jan – Apr 2001). 2. Coordination meeting in Germany (April 2001). 3. Preparation meeting in Thessaloniki, Greece. (May 2001). 4. Preparation workshop in Cologne, Germany (July 2001). 5. Holding of the “Biomedical side effects in doping” Symposium in Cologne (23 July, 2001) 6. Evaluation of the symposium during the workshop in Thessaloniki, Greece (August 2001).	<i>All</i>
<i>2. Creation of the congress manual.</i>	1. Preparation of the manual, during the final workshop in Thessaloniki (August 2001) 2. Creation of the congress manual about the “International knowledge of biomedical side effects in doping” (August – October 2001). 3. Printing and distribution of the congress manual in the countries of the co-organizers (October 2001).	

Direct target groups:

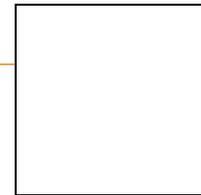
Target Group	Number of beneficiaries	Countries
Sport functionaries, scientists, coaches, athletes, interested public (during the international symposium)	~200	~25
Sport functionaries, scientists, coaches, athletes, interested public (receiving the manual)	~500	~25

Indirect target groups:

Target Group	Number of beneficiaries	Countries
Athletes		Participating countries
Coaches		Participating countries

Overall final results of the project:

Result	Type	Size
1. Symposium in Cologne.	Conference	200 participants
2. Publishing of the conference manual.	Manual	500



Production of tangible project products or results:

Product	Number of units	Cost
Conference	1	
Conference manual.	500	7000 Euros

Positive outcomes / effects of the project:

- ❖ Exchange of ideas and promotion of discussion, actually a big step towards harmonisation of knowledge on doping
- ❖ Improvement of knowledge on the biomedical side effects of doping

Negative, adverse or unexpected effects/ problems:

Due to the delay in decision regarding the project selection, there was reduced process time and the planned series of lectures were not performed.

Effectiveness of the project in meeting the partners' objectives

Scale 0-4 (0 = not at all effective, 4 = very effective)

Objective	Effectiveness				
	0	1	2	3	4
Information on the biomedical side effects of doping					X
Harmonisation of knowledge on doping				X	

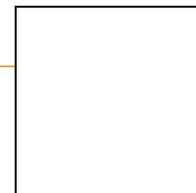
PRESENTATION OF PROJECT RESULTS IN DETAIL

ACTION II

II1. Contribution in gaining and providing new knowledge on issues of the doping-in-sport field

Scale 0-4 (0 = no contribution, 4 = very significant contribution)

Issue	Description of contribution	Contribution rating				
		0	1	2	3	4
Producing new knowledge			X			



SUSTAINABILITY OF RESULTS

Follow-up activities:

1.	Second project funded by the European Union concerning biomedical side effects of doping
2.	Compilation of educational material
3.	Dissemination of the PowerPoint slides to individuals

Life cycle of project products

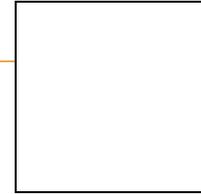
Product/ Result	Life cycle (months)
Conference	
Conference manual	Availability of stock
Slides	

Dissemination activities:

Dissemination activity	Performance Date / Period	Target Group	Number of beneficiaries	Countries
Distribution of the manual	2001	Participants	200	~25
Distribution of the manual	2001/ 2002	Interested public	300	~5
Dissemination of slides	continuously	Students, athletes		~5

Collaboration – networking:

Name of organisation	Type of collaboration - networking
International project cooperation partners	Follow up study
Medical Commission of IOC	University of Maastricht: Member of Medical Commission of IOC
WADA	University of Maastricht: Member of list commission of WADA
European Council	University of Maastricht: Member of working group of science



EFFICIENCY

Rating of efficiency in programme implementation and management
(0 = very poor, 4 = very good)

Project leader performance
Contribution of other partners
Economic efficiency
Management of the project by the European Commission

Rating	0	1	2	3	4
					X
			X		
			X		
					X

Deviations from initial project scheduling:

	Description of deviation
Initial time plan	Due to the delay in decision regarding the project selection, there was reduced process time
Expected results	A series of open lectures that was planned was not performed due to time limits
Initial budget	There was under-spending, since the final budget was smaller than the provisional one approximately by 40.000 Euros.
Initial budget structure	
Other:	

FINANCIAL OVERVIEW OF THE PROJECT

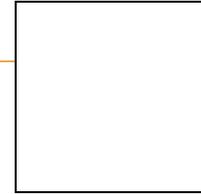
Budget	EC Funding
195200	100000

The actual budget of the project was smaller than the provisional one (155160 Euros instead of 195.200 Euros) due to the fact that not all envisaged activities were performed:

	First payment	30000
Submitted interim report		Yes
	Interim payment	30000
Submitted final report		Yes
	Final payment	19489
Received all funding		Yes
	Total funding	79489

Remarks on project economic efficiency:

It is true that the project could have been more cost-effective, especially since the series of open lectures did not take place. However, it is not considered to have done extreme over-spending.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The project is in-line with the European Commission's priority on "Understanding the long term effects of doping on the individual" (as mentioned at COM/99/643, annex 1, head 1), since the presentations of the speakers were focused on some rather "innovating" issues such as the:

- Epidemiology of doping
- Cardiac side effects of anabolics
- Anabolic steroids alter cardiac adaptation to exercise
- Aggression and anabolic steroids
- Doping with children
- Androgen related prohormones as nutritional supplements.
- A historic overview of the doping in the former E. Germany.

Main benefits, impact, results, experiences gained:

The presentations of the symposium were focused on some relatively new issues in the anti-doping field such as the doping among children, or the hormones as nutritional supplements, relative not only to the sports society. In addition the results from this project will be used within the framework of a new project which the commission has undertaken to co-finance called "Information Campaign on health-related side effects of doping".

Contribution of project in terms of:

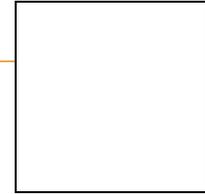
Scope of doping and doping-related phenomena	<input type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input checked="" type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input checked="" type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>

Description of the project's complementarity to other national or international activities:

Other local, national or international activity	Description of the project's complementarity
Research projects funded by NeCeDo and WADA	Spreading information and creating networks is essential for harmonisation, an issue important to a number of these activities

Added value of the project compared to other activities:

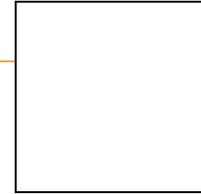
Other activity	Added value
The above	Reaching other groups



QUALITATIVE REMARKS

Information on the biomedical side effects of doping is definitely a priority issue and all steps taken towards harmonisation of knowledge on this issue are very welcome. Although the presentations of symposium organized in Cologne and the published congress manual, should be of high academic level (further study of the deliverables is required) and targeted to a scientific audience, the results of the project are also meant to be used outside their strict academic framework, since they form the basis of a new project which the Commission has undertaken to co-finance called the "Information campaign on health-related side effects of doping". Therefore, further utilisation of the project results in order to be brought to the public in a more comprehensive manner is expected, as well as the creation of educational material based on these.

Unfortunately the organizers did not manage to hold the series of open lectures across Europe in order to inform the public. This would have been very useful and extremely interesting to European scientific community and general public.



Project Information Sheet

PROJECT NUMBER	IMPLEMENTATION PERIOD
116 - 06	01-08-2000 - 31-12-2001

PROJECT TITLE:

1ST EUROPEAN WORKING CONGRESS ON THE HARMONISATION AND FUTURE DEVELOPMENTS IN ANTI DOPING POLICY – 2ND EUROPEAN SEMINAR ON THE POSITION OF THE ATHLETES IN EUROPE

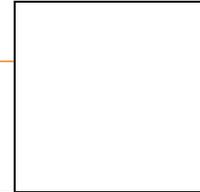
TYPE OF ACTION:	<input type="checkbox"/>	ACTION I : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING
	<input checked="" type="checkbox"/>	ACTION II : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL
	<input checked="" type="checkbox"/>	PROTECTING YOUNG ATHLETES
	<input type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
	<input checked="" type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
	<input checked="" type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
	<input checked="" type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
	<input checked="" type="checkbox"/>	INFORMATION ON MEDICINES
	<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
	<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
	<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
	<input type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
	<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT

GENERAL EVALUATION REMARKS

Project 116-06 was intended to be a two-fold framework of activities. However, the long delays in the work progress did not allow the actual implementation of the project activities during the contract period.

It must though be noted that reports on the preparatory actions indicate that the activities which actually took place had some specific results and highlighted various aspects of doping where more action is necessary. The project is well documented. Moreover, partners have promoted the involvement of various important national and international actors in the field of doping.

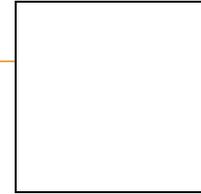
The discussions held during project meetings demonstrated issues related to doping where harmonisation is considered necessary, such as a basic definition of doping, minimum sanctions for doping infractions, methods for collection of samples and testing and certain rules for accreditation of laboratories. Furthermore, the project demonstrated that education and information actions need to be adapted to the specific characteristics of target groups and geographical areas.



It is certain that if the intended project activities were actually held as planned, they would be in the right direction of the fight against doping. However, it seems that in this case it has not been possible for the consortium to effectively cooperate and coordinate actions. This effect was intensified due to the entirely different nature of the two planned activities, which were conducted autonomously. Therefore, the conclusion that is easily derived and which can be very helpful for future projects is that there is a clear necessity for strong cooperation abilities so far as project leaders are concerned, good relationships and cooperation among partners of a consortium and close linking of project activities.

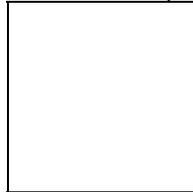
PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: Netherlands Olympic Committee* Netherlands Sports Federation (NOC*NSF)
	CITY, COUNTRY: Arnhem, Netherlands
	CONTACT PERSON: Frans van Dijk / Monique Maks
	ORGANISATION TYPE: National Sporting Organisation
Partner 2	ORGANISATION NAME: European Athletes Adhoc Committee – EAAC (for the sub-application)
	CITY, COUNTRY: Amsterdam, Netherlands
	CONTACT PERSON: Ms. Irene Eijs, Mr. Roel van Veen
	ORGANISATION TYPE: International Sporting organisation
Partner 3	ORGANISATION NAME: Osterreichisches Anti-Doping-Comite
	CITY, COUNTRY: Vienna, Austria
	CONTACT PERSON: Karlheinz Demel
	ORGANISATION TYPE: National sporting organisation / national authority
Partner 4	ORGANISATION NAME: NOC Denmark (for the sub-application)
	CITY, COUNTRY: Denmark
	CONTACT PERSON: -
	ORGANISATION TYPE: National Sporting Organisation
Partner 5	ORGANISATION NAME: NOC U.K. (for the sub-application)
	CITY, COUNTRY: United Kingdom
	CONTACT PERSON: -
	ORGANISATION TYPE: National Sporting Organisation
Partner 6	ORGANISATION NAME: NOC Italy (for the sub-application)
	CITY, COUNTRY: Italy
	CONTACT PERSON: -
	ORGANISATION TYPE: National Sporting Organisation
Partner 7	ORGANISATION NAME: NOC Norway (for the sub-application)
	CITY, COUNTRY: Norway
	CONTACT PERSON: -
	ORGANISATION TYPE: National Sporting Organisation



GEOGRAPHICAL COVERAGE

Due to the fact that the project has not actually been implemented in line with the initial aims, the geographical coverage concerns the countries where the partners are based.



GENERAL PROJECT INFORMATION & FACTS

Brief Project Description:

The project involved two separate activities:

A. The organization of the “1st European Working Congress on the harmonisation and future developments to combat doping in sport in Europe”.

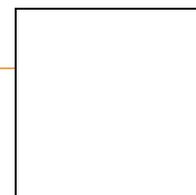
The aim of the organizers of the congress was to contribute towards the further harmonisation of Testing Arrangements, Research (in fields such as socio-psychological aspects, pressure in the sporting environment, over-training, etc.), Information campaigns, Information on medicines and Future Developments on doping.

The objective of the action has been to explore the activities taking place in Europe on the above mentioned subject areas, collect information on good practices which can be transferred to other countries and develop recommendations for future actions towards a harmonised anti doping policy.

In order to obtain optimum results the partners first organised preparatory meetings, which gave the opportunity to various actors to have a first exchange of views on subjects such as procedures for successful information activities, a definition of harmonisation and future activities in the field, doping controls, the composition of the list of prohibited substances, the activities of laboratories and areas for further scientific research.

The congress originally planned for the 9th and 10th of October 2001, had to be postponed due to the events of 11 September 2001 and was then planned to take place from 11 – 12 April 2002 in Arnhem. During the congress the views of institutions such as the World Anti – Doping Agency, the International Olympic Committee, the Council of Europe, the European Olympic Committee and International Anti – Doping Arrangement would be presented. The participants would exchange views on doping issues and discuss topics such as:

- **“Law & Regulations”**, including a presentation about the “The recognition of the International Court of Arbitration for Sports” and the “Differences in anti-doping laws between Nations and Federations”.
- **“Future Developments”**, including presentations about the “Genetic manipulation in sports” and the “Social behaviour research”.
- **“Information Activities”**, including “Qualitative procedures for information activities on doping”.



- **“Laboratories & list of banned substances”**, including presentations about the “Principals behind the compilation of a new list of banned substances” and “National interpretations of international standards”.
- **“Controls”**, including a presentation about the “International Standard for Doping Control”.

B. The organization of the “2nd European Seminar on the position of the athletes in Europe” (sub-application)

The objectives of the seminar focused on several issues concerning athletes across Europe including:

- Athletes’ participation in decision making process
- Legal and financial status of the athlete
- Doping
- Working conditions

The seminar was planned for December 2001. However it was postponed several times.

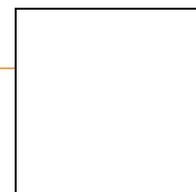
The long delays in the implementation of the overall project activities have required the prolongation of the initial contract period twice. However, even within the extended time period, the partners did not manage to finally reach their initial aims and hold the envisaged conferences. Thus, the project did not receive the initially planned financial support from the European Commission.

Activities	Tasks	Partners
1 st European Working Congress on Harmonisation and Future Developments in Anti-Doping Policy.	<ul style="list-style-type: none"> ▪ Experts’ meetings in Amsterdam on 23rd – 24th March and 11th June 2001, in order to formulate the agenda and define speakers of the congress. ▪ Preparation and distribution of invitations and registration forms. ▪ Organisation of congress planned for 11 – 12 April 2002 in Arnhem. 	<ul style="list-style-type: none"> - NOC*NSF - Osterreichisches Anti-Doping-Comite.
2 nd European Seminar on the Position of the Athletes in Europe.	<ul style="list-style-type: none"> ▪ EAAC meeting in London (November 2000) ▪ Meeting with EOC members in Vienna in order to discuss whether it is possible to combine the EOC – Athletes Commission with the EAAC. ▪ E-mail to participants of the First European Athletes seminar, informing them about the planned second seminar. ▪ Preparation of seminar content and programme. 	<ul style="list-style-type: none"> - NOC*NSF - EAAC - NOC Denmark - NOC Italy - NOC U.K. - NOC Norway

Direct target groups:

A. 1st European Working Congress on the harmonisation and future developments to combat doping in sport in Europe

Target Group	Number of beneficiaries	Country
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International sporting organisations (IOC, IF's, EF's, NOC's, EOC)	Total amount 150	Europe
Governments (EU, European governments, CoE)		Europe
Athletes commissions in Europe		Europe
Anti-doping organisations in Europe		Europe

B. 2nd European Seminar on the position of the athletes in Europe

Target Group	Number of beneficiaries	Country
European NOCs		Europe
IOC Athletes Commission		
(the constituted) EOC Athletes Commission		

Indirect target groups

Target Group	Number of beneficiaries	Countries

Overall final results of the project

Result	Type	Size
1 st European Working Congress on the harmonisation and future developments to combat doping in sport in Europe	Congress	150 participants
Report proceedings & recommendations	Report	750 copies

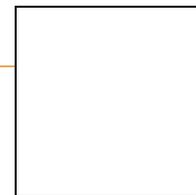
Production of tangible project products or results

Product	Number of units	Cost
1 st European Working Congress on the harmonisation and future developments to combat doping in sport in Europe	1	
Report proceedings & recommendations	750 copies	

Positive outcomes / effects of the project

1. Creation of a platform with all stakeholders in anti-doping policy for discussion about important and actual topics concerning harmonization in anti-doping policy and future developments
2. Concrete recommendations on important topics, such as: food supplements, harmonisation of regulations and workload (overtraining) towards the EOC general assembly in Rome and various stakeholders
3. Organisation of the voice of Athlete in Europe
4. Contribution to:
 - create awareness of harmonisation aspects in anti-doping policies of EU countries.
 - promote knowledge and increase understanding of the value and the usefulness of harmonisation for the different aspects of anti-doping policies.
 - improve harmonisation with respect to incorporating new development in anti-doping policies.
5. Creation of a platform for international networking for stakeholders and social dialogue
6. Creation of a platform in which the first draft of the World Anti Doping Code could be discussed
7. Establishment of the EOC Athlete Commission

Negative, adverse or unexpected effects/ problems



1. Because of the 11th of September, NOC*NSF had to postpone the 1st European Working Congress (the congress was originally planned in October 2001). Moreover, it had to be postponed as well in order to fit the discussion of the World Anti-Doping Code
2. Postponements lead to more costs than originally planned.
3. Long delays in the implementation of the project activities resulted in the continuous postponement of the organisation of the conferences, thus leading the European Commission to refuse the funding of the project as initially planned.
4. Concerning the 2nd European Seminar on the position of the athletes in Europe (sub-application), problems have been reported by the consortium on the leader's performance, which are mainly focused on delays, lack of interest for the sub-application, lack of cooperation, information and communication and finally no funding for activities that were actually implemented.
5. Administrative procedures were judged to be too many
6. Recovering financial contributions on a congress where the participants hardly pay a fee has been very difficult (because in a working congress, participants have a very active contribution)

Effectiveness of the project in meeting the partners' objectives

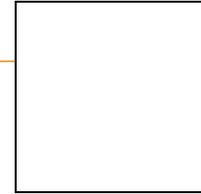
Scale 0-4 (0 = not at all effective, 4 = very effective)

A. 1st European Working Congress on the harmonisation and future developments to combat doping in sport in Europe

Objective	Effectiveness				
	0	1	2	3	4
To promote Netherlands as a good host for organising a congress in the field of the anti-doping policy				X	
To promote the proactive and in certain ways innovative anti-doping policy in the Netherlands				X	

B. 2nd European Seminar on the position of the athletes in Europe

Objective	Effectiveness				
	0	1	2	3	4
Recommendations from an athlete's point of view on the important issues concerning doping		X			
Organising the voice of the athletes			X		
Organising a social dialogue	X				

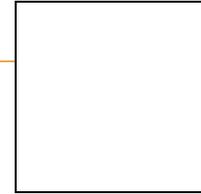


PRESENTATION OF PROJECT RESULTS IN DETAIL

ACTION II

II1. Contribution in gaining and providing new knowledge on issues of the doping-in-sport field
 Scale 0-4 (0 = no contribution, 4 =very significant contribution)

Issue	Description of contribution	Contribution rating				
		0	1	2	3	4
Harmonisation of regulations and policy worldwide	Raising awareness on harmonisation aspects of anti-doping policies of EU countries Concrete recommendations concerning the World Anti-Doping Code				X	
Cooperation of stakeholders at international level	Networking Opportunity to discuss for the first time the draft of the World Anti-Doping Code				X	
Dealing with new developments in the area of doping			X			
Intensive schedule of athletes (too many competitions)			X			
Intensification of control			X			
Education (athlete's passport, nutritional supplements)	Concrete recommendations to NOCs, NADOs, WADA, athletes committees and more			X		
List of banned substances	Concrete recommendations to various stakeholders, including those with authority to collect samples			X		



SUSTAINABILITY OF RESULTS

Follow-up activities

1.	Dispatch of the proceedings and recommendations to the participants and to different stakeholders
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Life cycle of project products

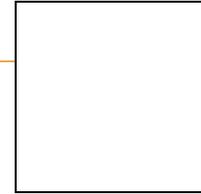
Product/ Result	Life cycle (months)
Congress	For a period after the event
Recommendations	Infinite

Dissemination activities

Dissemination activity	Performance Date / Period	Target Group	Number of beneficiaries	Countries
Dispatch of the proceedings and recommendations		Participants Stakeholders	750	

Collaboration – networking

Name of organisation	Type of collaboration – networking
NOC*NSF collaborated with: WADA, NeCeDo, VWS, DoCoNed	Organizational cooperation
EAAC collaborated with: EOC Athletes Commission, IOC Athletes Commission, NLSporter, UKSports competitors, World Sports Forum, WADA	Information and participation



EFFICIENCY

Rating of efficiency in programme implementation and management

(0 = very poor, 4 = very good)

Specific factors were difficult to rate due to intense diversification of views of partners

Project leader performance
 Contribution of other partners
 Economic efficiency
 Management of the project by the European Commission

Rating	0	1	2	3	4
Project leader performance					
Contribution of other partners					X
Economic efficiency					
Management of the project by the European Commission				X	

Deviations from initial project scheduling

	Description of deviation
Initial time plan	The initial time plan has been rescheduled twice
Expected results	The expected organisation of two conferences has not been effected in due time and subsequently they were not funded
Initial budget	
Initial budget structure	
Other:	

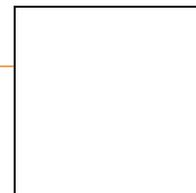
FINANCIAL OVERVIEW OF THE PROJECT:

	Budget	EC Funding
Partner 1	225000	85000
Partner 2	30000	-
Other partners	Not specified	
Total	302783	165000

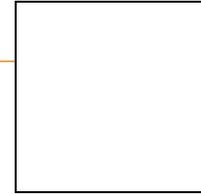
	First payment
Submitted interim report	2/8/2001 – 6/8/2001
	Interim payment
Submitted final report	
	Final payment
Received all funding	
	Total funding

Remarks on project economic efficiency:

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Remarks cannot be made on the economic efficiency of the project, since the main activities that were planned were not performed within the project eligibility period and subsequently did not receive the approved funding.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The main objective of the congresses was to contribute towards the further harmonisation and development of good practices on testing arrangements, research processes, information campaigns, information on medicines and make recommendations on future developments on doping. The above mentioned issues are in line with the Commission's priorities as mentioned in the COM(1999) / 643.

Main benefits, impact, results, experiences gained:

The envisaged conferences have not actually been held during the contract period. However, discussions held during the preparatory meetings provided useful views on harmonisation needs in areas such as rules and regulations on doping, control methods, testing arrangements and the activities of the accredited laboratories. Furthermore, some principles on good practices regarding information and education campaigns have been concluded.

Contribution of project in terms of:

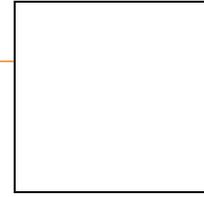
Scope of doping and doping-related phenomena	<input type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input checked="" type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input checked="" type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>

Description of the project's complementarity to other national or international activities

No information available

Added value of the project compared to other activities

No information available



QUALITATIVE REMARKS

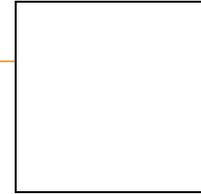
The initial plan of actions submitted by the project leader, NOC*NSF, primarily envisaged the organisation of an important event ("1st European Working Congress on the harmonisation and future developments to combat doping in sport in Europe") on the future development of the combat against doping. The partners planned to invite top key-note speakers and include in the agenda of the conference important topics in the field of anti-doping policy, such as the genetic manipulation in the doping field or the World Anti-Doping Code.

The preparatory meetings held in view of the organisation of the conference highlighted the importance of the subjects to be discussed during the event and resulted in pre-proposals on issues related to doping rules and regulations, control methods, efficiency of information and education activities and scope of future harmonisation activities. Furthermore, the draft agenda of the conference indicated that the partners had undertaken a holistic view of the issue of doping, covering its legal, scientific and information aspects.

However, although the partners have showed commitment to the project objectives and efficiency in organising an important event in terms of its contents, they have been inefficient in respecting the time schedule for completion of the project activities. Thus, the project can be considered successful from the point of view of covering important doping issues, but inefficient from the point of view of coordination and realisation of project activities.

The second part of the project, sub-application concerning the organisation of the "2nd European Seminar on the position of the athletes in Europe", was directed to athletes and included the issue of doping among other subjects. This initiative cannot actually be well combined with the above mentioned one, since its aims and scope were rather different. Therefore, it can easily be said that in fact the two planned activities constitute two entirely different projects implemented by different partners and involving different plans.

Quite naturally, the project faced many problems in its execution and was finally terminated before the planned events were actually held. Mainly due to lack of cooperation of partners and inability for efficient communication between them, the already difficult task of implementing two different action lines became impossible.



Project Information Sheet

PROJECT NUMBER	IMPLEMENTATION PERIOD
C 116 - 09	01/01/2001 – 31/08/2001

PROJECT TITLE:

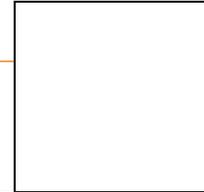
CAMPAGNA CONTRO L'USO DEL DOPING

TYPE OF ACTION:	<input checked="" type="checkbox"/>	ACTION I : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING
	<input type="checkbox"/>	ACTION II : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL
	<input type="checkbox"/>	PROTECTING YOUNG ATHLETES
	<input type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
	<input type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
	<input type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
	<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
	<input type="checkbox"/>	INFORMATION ON MEDICINES
	<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
	<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
	<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
	<input type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT	

GENERAL EVALUATION REMARKS

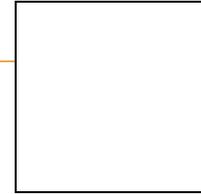
The objective of the project was the development and broadcast of an anti-doping TV spot. The development of the spot has been performed. Moreover, it was translated in various EU languages as it was envisaged. On the other hand, it is understood by examination of the project file that the spot has only been broadcasted in Italy; therefore the objective of disseminating it in various EU countries was not met.

Selection of this information means (i.e. TV spot) is a step in the right direction since it can reach a wide audience, including athletes, doctors, parents, coaches, public authorities and sporting organisations and really influence people. Furthermore, the translation of the spot in various languages and the aim to broadcast the TV message in many European Union countries is also a step towards increasing the efficiency of the anti-doping fight. However, since this target was not achieved, dissemination seems to have been performed in one EU country only. Therefore added value at EU level has not been derived and the project must be considered as incomplete.



It is considered that the main reason for the problems that occurred is the fact that the project leader and partners were Ministries. Although this could have been a positive aspect, since it would improve collaboration in the fight against doping at governmental level, it clearly exhibited the inherent problems of administrative authorities in implementing projects within a specific period and also report on their actions. A very important reason for this is the fact that people handling projects in Ministries are subject to changes, especially when elections take place (similarly to the example of Italy). Following to such changes, it is impossible for new persons to recover information and keep track of the project activities. Lack of interest and motivation in a public authority environment can also be a factor that intervenes in such cases.

As a result to the above and probably more factors, there were the above-mentioned limitations in results. Moreover, the project is poorly documented and little evidence exists on the actual contents of the spot and the time schedule of its broadcast, as well as on the facts that inhibited the performance of the envisaged activities. Thus, it is rather difficult to evaluate the final project results and comment on the financial efficiency of the project. On the other hand, comments can be made on its limited impact. Finally, due to the change in persons involved in the project, recovery of further information has not been possible.

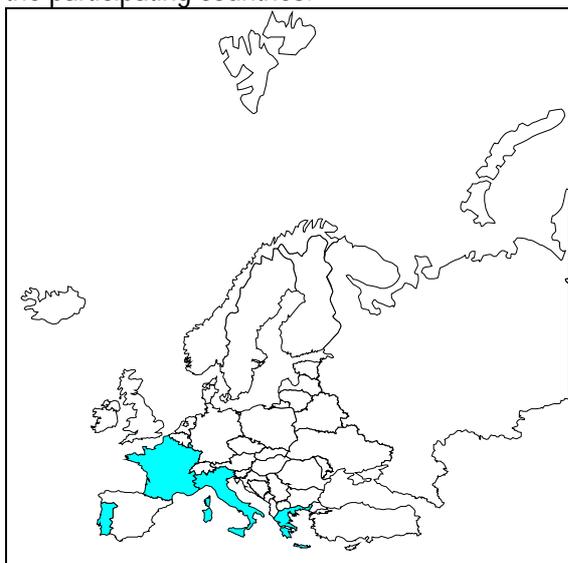


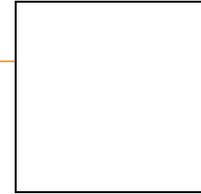
PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: Presidenza del Consiglio dei Ministri DIE- Ministero per i beni e le Attivita cultural
	CITY, COUNTRY: Roma, Italia
	CONTACT PERSON: Dott. Mauro Masi
	ORGANISATION TYPE: National Authority
Partner 2	ORGANISATION NAME: Ministry of Youth and Sports of France
	CITY, COUNTRY: Paris, France
	CONTACT PERSON:
	ORGANISATION TYPE: National Authority
Partner 3	ORGANISATION NAME: Ministry of Physical Education and Sports of Luxembourg
	CITY, COUNTRY: Luxembourg
	CONTACT PERSON:
	ORGANISATION TYPE: National Authority
Partner 4	ORGANISATION NAME: Ministry of Sports of Portugal
	CITY, COUNTRY: Lisbon, Portugal
	CONTACT PERSON:
	ORGANISATION TYPE: National Authority
Partner 5	ORGANISATION NAME: Ministry of Sports of Greece
	CITY, COUNTRY: Athens, Greece
	CONTACT PERSON:
	ORGANISATION TYPE: National Authority

GEOGRAPHICAL COVERAGE

Geographical coverage is based on the participating partners and the aim to broadcast the TV spot to the participating countries.





GENERAL PROJECT INFORMATION & FACTS

Brief Project Description:

The project consisted of an anti-doping campaign in Italy. The objective was the development of an anti doping TV spot and the initial plans were envisaging the co-organizers of the project to continue the campaign in their own countries by broadcasting the already translated spot in France, Greece, Portugal and Luxemburg.

The campaign actually took place in Italy and the TV spot was broadcasted through the RAI network and through the Italia 1 and Retequattro channels. The spot has been translated into French, Greek and Portuguese, but it is unclear whether it was actually broadcasted in these countries.

Activities	Tasks	Partners
Broadcasting of the anti – doping TV-spot.	<ul style="list-style-type: none"> ▪ Production of the spot by the “Sudler & Hennessey” media agency. ▪ Broadcasting of the spot in Italy (25/02 – 03/03 2001). 	Presidenza del Consiglio dei Ministri DIE - Ministero per I beni e le Attivita cultural.
Adaptation of the anti-doping TV-spot for broadcasting in other countries.	<ul style="list-style-type: none"> ▪ Translation of the spot into Flemish, French, Greek and Portuguese by the “Sudler & Hennessey” agency. 	Presidenza del Consiglio dei Ministri DIE - Ministero per I beni e le Attivita cultural.

Direct target groups:

Target Group	Number of beneficiaries	Countries
TV audience.		Italy

Indirect target groups:

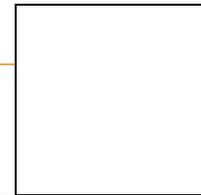
Target Group	Number of beneficiaries	Countries

Overall final results of the project:

Result	Type	Size
1. TV campaign in Italy	TV Spot	Broadcasting of the spot 34 times through Italia 1 and Retequattro and 56 times through RAI network.
2. Translation of the TV spot into Flemish, French, Greek and Portuguese	TV Spot	No information is available

Production of tangible project products or results:

Product	Number of units	Cost
TV spot	1	



Translated TV Spot	4	
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Positive outcomes / effects of the project:

No information available

Negative, adverse or unexpected effects/ problems

No information available

Effectiveness of the project in meeting the partners' objectives:

Scale 0-4 (0 = not at all effective, 4 = very effective)

No response from partners

Objective	Effectiveness				
	0	1	2	3	4

PRESENTATION OF PROJECT RESULTS IN DETAIL

ACTION I

11. Effectiveness in raising awareness on doping issues, i.e. reaching various target groups

Scale 0-4 (0 = not at all effective, 4 = very effective)

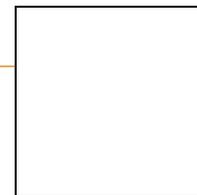
Target group	Effectiveness				
	0	1	2	3	4
Raising awareness in the planned EU countries		X			

12. Impact on changing public attitudes and views with regard to the use of substances in the target countries

Scale 0-4 (0 = not at all significant, 4 = very significant)

No information available

Country	Significance				
	0	1	2	3	4
Italy					



SUSTAINABILITY OF RESULTS

Follow-up activities:

No information available

Life cycle of project products

No information available

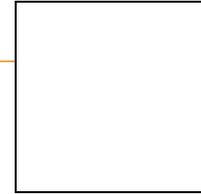
Dissemination activities:

No precise information available

Dissemination activity	Performance Date / Period	Target Group	Number of beneficiaries	Countries
Broadcasting of TV spot				Italy,

Collaboration – networking: No information available

Name of organisation	Type of collaboration - networking



EFFICIENCY

Rating of efficiency in programme implementation and management
 (0 = very poor, 4 = very good)
 No response from partners

- Project leader performance
- Contribution of other partners
- Economic efficiency
- Management of the project by the European Commission

Rating	0	1	2	3	4
Project leader performance					
Contribution of other partners					
Economic efficiency					
Management of the project by the European Commission					

Deviations from initial project scheduling:

	Description of deviation
Initial time plan	
Expected results	
Initial budget	
Initial budget structure	
Other:	

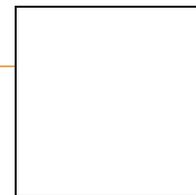
FINANCIAL OVERVIEW OF THE PROJECT

	Budget	EC Funding
Total	280000	100000

	First payment
Submitted interim report	Yes
Interim payment	30000
Submitted final report	Yes
Final payment	9835,93
Received all funding	
Total funding	

Remarks on project economic efficiency:

Precise information on the financial details of the project is not available and assessing its economic efficiency is not possible. However, generally speaking, TV spots are a rather expensive (yet successful) way for conveying a message to a wide audience. Therefore, the project could not have been cost-effective since this type of media has been selected.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The main aim of the project (informing the general audience about doping) is in line with the Commission's priority in the field of information, awareness raising and prevention initiatives in favour of young people (as mentioned in COM 1999 / 643, annex 1, pg 19).

Main benefits, impact, results, experiences gained:

- Broadcasting of the campaign throughout Italy by television networks such as RAI and Italia 1, delivered the anti-doping message to as wide as possible an audience and to as many as possible potential interested parties (athletes, coaches, parents, sport federations and public authorities' representatives, etc.).
- The initiative of the organizers to translate the spot into the co-organizers' languages and to continue the campaign outside Italy, would multiply its effect.

Contribution of project in terms of:

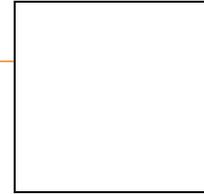
Scope of doping and doping-related phenomena	<input type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input checked="" type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>

Description of the project's complementarity to other national or international activities:

No information available

Added value of the project compared to other activities:

No information available



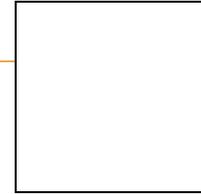
QUALITATIVE REMARKS

The project objective to develop and broadcast an anti-doping TV spot was quite interesting, since the efficiency of this communication means in raising awareness on the doping issue is large. It seems that the broadcasting of the TV spot in Italy has been quite successful, taking into account the number of times the message has been broadcasted. However, it is rather difficult to assess the actual impact of the information campaign, since no information is available, especially on the contents and design of the message.

There are no indications about the continuation of the campaign outside Italy and whether the TV spot after being translated into the languages of the co-organisers (as mentioned in the application) was in fact broadcasted in their own countries.

Since there are no signatures of the co-organisers of the project in the application file and no indications that the campaign took actually place in their own countries (which was their contribution to the project) their active participation in the project can easily be questioned.

The project leader (the Presidenza del Consiglio dei Ministri DIE - Ministero per I beni e le Attivita cultural.) also had internal problems (the people dealing with the project were changed), therefore recovery of adequate information concerning the project has not been possible. As a result many aspects of the project have remained unclear.



Project Information Sheet

Project Number	Implementation Period
C 116 - 10	01/08/2000 – 31/10/2001

PROJECT TITLE:

ITF JUNIOR ANTI-DOPING PROJECT

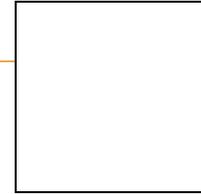
TYPE OF ACTION:	<input checked="" type="checkbox"/>	<i>ACTION I</i> : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING
	<input type="checkbox"/>	<i>ACTION II</i> : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL
	<input type="checkbox"/>	PROTECTING YOUNG ATHLETES
	<input type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
	<input type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
	<input type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
	<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
	<input type="checkbox"/>	INFORMATION ON MEDICINES
	<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
	<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
	<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
	<input type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT	

GENERAL EVALUATION REMARKS

A quite effective project, addressed to young tennis athletes. Children' awareness on doping facts is a very important issue and it seems that this project has managed to improve it with the use of very successful tools. Therefore, it is considered that worthy results in the education of young athletes are the outcomes of this project.

It has to be noted though that the partners of this project did not respond to the questionnaire that was sent out in the framework of this evaluation. Only one partner replied, ETA, still the filled in questionnaire contained extremely little information. Therefore, evaluation has been based exclusively on the project file data, following to this lack of cooperation.

Finally, it needs to be mentioned that although the project is considered successful, it cannot be considered as cost-effective. Alternative solutions could have been used in many cases of dissemination material production or changes could have been made in the designed products in order to have the same results in a more cost-effective manner.

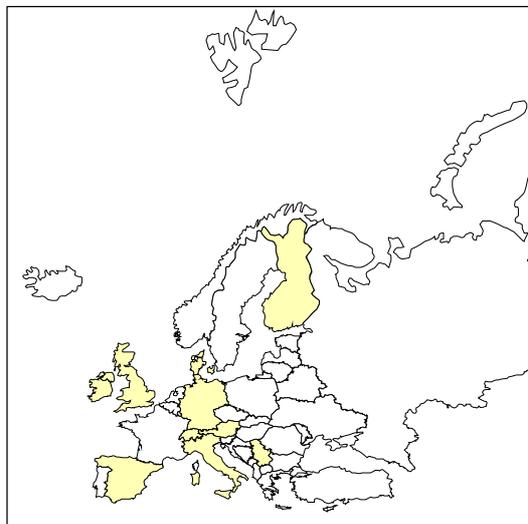


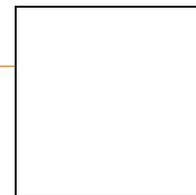
PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: ITF Licensing (UK) Limited (International Tennis Federation)
	CITY, COUNTRY: London, U.K.
	CONTACT PERSON: Francesco Ricci Bitti
	ORGANISATION TYPE: International Sporting Organisation
Partner 2	ORGANISATION NAME: European Tennis Association (ETA)
	CITY, COUNTRY: Basel, Switzerland
	CONTACT PERSON: Charlotte Ferrari
	ORGANISATION TYPE: Regional sporting organisation
Partner 3	ORGANISATION NAME: International Wheelchair Tennis Association (IWTA)
	CITY, COUNTRY: London, U.K.
	CONTACT PERSON: Martin McElhatton
	ORGANISATION TYPE: International sporting organisation

GEOGRAPHICAL COVERAGE

The approach of the project is thematic, as it was addressed to young tennis athletes in many countries. Geographic coverage is represented in the map, based on the events in which the project campaign was performed.





GENERAL PROJECT INFORMATION & FACTS

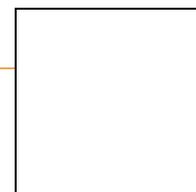
Brief Project Description:

The main aim of the organizers of the project was to communicate the anti-doping message to the audience of aspiring tennis youngsters across Europe and to provide education, advices and information about the consequences of doping to the young athletes and their families. Activities included:

1. Creation of an anti doping web site at <http://www.itfjuniors.com> including valuable information and downloadable humorous anti-doping animated files, illustrating the side effects of anabolic steroids.
2. A series of info-materials such as:
 - Humorous anti-doping posters under the motto "Do Steroids" followed by a description of the undesirable side effects of anabolic steroids and a metaphoric picture describing the side effect.
 - Collectable postcards and educational booklets, designed to attract the young tennis players.
 - A CD-Rom containing the viral file and anti-doping screensaver.
3. An info-stand against doping, visiting various sporting venues across Europe, informing the junior tennis players on anti-doping issues and distributing the above mentioned info materials.

The information campaign was supported by an intensive P.R. campaign. The organizers, in addition to the media coverage, achieved to attract the support of celebrities like A. Kournikova, Alex Corretja, Lee Childs, Gustavo Kuerten, Monica Seles and Martina Higgins.

Activities	Tasks	Partners
Creation of the info-material	<ul style="list-style-type: none"> ▪ Research and gathering of the information and data. ▪ Condensing of this data into a mini book called "Performance enhancing Drugs – The Facts" ▪ Development of the key messages and campaign concept. ▪ Translation. ▪ Design and creation of all tools. 	ITF ETA IWTA
Campaign with the use of the info-stand	<ol style="list-style-type: none"> 1. Creation of the stand 2. Visits of the stand: <ul style="list-style-type: none"> - 17th - 18th April 2001: INT tournament in Azzero - 9th - 10th May 2001: an under 16's tournament in Budapest. - 4th - 5th June 2001: an under 16's tournament in Turin. - 18th - 19th June 2001: an under 18's tournament in Arhus. - 24th - 25th June 2001: LTA International Juniors in London. - 29th - 30th June 2001: the ATP Challenger seniors tournament in Andorra - 1st - 2nd July 2001: Junior Copa del Sol in Andorra. - 10th – 15th July: an under 18's tournament in Essen. - 19th - 20th July 2001: an under 18's tournament in Winchester. - 26th - 27th July 2001: the Nottingham wheelchair tournament. - 23th - 24th July 2001: an under 18's tournament in Cork. - 6th - 7th August 2001: the Generali Bambini tournament in Kurfstein. - 13th - 14th August 2001: the BMW Junior Tournament in Munich. - 24th - 25th September 2001: an under 14's tournament in Helsinki. 	ITF ETA IWTA



	- 1st - 2nd October 2001: an under 16's tournament in Mallorca.	
Anti-doping section of ITF junior Web Site	- Creation. - Launching on April 2001. - Full functionality on June 2001.	ITF

Direct target groups:

Target Group	Number of beneficiaries	Countries
Junior tennis players		European countries
Families and friends of the players		
Coaches		
Tournament Organisers and National Associations		

Indirect target groups: No information available

Target Group	Number of beneficiaries	Countries

Overall final results of the project:

Result	Type	Size
1. Information campaign through visits of the info-stand at various tennis events and distribution of the promo-pack	Campaign	15 presentations
2. Information website	Website	1

Production of tangible project products or results:

Product	Number of units	Cost
Posters : design, production & placement		77224
Promo-pack : design, production & distribution		23813
CD-Rom : design, production & distribution		11963
The info-stand : design, production, transport & operation	1	170668
Competition : design, administration & prizes	1	9096

Positive outcomes / effects of the project:

No information available

Negative, adverse or unexpected effects/ problems:

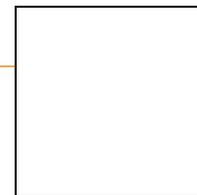
No information available

Effectiveness of the project in meeting the partners' objectives:

Scale 0-4 (0 = not at all effective, 4 = very effective)

No response from partners

Objective	Effectiveness				
	0	1	2	3	4



PRESENTATION OF PROJECT RESULTS IN DETAIL

ACTION I

11. Effectiveness in raising awareness on doping issues, i.e. reaching various target groups

Scale 0-4 (0 = not at all effective, 4 = very effective)

No response from partners

Target group	Effectiveness				
	0	1	2	3	4

12. Impact on changing public attitudes and views with regard to the use of substances in the target countries

Scale 0-4 (0 = not at all significant, 4 = very significant)

No response from partners

Country	Significance				
	0	1	2	3	4

SUSTAINABILITY OF RESULTS

Follow-up activities:

1.	The website is still available
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Life cycle of project products

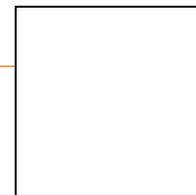
Product/ Result	Life cycle (months)
Website	As long as it is available

Dissemination activities:

Dissemination activity	Period	Target Group	Number of beneficiaries	Countries
Web Site	Still available	Athletes, coaches, General public.	Infinite	All
Promotional pack	4-10/2001	Athletes, coaches, General public.		European Countries
CD-Rom	4-10/2001	Journalists.		European Countries
Info-Stand	4-10/2001	Athletes, coaches, General public.		European Countries

Collaboration – networking:

No information available



EFFICIENCY

Rating of efficiency in programme implementation and management:
 (0 = very poor, 4 = very good)
 No response from partners

Project leader performance
 Contribution of other partners
 Economic efficiency
 Management of the project by the European Commission

Rating	0	1	2	3	4
Project leader performance					
Contribution of other partners					
Economic efficiency					
Management of the project by the European Commission					

Deviations from initial project scheduling: No response from partners

	Description of deviation
Initial time plan	
Expected results	
Initial budget	
Initial budget structure	
Other	

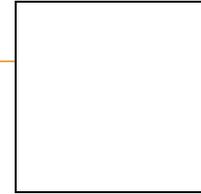
FINANCIAL OVERVIEW OF THE PROJECT

Budget	EC Funding
481946	362000

First payment	108600
Submitted interim report	26/6/2001
Interim payment	108600
Submitted final report	Yes
Final payment	144800
Received all funding	20/11/2001
Total funding	362000

Remarks on project economic efficiency:

The project can be considered as rather expensive, especially since the EC contribution has reached 75%. It is understandable that the production and transportation of the info-stand is not a cost-effective communication means. Yet, substantial amounts have been spent in other categories of dissemination materials as well. Certainly actions could have been taken in order to minimise costs, similarly to changes that have been made in the design of dissemination material that was produced (e.g. posters) compared to the one that was originally planned.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The main aim of the project (informing the young athletes about doping) is in line with the Commission's priority in the field of information, awareness raising and prevention initiatives in favour of young athletes (as mentioned in COM 1999 / 643, annex 1, pg 19).

Main benefits, impact, results, experiences gained:

- The info stand visited several junior tennis tournaments throughout Europe, giving the chance to the future European champions to receive valuable information on the consequences of doping.
- The ITF campaign could be used as a guideline for other similar projects in other sports in the future.
- The organizers of the project used an innovative way on approaching the junior athletes, using reverse psychology and humorous and catchy images and messages, instead of the usual threads and row scientific facts.
- The Web Site contains downloadable animated anti-doping files. The Internet is very popular amongst youngsters and such multimedia tools are extremely attractive to them.

Contribution of project in terms of:

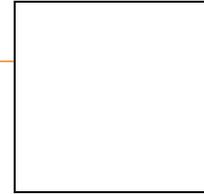
Scope of doping and doping-related phenomena	<input type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input checked="" type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>

Description of the project's complementarity to other national or international activities:

No response from partners

Added value of the project compared to other activities:

No response from partners

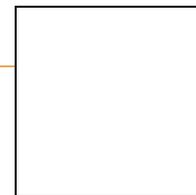


QUALITATIVE REMARKS

The organisers of the project chose an effective way of approaching the junior tennis players since:

- The campaign used reverse psychology and humorous and catchy images and messages, instead of the usual threats and row scientific facts since it is well known that it works much better than the usual authoritarian negative messages.
- The campaign was supported by young celebrities, genuinely aspirational to the young tennis players.
- The campaign used Internet and multimedia tools, extremely familiar and popular among youngsters.
- The info-stand visited various junior tennis tournaments reaching many of tomorrow's top tennis players.

The target group of the project was very specific: young tennis athletes. It is evident that the project was effective in reaching this target group, since the campaign was performed in various countries where young tennis athletes participate in events. Disabled young tennis athletes were also addressed, since the info-stand visited a wheelchair tournament.



Project Information Sheet

Project Number	Implementation Period
C 116 - 13	01-08-2000, 01-08-2001

PROJECT TITLE:

TRAINING, RESEARCH AND EDUCATION AGAINST DOPING (TREAD)

TYPE OF ACTION:	<input type="checkbox"/>	ACTION I : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING	
	<input checked="" type="checkbox"/>	ACTION II : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL	
	Topic	<input checked="" type="checkbox"/>	PROTECTING YOUNG ATHLETES
		<input type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
		<input type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
		<input checked="" type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
		<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
		<input checked="" type="checkbox"/>	INFORMATION ON MEDICINES
		<input checked="" type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
		<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
		<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
		<input type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
		<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT

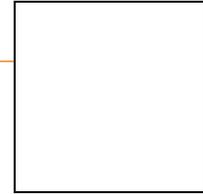
GENERAL EVALUATION REMARKS

The prominent outcome of this project was a 3-day European Conference on Doping. It dealt with the following topics, which are all very important to the fight of doping in sports:

- The effects of doping and overtraining on health.
- Information on medicines.
- Protection of young athletes.

The conference was targeted to physical education teachers, trainers, sports lawyers, doctors and athletes. Presentations were of high scientific standard and they acted as an initiative for further promotion of research in the doping field.

Although it was originally planned that 3 conferences would take place in the framework of the project, dealing separately with the above-mentioned issues, one conference finally was conducted, dealing with all of them. This was considered as a necessary change and it is justified, because it has succeeded in



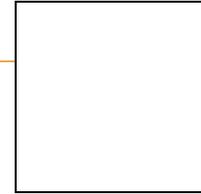
bringing together a significant part of the scientific and sports community. This would not have been possible if 3 separate conferences were to be held.

The project was successful in promoting significant issues, such as the necessity of research on doping and harmonisation of legislation. Moreover, a variety of supporting tools were developed (including videotape, tape and CD-Rom with the conference presentations, posters and a website). Therefore, it is expected that a wide audience became aware of the conference results and that project dissemination has been rather effective.

However, it needs to be mentioned that other issues were also dealt with within the 3-day conference. Although it was separated in distinct parts, according to the issue presented, it cannot be claimed that doping was the sole subject of the 3-day conference.

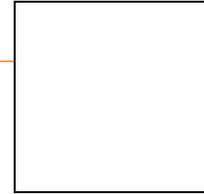
In spite of that, important scientific presentations were made during the conference, which managed to transfer knowledge on doping issues to many interested parties (the audience of the conference consisted of 780 attendees) and set the grounds for establishing research on doping, even in countries where it does not take place to a wide extent, such as Greece. Indeed, on many occasions research is limited to methods of tracing doping substances, whereas it has to be extended in many more areas. As a result of the close contact that was achieved between various actors of the scientific world, the beginning of many common research activities and doctoral theses was set.

The positive overview of the project is demonstrated by the clear need for continuity of such actions. A great interest by all participants has been presented and the requirement for annual performance of a conference on the doping issue has been made obvious.



PROJECT STRUCTURE

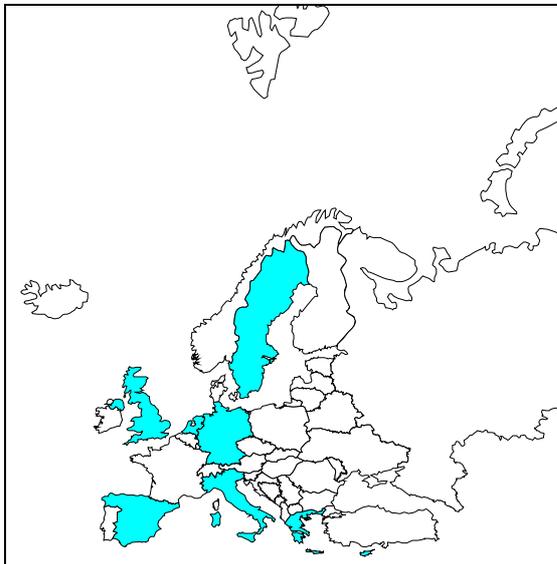
Partner 1	ORGANISATION NAME: Northern Greece Physical Education Teachers Association (EGVE)
	CITY, COUNTRY: Thessaloniki, Greece
	CONTACT PERSON: George Bebetos
	ORGANISATION TYPE: Sporting organization
Partner 2	ORGANISATION NAME: Hellenic Consumer Organisation (EKATO)
	CITY, COUNTRY: Thessaloniki, Greece
	CONTACT PERSON: Dr. Tanya Kyriakides
	ORGANISATION TYPE: NGO
Partner 3	ORGANISATION NAME: International Organization of Physical Education and Sport for Girls and Women (IAPESGW)
	CITY, COUNTRY: Leeds, U.K.
	CONTACT PERSON:
	ORGANISATION TYPE: Sporting organization
Partner 4	ORGANISATION NAME: Medical Union of Northern Greece
	CITY, COUNTRY: Thessaloniki, Greece
	CONTACT PERSON:
	ORGANISATION TYPE: NGO
Partner 5	ORGANISATION NAME: Istituto Della Medicina Dello Sport Del Universiteta Di Genova
	CITY, COUNTRY: Genova, Italy
	CONTACT PERSON: Chiodini Gualtiero, Proffesor Fisiopatologo Dello Sport
	ORGANISATION TYPE: University
Partner 6	ORGANISATION NAME: Klinik fur Orthopadie
	CITY, COUNTRY: Herne, Germany
	CONTACT PERSON:
	ORGANISATION TYPE: Sports Clinic
Partner 7	ORGANISATION NAME: SORE AL SKOLE
	CITY, COUNTRY: Lillehammer, Netherlands
	CONTACT PERSON:
	ORGANISATION TYPE: University

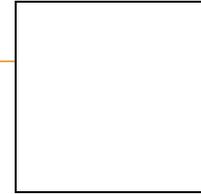


GEOGRAPHICAL COVERAGE

The partners of the project collaborated with various European organisations and formed an extended network. Besides project partners, other organisations that were active in the framework of the project were: Municipality of Thessaloniki, Panhellenic Union of Physical Education Teachers, Anglia Polytechnic University, Southern Sweden Physical Education Teachers, German Sport University Cologne, Spanish Physical Education Teachers, Cyprus Union of Physical Education Teachers.

Scientists from these organisations participated as speakers or audience in the conference that was organised and disseminated information in their respective countries. All countries that were represented in either way in the project are shown in the map below.





GENERAL PROJECT INFORMATION & FACTS

Brief Project Description:

The objective of this project was the organization of three conferences in Thessaloniki. The topics discussed during the conferences would be:

- The effects of doping and overtraining on health.
- Information on medicines.
- Protection of young athletes.

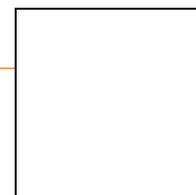
It was intended by project partners that an initiative would be created, the T.R.E.A.D. (Training, Research and Education Against Doping) initiative, bringing together everybody involved and concerned with sports and physical education, in order to provide useful information on specific drugs and acceptable medical limits, to carry out effective solutions promoting a dope – free environment and to promote them to athletes, trainers, parents and officials. In addition the intention of the organizers was the conference to lead to the formation of a pan – European committee called E.C.G.A.D. (European Consulting Group on Anti – Doping), functioning as an informal structure in order to continue the fight against doping in Europe and in their own countries as well.

In order to find out in what level the young athletes and their parents are informed about the effects of doping, a survey was conducted. The sample included trainers, coaches, athletes young and old, sports journalists, heads of government, and university professors. They were asked about the benefits of anti-doping education in both team environments and community settings as well as for the society and individual athletes. The results show a lack of information in this field. In addition three more surveys have been conducted by EGVE: two surveys targeting elementary students (about the relationship between winning and its psychological effects and about the way that they would like a Top Athlete to be) and a research, targeting the parents (about perception of the effects of doping).

A 3-day conference actually took place in Thessaloniki on May 4-6, 2001, instead of three separate conferences, due to technical difficulties. The organizers managed to gather a large number of participants (athletes, coaches, scientists, university professors, doctors, representatives of the state and parents) and the results of the conference were presented in a booklet and a CD-ROM. Moreover, information on the conference exists in the website that was developed.

To further enhance the T.R.E.A.D. project a portfolio consisting of various tools has been created including:

- Video-tapes, containing specialized information from authorities, health professionals, sports organizations, etc
- Tapes with the conference proceedings
- CD-Rom containing all necessary information about doping as well as the proceedings of the conference



Project	Tasks	Partners
Survey	<ul style="list-style-type: none"> ▪ Development of appropriate methodology ▪ Conduction of survey 	EGVE, EKATO All partners
European Conference against Doping	<ul style="list-style-type: none"> ▪ Organisation of the conference ▪ Presentations in the conference 	All partners
Supplementary tools (website, CD-Rom, videotapes etc)	<ul style="list-style-type: none"> ▪ Development and creation of tools ▪ Dissemination of tools 	EGVE, EKATO All partners
Awareness and dissemination activities	<ul style="list-style-type: none"> ▪ Organization of public awareness and sensitisation activities ▪ Press releases, TV and radio spots ▪ Information of interested responsible actors 	All partners

Direct target groups:

Target Group	Number of beneficiaries	Countries
Experts, trainers, coaches, doctors, university students	780	Greece
scientists, speakers, experts		U. K.
scientists, speakers, experts		Germany
scientists, speakers, experts		Austria
scientists, speakers, experts		Finland
scientists, speakers, experts		Italy

Indirect target groups:

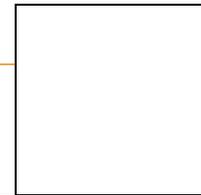
Target Group	Number of beneficiaries	Countries
Parents, Families, Friends & Relatives		Greece
Academic community		EU
Athletes, professional and amateurs		EU

Overall final results of the project:

Result	Type	Size
1. Three-day conference in Thessaloniki	Conference	780 participants
2. CD-Rom	CD-Rom	1000
3. Web Site	Web Site	1
4. Videotapes	Videotape	1000
5. Tapes	Tape	1000
6. Radio and TV Spots	Spots	
7. Posters	Poster	10000
8. Booklets	Booklet	

Production of tangible project products or results:

Product	Number of units	Cost
Conference	1	
CD-Rom	1000	2400 E
Tapes	1000	1200 E
Videotapes	1000	2400 E



Posters	10000	
Booklets		
Website	1	
Radio & TV spots		

Positive outcomes / effects of the project:

- Establishing athletic sovereignty within sports world
- Creating active, aware athletes, a body of anti doping activists
- Extending additional information and knowledge to athletes concerning causes and implications of their decisions
- Promotion of knowledge of not well highlighted sources and impacts of doping in health, psychology
- Introduction of the doping issues to the sports professionals, experts, doctors and university community
- Deep and comparative examination of the issues in stake, current status in Greece and the other European countries
- Gained knowledge through exchange of experiences and expertise
- Establishing of networking with well established responsible organizations and actors favoring an ongoing exchange of knowledge and widening of information sources
- High involvement in the development of educational strategies and the creation of educational material
- Putting down to the table important issues and proposing to the Authorities of the sport Community with all the results and the proposals for Better Clean Competition among athletes

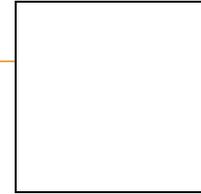
Negative, adverse or unexpected effects/ problems:

- Due to the original suggestion for the implementation of three conferences, there was a difficulty in positive response by experts / speakers, which was however solved with the 3day conference suggestion.
- It was the organisers' wish to also involve participants from Eastern European countries; however, this has not been possible due to limitations in resources.
- The response of athletes that were invited as speakers was considered as small. Unwillingness of athletes to openly speak about the doping issue is a very important matter that should be dealt with by the sports world.

Effectiveness of the project in meeting the partners' objectives:

Scale 0-4 (0 = not at all effective, 4 = very effective)

Objective	Effectiveness				
	0	1	2	3	4
Protection of health and safety for athletes				X	
Protection of economic interests				X	
New information and statistics about doping					X
Calling for stronger doping controls and more severe sanctions					X
Sustainability			X		
Networking					X



PRESENTATION OF PROJECT RESULTS IN DETAIL

ACTION II

II1. Contribution in gaining and providing new knowledge on issues of the doping-in-sport field
 Scale 0-4 (0 = no contribution, 4 =very significant contribution)

Issue	Description of contribution	Contribution rating				
		0	1	2	3	4
Misuse of drugs especially among young athletes	<ul style="list-style-type: none"> ▪ Provision of information ▪ Creation of informative material 			X		
Lack of appropriate educational methodologies	<ul style="list-style-type: none"> ▪ Development of suitable educational strategies ▪ Exchange of knowledge 			X		
Need to raise public awareness	<ul style="list-style-type: none"> ▪ Hosting of Public events ▪ Dissemination of informative material 				X	
Efficient networking among responsible organizations	<ul style="list-style-type: none"> ▪ Hosting of Conference ▪ Steady communication with relevant actors 				X	

SUSTAINABILITY OF RESULTS

Follow-up activities:

1.	Press releases and interviews
2.	Maintenance of the information on the website
3.	Dissemination of the informative material even after the project has ended
4.	On going communication with the participants of the conference and those involved in the project

Life cycle of project products:

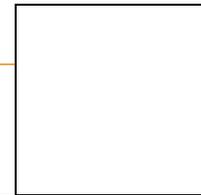
Product/ Result	Life cycle (months)
Dissemination material	
Website	Till Olympics 2004
Electronic material (CD ROMs)	

Dissemination activities:

Dissemination activity	Period	Target Group	Number of beneficiaries	Countries
Releasing of CD-Rom, containing all the speeches and presentations.	2001	- Participants - General Audience		All participant countries
Press Releases	Periodically	General audience		
Electronic publications / Internet	Since 2001	General audience		
Booklets	2001			
Radio and TV Spots	Periodically	General audience		Greece

Collaboration – networking:

Name of organisation	Type of collaboration - networking
P.A.O.K. Panthessalonikios Athlitikos Omilos	Exchange of information between corresponding projects and



Konstaninoupoliton	co-operation in the awareness events
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EFFICIENCY

Rating of efficiency in programme implementation and management

(0 = very poor, 4 = very good) - No information available

- Project leader performance
- Contribution of other partners
- Economic efficiency
- Management of the project by the European Commission

Rating	0	1	2	3	4
Project leader performance					
Contribution of other partners					
Economic efficiency					
Management of the project by the European Commission					

Deviations from initial project scheduling:

	Description of deviation
Initial time plan	Due to the geographical location of many speakers it was decided to host 3 consecutive conferences instead of 3 individual ones as originally planned
Expected results	
Initial budget	
Initial budget structure	
Other:	

FINANCIAL OVERVIEW OF THE PROJECT

Budget	EC Funding
92.680	46340

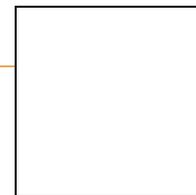
	First payment
Submitted interim report	Yes
	Interim payment
Submitted final report	Yes
	Final payment
Received all funding	Yes
	Total funding

Remarks on project economic efficiency:

The project is considered to be quite cost-effective. Through usage of limited economic resources, a big number of partners collaborated in view of performing the activities of the project.

It has been mentioned that not all issues dealt with during the project are considered to be relevant to the doping-in-sport issue. Yet, the extent that the issue of interest was discussed is considered to be satisfactory. Moreover, a variety of supporting dissemination tools has been developed, therefore sustainability of the project results and their dissemination to the direct target groups is ensured.

Thus, the overall economic evaluation of the project yields a very positive conclusion.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The three topics of the conference were:

1. The effects of doping & overtraining on health,
2. Information on medicines,
3. Protection of young athletes.

The above-mentioned three factors are the core of the doping problem. They also form the Commission's main priorities (as mentioned at com/1999/643, pg. 10) in the combat against doping.

Main benefits, impact, results, experiences gained:

- Many parties involved in the doping issue (athletes, experts, trainers, officials etc.) were brought together and a significant amount of information exchange took place in the framework of the conference
- The CD-Rom containing the presentations and the speeches from the conference is a useful informational tool practically accessible to anyone interested in (available to order through Internet).
- The conducted surveys are providing valuable information about gaps in education concerning doping.
- The TV and radio spots of for TREAD helped the anti-doping message to reach a wider audience.
- A strong network seems to have been formed and it is anticipated that it will have a long-term effect on the combat against doping.

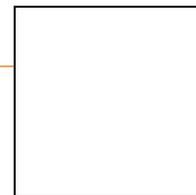
Contribution of project in terms of:

Scope of doping and doping-related phenomena	<input type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input checked="" type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input checked="" type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>

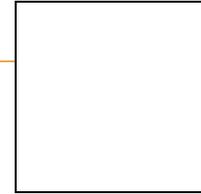
Description of the project's complementarity to other national or international activities:

Other local, national or international activity	Description of the project's complementarity
H.A.N.D.S. – Higher Awareness Needs for Doping in Sport	<ul style="list-style-type: none"> ▪ The results of the survey that were performed within the TREAD project were also useful for the HANDS project ▪ Taking advantage of the formed network of interested parties

Added value of the project compared to other activities:



No information available



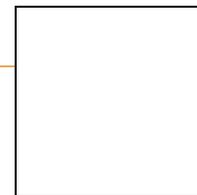
QUALITATIVE REMARKS

The main product of this project is the 3-day European conference on Doping. The conference itself, as well as the products deriving from it (proceedings, CD-ROM, videotape etc), are directed to scientists and sports professionals. It provided a very good opportunity for exchange of information on recent research in the doping field, current legal situation and the various effects of doping on athletes.

Moreover, medical information that was presented in the conference, as well the material that was collected through the surveys became the basis for the creation of educational material, suitable for a wider target audience, especially young athletes, through another project, with which strong networking occurred: HANDS project (C116-22).

Generally, the project can be considered as successful, since it managed to deliver the expected results. It is undeniable that dissemination and involvement was much wider in Greece, since the conference was organised there. Its impact can be improved though, through similar future actions in other countries.

Unquestionably, the conduction of one 3-day conference had many advantages. For example, it might have been impossible to gather all necessary actors in each of the three separate conferences that were planned originally. However, if 3 different conferences had been conducted in 3 countries, dissemination towards a wider European audience would have been achieved. The partners of the consortium are also aware of this, as well as they are aware of the fact that such activities are badly needed by the scientific world, as a means for promoting research on doping. Therefore it is obvious that there has to be continuity through similar future activities.



Project Information Sheet

Project Number	Implementation Period
C 116 - 15	01/08/2000 – 01/11/2001

PROJECT TITLE:

LEGAL COMPARISON AND THE HARMONISATION OF DOPING RULES

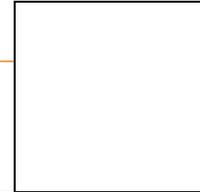
TYPE OF ACTION:	<input type="checkbox"/>	ACTION I: INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING
	<input checked="" type="checkbox"/>	ACTION II: ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL
	<input type="checkbox"/>	PROTECTING YOUNG ATHLETES
	<input checked="" type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
	<input type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
	<input type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
	<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
	<input type="checkbox"/>	INFORMATION ON MEDICINES
	<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
	<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
	<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
	<input type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
	<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT

GENERAL EVALUATION REMARKS

Through this project a high level study has been accomplished. The study has involved collection of information concerning the existing doping rules and regulations of 525 national sport organisations (35 Olympic sports in the 15 EU member states). Information has been compiled and analysed and a comparative study has been made. The results of the study have been presented in a CD-Rom, as well as in a website that was created in the framework of the project.

The study contains valuable information on doping rules around Europe and it can be considered as a major step towards harmonisation of doping rules. It has already provided the basic material and legal analysis that served as the grounds for development of the World Anti-Doping Code by WADA. In this discipline it is obvious that the project results have been extremely important and they have managed indeed to provide significant contribution in the combat of doping, since harmonisation is a recognised issue of high importance in this fight.

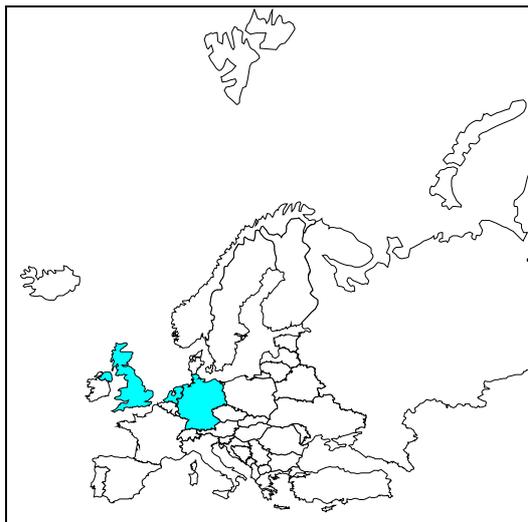
Therefore, although this has been an extremely expensive project, it is considered as a very successful one as well. Suggestions are made for reduced budgets in similar future projects, yet the value of results is not diminished.

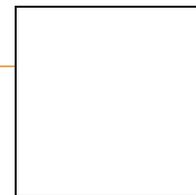


PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: Friedrich-Alexander University, Institut für Recht und Technik
	CITY, COUNTRY: Erlangen, Germany
	CONTACT PERSON: Prof. Dr. Klaus Vieweg
	ORGANISATION TYPE: University
Partner 2	ORGANISATION NAME: T.M.C. Asser Institute for Private and Public Int. Law, Int. Commercial Arbitration and European Law
	CITY, COUNTRY: The Hague, The Netherlands
	CONTACT PERSON: Dr. Robert C.R. Siekmann
	ORGANISATION TYPE: Research centre
Partner 3	ORGANISATION NAME: Max Plank - Institut für ausländisches und internationales Strafrecht
	CITY, COUNTRY: Freiburg im Breisgau, Germany
	CONTACT PERSON: Dr. Koch Hans – Georg.
	ORGANISATION TYPE: Research centre
Partner 4	ORGANISATION NAME: Anglia Polytechnic University, Sports Law Centre (APU)
	CITY, COUNTRY: Chelmsford, England
	CONTACT PERSON: Simon Gardiner
	ORGANISATION TYPE: University

GEOGRAPHICAL COVERAGE





GENERAL PROJECT INFORMATION & FACTS

Brief Project Description:

The aim of the organizers was to contribute towards harmonisation of national legislations in the field of the fight against doping in E.U. Member States, since the current diversity of rules and regulations of sports organisations and relevant legislation leads to certain ineffectiveness as well as a lack of public acceptance and legal security in combating doping in sport in Europe.

The organisers conducted an analysis and comparative research of the doping rules and regulations of the International Olympic Committee, the International Paralympic Committee and the international sports federations as well as the corresponding national sports organisations across European Union with regard to the following aspects:

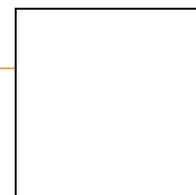
- Definition of doping
- Purpose on ban on doping
- List of prohibited substances and methods
- Doping control and testing in and out of competition
- Evidential rules
- Fundamental rights of the athlete and procedural guarantees
- System of sanctions
- Mutual recognition of sanctions
- Competence to impose sanctions

They also analysed the decisions of the International Court of Arbitration for Sports (CAS) on doping, the relevant national legislation and the relevant judicial decisions of domestic courts in the Member States. The result of the project is an academic study (aprox. 1000 pages), including detail information on:

- The Institutional Framework** regarding the International Olympic and Paralympic Committees, E.U, World Anti Doping Agency, International Anti – Doping Arrangement, Sports Organisations
- Public Law Analysis** regarding the recent governmental activities, the general legal framework and criminal law aspects,
- Sport Rules and Regulations** regarding doping methods and substances, testing arrangements, fundamental rights of the athletes, system of sanctions, medical limits
- Analysis of doping cases of the Court of Arbitration for Sport.**
- Conclusions & Recommendations** regarding constitutional issues, national legislation, the law of sports associations, the Court of arbitration for sports and the harmonisation of sports, CAS and Statutory law.

A CD-Rom is also attached to the study containing the full text of rules and regulations of national sports organisations and reports on the legislation on doping of the Member States (unfortunately the reports are in German).

Activities	Tasks	Partners
Academic study	1. Collection of information regarding doping rules and regulations, national legislation, CAS jurisprudence 2. Analysis and comparison of information 3. Description of analysed information	All



Direct target groups:

Target Group	Number of beneficiaries	Countries
National sports ministries, national sporting organisations, international sports federations, including IOC, CAS and WADA	578	EU

Indirect target groups:

Target Group	Number of beneficiaries	Countries
European Athletes Commission, national and international associations for sport and the law	16	EU

Overall final results of the project

Result	Type	Size
1. Academic Study	Study	1
2. CD-Rom	CD-Rom	750
3. Website	Website	1

Production of tangible project products or results:

Product	Number of units	Cost
1. Academic study	1	
2. CD-Rom	750	~ 9000
3. Website	1	5450

Positive outcomes / effects of the project:

1. the study enabled WADA to draft the World Anti-Doping Code on the basis of comprehensive legal research
2. organisation of research by an international group
3. collection of information from a large number of national private sources (sports organisations) and analysis of material

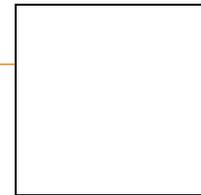
Negative, adverse or unexpected effects/ problems:

Collection of rules and regulations from as many as 525 national sport organisations (35 Olympic sports in the 15 EU member states) can be described as a situation involving many problems

Effectiveness of the project in meeting the partners' objectives

Scale 0-4 (0 = not at all effective, 4 = very effective)

Objective	Effectiveness				
	0	1	2	3	4
Study and comparative analysis of the international sports law, recommendations for harmonisation based on this					X
International academic cooperation					X



PRESENTATION OF PROJECT RESULTS IN DETAIL

ACTION II

II1. Contribution in gaining and providing new knowledge on issues of the doping-in-sport field
 Scale 0-4 (0 = no contribution, 4 =very significant contribution)

Issue	Description of contribution	Contribution rating				
		0	1	2	3	4
Harmonisation of law and rules on doping	Comparative research into existing legislation and sporting rules on doping					X
Acceptability of sporting rules on doping in a human rights perspective	Testing sporting rules on doping against general fundamental rights of athletes					X

SUSTAINABILITY OF RESULTS

Follow-up activities:

1.	The final report on CD-Rom was distributed among all target groups
2.	The doping rules and regulations of the sporting world were published on a special website
3.	The final report was presented and discussed at an international conference

Life cycle of project products

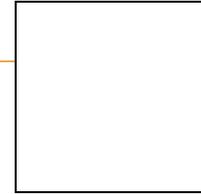
Product/ Result	Life cycle (months)
Final report on CD-Rom	24
Website	12

Dissemination activities:

Dissemination activity	Period	Target Group	Number of beneficiaries	Countries
CD-Rom	12/ 2001	Direct and indirect target groups	600	EU
Website	12/ 2001	General public		

Collaboration – networking:

No information available



EFFICIENCY

Rating of efficiency in programme implementation and management
(0 = very poor, 4 = very good)

Project leader performance
Contribution of other partners
Economic efficiency
Management of the project by the European Commission

Rating	0	1	2	3	4
				X	
				X	
				X	
					X

Deviations from initial project scheduling:

	Description of deviation
Initial time plan	A prolongation was required
Expected results	
Initial budget	The project cost was less than anticipated
Initial budget structure	Some costs were not eligible
Other:	

FINANCIAL OVERVIEW OF THE PROJECT

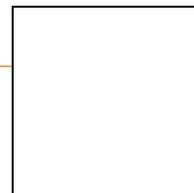
	Budget	EC Funding
TMC Asser	363165	181583
APU	91561	45780
IRUT	345609	172804
MPI	174179	87090
Total	974514	487257

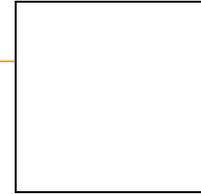
The actual cost of the project was 840174 €, 832606 of which was eligible

Submitted interim report	Yes
First and Interim payment	146177
Submitted final report	Yes
Final payment	270126
Received all funding	Yes
Total funding	416303

Remarks on project economic efficiency:

This is a very significant project with important results. Still, comments can be made concerning its cost-effectiveness. It appears that the majority of costs have been intended for staff costs. This is justifiable since the objective of the project was the conduction of research. However, it is considered that costs have been very high in this direction and efforts could have been made for the delivery of the project results in a more cost-effective manner.





EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The basic recommendations of the project are towards further harmonisation of national legislations in the field of the fight against doping in E.U. Member States, which is one of the Commission's main priorities

The study includes a detailed analysis and comparison between the national legislations (4.2.1.2. head), which is in line with Commission's priority on police and judicial cooperation *as mentioned in COM 1999/643, annex 1, head 3).

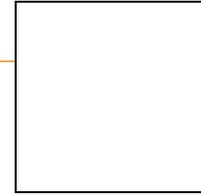
The study includes a detailed analysis of the testing procedures and arrangements (4.2.4 and 4.2.4. heads), which contributes towards Commission's priority on providing the anti-doping bodies with suitable regulatory and normative framework recognisable by the courts of different countries (as mentioned in COM 1999/643, annex 1, pg. 16)

Main benefits, impact, results, experiences gained:

- Creation of detailed inventory of anti doping rules and regulations of global and European sport organisations.
- Creation of detailed inventory of anti doping legislation in the E.U. Member States.
- The conclusions and recommendations of the study are extremely valuable since they are proposed by top key experts in the legal field.
- The CD containing the full text of rules and regulations of national sports organisations and reports on the legislation on doping of the Member States is a useful tool for anyone seeking quick and detailed relevant information.

Contribution of project in terms of:

Scope of doping and doping-related phenomena	<input type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input checked="" type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input checked="" type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>



Description of the project's complementarity to other national or international activities:

Other local, national or international activity	Description of the project's complementarity
WADA World Anti-Doping Code	Provision of the basic material and its legal analysis for development of the Code

Added value of the project compared to other activities:

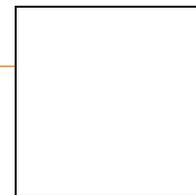
Other activity	Added value
WADA World Anti-Doping Code	Provision of the basic material and its legal analysis for development of the Code

QUALITATIVE REMARKS

The co-organizers of the C 116-15 project managed to perform a high level academic study on the legal framework of the doping combat in Europe. Naturally, compilation of information on existing rules and regulations concerning doping exists through prior research. However, the present study is based on an extremely detailed and analytical approach of the legal aspects of doping in all member states, covering associations related to 35 Olympic sports. Moreover, the project team has also made a comparative analysis of the recovered data. This is a major step in the direction of harmonisation of law concerning doping. Therefore, it is expected that the material of this survey will have a big impact in this discipline, especially since it has already set the basis for development of the World Anti-Doping Code by WADA.

Another important aspect is that the effects of such a high quality study could be spread out and not be limited only within the strict academic society. It is useful not only in the scientific and academic field but also to anyone seeking information about the anti-doping legislation across Europe.

Comments have been made concerning the cost-effectiveness of the project. Serious efforts should be made in similar future actions in order to avoid such high costs. However, in spite of this negative point, the overall picture of the project is a very positive one, due to the importance of its results.



Project Information Sheet

Project Number	Implementation Period
C 116 - 17	01-08-2000 - 30-11-2001

PROJECT TITLE:

DOPING PREVENTION IN EUROPEAN ATHLETICS FOR THE SAKE OF ATHLETES AND FAIR PLAY IN SPORT

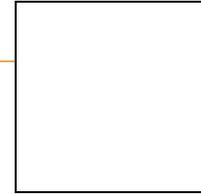
TYPE OF ACTION:	<input checked="" type="checkbox"/>	ACTION I : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING	
	<input checked="" type="checkbox"/>	ACTION II : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL	
	TOPIC	<input checked="" type="checkbox"/>	PROTECTING YOUNG ATHLETES
		<input checked="" type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
		<input type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
		<input checked="" type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
		<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
		<input checked="" type="checkbox"/>	INFORMATION ON MEDICINES
		<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
		<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
		<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
		<input type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
		<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT

GENERAL EVALUATION REMARKS

Project 116-17 focused on two distinct activities. The first one involved the conduction of a survey on doping prevention. The survey was based on a questionnaire that was elaborated and sent out to European sporting associations in order to investigate their activities concerning doping rules and doping control.

The other activity aimed to the development of a web application that consists of a system that is able to provide data on the whereabouts of athletes. This system is expected to significantly facilitate doping control.

Finally, the above outcomes were presented in a conference that was performed and also through printed publications that were produced (a handbook and a brochure). The handbook provides useful and detailed information on doping substances, yet it is considered that it can only serve as a reference



tool on the issue, which is however covered by numerous other European and international initiatives. In fact it mostly has a dissemination role, since it is not written in a way to attract a specific audience.

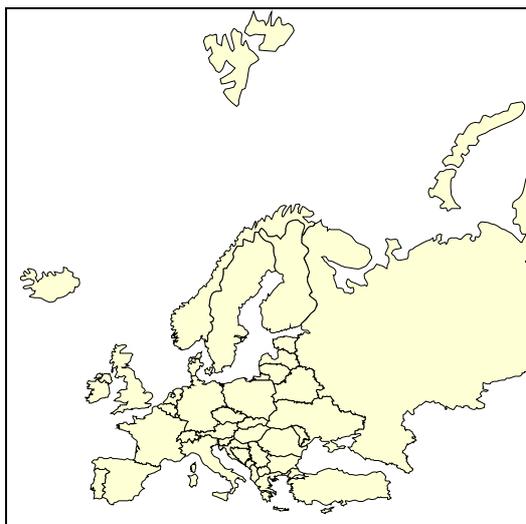
Overall, the project has accomplished its goals. The survey providing information on doping prevention was conducted and the whereabouts system was created. It has to be noted that the latter currently is only of use to German athletes, in case that it has become fully functional (it is not clear if it was functional by the time that the project was ended). Therefore, it is not really a product that presents European value. Still, it might prove to be generally useful in the future if it proves to be good practice and it is duplicated internationally.

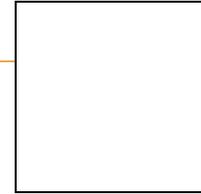
PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: Deutscher Leichtathletik Verband (DLV)
	CITY, COUNTRY: Darmstadt, Germany
	CONTACT PERSON: Prokop Clemens
	ORGANISATION TYPE: National Sporting organisation
Partner 2	ORGANISATION NAME: European Athletic Association (EAA)
	CITY, COUNTRY: Darmstadt, Germany
	CONTACT PERSON: Lufft Till
	ORGANISATION TYPE: European Sporting organisation

GEOGRAPHICAL COVERAGE

European Athletic Association (EAA) is a European Sporting organisation; therefore geographical coverage of the project extends to all European Union countries.





GENERAL PROJECT INFORMATION & FACTS

Brief Project Description:

The main aims of the organizers were to contribute on the harmonisation of the fight against doping in European athletics, the standardisation of the doping control system across Europe and the improvement of preventional health care in particular as far as young athletes are concerned.

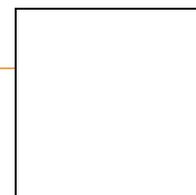
The organizers sent out questionnaires to all European sporting federations in order to conduct a pan European survey regarding the institutional framework, the legislation, testing arrangements, information and education programs in order to get an overview of the various anti – doping activities. The results were presented on 28 Oct 2000 during the EAA Seminar in Gothenburg. As a result, at the end of the seminar a joint resolution was passed on the combating of doping in European athletics.

Furthermore, a web-based application providing quick information on the athletes' whereabouts was developed, which is meant to be used by both athletes and doping officials seeking relevant information

An important aspect of this project was the publication of an anti-doping brochure and handbook, both including the results of the above mentioned questionnaire. The Handbook was released in 4 languages (German, French, English and Russian), containing important information on doping methods and substances (and esp. on the so-called "Dietary Supplements"), presenting the results from the questionnaire mentioned above and overlooking the competition and the out-of –competition testing procedures. It also gives a detailed description of the German Doping Control System and presents the whereabouts system that was developed.

In order to approach a wider audience, two anti doping posters containing a list of the prohibited substances and methods were released and displayed at various competition venues.

Activities	Tasks	Partners
Survey on doping prevention	<ul style="list-style-type: none"> ▪ Preparation of questionnaire. ▪ Distribution of the questionnaire to all 23 European federations of EAA. ▪ Evaluation of the reports in response. ▪ Presentation of the survey results at the EAA conference in Gothenburg (28-10-2000). ▪ Resolution of the EAA on the fight against doping. ▪ Publication of an anti doping brochure. ▪ Publication of a handbook. ▪ Distribution of the handbook. 	<ul style="list-style-type: none"> • European Athletics Association (EAA) • German Athletics Association (DLV)
Development of a web application (whereabouts system)	<ul style="list-style-type: none"> ▪ Information ▪ Development 	



Direct target groups:

Target Group	Number of beneficiaries	Countries
Athletics Federations	45	All European Countries.
Participants in the Gotheburg conference	800	-//-
Doping control officers	30	Germany
Coaches	~ 300	Germany

Indirect target groups:

Target Group	Number of beneficiaries	Countries
Athletic clubs	Several hundred	Mostly Germany
Athletes	> 1000	Europe
The International Athletic Federation		Monaco
Doping control laboratories	~ 10	Germany

Overall final results of the project:

Result	Type	Size
Conducting of a pan-European Survey.	Survey	1
Publication of the Anti Doping Handbook and brochure	Printed publications	500
Organization of EAA Conference.	Conference	1
Development of website	Web site	1

Production of tangible project products or results:

Product	Number of units	Cost
Brochure and handbook	500	28000
Conference	1	75000
Website – whereabouts system	1	21500

Positive outcomes / effects of the project:

1. harmonisation of the regulations and structures in the fight against doping
2. communication and problem tracking and solving
3. development of the whereabouts system
4. more information of the athletes and concerned persons

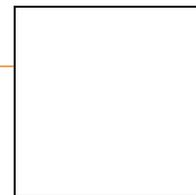
Negative, adverse or unexpected effects/ problems:

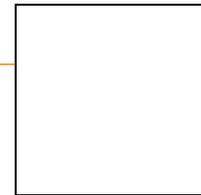
No

Effectiveness of the project in meeting the partners' objectives:

Scale 0-4 (0 = not at all effective, 4 = very effective)

Objective	Effectiveness				
	0	1	2	3	4
Harmonisation					X
Production of dissemination material					X
Data handling					X
To press ahead with the fight against doping				X	
To install a practical whereabouts system					X
To call attention to doping related issues					X





PRESENTATION OF PROJECT RESULTS IN DETAIL

ACTION I

11. Effectiveness in raising awareness on doping issues, i.e. reaching various target groups

Scale 0-4 (0 = not at all effective, 4 = very effective)

Target group	Effectiveness				
	0	1	2	3	4
Athletes					X
Federations, clubs, officials					X

12. Impact on changing public attitudes and views with regard to the use of substances in the target countries

Scale 0-4 (0 = not at all significant, 4 = very significant)

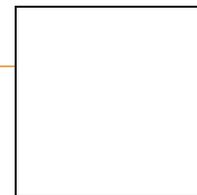
Country	Significance				
	0	1	2	3	4
Germany					X
Other countries				X	

ACTION II

II1. Contribution in gaining and providing new knowledge on issues of the doping-in-sport field

Scale 0-4 (0 = no contribution, 4 = very significant contribution)

Issue	Description of contribution	Contribution rating				
		0	1	2	3	4
Declaration						X
Whereabouts system	Handling on data concerning the athletes' whereabouts					X
Questionnaire	Provision of significant data				X	



SUSTAINABILITY OF RESULTS

Follow-up activities:

1.	Publications and distribution
2.	Extension and maintaining of the whereabouts system

Life cycle of project products

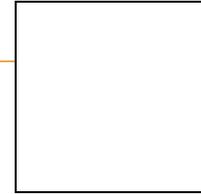
Product/ Result	Life cycle (months)
BROCHURE	36
POSTERS	48
DECLARATION	48
WHEREABOUTS-SYSTEM	INFINITE

Dissemination activities:

Dissemination activity	Performance Date / Period	Target Group	Number of beneficiaries	Countries
1. Publication of an Anti Doping Handbook for the members of the EAA.	2001 -	Athletics Associations Athletes Trainers	Several hundred	All European countries
2. Creation of two Posters for display at competition venues.	2001 -	Athletics Associations Athletes Trainers Amateur athletes		All European countries
3. Development of a website with information about the athlete's whereabouts.	2001 -	Athletics Associations Athletes Doping Officials	800	Germany
4. Resolution by the EAA on the fight against doping.	2001	Athletics Associations Athletes Trainers Amateur athletes Public	infinite	All European countries

Collaboration – networking:

No information available



EFFICIENCY

Rating of efficiency in programme implementation and management (0 = very poor, 4 = very good)
 No information available

Project leader performance
 Contribution of other partners
 Economic efficiency
 Management of the project by the European Commission

Rating	0	1	2	3	4
Project leader performance					X
Contribution of other partners					X
Economic efficiency				X	
Management of the project by the European Commission					X

Deviations from initial project scheduling:

	Description of deviation
Initial time plan	A prolongation of 3 months was required because the analysis of questionnaires took more time than expected.
Expected results	
Initial budget	The project budget was scheduled to be 160000 €. It came to 181353 €, of which: 155912 € were estimated to be eligible costs.
Initial budget structure	
Other:	

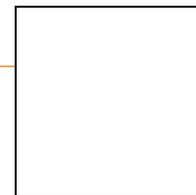
FINANCIAL OVERVIEW OF THE PROJECT

	Budget	EC Funding
Total	181353	77956

	First payment	24000
Submitted interim report		21/6/2001
	Interim payment	24000
Submitted final report		19/7/2002
	Final payment	29956
Received all funding		Yes
	Total funding	77956

Remarks on project economic efficiency:

Although efforts could have been made on reducing costs, the project is considered to have rather justifiable costs.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

This project is in line with several priorities in the field of combating doping in sports:

a) The handbook (basic objective of the project) manages to provide detailed information about the effects of doping on athlete's health. By doing this it helps in better understanding of the long-term effects of doping on the individual (as mentioned in annexe 1, pg. 15 of the COM/99/ 643 of the Commission).

b) It also provides detailed information about the side effects and the risks of testing positive for doping while using the so-called "Dietary Supplements". It turns out that they contain various prohibited substances, many times mentioned under different names. By doing this, the handbook helps us in detection of the potentially doping effects of pharmaceutical substances (as mentioned at annexe 1, pg. 16 and pg. 20 of the COM/99/643 of the Commission).

c) By a pan-European survey regarding anti doping practices the project contributes on their further harmonisation.

Main benefits, impact, results, experiences gained:

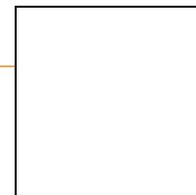
- Publishing of a complete anti doping handbook including information relevant to prohibited substances and methods, testing procedures, anti doping practices, recommendations and suggestions is useful for both athletes and trainers.
- The fact that it is translated into English, French and Russian makes it easier on approaching wider audience among EAA members.

Contribution of project in terms of:

Scope of doping and doping-related phenomena	<input type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input checked="" type="checkbox"/>
Scientific evidence of the biomedical (side-) effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input checked="" type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input checked="" type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input checked="" type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input checked="" type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>

Description of the project's complementarity to other national or international activities: No information available

Other local, national or international activity	Description of the project's complementarity
Harmonisation activities worldwide	Information, analysis, provision of recommendations
Improvement of data handling for doping tests	Creation of a whereabouts system



Added value of the project compared to other activities:

Other activity	Added value
Harmonisation	Information, presentation of good regulations
Data handling	Evaluation of a new, practical system

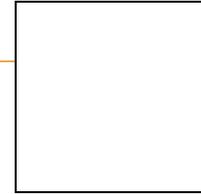
QUALITATIVE REMARKS

This is an interesting project that managed to perform the envisaged activities. First of all, a survey was conducted through questionnaires sent to all 23 federations of EAA. Feedback coming from this survey gives valuable information on the situation in each European country concerning the doping issue. Gathering of such facts is a step ahead towards harmonisation of national anti-doping policies.

Secondly, a web application was created, offering information on the athletes whereabouts and thus facilitating doping controls. It is not clear if the application was fully functional by the end of the project. By the moment that it will be fully functional, this will enable officials of the Anti-doping Coordination Committee (ADKS) of DLV to handle the absence notices of athletes in Germany who should be registered. Then it will be possible to arrange doping controls in a timely manner. This useful tool will serve as a good practice example for other national sporting organisations that need to be aware of the whereabouts of their registered athletes. Therefore, although the development of the tool as is, does not present a European dimension and it cannot be expected to have either an international impact or an effect against doping in sports, it may prove to be particularly useful in the future, after it has been tested, disseminated and duplicated.

A quite important product of the project is the handbook that was created. Its most important aspect is the fact that it provides a systematic overview of the prohibited substances and methods, the testing procedures and the anti doping practices, thus being a very useful reference tool. In particular, it can be of use to associations or athletes. The fact that it is translated into English, French and Russian makes it easier on approaching a wider audience among EAA members. The results of the survey and the whereabouts system that was developed are also included in the handbook. In general, the handbook can serve as a reference tool and it is a good dissemination tool of the project results.

The results of the survey were also presented in the Seminar in Gothenburg. However, there is no information available concerning the seminar and presentations that took place in its framework.



Project Information Sheet

Project Number	Implementation Period
116 - 18	14-06-2000, 31-10-2001

PROJECT TITLE:

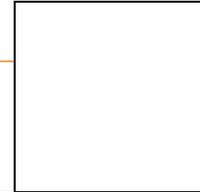
DOPING DISABLES

TYPE OF ACTION:	<input checked="" type="checkbox"/>	ACTION I : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING	
	<input checked="" type="checkbox"/>	ACTION II : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL	
	Topic	<input checked="" type="checkbox"/>	PROTECTING YOUNG ATHLETES
		<input checked="" type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
		<input checked="" type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
		<input checked="" type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
		<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
		<input type="checkbox"/>	INFORMATION ON MEDICINES
		<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
		<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
		<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
		<input type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
		<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT

GENERAL EVALUATION REMARKS

The project can be considered as quite successful, although information is based solely to the examination of the project file (partners have not responded to the questionnaire sent to them, therefore additional data that would enhance the evaluation were not provided). It has covered various points (including provision of education related to disabled athletes to doping officials). However, its most prominent aspect is the one of dissemination of information concerning doping to the community of disabled athletes.

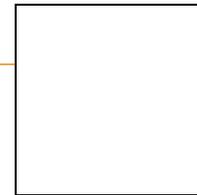
The project has been target-specific and it has managed to address disabled athletes at an international level. Its presentation has been made in various countries, thus reaching a wide audience belonging in this target group, as well as the general public. Finally, its dissemination continues, since the website that was created is still functioning.



On the other hand, it has to be noted that this has been a considerably expensive project, although it was addressed only to one specific target group. The effectiveness of projects that are addressed to specific target groups has been obvious through this evaluation. Yet, it clearly does not justify the spending of big funds when only one group is involved. Especially concerning information and dissemination activities, it is obvious that when aiming to one target group only not too many tools need to be used since overlapping occurs and the result is delivery of the same facts and information to the same people through multiple sources. In cases that this is possible at small cost this is not an undesirable action. However, in cases that a project is rather expensive due to highly justifiable and effective actions overspending in supplementary actions is not advisable.

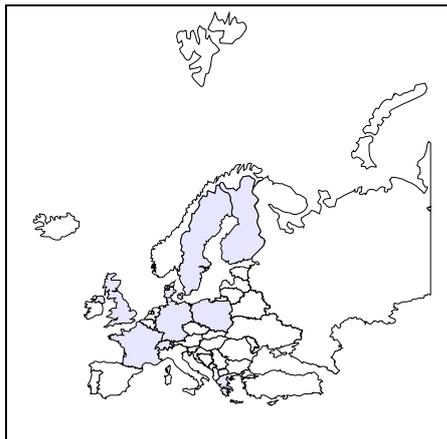
PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: European Paralympic Committee (EPC)
	CITY, COUNTRY: Bonn, Germany
	CONTACT PERSON: Hans Lindstrom
	ORGANISATION TYPE: Regional Sporting Organisation
Partner 2	ORGANISATION NAME: International Paralympics Committee (IPC)
	CITY, COUNTRY: Bonn, Germany
	CONTACT PERSON: Thomas Reinecke
	ORGANISATION TYPE: International Sporting Organisation
Partner 3	ORGANISATION NAME: Svenska Handikappidrottsforbundet (SHIF)
	CITY, COUNTRY: Farsta, Sweden
	CONTACT PERSON: Bengt Lindstedt
	ORGANISATION TYPE: National Sporting Organisation
Partner 4	ORGANISATION NAME: Deutscher Behinderten Sportverband (DBS)
	CITY, COUNTRY: Duisburg, Germany
	CONTACT PERSON: Dieter Keuther
	ORGANISATION TYPE: National Sporting Organisation
Partner 5	ORGANISATION NAME: Dansk Handicap Idræts Forbund (DHIF)
	CITY, COUNTRY: Brøndby, Denmark
	CONTACT PERSON: Karl Vilhelm Nielsen
	ORGANISATION TYPE: National Sporting Organisation
Partner 6	ORGANISATION NAME: Finnish Paralympic Committee
	CITY, COUNTRY: Helsinki Finland
	CONTACT PERSON: Maria Laakso
	ORGANISATION TYPE: National Sporting Organisation



GEOGRAPHICAL COVERAGE

An International Sporting Organisation is included in the consortium. Therefore a broad geographic coverage is ensured. European countries in which dissemination of information has been performed through exhibition of the developed material are presented below. Moreover, presentation was performed during the Sydney Paralympic Games and at IPC's congress in Kuala Lumpur, thus achieving dissemination at international scale.

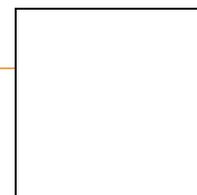


GENERAL PROJECT INFORMATION & FACTS

Brief Project Description:

The aim of the organizers of the project was to raise the awareness and knowledge about health risk with doping, specifically concerning athletes with disabilities in connection to testing and medication (testing procedures on blind, intellectually disabled, using catheters athletes). The project included:

- Information campaign with mobile exhibition and distribution of printed material.
The info-material included "Doping Disables" leaflets and Brochures, providing valuable anti-doping information on topics such as: prohibited substances and methods, specifications of the control process for the disabled, the past and the future of doping etc. The printed material was translated into three languages (English, French, and German) and due to the nature of the project it was also available in Braille, tape and large print versions.
The mobile exhibition visited several venues across Europe. According to estimates made by the organizers more than 2.500 elite disabled athletes and almost as many team officials and representatives of national sports federations from over 35 countries have met the campaign. The exhibition also visited the 2001 International Paralympic Committee Congress in Kuala Lumpur and its General Assembly in Athens.
The campaign obtained world wide awareness through its presence at the 2000 Sydney Paralympics.
- 2. Creation of the "Doping Disables" Website (<http://www.Paralympic.org/epc/doping/>).
- 3. A pan – European "Doping Disables" conference in Croatia (6 – 7 April 2001).
The conference was attended by 26 Paralympic Committees focused on the differences amongst European countries regarding organisational structure and their relationship with the National Olympic Committees and the National Doping Agencies.



4. Educational Seminars for doping officials.

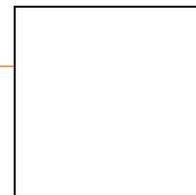
The seminars were held in four European cities (Paris, Lisbon, London, and Budapest). The seminars were focused on athletes with disabilities in connection to doping testing. They were conducted by national anti-doping agencies and supervised by the IPC and included actual doping tests.

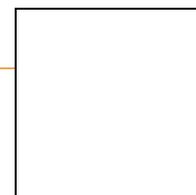
In Addition a special issue of the EPC news magazine dedicated to the “Doping Disables” Campaign was released, containing articles about the campaign, the Sydney Paralympic games, presentation of the International Doping Test & Management (IDTM) and a special article of Mr. Lindstrom (president of the EPC) about the doping.

Activities	Tasks	Partners
Organization of an Information campaign.	<ul style="list-style-type: none"> ▪ Preparation meeting in Bonn (18/08/2000). ▪ Hiring of “Rugo Kommunikator” media agency. ▪ Development and production of the initial campaign materials (08/12/2000). ▪ Press conference during the Sydney Paralympic Games. ▪ Selection of the events hosting the “Doping Disables” campaign (January 2001). ▪ Development and production of the brochure and mobile exhibition (02/03/2001). ▪ Tour of the campaign: <ul style="list-style-type: none"> ○ 24/02-03/03 /2001, European Skiing Championships in Solleftea, Sweden ○ 18-22/06/2001, European Football Championships for Blind in Paris. ○ 12-23/7/2001, EPC European Table Tennis Championships, Frankfurt ○ 19-29/07/2001, World Championships for cerebral palsied in Nottingham. ○ 29/07 – 05/08 /2001, EPC Swimming Championships in Sweden. ○ 31/07 – 05/08 /2001, IBSA European Championships in Athletics for blind in Poland. ○ 07-16 /09/2001, EPC European Cycling Championships in Zurich. ○ 28/10 – 05/11 /2001, EPC European Championships in Powerlifting. ▪ Publication of a “Doping Disables” special of the IPC News magazine. 	EPC IPC
EPC Conference	<ul style="list-style-type: none"> ▪ EPC executive preparation meeting in Oslo (16-18/06/2000). ▪ Holding of the Seminar, Pula – Croatia, 6 – 7 April 2001. 	EPC
Educational Seminars for doping officials	<ul style="list-style-type: none"> ▪ Preparation. ▪ Seminar in Paris (20/06/2001). ▪ Seminar in Lisbon (30/06/2001). ▪ Seminar in London (20/07/2001). ▪ Seminar in Budapest (30/10/2001). 	EPC SHIF DBS
Website	<ul style="list-style-type: none"> ▪ Design (August 2001). ▪ Establishing (August 2001). 	EPC

Direct target groups:

Target Group	Number of beneficiaries	Countries
1. Athletes with disabilities.	2500	International
2. National Paralympic Committees	26	12 EU countries
3. Doping officials		France, Portugal, UK, Hungary





Indirect target groups:

Target Group	Number of beneficiaries	Countries
Athletes with disabilities		International
National and International Committees		International
Public		International

Overall final results of the project:

Result	Type	Size
1. Information Campaign through visits at events	Public Campaign	10
2. Web Site	Web Site	1
3. Conference in Pula, Croatia	Conference	1
4. Educational Seminars for doping officials	Seminar	4
5. Press conference during the Sydney Paralympic Games	Press Conference	1
6. Dissemination material	Brochure, stickers etc	
7. Mobile exhibition	Display stand	1

Production of tangible project products or results:

Product	Number of units	Cost
Brochure in various versions (incl. Braille, tape)	10000	13770
Posters		2950
Leaflets	6500	1800
Stickers		3100
Conference	1	6550
EPC Newsletter		7700
Exhibition stand (production, materials, transportation)	1	28160
Education/ Testing	4	54640
Website	1	7250

Positive outcomes / effects of the project:

No information available

Negative, adverse or unexpected effects/ problems:

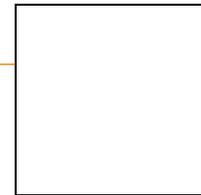
No information available

Effectiveness of the project in meeting the partners' objectives:

Scale 0-4 (0 = not at all effective, 4 = very effective)

No information available

Objective	Effectiveness				
	0	1	2	3	4



PRESENTATION OF PROJECT RESULTS IN DETAIL

No information available from partners

ACTION I

I1. Effectiveness in raising awareness on doping issues, i.e. reaching various target groups
Scale 0-4 (0 = not at all effective, 4 = very effective)

Target group	Effectiveness				
	0	1	2	3	4

I2. Impact on changing public attitudes and views with regard to the use of substances in the target countries

Scale 0-4 (0 = not at all significant, 4 = very significant)

Country	Significance				
	0	1	2	3	4

ACTION II

II1. Contribution in gaining and providing new knowledge on issues of the doping-in-sport field
Scale 0-4 (0 = no contribution, 4 = very significant contribution)

Issue	Description of contribution	Contribution rating				
		0	1	2	3	4

SUSTAINABILITY OF RESULTS

Follow-up activities:

No information available

Life cycle of project products

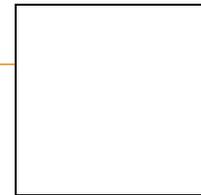
No information available

Dissemination activities:

Dissemination activity	Performance Date / Period	Target Group	Number of beneficiaries	Countries
1. Creation of the "Doping Disables" Web Site.	Since 8/2001. (Still functional).	Athletes with disabilities	Infinite	All
2. Creation of the "Doping Disables" brochure and info-material (stickers, leaflets, posters).	2000-2001	Viewers of visited events		
3. EPC News magazine's special on "Doping Disables".	March 2001 issue.	Magazine's readers.		EPC member countries.

Collaboration – networking:

No information available



EFFICIENCY

Rating of efficiency in programme implementation and management:
 (0 = very poor, 4 = very good)
 No response from partners

- Project leader performance
- Contribution of other partners
- Economic efficiency
- Management of the project by the European Commission

Rating	0	1	2	3	4
Project leader performance					
Contribution of other partners					
Economic efficiency					
Management of the project by the European Commission					

Deviations from initial project scheduling:

	Description of deviation
Initial time plan	A prolongation period of 2 months was necessary
Expected results	
Initial budget	
Initial budget structure	Production of the brochures was more expensive than expected. However, through a redistribution of budget, it was possible to allocate the amount needed.
Other:	

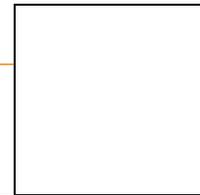
FINANCIAL OVERVIEW OF THE PROJECT

	Budget	EC Funding
Total	317984	219816

	First payment	93825
Submitted interim report		Yes
	Interim payment	93825
Submitted final report		Yes
	Final payment	32166
Received all funding		Yes
	Total funding	219816

Remarks on project economic efficiency:

Various activities were performed in the framework of the project. Therefore, it is reasonable that a high cost was expected. However, it is considered that this has been a very expensive project, especially since EC funding was very increased (70% of the project budget). Efforts could have been made in order to implement the desired activities in a more cost-effective manner, especially so far as the information part of the project is concerned. It seems that education and testing that have taken place in the framework of delivering seminars to doping officials have been performed at reasonable cost, while ample funds have been spent in production of dissemination material and dissemination actions.



Therefore, serious under-spending in the information part of the project would have been advisable, even if that would include no production of a specific means of dissemination or no participation of project partners at certain events.

Finally, project management and overhead costs are also considered too high.

EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The campaign was focused on high priority topics for the European Commission (as mentioned at COM1999/ 643) such as the information on doping substances and methods, prevention and ethical aspects of the doping issue, all within the scope of disabled athletes' specifications.

Main benefits, impact, results, experiences gained:

- The project was launched during the Sydney Paralympic Games, where an outbreak of positive doping cases was experienced for the first time.
- The Creation of the "Doping Disabled" Web Site guarantees the continuation of the informational efforts.
- The educational seminars gave valuable information about the specifications of their work, when dealing with disabled athletes, to the doping officials.
- The conclusions and recommendations of the conference in Pula are a very useful tool in the fight against doping among athletes with disabilities.

Contribution of project in terms of:

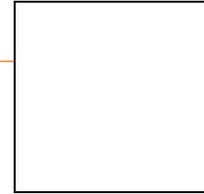
Scope of doping and doping-related phenomena	<input checked="" type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input checked="" type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input checked="" type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>

Description of the project's complementarity to other national or international activities:

No information available

Added value of the project compared to other activities:

No information available



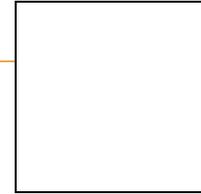
QUALITATIVE REMARKS

The "Doping Disables" campaign seems to have had very good impact on transferring the efforts and results of the anti – doping movement to the disabled athletes' environment.

The mobile exhibition visited various important venues approaching a wide audience among the disabled athletes community. In addition it seems that it came in time with a first time experienced outbreak of positive doping cases during the 2000 Sydney Paralympic Games, which gave an outstanding opportunity for its publicity.

Except its informational aspect, addressed mainly towards athletes with disabilities and their coaches and parents, the project also included several administrative and educational aspects. The conference organized in Croatia gave some very useful conclusions and recommendations the future of the fight against doping. The seminars for the doping officials provided them with some very useful information about several aspects of their work when dealing with disabled athletes.

The multiplicity of activities that took place and the coverage of events certainly constitute good practice in order to reach a selected target group. However, it is suggested that when selecting many different means and tools, efforts are made in the direction of cost-effectiveness. Indeed, it is proposed that similar actions in the future, which are addressing one and the same target group, do not use so many tools that are complementary and often overlapping. Some are considered to be unnecessary, concluding to overspending.



Project Information Sheet

Project Number	Implementation Period
116 - 21	01/08/2000 - 31/10/2001

PROJECT TITLE:

DOPING IN SPORT EDUCATION

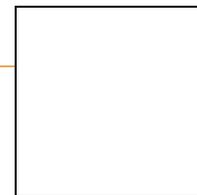
TYPE OF ACTION:	<input checked="" type="checkbox"/>	ACTION I : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING
	<input type="checkbox"/>	ACTION II : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL
	<input type="checkbox"/>	PROTECTING YOUNG ATHLETES
	<input type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
	<input type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
	<input type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
	<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
	<input type="checkbox"/>	INFORMATION ON MEDICINES
	<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
	<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
	<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
	<input type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
	<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT

GENERAL EVALUATION REMARKS

This target-specific project is addressed to swimming coaches. It has an interesting objective: development of an e-learning site for their education concerning doping. The consortium managed to produce the project's scheduled products. Apparently adequate information on doping has been incorporated in a useful and appealing website.

However the effectiveness of the project in raising the awareness of the target group can be questioned. So far as IT-literate coaches are concerned, the internet proves to be a good platform for education since it offers various advantages (flexibility, interactivity). Still, probably this kind of approach is not the best for the majority of the specific target group, since their IT literacy and internet usage is not extensive.

Finally, it can be stated that the project is not particularly cost-effective. This view is strengthened by the fact that the site's value is addressed to LEN coaches only.

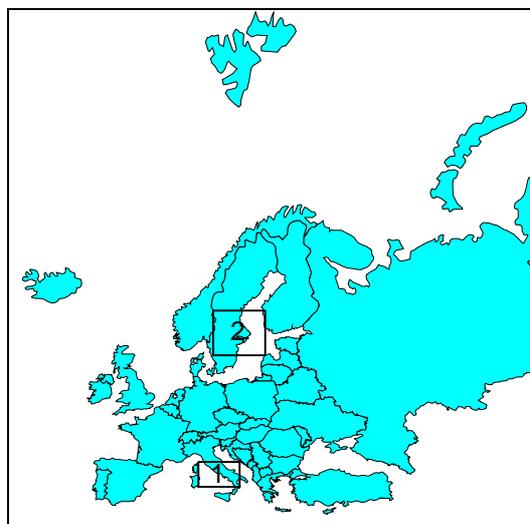


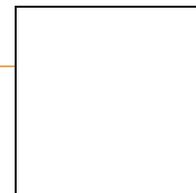
PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: Stockholm University College of Physical Education and Sports
	CITY, COUNTRY: Stockholm, Sweden
	CONTACT PERSON: Ingemar Wedman
	ORGANISATION TYPE: National Sporting Organisation / National Authority
Partner 2	ORGANISATION NAME: International Doping Tests & Management AB (IDTM)
	CITY, COUNTRY: Lidingo, Sweden
	CONTACT PERSON: Staffan Sahlstrom
	ORGANISATION TYPE: Company conducting doping controls
Partner 3	ORGANISATION NAME: Ligue Europeene de Natation (LEN)
	CITY, COUNTRY: Rome, Italy
	CONTACT PERSON: Bengt O Eriksson
	ORGANISATION TYPE: Regional Sporting Organisation

GEOGRAPHICAL COVERAGE

Through LEN the results are expected to reach all European countries.





GENERAL PROJECT INFORMATION & FACTS

Brief Project Description:

The aim of the organizers of the project was to contribute to the fight against doping by developing and implementing an Internet based education programme on ethics and anti doping related issues, mainly addressed to swimming coaches.

An e-learning programme was developed and it was tested by coaches from LEN (Ligue Europeene de Natation). It is accessible through a Web-site at www.antidopingeducation.org , also containing information on anti doping issues and relevant news. Access to the course is restricted and only those having a valid password are allowed to it. The course itself has six educational chapters and one for evaluation:

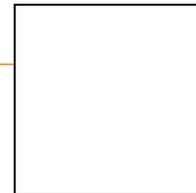
- Anti doping ethics.
- History of doping.
- Doping Control.
- Medical Information.
- Effects and side effects of the doping substances.
- Leadership.
- Reflection and Feedback (exam).

The user (a trainer) is able to take the course in parts but only after completing all the educational chapters (the first six ones), is allowed to proceed to the final examination chapter. This last chapter is containing multiple-choice questions, Drag & Drop exercises, Fact-Quiz and a Self Evaluation section. Only after finishing this last chapter the trainer can receive (by printing it) a diploma.

Activities	Tasks	Partners
Creation of an Internet based e-learning system.	<ul style="list-style-type: none"> ▪ Development of the pedagogical platform: Content, Structure, Navigational tools. (January – June 2001). ▪ Meeting with LEN Medical Committee. ▪ Distribution of a questionnaire to swim coaches, in order to receive information about their knowledge regarding anti doping issues and experience with IT (April – May 2001). ▪ Identification of the testing target group (LEN coaches from Denmark, England, Finland, Germany, Portugal, Spain and Sweden). ▪ Distribution of a tender document to e-learning companies. ▪ Evaluation of the received offers from e-learning companies and selection of the producer (May 2001). ▪ Development and production of the e-learning program (June – August 2001). ▪ Testing of the e-learning program (August – October 2001). ▪ Creation of the Internet Site. 	The Stockholm University of Physical Education and Sports. I.D.T.M. L.E.N.

Direct target groups:

Target Group	Number of beneficiaries	Countries
Len coaches	100	Denmark, UK, Finland, Germany,



		Portugal, Spain, Sweden
--	--	-------------------------

Indirect target groups:

Target Group	Number of beneficiaries	Countries
Other coaches, athletes of coaches that have completed the course		European countries.

Overall final results of the project:

Result	Type	Size
1. Development of the e-learning programme.	Web-Site	1

Production of tangible project products or results:

Product	Number of units	Cost
Website	1	

Positive outcomes / effects of the project:

1. A good education tool
2. A better education structure within the anti-doping area

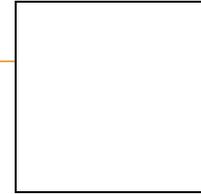
Negative, adverse or unexpected effects/ problems:

Problems with late response and payment from EU

Effectiveness of the project in meeting the partners' objectives:

Scale 0-4 (0 = not at all effective, 4 = very effective)

Objective	Effectiveness				
	0	1	2	3	4
Developing web-based education					X



PRESENTATION OF PROJECT RESULTS IN DETAIL

ACTION I

11. Effectiveness in raising awareness on doping issues, i.e. reaching various target groups
Scale 0-4 (0 = not at all effective, 4 = very effective)

Target group	Effectiveness				
	0	1	2	3	4
Coaches				x	
Athletes				x	
Others, administrators			x		

12. Impact on changing public attitudes and views with regard to the use of substances in the target countries
Scale 0-4 (0 = not at all significant, 4 = very significant)

No information available

Country	Significance				
	0	1	2	3	4

SUSTAINABILITY OF RESULTS

Follow-up activities

1.	Hosting the web site
2.	Marketing the web site
3.	Fulfilled courses for different federations in Europe

Life cycle of project products

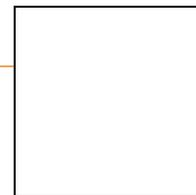
Product/ Result	Life cycle (months)
Web-based Anti-doping education	infinite

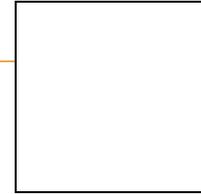
Dissemination activities:

Dissemination activity	Performance Date / Period	Target Group	Number of beneficiaries	Countries
Web – Site	Created on August 2001, still functioning.	- Internet users. - Coaches.	infinite	Various
Different web courses	2002 - 2003	coaches & students	150	various

Collaboration – networking:

No information available





EFFICIENCY

Rating of efficiency in programme implementation and management
 (0 = very poor, 4 = very good)
 Nor response from partners

Project leader performance
 Contribution of other partners

Economic efficiency

Management of the project by the European Commission

Rating	0	1	2	3	4
Project leader performance					X
Contribution of other partners				X	
Economic efficiency				X	
Management of the project by the European Commission			X		

Deviations from initial project scheduling:

	Description of deviation
Initial time plan	A prolongation period of 2 months was required
Expected results	
Initial budget	
Initial budget structure	
Other:	

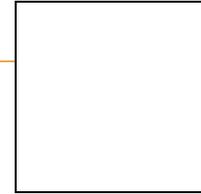
FINANCIAL OVERVIEW OF THE PROJECT

	Budget	EC Funding
Partner 1		
Partner 2		
Partner 3		
Total	357677	230000

First payment	69000
Submitted interim report	4/5/2001
Interim payment	69000
Submitted final report	28/11/2001
Final payment	92000
Received all funding	Yes
Total funding	230000

Remarks on project economic efficiency:

The project has been rather expensive. Its deliverable is a website, which is only intended for a specific target group: swimming coaches. It is strongly believed that this product could have been developed at a much smaller cost, especially since other projects have managed to produce a multiplicity of products and/ or events at a much smaller budget.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The main aim of the project is educating the athlete's trainers on anti doping ethics and anti doping related issues which is in line with the Commission's priority on "increasing awareness among trainers and coaches" and on "training them to develop skills and make preventive tools available" (as mentioned in COM/1999/643, annex 1, head 5, pg 21).

Main benefits, impact, results, experiences gained:

- The sports coaches are key role models for the athletes. Educating the coaches on anti doping issues and ethics also contributes towards further motivation of the athletes against doping.
- The Internet based education programme has several advantages comparing to traditional education programmes:
 - More suitable in terms of transportation and expenditures required for seminars and conferences.
 - It is accessible practically any time of the day, and for as much time as required, so the user can make his own learning schedule.
 - It is a convenient and accessible tool for coaches throughout Europe.
 - The Web-site is also containing useful information on the fight against doping, accessible to anyone (without password).

Contribution of project in terms of:

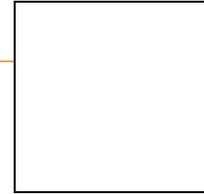
Scope of doping and doping-related phenomena	<input type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input checked="" type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input checked="" type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>

Description of the project's complementarity to other national or international activities:

Other local, national or international activity	Description of the project's complementarity
Education	Anti-doping education
Project 116-27	An event was co-organised by both projects

Added value of the project compared to other activities:

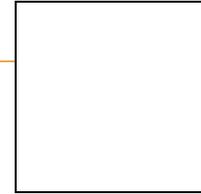
No information available



QUALITATIVE REMARKS

The Internet based educational programmes are tomorrow's learning tools, since using them is possible practically to anyone anywhere in the world. On the other hand as even the organizers of the project admit, even though this method is theoretically the most suitable, their main target group (the sports coaches) is not so familiar with the computers and the Internet. In addition since the e-learning programme is available (so far) only in English, automatically its use is limited only to English speaking trainers. Finally, specific features (such as the requirement for filling in a questionnaire before taking the course) limit its use even more. Therefore, since this e-learning site is only targeted to swimming coaches by default (it is only accessible through usage of a password to members of LEN) and it presents the above mentioned restrictions, one can say that it is useful to a very small target group indeed.

The website that was developed apparently is a good one, containing useful information on doping. For this purpose information was compiled in order to be incorporated in the site, then the website was developed and finally it was tested with swimming coaches, members of LEN. All activities were therefore focused on the delivery of a single product: the website. In this discipline, it is considered that significant over-spending of funds has been made. It is obvious that this result could have been obtained and these activities could have taken place at a much lower cost with no compromise in quality.



Project Information Sheet

Project Number	Implementation Period
116 - 22	01/08/2000 – 31/08/2001

PROJECT TITLE:

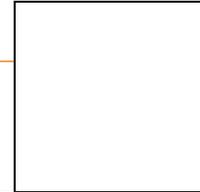
H.A.N.D.S. – HIGHER AWARENESS NEEDS FOR DOPING IN SPORT

TYPE OF ACTION:	<input checked="" type="checkbox"/>	ACTION I : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING	
	<input type="checkbox"/>	ACTION II : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL	
	TOPIC	<input type="checkbox"/>	PROTECTING YOUNG ATHLETES
		<input type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
		<input type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
		<input type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
		<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
		<input type="checkbox"/>	INFORMATION ON MEDICINES
		<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
		<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
		<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
		<input type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
		<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT

GENERAL EVALUATION REMARKS

A quite successful education project, aimed to children. In a very short period, the consortium, which consisted of many actors from 7 EU countries, managed to conduct a variety of events, many of them having an entertaining and a purely sports' character. Moreover, appropriate educational material was created (in Greek and English), with features attractive to children. This material can easily be reproduced and used in future activities.

The primary reason for the project's success is the fact that it addressed its target group (children – young athletes) through a holistic approach. First of all, a survey was made in order to diagnose the knowledge status and gaps of children concerning doping in sports. Then, based on the survey results, educational material was created in order to be used to further training activities. Another success of the project was the fact that the material was especially designed in order to be attractive to children, therefore it was very effective for the specific target group. In parallel, trainers were educated through seminars in order to proceed to the summer camp and school projects, through which they offer training to children, assisted by the educational material.

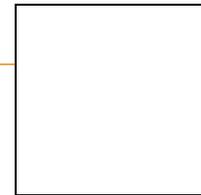


In order to enhance the project effectiveness and ensure the appeal that it would have to the target group, a variety of sporting events was organised and many efforts were made for raising awareness through participation of the project mascot and logo in various events. The fact that the project leader was a sports club made this possible.

Finally, it was the partners' choice to perform as well seminars for mothers in order to offer them as well with basic knowledge on doping issues so that they can better influence their children and become aware of signs that might mean their children are using steroids.

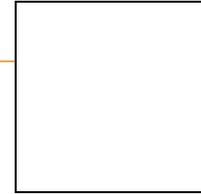
At this point it has to be noted that involvement of sports clubs in the project has proved to be a valuable experience that has all the characteristics of a good practice example. The most significant reason for that is the fact that athletes are always associated to a sports club or federation. Therefore, it is there where young athletes can mostly receive messages concerning doping, sports spirit and health. Moreover, active involvement of the fan clubs of sports clubs can really be motivating for athletes, who receive the message for fair play and meeting the high standards of those who support and admire them.

In order to further promote the high ethical values of sport and fair play, the partners also established a pan European award for athletes, coaches and fans supporting the combat against doping. However, there is an urging need for continuation of this award if it is to have a continuous publicity and impact. Also, the project had a very big presence and variety of activities in Greece, thus presenting a rather not-balanced picture. These activities should be extended and duplicated in other EU countries as well.

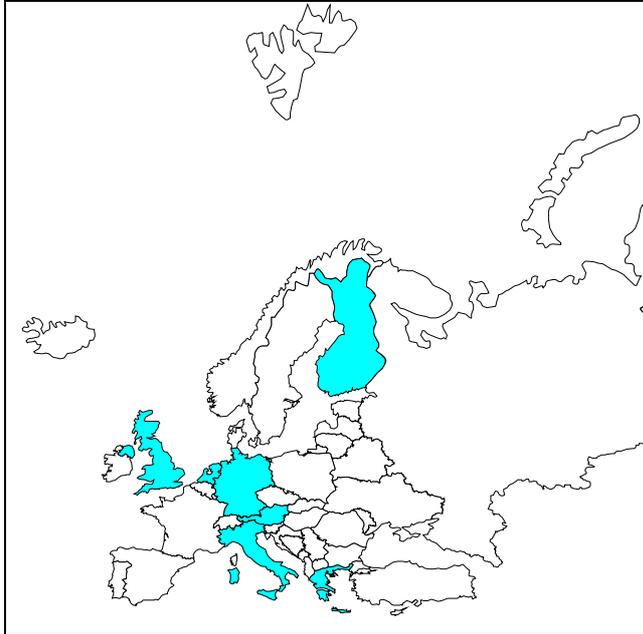


PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: Panthessalonikios Athlitikos Omilos Konstantinopoliton (PAOK)
	CITY, COUNTRY: Thessaloniki, Greece
	CONTACT PERSON: Vassilios Oikonomidis
	ORGANISATION TYPE: National Sporting Organisation
Partner 2	ORGANISATION NAME: Hellenic Consumer Association - EKATO
	CITY, COUNTRY: Thessaloniki, Greece
	CONTACT PERSON: Dr. Tanya Kyriakides
	ORGANISATION TYPE: NGO
Partner 3	ORGANISATION NAME: International Assosiation of Physical Education and Sports for Girls and Women. (IAPESGW)
	CITY, COUNTRY: Leeds, U.K.
	CONTACT PERSON:
	ORGANISATION TYPE: National Sporting Organisation
Partner 4	ORGANISATION NAME: UKJ SUBA ST. POLTEN
	CITY, COUNTRY: St. Polten, Austria
	CONTACT PERSON:
	ORGANISATION TYPE: National Sporting Organisation
Partner 5	ORGANISATION NAME: Suomen Kasipalloliitto
	CITY, COUNTRY: Helsinki, Finland
	CONTACT PERSON:
	ORGANISATION TYPE: National Sporting Organisation
Partner 6	ORGANISATION NAME: Sport II Discobolo
	CITY, COUNTRY: Milan, Italy
	CONTACT PERSON:
	ORGANISATION TYPE: National Sporting Organisation
Partner 7	ORGANISATION NAME: Deutscher Handball-Bund
	CITY, COUNTRY: Germany
	CONTACT PERSON:
	ORGANISATION TYPE: National Sporting Organisation
Partner 8	ORGANISATION NAME: Nederlands Handbal Verbond
	CITY, COUNTRY: The Netherlands
	CONTACT PERSON:
	ORGANISATION TYPE: National Sporting Organisation
Partner 9	ORGANISATION NAME: Hellenic Management Association
	CITY, COUNTRY: Athens, Greece
	CONTACT PERSON:
	ORGANISATION TYPE: NGO



GEOGRAPHICAL COVERAGE



GENERAL PROJECT INFORMATION & FACTS

Brief Project Description

The aim of the “Higher Awareness Needs for Doping in Sports” (H.A.N.D.S.) campaign was to increase public awareness on doping-in-sport and promote fair play and drug free sport, especially among kids. In order to achieve its objectives, the project included activities mainly focused on providing information to children.

In this discipline, the H.A.N.D.S. campaign included the following components:

The “KAT.ANA” anti doping awards

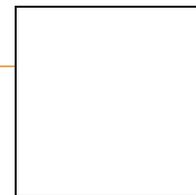
The KAT.ANA awards not only promoted the integrity and the positive values of sport, but also celebrated the achievements of athletes and teams. H.A.N.D.S. held the awarding ceremony in Thessaloniki after receiving votes from all the participating countries. The public voted for the athlete, coach, team and fan of the year, based on their actions in the field of doping-combat, thus promoting ethical athletic principles and dope-free sport.

The anti doping mascot

The mascot was designed after a kids’ competition for the best idea. The mascots (a cow and two clowns) were active parts of the campaign, having major role in informing the kids and distributing materials.

The Summer Camps Project

H.A.N.D.S. visited several kids’ summer camps mainly across Northern Greece and organized several events (including lectures, educational games, training activities) educating the kids against doping use.



The kids were instructed by coaches using especially designed educational material. Attractive info-material was also distributed to the kids including: roll call books, drug free commitment forms, Brochures, Food guides, key holders, posters, t-shirts, badges and certificates of participation.

The school involvement project

H.A.N.D.S. visited several schools in Europe, informing the kids on anti doping issues. During the seminars, 87% of the children said they intended to increase their own as well as their families existing knowledge of doping in sports.

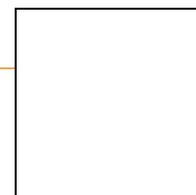
Informative seminars

H.A.N.D.S. performed 2 seminars on anti doping issues such as substances and their effects, fair play, health, medicines etc.

Activities	Tasks	Partners
KAT.ANA. awards	<ul style="list-style-type: none"> - Creation, distribution and collection of the voting blanket (Feb. – July 2001). - Collection and evaluation of results - Presentational ceremony in Thessaloniki (August 2001). 	All EKATO PAOK, EKATO
Creation of the mascot	<ul style="list-style-type: none"> - Distribution of the invitational flyers (among kids) for participation in the competition for the mascot. - Carrying out of the competition and designing of the mascot. 	PAOK, EKATO
Survey on awareness of children, teachers and parents	<ul style="list-style-type: none"> - Development of questionnaire - Distribution of questionnaire - Collection and evaluation of results – presentation of the survey 	PAOK, EKATO All EKATO
Educational material	Preparation and production of educational material for trainers and children – translation in English	PAOK, EKATO ¹¹
Seminars for trainers & sport instructors	Conduction of seminars on doping issues and usage of the educational material for trainers that would perform visits to summer camps and schools	All
Summer Camps Project	Preparation of the activities. Information events for children and youngsters	All
Schools project	<ul style="list-style-type: none"> - Preparation of the activities. - Visits to schools all over Greece and a few in other participating countries 	All
Seminars for mothers	Preparation and conduction of 2 seminars for mothers	EKATO ¹²

¹¹ in collaboration with Association of sports' instructors and teachers of Northern Greece and experts from the medical field

¹² in collaboration with experts

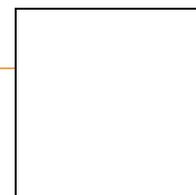


Seminar for young athletes (11 – 18 years-old)	Preparation and conduction	PAOK, EKATO, HME ¹³
Awareness activities	<ul style="list-style-type: none"> ▪ Seminars for the public ▪ Conduction of sports events; presence of mascot, athletes wearing the project logo ▪ Creation of badges still worn by many referees, esp. in handball ▪ TV and radio spots ▪ Creation and distribution of promotional material 	All

Direct target groups

Target Group	Number of beneficiaries	Countries
Children in summer camps	4700	Greece
School children and teachers	1000	Greece
Young athletes (seminar)	180	Greece
Mothers (2 seminars)	230	Greece
Trainers (Seminars for trainers)	180	Greece
Participants & viewers in the sporting events		Greece
Amateur athletes		Greece
Children in summer camps	1000	Italy
Trainers & teachers	50	Italy
Participants & viewers in the sporting events	1900	Italy
Children in summer camps	1200	Austria
Trainers & teachers	70	Austria
Participants & viewers in the sporting events	2200	Austria
Children in summer camps	1200	UK
Trainers & teachers	70	UK
Participants & viewers in the sporting events	2200	UK
Children in summer camps		Germany
Trainers & teachers		Germany
Participants & viewers in the sporting events		Germany
Children in summer camps	800	Finland
Trainers & teachers	50	Finland
Participants & viewers in the sporting events	1840	Finland
Children in summer camps		Netherlands
Trainers & teachers		Netherlands
Participants & viewers in the sporting events		Netherlands

¹³ with the collaboration of the Association of sports' instructors and teachers of Northern Greece, as well as experts



Indirect target groups

Target Group	Number of beneficiaries	Countries
Parents, families, friends and relatives		All
General public		All

Overall final results of the project

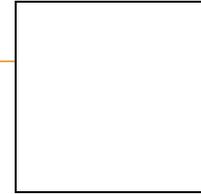
Product	Type	Size
1. Certificates		2000
2. Drug free forms		2.000
3. T – shirts		2.000
4. Roll call books		300
5. Food guide		500
6. Videotapes (with the TV spot)		1.000
7. Posters		4.000
8. Brochures		10.000
9. Award ballots		30.000
10. Tapes (according to final report) (with the radio spot)		2 + 2
11. Key holders		4.500
12. Budes		4.500
13. Mascot – Boy cheerful, Girl cheerful, Happy Cow		3
14. KAT.ANA. Awards (7 categories)		7
15. Other seminars		7 (1 in each country)
16. seminars for mothers		2 GR
17. Summer camps seminars (including visits to 2 international summer camps)		28 GR + 8 in each of the other countries
18. School project training visits		30 in each country
19. Presentation to Local Authorities		1 GR

Production of tangible project products or results

Product	Number of units	Cost
1. Role call books		335, 81
2. T-shirts		6381, 61
3. Award Ballots		18.009, 73
4. Posters		3836, 94
5. Pins		619, 87
6. Badges		880, 42
7. Brochures		6409, 39

Positive outcomes / effects of the project:

- ❖ Communication with young children athletes.
- ❖ Active participating in sports events where all psychological reasons for doping appeared: young people expressed their ambition for metals and winning. The anxiety of parents to have a winner in the family. All the reasons that will lead a young person into accepting doping either from the trainer, coach or from a friend.
- ❖ Awareness of the need of families to learn more about doping and the need of the society to find out all possible diseases that may come from doping addiction.



- ❖ Participation of young people in competitions where they learned that competing is the major point.
- ❖ Education of a large number of children on doping issues
- ❖ Efficient networking and ongoing communication with many responsible actors and institutes at local, national and European level

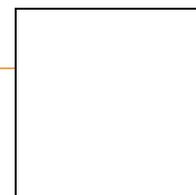
Negative, adverse or unexpected effects/ problems:

- ❖ Due to the reason that PAOK is one of the leading teams in the National football and Basket ball League, a lot of teams would have preferred another leader for the project, because acceptability of the material bearing PAOK's logo within their fans was very limited. Therefore, EKATO's role was highly extended and EKATO delivered more than it was proposed in the beginning of the project in order to offer a solution to the problem.
- ❖ The informative and educational material has not been enough to cover the needs raised during the project
- ❖ Difficulties in addressing the issues of health risks among teenagers, who tend to believe they are invincible
- ❖ There is a need for translation of the website to other languages of the consortium as well
- ❖ In Greece it was rather difficult to arrange school visits because prior agreement of the Ministry of Education is required and in many cases this was a very time-consuming process
- ❖ More active assistance by the EC was required

Effectiveness of the project in meeting the partners' objectives

Scale 0-4 (0 = not at all effective, 4 = very effective)

Objective	Effectiveness				
	0	1	2	3	4
Celebrate the achievements of all those who compete with fair play					X
Promote drug free awareness in sport and correct misconceptions at all ages in all athletic capacities					X
Promote healthy sports nutrition and increase awareness of social influences towards drug use			X		
Implement proactive training and educational programs for professional and amateur athletes					X
Creation of appropriate educational material				X	
Networking and communication between actors				X	



SUSTAINABILITY OF RESULTS

Follow-up activities

1.	Press releases
2.	Maintenance of web site
3.	Dissemination of informative material (key holders, t-shirts, etc)
4.	Maintenance of TV spot and fans radio award
5.	Badges on going promotion via Referees, coaches and well known athletes

Life cycle of project products

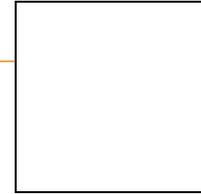
Product/ Result	Life cycle (months)
Educational material	Life time
Dissemination material	Availability of stock
Press releases	
Web site	Olympics 2004
Advertisement on the National Handball magazine	Olympic games
Activities of National track and field Team of Volos Municipality	Unknown

Dissemination activities

Dissemination activity	Performance Date / Period	Target Group	Number of beneficiaries	Countries
Press Releases	01/08/2000 – up to date	Newspaper/ TV/ Radio	Readers/ viewers of the targeted media	All 7
Electronic publications / Internet	01/08/2000 – up to date	Internet users	Not numbered	World wide

Collaboration – networking:

Name of organisation	Type of collaboration - networking
EGVE (Leader of project 116 – 13)	Continuous collaborating activities
Referees' Union	Continuous collaborating activities
The majority of national sporting organisations in the participating countries	Continuous collaborating activities



EFFICIENCY

Rating of efficiency in programme implementation and management

(0 = very poor, 4 = very good)

Project leader performance
 Contribution of other partners
 Economic efficiency
 Management of the project by the European Commission

Rating	0	1	2	3	4
					X
					X
			X		
			X		

Deviations from initial project scheduling

	Description of deviation
Initial time plan	KAT.ANA. ballots have been distributed for a longer period to allow for more entries
Expected results	Based on the interest of target groups, it was decided to thicken the number and quality of the awareness events and publications.
Initial budget	
Initial budget structure	
Other:	

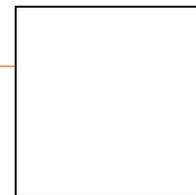
FINANCIAL OVERVIEW OF THE PROJECT

	Budget	EC Funding
Total	194195	95857

Submitted interim report	4/2001
First and Interim payment	28757
Submitted final report	Yes
Final payment	67100
Received all funding	Yes
Total funding	95857

Remarks on project economic efficiency

This has been a project covering a multiplicity of products and activities. Moreover, a very big number of partners were involved in its elaboration. Therefore, it is considered that the overall amount of results definitely justifies the budget of the project. Cost-effectiveness of the project is enhanced by the fact that ample dissemination activities took place also through usage of close and good relationships between the project partners and various actors of the sports, administrative, political and media world at very low or no cost.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The main aim of the H.A.N.D.S. project was to educate the young athletes on the hazards of doping in sports. By doing that the project befits the Commission's priority on training, informing and awareness – raising activities, as mentioned in COM/1999/ 643, annex 1, head 2, pg. 17.

Main benefits, impact, results, experiences gained:

The H.A.N.D.S. project was mainly focused on kids, giving them important lessons about doping. Educating kids on sports ethics, fair play and against doping is essential on preventing the future growth of doping use. The summer camps initiative has managed to pass the anti doping message to the kids through playing and having fun, absorbing easily everything that is presented. The summer camps were visited by famous athletes giving the example and strengthening the message of the H.A.N.D.S. campaign. The info material, the souvenirs and the educational material were especially designed for being attractive to kids, strengthening the message of the H.A.N.D.S. campaign.

The H.A.N.D.S. also organised anti doping seminars for the general public not only in the big cities but also in border regions of Greece.

Contribution of project in terms of:

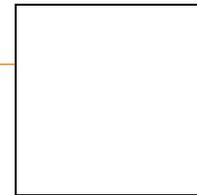
Scope of doping and doping-related phenomena	<input type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input checked="" type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>

Description of the project's complementarity to other national or international activities:

Other local, national or international activity	Description of the project's complementarity

Added value of the project compared to other activities:

Other activity	Added value



QUALITATIVE REMARKS

The aim of this project was raising awareness on the doping issue, especially targeted to children.

The main advantage of the project was that it used a holistic approach. Primarily it consisted of surveys that would demonstrate the level of knowledge that children, parents and teachers have on the issue. Then, following to analysis of the results, educational material was created for the activities that would follow. This material was adapted to the needs and taste of children.

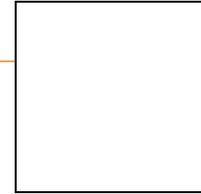
In order to conduct educational activities for children, the partners performed first seminars for trainers who then proceeded to the summer camp and schools project, which involved several visits in the participating EU countries: Greece, UK, Finland, Italy, Austria, Germany and Netherlands. These visits were performed by the trainers that had attended the seminars, who were professional teachers of physical education. They were assisted in their task by the educational material that had been created. Visits included educational sessions, interrupted by sporting events and competition that promoted fair-play. Several of the project products (t-shirts, key-holders, certificates etc) were used in order to attract the interest of children in the events.

The conduction of seminars for mothers is also considered as a good practice example, since they should be able to influence their children and be aware of signs that might mean their child is using steroids.

A series of information and dissemination activities took place, thus ensuring that the project reached a wide audience, including especially organised sporting events with athletes wearing the t-shirts of the project and the mascot actively participating. Press coverage and the website have also assisted in public awareness. However, it is considered that the activity with the best results in dissemination was the delivery of KATANA awards, as a true reward and promotion of fair play and dope-free sport.

Concluding, the project can be considered as very successful and highly motivational for the great number of actors that participated in it. Of course problems existed, yet they are not considered as crucial. For example, due to the fact that the project leader was a sports club and the project results were bearing the club's logo, it was impossible to distribute the material that had been created to members of other sports clubs in Greece. Therefore, more products were developed, without the leader's logo. Moreover, response of the public was really high, however the material proved not to be enough and time was too short for the organisation for further activities, in spite of the demand.

The only problem that actually matters is that the partners are unable to repeat the process without funding. This is important because such events need continuity and coverage of even more countries in order to be truly successful and affect a whole generation.



Project Information Sheet

Project Number	Implementation Period
C 116 - 23	01/08/2000 – 31/10/2001

PROJECT TITLE:

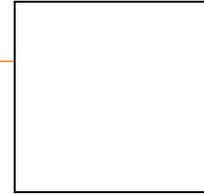
HARMONISATION AND EDUCATION PROJECT ON ANTI-DOPING FOR THE BALTIC COUNTRIES AND CZECH AND POLAND AND SIX FORMER RUSSIAN REPUBLICS

TYPE OF ACTION:	<input checked="" type="checkbox"/>	<i>ACTION I</i> : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING	
	<input checked="" type="checkbox"/>	<i>ACTION II</i> : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL	
	TOPIC	<input checked="" type="checkbox"/>	PROTECTING YOUNG ATHLETES
		<input checked="" type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
		<input checked="" type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
		<input type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
		<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
		<input checked="" type="checkbox"/>	INFORMATION ON MEDICINES
		<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
		<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
		<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
		<input type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
		<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT

GENERAL EVALUATION REMARKS

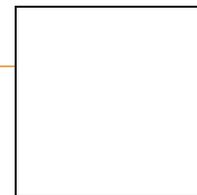
The objective of the project was the conduction of a survey and the organisation of a conference in view of harmonising anti-doping policies in the Baltic countries, Czech and Poland and 6 former Russian republics.

The survey and the conference were indeed successful. First of all, in the framework of the project three national anti-doping committees of EU member states collaborated with a national sporting authority of an East European country. The mere fact of such collaboration is a step in the right direction, since it is the only way for harmonisation of national policies. National Anti-Doping Committees are usually responsible for the development of each country's policy concerning the doping-in-sport issue. Therefore, it is obvious that collaboration between them (and national sporting authorities in the case that an anti-doping committee does not exist) is the only way to exchange information and harmonise



their views and recommendations. Subsequently, the approach that was used by the consortium in order to achieve its objectives is considered to be highly advisable.

It would be very difficult to say that harmonisation of policies in the above mentioned countries was achieved or that serious steps were made in this direction. Although discussions are usually welcome by the actors in a field, true steps implicate a real commitment of authorities (which actually means governmental commitment), which is not possible to be obtained in the framework of a project. However, the project should be considered as quite successful in bringing together national authorities from a significant number of counties that actively participated in the event that was organised. Therefore, it is considered that it contributed a lot in creating the grounds for discussion and collecting valuable information on the current situation in these countries. In the long run, discussion, exchange of information and work in view of harmonisation of policies is the only way to achieve further commitment, which is the desired result.

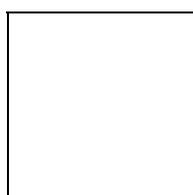


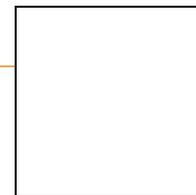
PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: Finnish Anti-doping Agency (Liite ry)
	CITY, COUNTRY: Helsinki, Finland
	CONTACT PERSON: Krouvila Pirjo
	ORGANISATION TYPE: National Authority
Partner 2	ORGANISATION NAME: The Netherlands Centre for Doping Affairs (NeCeDo)
	CITY, COUNTRY: Rotterdam, Netherlands
	CONTACT PERSON: Rens Van Kleij
	ORGANISATION TYPE: National Authority
Partner 3	ORGANISATION NAME: The Irish Sports Council
	CITY, COUNTRY: Dublin, Ireland
	CONTACT PERSON: Matthew Kennedy
	ORGANISATION TYPE: National Authority
Partner 4	ORGANISATION NAME: Lithuanian State Department of Physical Education and Sports (L.S.D.P.E.S.)
	CITY, COUNTRY: Vilnius, Lithuania
	CONTACT PERSON: Algirdas Raslanas
	ORGANISATION TYPE: National Authority

GEOGRAPHICAL COVERAGE

Partners from Finland, the Netherlands, Ireland and Lithuania implemented this project which was targeted to the Baltic Countries, six former USSR Countries (Armenia, Azerbaijan, Belarus, Georgia, Moldova, and Ukraine), the Czech Republic and Poland.





GENERAL PROJECT INFORMATION & FACTS

Brief Project Description:

The main goal of the organizers of this project was to contribute to the process of building up of anti doping infrastructures in the Baltic Countries, six former USSR Countries (Armenia, Azerbaijan, Belarus, Georgia, Moldova, and Ukraine) and in the Czech Republic and Poland as well. The basic object of the project was the organization of a two-day seminar with the participation of experts from both Eastern and Western Europe in order to discuss issues such as: the ratification of the CE anti doping convention, the government support on the anti doping work and the creation of a working method helping countries in different stage of the anti doping work.

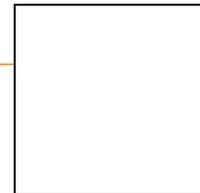
A questionnaire was sent to all the participants in order to gather detailed information on the anti-doping work in the participants' countries. It was focused on anti doping issues such as: responsible institutions, result management process, eventual agreements for co-operation with customs and police, information and education programmes, Doping Control Officers, testing programmes and laboratories for doping analysis.

The congress took place on the 24th and 25th of August 2001 in Vuosaari, near Helsinki. The main topics of the congress were:

- International activities in sports and fight against doping.
- Legal framework within anti doping.
- Co-operation with customs and police.
- Anti doping education.
- Harmonization of the Control process.
- Laboratory practice.

The participants concluded that more collaboration on the anti-doping field is necessary, and that the governments should continue their anti-doping efforts by supporting research on prevention and detection, adopting effective national anti-doping laws, carrying out of national doping control programmes and providing education and information programmes. They agreed that the co-operation of different government institutions is required for successful implementation of the anti-doping policy and recommended that more similar seminars should be organized throughout the Eastern Central Europe, the Balkans and the Caucasian Region. They also called the E.U. to support financially the continuation of the activities initialised in this seminar and all governments to undertake the accession of the Anti – Doping Convention.

Activities	Tasks	Partners
Planning meeting 1	To collect information, to plan the processing of the project and to divide responsibilities	- Liite ry - NeCeDo
Planning meeting 2	To plan the final seminar program, to plan processing of the seminar	- The Irish Sport Council - L.S.D.P.E.S.
Final seminar	To educate both political and practical parties of each country in anti-doping issues, to reach a political and practical conclusion of the seminar and decide of further actions	



Creating material for the seminar	To have all abstracts of lectures and working papers well prepared to facilitate the working process	
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Direct target groups:

Target Group	Number of beneficiaries	Country
Experts and politicians	2	Armenia
Experts and politicians	2	Azerbaijan
Experts and politicians	2	Belarus
Experts and politicians	3	Estonia
Experts and politicians	4	Finland
Experts and politicians	2	Georgia
Experts and politicians	2	Ireland
Experts and politicians	4	Latvia
Experts and politicians	2	Lithuania
Experts and politicians	2	Moldova
Experts and politicians	2	Netherlands
Expert	1	Poland
Expert	2	Sweden
Experts and politicians	2	Ukraine
Expert	1	CoE
Expert	1	EU

Indirect target groups:

Target Group	Number of beneficiaries	Countries
Athletes		above mentioned countries
Anti-doping organizations		
Sports politicians		

Overall final results of the project:

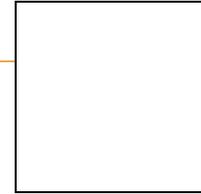
Result	Type	Size
1. Conclusion		100
2. Resolution		100
3. Lecture material	Binder	50

Production of tangible project products or results:

Product	Number of units	Cost
Folders to all participants	50	4800 €

Positive outcomes / effects of the project:

1. Possibilities to influence several anti-doping systems in Europe
2. Obtaining knowledge on different situations of anti-doping systems in European Countries
3. Co-operation network between EU member countries, EU applicant countries and other European Countries



4. Possibilities to extend ratification of Council of Europe Anti-doping Convention through the network's influence
5. Creation of material in Russian

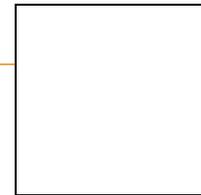
Negative, adverse or unexpected effects/ problems:

1. Financing of EU arrived later than expected and the Finnish Ministry of Education had to support the first part of the project. Moreover, this made very difficult to arrange the time schedule and it complicated the process of financing for small organisations
2. Operation in both English and Russian language caused sometimes difficulties, but participants from the Baltic Countries solved the problem
3. For some countries, getting visas for the conference is a difficult process

Effectiveness of the project in meeting the partners' objectives:

Scale 0-4 (0 = not at all effective, 4 = very effective)

Objective	Effectiveness				
	0	1	2	3	4
Creating a network and exchange of material between countries with different levels of anti-doping activities					X
Influencing different countries' anti-doping policies and activities at both political and expert level					X
Dissemination of information to build up anti-doping policies and activities in different countries				X	
Government support for the target countries anti-doping work					X
Actions towards harmonization in anti-doping work in Europe				X	
Guaranteeing of athletes security in doping controls in different countries				X	



PRESENTATION OF PROJECT RESULTS IN DETAIL

ACTION I

11. Effectiveness in raising awareness on doping issues, i.e. reaching various target groups
 Scale 0-4 (0 = not at all effective, 4 = very effective)

Target group	Effectiveness				
	0	1	2	3	4
1. EU countries				X	
2. Applicant countries					X
3. Other European countries					X

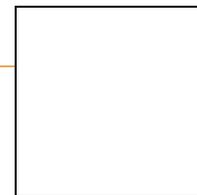
12. Impact on changing public attitudes and views with regard to the use of substances in the target countries
 Scale 0-4 (0 = not at all significant, 4 = very significant)

Country	Significance				
	0	1	2	3	4
1. EU countries			X		
2. Applicant countries				X	
3. Other European countries					X

ACTION II

II1. Contribution in gaining and providing new knowledge on issues of the doping-in-sport field
 Scale 0-4 (0 = no contribution, 4 = very significant contribution)
 No response from partner

Issue	Description of contribution	Contribution rating				
		0	1	2	3	4



SUSTAINABILITY OF RESULTS

Follow-up activities:

1.	Council of Europe SPRINT seminar in Sofia
2.	Evaluation of the seminar within the leading organization
3.	Consultative visits to the participant countries

Life cycle of project products (life cycle = duration of the impact):

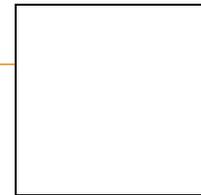
Product/ Result	Life cycle (months)
1. Material	24
2. Network	several years
3. Working model	continuous

Dissemination activities:

Dissemination activity	Performance Date / Period	Target Group	Number of beneficiaries	Countries
1. Council of Europe SPRINT seminar to the Balkan Countries Sofia, Bulgaria	26.-27.10.2002	Balkan countries anti-doping officials	30	Balkan countries
2. Consultative visit to Azerbaijan	11.-14.6.2002	Azerbaijan anti-doping policy makers and officials	20	Azerbaijan
3. Consultative visit to Ukraine	15.-18.10.2002	Ukrainian anti-doping policy makers and officials	20	Ukraine

Collaboration – networking:

Name of organisation	Type of collaboration - networking
Various national organisations from the cooperating countries	Continuous collaboration



EFFICIENCY

Rating of efficiency in programme implementation and management
(0 = very poor, 4 = very good)

- Project leader performance
- Contribution of other partners
- Economic efficiency
- Management of the project by the European Commission

Rating	0	1	2	3	4
Project leader performance				X	
Contribution of other partners				X	
Economic efficiency				X	
Management of the project by the European Commission				X	

Deviations from initial project scheduling

	Description of deviation
Initial time plan	The final seminar was postponed two months
Expected results	
Initial budget	The budget went under around 7000 € which was paid back to EU
Initial budget structure	Around 20 % deviations
Other:	

FINANCIAL OVERVIEW OF THE PROJECT

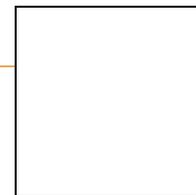
Needs further study

	Budget	EC Funding
Total	122421	61240

	First payment	
Submitted interim report		
	Interim payment	
Submitted final report		
	Final payment	
Received all funding		
	Total funding	

Remarks on project economic efficiency:

It is considered that the project activities could have been performed at a lower cost. Yet, the overall picture does not present significant overspending compared to other similar actions.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport

The topics of the seminar are relevant to several priorities of the Commission in the combat against doping:

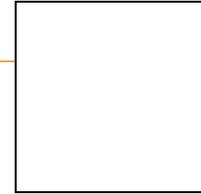
- The sessions regarding the Laboratory Practice and the Quality and Testing are in line with the European Commission's priority about encouraging laboratory accreditation (as mentioned in com/1999/643 pg. 17). During her presentation, Mrs. Elorinne of "Liite ry" focused on the accreditation process, the required equipment and the re-accreditation of a doping analysis laboratory.
- The sessions regarding Legislation and co-operation with Police and Customs are in line with the European Commission's priority about Police and Judicial co-operation (as mentioned in com/1999/643 pg. 20). The advantages of such co-operation were presented by Dr. Prerovsky, of the Czech Ministry of Education, Youth and Sport who also gave concrete examples of good practices in the Czech Republic.
- The session regarding the Education is in line with the European Commission's priority about Education, Vocational training and Youth programmes (as mentioned in com/1999/643 pg. 17). During his presentation Mr. van Kleij, of "NeDeCo", focused on the factors contributing towards an effective campaign such as the right identification of the target groups, goals and resources.

Main benefits, impact, results, experiences gained:

The project played the role of the "pathfinder" for Eastern Europe and the Balkans, creating large interest for similar projects. It was actually presented in the EU expert meeting in Solna, Sweden, where Greece expressed its initiation to establish a similar project for the Balkan region. As a result of the seminar, the participants made useful recommendations and suggestions towards the harmonisation of anti doping procedures and legal framework in a region well known for the absence of similar initiatives. The participants underlined the need of continuing the co-operation in the anti-doping field, giving already significant results (since the previous seminar Armenia and Georgia have ratified the Anti - Doping Convention).

Contribution of project in terms of:

Scope of doping and doping-related phenomena	<input checked="" type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input checked="" type="checkbox"/>
Impact of actions by international government bodies	<input checked="" type="checkbox"/>



Description of the project's complementarity to other national or international activities:

Other local, national or international activity	Description of the project's complementarity
Council of Europe projects	
WADA projects	

Added value of the project compared to other activities:

Other activity	Added value
Council of Europe projects	Creating a network and a new working model
WADA projects	Creating a network and a new working model

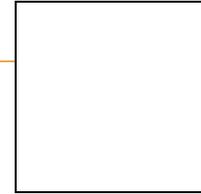
QUALITATIVE REMARKS

In the context of the current political and financial situation in the Eastern European region, this project seems to be extremely helpful. The main topics of the seminar (such as the co-operation with the Police and the Customs, or the legal framework) deal with critical issues, essential for every country or region and especially for the former Soviet Union. The participants of the seminar were representatives of institutions of the former USSR republics, intensively involved on the fight against doping such as sports and youth ministries, sports medicine institutes, anti-doping commissions etc.

The target countries of the project (former USSR republics) have a great tradition of creating elite athletes and unfortunately a "great tradition" in doping cases. In addition the absence of a stable legal framework in these countries makes every effort on the fight against doping even more difficult.

It is necessary that such actions have continuity if they are to have an actual impact. Moreover, issues such as the connection between doping practices and crime or the corruption, essential for the fight against doping and especially important for the Eastern European region, should be addressed in future seminars of this type.

The project managed to form an active network that can assist in the direction of harmonising policies in the doping-in-sports field in Europe. Particularly important is the fact of cooperation of some national anti-doping agencies of EU member states. Such collaboration is very welcome and it is considered as fundamental in order to ensure harmonised policies concerning the combat of doping in European countries. Also, the survey conducted through the questionnaire is providing valuable information on the current situation in the Eastern European region. It cannot be considered that a real step was taken towards harmonisation of policies, nevertheless, provision of information and increase of awareness of the target group seems to have been achieved.



Project Information Sheet

Project Number	Implementation Period
C 116 – 24	01/08/2000 – 31/08/2001

PROJECT TITLE:

DOPINGBEKÄMPFUNG IN KOMMERZIELL GEFÜHRTEN SPORTSTUDIOS

TYPE OF ACTION:	TOPIC	<input checked="" type="checkbox"/> ACTION I : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING
		<input checked="" type="checkbox"/> ACTION II : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL
	<input type="checkbox"/>	PROTECTING YOUNG ATHLETES
	<input type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
	<input type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
	<input type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
	<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
	<input checked="" type="checkbox"/>	INFORMATION ON MEDICINES
	<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
	<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
	<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
	<input checked="" type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
	<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT

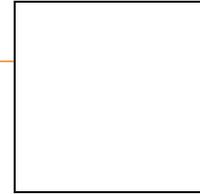
GENERAL EVALUATION REMARKS

Usage of doping substances by people who are not involved in professional sports is a problem that might pose a threat to public health if it was proved to have a great extent. Therefore, the study of this phenomenon is mandatory and all factors concerning it should be investigated.

The partners of this project, which included actors from various disciplines, have conducted such a study and its results are indeed very interesting. The fact that they have met various problems during collection of data demonstrates clearly the need for further investigation in this field and the applicability of estimations made by experts that doping has an important role for a certain part of the public.

A computer-based programme for use by the fitness studio instructors when devising training programmes, as well as a video tape in order to be used for coach trainings were developed during the projects, yet they have not been available to the evaluation process, therefore comments on their quality and value cannot be made.

The overall picture of the project is very positive though, due to the significance of the conducted survey. It is strongly suggested that further investigation is made and that intensive action is taken in the

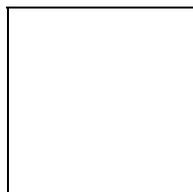


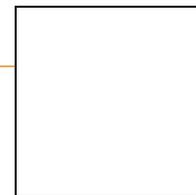
direction of informing the general public and in particular visitors of fitness studios on doping, substances that may be found in food supplements and their side-effects.

PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: Niedersächsisches Innerministerium.
	CITY, COUNTRY: Hannover, Germany.
	CONTACT PERSON: Anja Surmann, Heinz-Peter Baberowski.
	ORGANISATION TYPE: National Authority.
Partner 2	ORGANISATION NAME: BASPO (Institute of Sport Sciences, Federal Office of Sport)
	CITY, COUNTRY: Magglingen, Switzerland
	CONTACT PERSON: Dr. Matthias Kamber, Nadja Malher
	ORGANISATION TYPE: National Authority.
Partner 3	ORGANISATION NAME: National Antidoping Commission of Portugal.
	CITY, COUNTRY: Lisbon, Portugal.
	CONTACT PERSON: Dr. Luis Holta.
	ORGANISATION TYPE: National Authority.
Partner 4	ORGANISATION NAME: Institute für medizinische und sportwissenschaftliche Beratung (IMSB)
	CITY, COUNTRY: Maria Enzersdorf, Austria.
	CONTACT PERSON: Prof. Hans Holdhaus.
	ORGANISATION TYPE: Sporting Organisation.
Partner 5	ORGANISATION NAME: Landesabteilung Gesundheitswesen, Amt 23.6
	CITY, COUNTRY: Bozen, Italy.
	CONTACT PERSON: Dr. Giulia Morosetti
	ORGANISATION TYPE: National Authority.
Partner 6	ORGANISATION NAME: Ghent University.
	CITY, COUNTRY: Ghent, Belgium.
	CONTACT PERSON: Prof. Frans Delbeke
	ORGANISATION TYPE: University.
Partner 7	ORGANISATION NAME: Bundesinstitut für Sportwissenschaft (BISP).
	CITY, COUNTRY: Bonn, Germany.
	CONTACT PERSON: Dr. Carl Müller-Platz
	ORGANISATION TYPE: National Authority.

GEOGRAPHICAL COVERAGE





GENERAL PROJECT INFORMATION & FACTS

Brief Project Description:

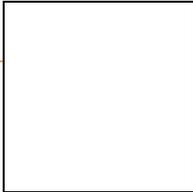
The aim of the organizers was to conduct a study in order to create a European strategy against the misuse of drugs in commercial fitness studios. They had to analyse the knowledge about the drug abuse in fitness studios and the black market of the doping substances. The main goal of the project was to approach sportsmen, training personnel and fitness studio owners. The creation of a CD-Rom was also planned, containing sp. training programme.

Five conferences and workshops were organized during 2000 and 2001 (in Hildesheim, in Hanover, in Barsinghausen, in Wien and in Bad Salzdetfurth), in order to discuss the main topics of the study and to prepare the distribution of the project questionnaire and the development of the CD-Rom.

The results of the project were an academic report, a CD-Rom and a video tape.

- The Academic report is 101 pages strong presenting issues such as:
 - The current situation in the misuse of drugs and doping substances in fitness studios across EU. Materials and Methods.
 - The illegal trade of doping substances.
 - The dietary supplements and nutrition.
 - The importance of the certification of fitness studios.
 - The European fitness codex, curriculum for the education of trainers, owners and users of fitness studios.
 - Conclusions and recommendations.
- A CD-Rom containing a computer based programme for use by the fitness studio instructors when devising training programmes.
- A video tape used for coach trainings.

Activities	Tasks	Partners
Survey	<ul style="list-style-type: none"> ▪ Questionnaire for fitness centres ▪ Survey of the illegal market of doping substances ▪ Survey on the market of nutritional supplements ▪ Analysis of nutritional supplements 	All
Certification of fitness centres	Contribution with expertise in this direction	All
Workshop in Barsinghausen (13–15 Jul. 2001) Workshop in Vienna (27–30 Sept. 2001)	The 2 workshops involved fitness studio owners and researchers. The aim of the first one was the discussion of the certification of the fitness studios. The second one had the purpose of testing the computer programme. Activities included: Organisation, participation, contribution of expertise	All
Creation of the CD-Rom	<ul style="list-style-type: none"> ▪ Presentation of the computer programme (12 – 14 Feb. 2001 at the Hanover conference) ▪ Development of a demo CD-Rom ▪ Testing of the CD-Rom (27 – 30 Sept. 2001 during the Wien workshop) 	All
Videotape	<ul style="list-style-type: none"> ▪ Development 	Leader



	■ Production	
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Direct target groups:

Target Group	Number of beneficiaries	Countries
Owners, trainers and users of fitness studios, athletes, scientists, politicians	More than 50	Austria, Switzerland, Belgium, Germany, Italy, Portugal.

Indirect target groups:

Target Group	Number of beneficiaries	Countries
Media, sports organisations, federal and regional ministries, health institutions		Austria, Switzerland, Belgium, Germany, Italy, Portugal.

Overall final results of the project:

Result	Type	Size
1. Study on the misuse of doping substances in fitness studios	Academic Report	
2. Computer based programme for the studio instructors	CD-Rom	
3. Video tape	VHS	

Production of tangible project products or results:

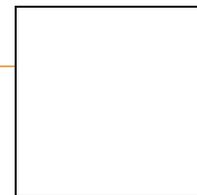
Product	Number of units	Cost
1. Academic Report		
2. CD-Rom		18.979,15
3. Video tape		

Positive outcomes / effects of the project:

- a) Information on the situation of doping in fitness studios in Europe
- b) Scientific verification of an existing doping problem in fitness studios
- c) Awareness of differences about knowledge on doping misuse and differences of strategies in fighting against doping
- d) Exchange of ideas and methodology through international cooperation of experts in the direction of creating a common strategy
- e) Creation of material that can be used in all Europe

Negative, adverse or unexpected effects/ problems:

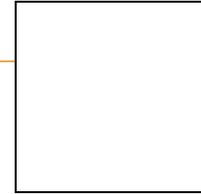
Late arrival of funding created financial problems



Effectiveness of the project in meeting the partners' objectives

Scale 0-4 (0 = not at all effective, 4 = very effective)

Objective	Effectiveness				
	0	1	2	3	4
Creation of information material				X	
Creation of educational material					X
Harmonisation of legislation against doping					X
Raising consciousness in policy and society				X	
National and international cooperation				X	
Creating a critical mass of resources			X		
Working out a common strategy					X
Creation of material					X
Scientific verification of the dimension of doping misuse in selected countries				X	



PRESENTATION OF PROJECT RESULTS IN DETAIL

ACTION I

I1. Effectiveness in raising awareness on doping issues, i.e. reaching various target groups
Scale 0-4 (0 = not at all effective, 4 = very effective)

Target group	Effectiveness				
	0	1	2	3	4
Owners & trainers of fitness studios in the participating countries				X	
users of fitness studios in the participating countries			X		
athletes, scientists, politicians in the participating countries			X		

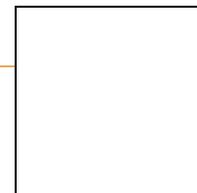
I2. Impact on changing public attitudes and views with regard to the use of substances in the target countries
Scale 0-4 (0 = not at all significant, 4 = very significant)

Country	Significance				
	0	1	2	3	4
Germany					X
Switzerland	X				

ACTION II

II1. Contribution in gaining and providing new knowledge on issues of the doping-in-sport field
Scale 0-4 (0 = no contribution, 4 = very significant contribution)

Issue	Description of contribution	Contribution rating				
		0	1	2	3	4
Survey on the issue of doping in fitness studios in the participating countries	Conduction of the survey				X	



SUSTAINABILITY OF RESULTS

Follow-up activities:

No information available

Life cycle of project products

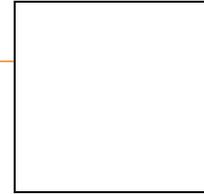
Product/ Result	Life cycle (months)
Educational material	Infinite

Dissemination activities:

Dissemination activity	Period	Target Group	Number of beneficiaries	Countries
CD-Rom containing a computer based programme for use by the fitness studio instructors when devising training programmes.	2001	Fitness Studio owners & trainers		
Video tape.	2001	-Fitness Studio trainers -Sportsmen / Sportswomen		
Distribution of study results on the misuse of doping substances in fitness studios	2002	General public, Organisations such as GOs and NGOs		Europe

Collaboration – networking:

No information available



EFFICIENCY

Rating of efficiency in programme implementation and management
(0 = very poor, 4 = very good)

Project leader performance
Contribution of other partners
Economic efficiency
Management of the project by the European Commission

Rating	0	1	2	3	4
			X		
				X	
				X	
		X			

Deviations from initial project scheduling:

	Description of deviation
Initial time plan	Had to be prolonged
Expected results	
Initial budget	Less money was spent
Initial budget structure	Budget categories had to be diversified a little
Other:	

FINANCIAL OVERVIEW OF THE PROJECT

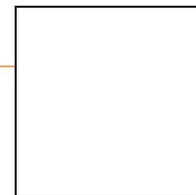
Budget	EC Funding
250000	125000

The total cost of the project was less than originally planned: 215598 € (189347 of these are eligible costs)

Submitted interim report	Yes
First and Interim payment	37500
Submitted final report	Yes
Final payment	57174
Received all funding	Yes
Total funding	94674

Remarks on project economic efficiency:

The costs of the project seem to be rather justifiable.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The main aim of the project (thus the fight against doping among fitness studio users) is in line with the Commission's basic priority of prevention of doping especially among amateur sportspersons (as mentioned in com 1999/643, annex 1, pg. 21).

The CD-Rom containing a computer based programme for use by the fitness studio instructors when devising training programmes is in line with the Commission's priority on development of actions relevant to public health and esp. on avoiding over-training (as mentioned in com1999/643, annex 1, pg 22).

The study containing useful information on the effects and side effects of doping substances, is in line with the Commissions priority on the understanding the long term effects of the doping on the individual (as mentioned in com1999/643, annex 1, pg 15).

The survey conducted among the participating countries contributes towards further harmonisation of the fight against doping.

Main benefits, impact, results, experiences gained:

- The study about the doping among users of fitness studios is concerning an extremely large potential part of the population. In addition the project has created synergies between heterogeneous participants: The academic society, the administrative and the Body Building community.
- The results of the study (report, CD-Rom, video tape) can be beneficial for the sportsmen and the sportswomen, the trainers and the fitness studio owners.

Contribution of project in terms of:

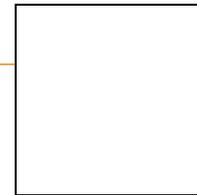
Scope of doping and doping-related phenomena	<input type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input checked="" type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input checked="" type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>

Description of the project's complementarity to other national or international activities:

No information available

Added value of the project compared to other activities:

No information available



QUALITATIVE REMARKS

Misuse of drugs in commercial studios is a very interesting part of the doping issue, which can reveal the extent of anabolic usage by everyday people who wish to increase their physical performance and improve their appearance. Estimations can be made on this aspect of doping, yet it is proven that systematic research is necessary in order to investigate the various factors governing it, such as:

- motivation of people training in fitness studios
- availability of doping substances (including the black market and the internet)
- information of users as to the contents of food supplements
- information of users on the side-effects of doping

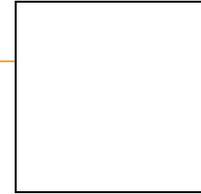
All these and more factors have been the objective of the survey that was conducted by the project team. Many different actors were involved in the preparation and conduction of the survey (scientists, administrators, fitness studio owners, trainers), creating an extremely interesting structure that shows the path for many future programmes.

Further to this study, a CD-Rom was developed, containing a computer-based programme for use by the fitness studio instructors when devising training programmes, as well as a video tape in order to be used for coach trainings.

The quality of the computer-based programme and the videotape cannot be evaluated, since they did not exist in the project file.

However, the scope and conduction of the survey are very important and directly relevant to the programme priorities and the results of the survey are indeed very interesting. In many cases the current situation in many fitness studios cannot really be reflected due to various reasons, such as: the mistrust of the studio owners to answer freely due to new anti doping legislation (Italy), the total absence of any kind of access to the so called "hardcore" or not certificated fitness studios (Switzerland). In general the percentage of returned questionnaires (27,1%) was not considered as satisfactory, even by the consortium itself. Still, the importance of the survey is not decreased by these problems. In fact, such problems indicate the clear need for further investigation in this sector and for efforts in the direction of providing information to potential users.

Doping in fitness studios is an issue that has not been addressed by other projects; therefore the project's importance is increased.



Project Information Sheet

Project Number	Implementation Period
C 116 - 25	01/09/2000 – 30/10/2001

PROJECT TITLE:

BIOMEDIZINISCHE UND RECHTLICHE GRUNDLAGEN DER BEKAEMPFUNG DES DOPINGS

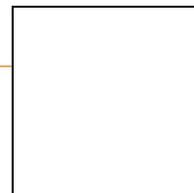
TYPE OF ACTION:	<input type="checkbox"/>	ACTION I : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING	
	<input checked="" type="checkbox"/>	ACTION II : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL	
	Topic	<input type="checkbox"/>	PROTECTING YOUNG ATHLETES
		<input checked="" type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
		<input type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
		<input checked="" type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
		<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
		<input type="checkbox"/>	INFORMATION ON MEDICINES
		<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
		<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
		<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
		<input type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
		<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT

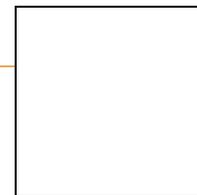
GENERAL EVALUATION REMARKS

The subject of the project is very interesting since it concerns biomedical and legal aspects of doping. However, the project is poorly documented; little evidence exists of the activities which have taken place. It seems that a number of conferences have been organised on the issue, much fewer though than the initially planned ones.

The documents provided by the partner organisations only make reference to general issues concerning doping, such as control procedures, testing and prohibited substances. Thus, it seems that the project did not add any value to the fight against doping, since it did not contribute to gaining new knowledge and no evidence exists on the attendance to the conferences which have been organised, in order to assess the impact of the information activities.

It needs to be mentioned that inadequate reporting of the partners during the project implementation, as well as failure of them to respond to this evaluation process, have given this overall negative picture. Although there may be a possibility that the implemented activities have interesting results and impact, demonstration of these does not exist and therefore detailed evaluation is not possible.



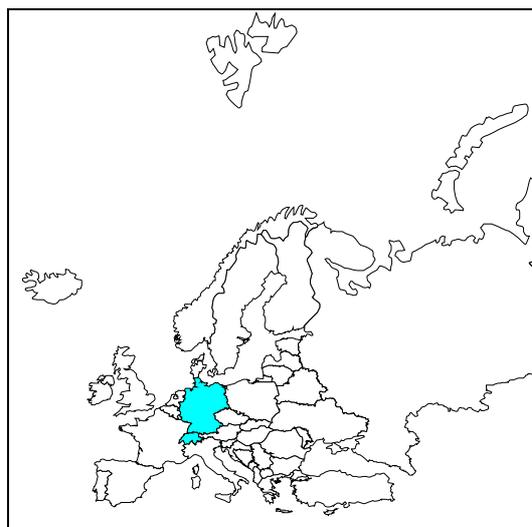


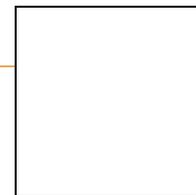
PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: International Sport Lawyers Association (ISLA)
	CITY, COUNTRY: Uberlingen, Germany
	CONTACT PERSON: Christian Krahe
	ORGANISATION TYPE: International association
Partner 2	ORGANISATION NAME: Federation Internationale de Football Association (F.I.F.A.)
	CITY, COUNTRY: Zurich, Switzerland
	CONTACT PERSON: Michel Zen – Ruffinen
	ORGANISATION TYPE: International sporting association

GEOGRAPHICAL COVERAGE

The geographical coverage is represented on the map on the basis of the participating organisations, since no evidence exists on the actual places where the project activities took place.





GENERAL PROJECT INFORMATION & FACTS

Brief project description:

The main aim of the organizers of the project was to contribute towards further education of the involved parts in the fight against doping by holding of a series of educational seminars throughout Europe. The seminars would be focused on the biomedical, laboratory and legal aspects of the anti-doping issue including topics such as:

- Definitions, substances and methods.
- Side effects and health risks.
- Control Procedures.
- Legal Consequences, sanctions and suspensions.

The initial plans predicted the organisation of seven seminars in Germany, Austria, Greece, Czech Republic, Italy, France and Poland. As the final report of the organisers indicates only three seminars were organised. One of those three seminars, as mentioned in a photocopy of Football Expo 2001 Show Directory included in the final report, was organized within the F.I.F.A.'s Football Expo 2001. There is no further information about the other two seminars.

Activities	Tasks	Partners
Organization of seminars	No details documented in the project reports	- I.S.L.A. - F.I.F.A.

Direct target groups:

Little information is available on the persons who attended the conferences organised during the project

Target Group	Number of beneficiaries	Countries
- Officials from sport associations		
- Athletes' representatives		
- Sport coaches, physiotherapists and doctors		
- Judges at sport tribunals		
- Lawyers		

Indirect target groups:

No information available

Target Group	Number of beneficiaries	Countries

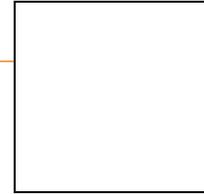
Overall final results of the project:

Result	Type	Size
1. Educational seminars	Conference	3

Production of tangible project products or results:

No information available

Product	Number of units	Cost



Positive outcomes / effects of the project:

No information available

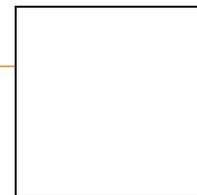
Negative, adverse or unexpected effects/ problems:

Information included in the final report indicates problems encountered with the project time schedule. However, it seems that the number of conferences finally organised by the partners is much smaller than the initially planned one.

Effectiveness of the project in meeting the partners' objectives:

Scale 0-4 (0 = not at all effective, 4 = very effective)

No response from partners



PRESENTATION OF PROJECT RESULTS IN DETAIL

No information available from the partners. Moreover, due to lack of documentation, estimation of the contribution of the project results to any of the doping-related issues is impossible.

ACTION II

II1. Contribution in gaining and providing new knowledge on issues of the doping-in-sport field
Scale 0-4 (0 = no contribution, 4 =very significant contribution)

Issue	Description of contribution	Contribution rating				
		0	1	2	3	4

SUSTAINABILITY OF RESULTS

Follow-up activities:

No information available

Life cycle of project products

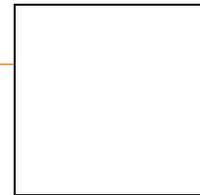
No information available

Dissemination activities:

No information available

Collaboration – networking:

No information available



EFFICIENCY

Rating of efficiency in programme implementation and management
 (0 = very poor, 4 = very good)
 No response from partners

Project leader performance
 Contribution of other partners
 Economic efficiency
 Management of the project by the European Commission

Rating	0	1	2	3	4

Deviations from initial project scheduling:

	Description of deviation
Initial time plan	A prolongation of the project implementation has been requested
Expected results	
Initial budget	
Initial budget structure	
Other:	

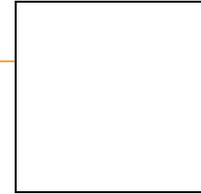
FINANCIAL OVERVIEW OF THE PROJECT

	Budget	EC Funding
Total	160000	80000

	First payment	24000
Submitted interim report		
	Interim payment	
Submitted final report		
	Final payment	
Received all funding		
	Total funding	

Remarks on project economic efficiency:

Economic performance is considered as poor, since the project did not reach its initial aim of organisation of 7 seminars and only 3 conferences have been organised.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The main topics of the seminars were:

- *Definitions, substances and methods.* This topic is in line with the Commission's priority about research into doping substances (as mentioned in COM/1999/ 643, annex 1, head 1).
- *Side-effects and health risks.* This topic is in line with the Commission's priority about research into health impact of doping (as mentioned in COM/1999/ 643, annex 1, head 1).

Main benefits, impact, results, experiences gained:

No evidence exists of the actual benefits and impact of the project, since the poor documentation indicates the organisation of seminars which provided pure information on doping rules and substances. However, no information is available on seminar participants, speakers and the subjects covered or discussions held.

Contribution of project in terms of:

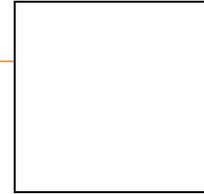
Scope of doping and doping-related phenomena	<input type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input type="checkbox"/>
Impact of actions by international government bodies	<input checked="" type="checkbox"/>

Description of the project's complementarity to other national or international activities:

No information available

Added value of the project compared to other activities:

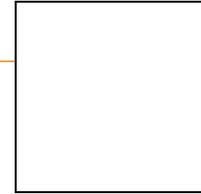
No information available



QUALITATIVE REMARKS

The documentation of the project - including the final report - does not provide the possibility to have a clear view of the project activities and results. Reference is only made to three (instead of seven initially planned) seminars which were organized, but there are no indications about the location, the date and the participants of the seminars except a photocopy of the 2001 Football Expo Show Directory that indicates that one of the seminars was planned to be held within the venue.

In addition the documentation does not provide details on the involvement of partners, in particular ISLA (the leader of the project), except the presence of its president, Dr. Christian Krahe in the seminars. Instead, the second co-organizer (FIFA) seems to have been more active in the organization of the seminars.



Project Information Sheet

Project Number	Implementation Period
116-27	01/08/2000 – 31/08/2001

PROJECT TITLE:

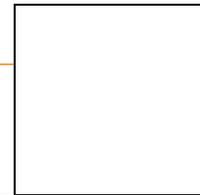
EUROPEAN CERTIFIED DOPING CONTROL OFFICERS. A UNIFIED EDUCATION AND TRAINING PROGRAMME.

TYPE OF ACTION:	<input type="checkbox"/>	<i>ACTION I</i> : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING	
	<input checked="" type="checkbox"/>	<i>ACTION II</i> : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL	
	Topic	<input type="checkbox"/>	PROTECTING YOUNG ATHLETES
		<input type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
		<input checked="" type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
		<input type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
		<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
		<input type="checkbox"/>	INFORMATION ON MEDICINES
		<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
		<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
		<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
<input type="checkbox"/>		DOPING AMONG AMATEUR ATHLETES	
<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT		

GENERAL EVALUATION REMARKS

The project has met its objectives, namely creating educational material for doping officials and performing seminars for existing and potential doping officials. This activity is in the direction of harmonising national testing arrangements through education of doping officials and the extension of their network.

However, there are some points within the project that can be considered as drawbacks. First of all, the project is based on one action alone. Although this is not negative, this particular action is only contributing to improvement of testing arrangements. Therefore, it is not really aiming to combating doping, it just offers better control. Undeniably, doping control is one of the axes of the fight against doping; however it must be combined with other actions as well in order to ensure the added value that is anticipated to be received through a project.



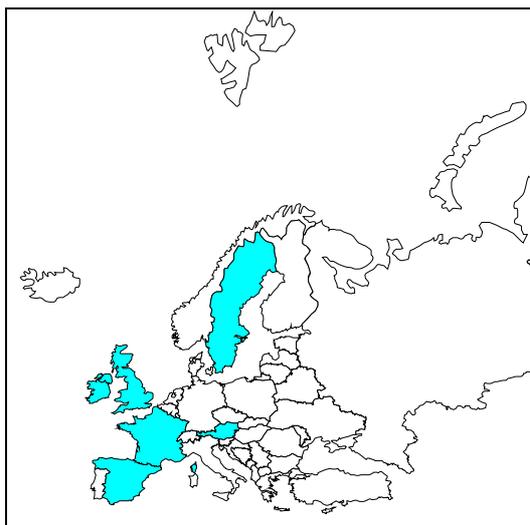
Moreover, another important factor governing projects that are implemented at a European level is dissemination of results. Unfortunately in this case evidence does not show that the results of the project reached any other audience besides the direct target group, namely existing and potential doping officials. Therefore, the impact of the project seems to be rather limited. It is considered that implementation of the project by more than one partner, would have improved this situation a lot. Especially if partners from many EU countries and from different fields were also involved, dissemination and multiplicity of results would be further improved. In this way, the value of the project would have been significantly increased.

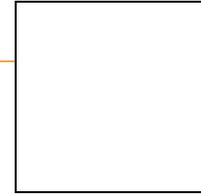
PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: International Doping Test & Management AB.
	CITY, COUNTRY: Lidingo, Sweden.
	CONTACT PERSON: Staffan Salhstrom.
	ORGANISATION TYPE: Company conducting doping controls

GEOGRAPHICAL COVERAGE

The company IDTM is based in Sweden and is active internationally. The geographical coverage of the project is considered to be extended to the countries where seminars were held.





GENERAL PROJECT INFORMATION & FACTS

Brief Project Description:

The aim of the organizer was to contribute towards further harmonisation of the testing arrangements throughout Europe by strengthening and expanding the network of International Doping Control Officers (IDCOs) in Europe. In order to achieve that, the International Doping Test & Management AB (IDTM) implemented a training, education and certification program for IDCOs. The program is based on IDTM Quality System (IQS) in accordance with ISO 9002 standard and international Standard for doping controls (ISDC/ISO/PAS-18873).

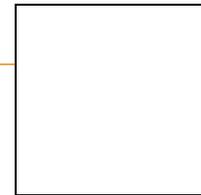
During this programme six educational seminars were held throughout Europe: In U.K., Austria, Ireland, France, Spain and Sweden. The educational was based on both theoretical knowledge and training in practical skills. The methods varied between:

- Lectures
- Group exercises
- Practical skills training
- Problem solving

As a result of this seminar the following material was developed:

- A Trainer Assessor Manual, informing trainers about IDTM's education system and IDCOs.
- An information Folder called "Do You Seek Challenges", informing the potential candidates about the functions, and the characteristics of an IDCO.
- An Educational Binder, informing the IDCO about his/her duties for the IDTM.

Activities	Tasks	Partners
Organization of the seminars.	<ul style="list-style-type: none"> ▪ Development of the necessary educational material. ▪ Recruitment of the candidates. ▪ Seminar in Northampton, U.K. (14/10/2000). ▪ Seminar in Vienna, Austria (11-12/11/2000). ▪ Seminar in Dublin, Ireland (2-3/12/2000). ▪ Seminar in Paris, France (6-7/1/2001). ▪ Seminar in Barcelona, Spain (31/3-01/4 /2001) ▪ Seminar in Stockholm, Sweden (28-29/4/2001) 	IDTM
Creation of the Trainer Assessor Manual.	<ul style="list-style-type: none"> ▪ Development ▪ Production 	IDTM
Creation of the Educational Binder	<ul style="list-style-type: none"> ▪ Development ▪ Production (20/11/2000, 01/03 & 22/03 2001) 	IDTM
Creation of the Information Folder	<ul style="list-style-type: none"> ▪ Development ▪ Production (23/08, 04/05) 	IDTM



Direct target groups:

Target group	Number of beneficiaries	Countries
1. New applicants interested in becoming IDCOs.	22	U.K., Austria, Ireland, France, Spain and Sweden
2. Existing network of IDCOs.	72	U.K., Austria, Ireland, France, Spain and Sweden
3. Medical personnel from different International Federations, involved in anti doping works.		U.K., Austria, Ireland, France, Spain and Sweden

Indirect target groups:

Target Group	Number of beneficiaries	Countries
New applicants interested in becoming IDCOs		All

Overall final results of the project:

Result	Type	Size
1. Seminars in Northampton, Vienna, Dublin, Paris, Barcelona and Stockholm.	Seminar.	94 participants.
2. Educational material	Educational material	

Production of tangible project products or results:

Product	Number of units	Cost
1. IDTM Educational Binder	80	200 E
2. Trainers manual		
3. Information Folder		2.845 E

Positive outcomes / effects of the project:

Better European education standard for doping officers

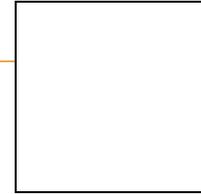
Negative, adverse or unexpected effects/ problems:

No information available

Effectiveness of the project in meeting the partners' objectives:

Scale 0-4 (0 = not at all effective, 4 = very effective)

Objective	Effectiveness				
	0	1	2	3	4
Combined specific needs for own project					X



PRESENTATION OF PROJECT RESULTS IN DETAIL

ACTION II

II1. Contribution in gaining and providing new knowledge on issues of the doping-in-sport field
 Scale 0-4 (0 = no contribution, 4 =very significant contribution)

Issue	Description of contribution	Contribution rating				
		0	1	2	3	4
Education	Doping officers				x	

SUSTAINABILITY OF RESULTS

Follow-up activities

No information available

Life cycle of project products

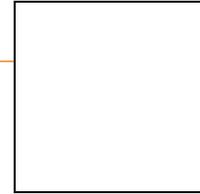
Product/ Result	Life cycle (months)
Education of doping officers	36
Education material	36

Dissemination activities:

Dissemination activity	Performance Date / Period	Target Group	Number of beneficiaries	Countries
1. Production of an informational Folder called "Do You Seek Challenges", informing the potential candidates about the functions, and the characteristics of an IDCO.	04/05/2001	Potential candidates for IDCOs.		All of the European countries

Collaboration – networking:

No information available



EFFICIENCY

Rating of efficiency in programme implementation and management

(0 = very poor, 4 = very good)

Project leader performance
 Contribution of other partners
 Economic efficiency
 Management of the project by the European Commission

Rating	0	1	2	3	4
Project leader performance					
Contribution of other partners					
Economic efficiency				X	
Management of the project by the European Commission					

Deviations from initial project scheduling:

	Description of deviation
Initial time plan	
Expected results	
Initial budget	
Initial budget structure	
Other:	

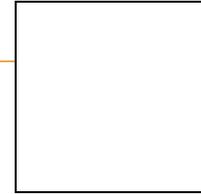
FINANCIAL OVERVIEW OF THE PROJECT

	Budget	EC Funding
Total	83488	41452

	First payment	15000
Submitted interim report		27/4/2001
	Interim payment	15000
Submitted final report		Yes
	Final payment	11452
Received all funding		Yes
	Total funding	41452

Remarks on project economic efficiency:

The activities implemented through the project seem to justify costs.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The basic object of the seminar was to educate and develop a pan-European network of IDCOs, contributing actively towards further harmonisation of the anti doping testing procedures, which is in line with several priorities of the Commission, on the fight against doping by harmonising the testing arrangements (as mentioned in COM-1999/ 643):

- Encouraging the training of laboratory staff and collectors of samples with a view to their accreditation with an eye to transnational controls.
- Developing interlaboratory test systems.
- Putting in place banks of substances and reference materials.

Main benefits, impact, results, experiences gained:

- The purpose of the seminars was to educate the IDCOs in accordance with IDTM's quality standard for doping controls ISO 9002, increasing the authority and reliability of the doping control programme.
- The seminars were held throughout Europe making it easier for the participants to visit them. In addition many of the participants were from former Eastern European Countries.
- The seminars included both theoretical and practical work through lectures, group exercises, skills training and problem solving activities.

Contribution of project in terms of:

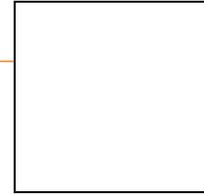
Scope of doping and doping-related phenomena	<input type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>

Description of the project's complementarity to other national or international activities:

No information available

Added value of the project compared to other activities:

No information available

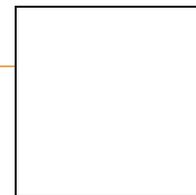


QUALITATIVE REMARKS

It is recognised that the doping problem is becoming a public health issue and the international sport community requires more efficient doping test programs in order to deal with the increasing use of doping substances. The development of a wide network of certified independent IDCOs, which is the basic object of this project, is in fact a necessary step towards creating the basic infrastructure for improving the anti doping test efficiency.

Moreover, the compilation of information on doping testing is very important, since it can serve as a unified instrument on doping testing and assist in the direction of harmonising doping tests worldwide.

On the other hand, the complete absence of any co-organizers of the project, especially sporting organisations, can easily create doubts concerning the ability of the project to reach a wider audience, other than existing or potential IDCOs. Therefore it is considered that the project cannot exhibit particular added value at a European level, since cooperation between European actors was not performed.



Project Information Sheet

Project Number	Implementation Period
C 116 – 28	01/09/2000 – 31/09/2001

PROJECT TITLE:

LE DANGER DU DOPAGE POUR LES JEUNES DANS LE SPORT EN GENERALE ET LE TENNIS EN PARTICULIER

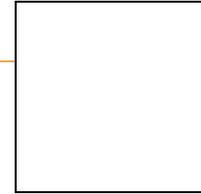
TYPE OF ACTION:	<input checked="" type="checkbox"/>	ACTION I : INFORMATION CAMPAIGNS AND EDUCATION PROGRAMMES ON COMBATING DOPING
	<input checked="" type="checkbox"/>	ACTION II : ORGANISATION OF CONFERENCES, SYMPOSIA, ETC. WITH A VIEW TO HARMONISING THE FIGHT AGAINST DOPING AT EUROPEAN LEVEL
	<input checked="" type="checkbox"/>	PROTECTING YOUNG ATHLETES
	<input type="checkbox"/>	REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
	<input type="checkbox"/>	BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
	<input checked="" type="checkbox"/>	THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
	<input type="checkbox"/>	THE UNDERLYING CAUSES OF THE GROWTH IN DOPING: SOCIO-PSYCHOLOGICAL ASPECTS, PRESSURES IN THE SPORTING ENVIRONMENT, OVER-TRAINING, TOO MANY COMPETITIONS
	<input type="checkbox"/>	INFORMATION ON MEDICINES
	<input type="checkbox"/>	THE ROLE OF DOCTORS AND OTHER HEALTH PROFESSIONALS
	<input type="checkbox"/>	ETHICAL AND LEGAL ASPECTS RELATING TO HEALTH PROFESSIONALS
	<input type="checkbox"/>	PLANNING AND EVALUATING PROGRAMMES TO PREVENT DOPING
	<input type="checkbox"/>	DOPING AMONG AMATEUR ATHLETES
	<input type="checkbox"/>	THE USE OF DOPING SUBSTANCES OUTSIDE THE SPORTING ENVIRONMENT

GENERAL EVALUATION REMARKS

A project targeted to raising awareness in the field of doping-in-sport, mainly concerning tennis.

The information campaign and events organised are expected to have reached the target group (tennis athletes) as well as the general public, through intensive publicity and involvement of personalities, such as politicians and top athletes. Therefore it is considered that the project has reached its objectives.

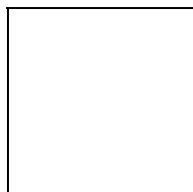
On the other hand, the target group of the project was very narrow (tennis players and in particular women tennis players). Although this fact was a factor that contributed to the effectiveness of the project in reaching its target group, at the same time it causes the limitation of its impact in terms of the general target of doping (athletes in general). Moreover, the fact that activities were very focused at geographical level as well increases the limitation of the project results. Concluding, it is suggested that similar actions in the future should present a more balanced picture in terms of target group and geographical coverage in order to bring increased added value.

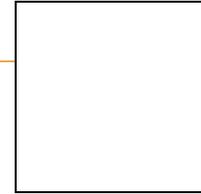


PROJECT STRUCTURE

Partner 1	ORGANISATION NAME: International Women's Tennis Promotion Luxembourg
	CITY, COUNTRY: Esch-sur-Alzette, Luxembourg
	CONTACT PERSON: Charles Rolling, IWTP secretary
	ORGANISATION TYPE: National Sporting organisation
Partner 2	ORGANISATION NAME: Universite de Stuttgart
	CITY, COUNTRY: Stuttgart, Germany
	CONTACT PERSON: Prof. Dr. Klaus-Peter Brinkhoff
	ORGANISATION TYPE: University
Partner 3	ORGANISATION NAME: Women's Tennis Association (WTA-TOUR European Headquarters)
	CITY, COUNTRY: London, U.K.
	CONTACT PERSON: Clare Wood
	ORGANISATION TYPE: Sporting Organisation.
Partner 4	ORGANISATION NAME: Ministere de l'Education Nat. de la Form. Prof. et des Sports.
	CITY, COUNTRY: Luxembourg, Luxembourg.
	CONTACT PERSON: Mme Anne Brsreur, Minister of Education and Sports
	ORGANISATION TYPE: National Authority.
Partner 5	ORGANISATION NAME: Deutsches Sportfernsehen.
	CITY, COUNTRY: Ismaning, Germany.
	CONTACT PERSON: Claudia Duchene
	ORGANISATION TYPE: TV Station.
Partner 6	ORGANISATION NAME: Federation Luxembourgeoise de Tennis (FLT).
	CITY, COUNTRY: Esch – sur – Alzette, Luxembourg
	CONTACT PERSON: Paul Helminger, president
	ORGANISATION TYPE: National sporting organisation.

GEOGRAPHICAL COVERAGE





GENERAL PROJECT INFORMATION & FACTS

Brief Project Description:

The main aim of the project was the organisation of a conference on the issue of the dangers of doping on young persons, especially those involved in the tennis sport. The project focused on round table discussions on the issue, the organisation of a conference, as well as promotion of information to young people at schools. The conference was thus combined with an information campaign, for which special material has been developed.

As part of the project activities, a conference has been organised on 5 September 2000 with the title: "New Hope – No Dope". The conference was attended by a large number of participants, among which representatives of the European Commission, sporting federations, public authorities and athletes. The conference concentrated on the protection of young persons in professional sports, the dangers of doping and drugs and life after a career in sports.

This main project activity has been followed by further presentations of the conference results to other events, as well as a press conference for ensuring media coverage.

The tangible products of the project included brochures, a video tape, a CD-ROM and information material which has been distributed to young persons.

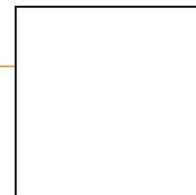
Activities	Tasks	Partners
Conference, 5/9/2000	Conduction	All
Development of information material	Development of: brochure, CD-ROM, videotape, sticker	
Press conference, 4/4/2001	Presentation of information material	
Presentation at the European School, 10/5/2001	Conduction	
Conference at the National Sports Institute, 16/5/2001	Conduction	
Promotion activity at the Sports Festival, Esch/ Alzette, 8/7/2001	Conduction	

Direct target groups:

Target Group	Number of beneficiaries	Countries
Politicians, journalists, European students, national sports federations and their top young athletes	~ 5000	Different European countries

Indirect target groups:

Target Group	Number of beneficiaries	Countries
General public		Different European countries



Overall final results of the project:

Result	Type	Size
1. Conference	Conference	150 participants
2. Press conference	Conference	100 participants
3. Info material presentations (2)	Conference	400 participants
4. Promotion activities (2)	Sports festival	~ 4000 participants
5. Info material	Brochure + CD + videotape + sticker	

Production of tangible project products or results:

Product	Number of units	Cost
Brochure	2000	2440
Invitations	1000	700
CD-ROM +videotapes	2000	11000
stickers	10000	3100

Positive outcomes / effects of the project:

It is considered that the project has played a role in the fact that there has been no positive doping-test in Luxembourg in the last 2 years

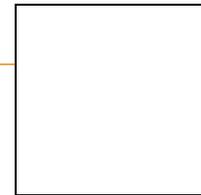
Negative, adverse or unexpected effects/ problems:

Administration of the project and filling in of the necessary documents was considered to be rather complicated

Effectiveness of the project in meeting the partners' objectives:

Scale 0-4 (0 = not at all effective, 4 = very effective)

Objective	Effectiveness				
	0	1	2	3	4
Sensitisation on the doping/ drugs issue					X
No doping in women's tennis			X		



PRESENTATION OF PROJECT RESULTS IN DETAIL

ACTION I

11. Effectiveness in raising awareness on doping issues, i.e. reaching various target groups
Scale 0-4 (0 = not at all effective, 4 = very effective)

Target group	Effectiveness				
	0	1	2	3	4
Sports federations					X
Young top athletes					X
Students					X
politicians					X
media					X

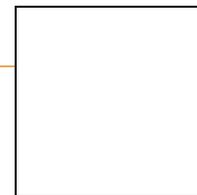
12. Impact on changing public attitudes and views with regard to the use of substances in the target countries
Scale 0-4 (0 = not at all significant, 4 = very significant)

Country	Significance				
	0	1	2	3	4
Luxembourg					X
European School (different countries)				X	
Participant countries				X	

ACTION II

II1. Contribution in gaining and providing new knowledge on issues of the doping-in-sport field
Scale 0-4 (0 = no contribution, 4 =very significant contribution)
 No information available

Issue	Description of contribution	Contribution rating				
		0	1	2	3	4



SUSTAINABILITY OF RESULTS

Follow-up activities:

No information available

Life cycle of project products

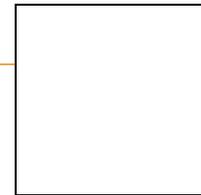
No information available

Dissemination activities:

Dissemination activity	Performance Date / Period	Target Group	Number of beneficiaries	Countries
Information material	During the project	Politicians, journalists,		Participant countries
Presentations, conferences	During the project	European students, national sports federations and their top young athletes	~ 5000	

Collaboration – networking:

No information available



EFFICIENCY

Rating of efficiency in programme implementation and management
(0 = very poor, 4 = very good)

- Project leader performance
- Contribution of other partners
- Economic efficiency
- Management of the project by the European Commission

Rating	0	1	2	3	4
					X
			X		

Deviations from initial project scheduling:

	Description of deviation
Initial time plan	
Expected results	
Initial budget	
Initial budget structure	
Other:	

FINANCIAL OVERVIEW OF THE PROJECT

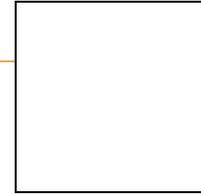
Further study is required

	Budget	EC Funding
Total	62347	50000

	First payment
Submitted interim report	
	Interim payment
Submitted final report	
	Final payment
Received all funding	
	Total funding

Remarks on project economic efficiency:

The costs of the project seem to be justifiable.



EUROPEAN ADDED VALUE

Relevance of project to programme aims and priorities in the field of combating doping in sport:

The project was directly relevant to the aims of the programme, since it managed to conduct a conference and implement various dissemination activities in the field of combating doping in sport. Through involvement of well-known personalities and intense publicity, the project has been active in raising awareness, which is a priority issue.

Main benefits, impact, results, experiences gained:

The result of the project is increased publicity of the doping-in-sport issue, which is expected to have brought benefits in this field in the countries that participated, especially in Luxembourg.

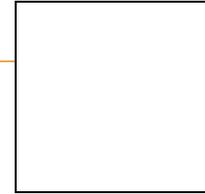
Contribution of project in terms of:

Scope of doping and doping-related phenomena	<input checked="" type="checkbox"/>
New knowledge on doping causes & phenomena, substances, detection methods and impact on health	<input type="checkbox"/>
Scientific evidence of the biomedical (side-)effects of doping practices, including nutritional supplements and products considered as "soft" and "hard"	<input type="checkbox"/>
Efficiency of information, communication and education actions on prevention of doping	<input type="checkbox"/>
Links between doping practices and crime	<input type="checkbox"/>
Existing rules, procedures and legal instruments against doping in sport	<input type="checkbox"/>
Deficiencies and inconsistencies of existing systems and rules and procedures at national and international level	<input type="checkbox"/>
Impact of actions by international government bodies	<input type="checkbox"/>

Description of the project's complementarity to other national or international activities:

Other local, national or international activity	Description of the project's complementarity
WADA	Same target
NOC of Luxembourg anti-doping commission	Same target

Added value of the project compared to other activities:
 No information available

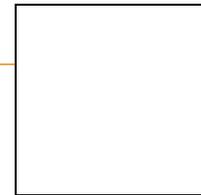


QUALITATIVE REMARKS

Politicians, journalists, European students, national sports federations and their top young athletes were the direct target group of the events that took place in the framework of the project. Moreover, it is expected that these events and the publicity that emerged from their coverage, have reached the general audience as well.

However, the involvement of specific groups and personalities -mainly from the tennis field- created an approach that was mainly addressed to athletes or people interested in this sport. This should rather be considered as an advantage than a disadvantage, because although it narrows the final target group, it makes the project more effective in meeting its objectives.

It is considered that performance of activities in more countries would increase the project's impact and disseminate its results to an even wider audience.



4. Main findings of project reports

The 16 pilot projects which have been funded by the European Commission in the area of the fight against doping concentrated on information campaigns for combating doping and on the organization of conferences with a view to harmonizing the fight against doping at European level. The aim of information actions was to raise public awareness on the dangers of doping for health and sports' ethics, through educational activities. Thus, these projects mainly produced information materials and/or activities of various types, which addressed target groups such as athletes, coaches, doping officials, children, politicians and the general public. On the other hand, the organization of conferences has in some projects been combined with the conduction of studies and research among persons involved in sports. Thus, these projects produced interesting results which can enhance awareness on issues related to doping.

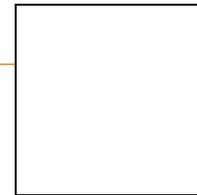
The aim of this part of the report is to **summarize the main findings of the projects** funded by the European Commission with respect to the following aspects of doping:

- The scope of doping and doping-related phenomena;
- Scientific evidence of biomedical effects of doping practices, including information on substances, detection methods and general impact on health;
- Links between doping and crime;
- Existing rules, procedures and legal instruments against doping, at national and international level and problems arising from deficiencies and inconsistencies among existing measures;
- Impact of actions by international governmental bodies;
- Efficiency of information, communication and education activities on prevention of doping, as well as good practices for enhancing awareness on the issue of doping.

The information which is presented hereafter has been collected from project documentation, such as interim and final reports, studies, conference minutes and speeches, handbooks and information material. The chapter includes summarized information on project findings and recommendations put forward by participating organizations, aiming at providing useful input on the value which the projects have added in the fight against doping.

A. The scope of doping and doping-related phenomena

- According to research performed within the context of project No 116-15 ("Legal Comparison and the Harmonisation of Doping Rules") among athletic associations, the main characteristics of the **scope of doping** are as follows:
 - The importance of doping in athletics is generally judged to be very high.
 - The doping problem is seen to be greater in the USA and in China than in Europe.
 - With regard to disciplines in athletics, **throwing events and sprint events are predominantly seen to be affected by doping**. The extent of the doping problem is seen less in middle-distance and long-distance running.



- Project No 116-24 (“Dopingbekämpfung in kommerziell geführten Sportstudios”) investigated the **use of substances in Fitness Studios**. According to the research performed during the project, it became evident that **substances are used for enhancing performance**.

Persons using substances reported to be satisfied with the results of the use, i.e. increase of weight, enhancement of performance and energy. Regarding the market from which substances were obtained, 16% of the respondents were supplied through the national market and 84% from the international market. Main supply channels included doctors (27%), pharmacies (38%) and friends (30%). Only 3% declared the Internet as a source.

The use of substances is most common to persons older than 30 years old. Motives for the use of substances mainly concern the need to improve external appearance characteristics, an issue particularly important for bodybuilders. Although there was no proof that the use of substances is related to any specific professional activity or level of education, university students were the largest group of persons who declared to use substances.

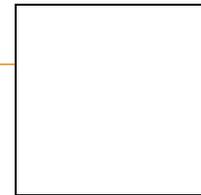
Due to the fact that many scientific studies mention that the effects of the use of doping substances are reversible in cases of use for only one “therapy”, bodybuilders often consider this as an argument for practising the use and considering substances as not dangerous.

An examination of the actual behaviour with regard to the use of substances led to the following conclusions:

- Apart anabolics, other stimulating substances are used.
- In order to decrease the side effects of anabolics, anti-oestrogens are used.
- The use of the hormone choriongonadotrophin serves the purpose of stimulation of production of steroids in the end of a “therapy”.
- For the enhancement of the modification of a substance, among others, Thyroxin preparations are used.
- Bodybuilders often use diuretics before competitions, in order to have a better muscle presentation.

The project partners recommended to expand **the research on the use of doping substances to all Member States**, in particular among **young persons aged 12-18**, as well as among **students** in schools, vocational training institutions and universities. Furthermore, they suggested publishing the research results through the mass media, in order to raise awareness on the issue.

Another recommendation put forward by the partners concerned the **development of a European Certification System for Fitness Studios**. In order to contribute to the fight against doping, such a system could include criteria related to compliance with the national anti-doping legislation and the rules on sale of forbidden substances, promotion of a healthy lifestyle without consumption of illegal or dangerous substances, restriction of the sale of nutritional supplements to products with a “good product” label and cooperation on information campaigns for promoting prevention of doping. Alternatively, a European Fitness Code could promote good nutritional behaviour as a prerequisite for healthy and doping free fitness sport.

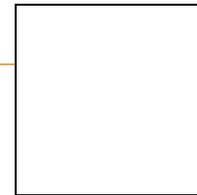


- According to project No 116-02 (“Transplantation et dopage: un vide juridique”), doping requires particular treatment for special groups of the population, since **athletes with transplanted organs face particular problems in their sports’ activities**. Persons with transplanted organs are subject to obligatory medical treatment for their whole life, in order to fight the rejection of organs. The medicaments which they need to take are often considered as doping substances according to the list of prohibited substances of the IOC. Although they can be considered as persons using substances for therapeutical reasons, in reality they are often excluded from sport competitions. Thus, although sporting activity may well be a means to improve physical condition and the quality of life, the fear of disqualification exists. On the other hand, persons with transplanted organs cannot be regarded as handicapped persons and be treated in the same way as the latter, thus participating in special sporting events only. During the discussions held as part of the conference organised within the framework of this project, it became clear that the situation of persons with transplanted organs in view of sport competitions is not well clarified and that uniform rules on their participation in sports are necessary at European level.

- Project No 116-28 (“Colloque anti-dopage SEAT OPEN Luxembourg”) concerned the organisation of a conference with the motto “New Hope – No Dope”. During the conference it has been noted that **doping** is nowadays recognised as a problem which **concerns the whole society and not only athletes**. An efficient action against doping needs to relate to prevention, education, legislation, policy and control.

- A survey conducted as part of project No 116-22 (“HANDS - Higher Awareness Needs for Doping in Sport”) indicated **attitudes towards doping among young people aged 16 to 25 years old**.
 - Survey results in Greece:* 48% of young persons believe that doping is the use of artifice dangerous to athletes’ health, while 31% think of doping as the use of artifice capable of enhancing their performance. Over 60% of the respondents think that doping is prohibited because it can cause short and long-term damage to athletes’ health. However, this is not the only reason and it is important to note that only 18% answered that doping is prohibited because it is against the ethics of fair game. Regarding blood doping, 2/3 of the respondents did not know what this is. Knowledge on banned doping substances is very limited. 28% of the young people could not name any banned substance, while some persons named only drugs. 37% of the young persons are aware of doping’s side effects. 55% of the respondents replied that they would take something just to increase their chances of winning. So it is considered that there is little knowledge on the harmful effects of doping among young persons.

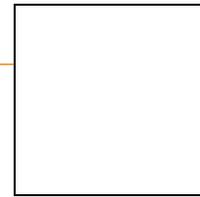
 - Survey results in Italy:* 60% of the respondents see doping as artifice whether substance or method, while 17% see it as a way to increase chances of winning and 23% think it is something bad for health. 2/3 of young people consider that doping is forbidden because it can harm the athlete’s health, while only 18% responded that it is against the ethics of fair game. 28% are aware of blood doping. Knowledge on banned doping substances is almost



non existent. 33% of the respondents said that they would risk using something if that could help them to win and 67% do not know any side effects.

- Survey results in Austria:* 47% of the respondents see doping as substance dangerous to health, while 31% see it as a way to increase chances of winning. 45% of young people consider that doping is forbidden because it can harm the athlete's health, while only 22% responded that it is against the ethics of fair game. Only 25% are aware of blood doping. Knowledge on banned doping substances is almost non existent. 38% of the respondents said that they would risk using something if that could help them to win and 77% do not know any side effects.
- Survey results in the United Kingdom:* 48% of the respondents see doping as artifice dangerous to athletes' health, while 28% see it as a way to enhance performance. 48% of young people consider that doping is forbidden because it can harm the athlete's health, while only 25% responded that it is against the ethics of fair game. Only 21% are aware of blood doping. Knowledge on banned doping substances is almost non existent. 35% of the respondents said that they would risk using something if that could help them to win and 81% do not know any side effects.
- Survey results in Germany:* 45% of the respondents see doping as artifice dangerous to athletes' health, while about 32% see it as a way to enhance performance. More than 50% of young people consider that doping is forbidden because it can harm the athlete's health, while only 21% responded that it is against the ethics of fair game. Only 25% are aware of blood doping. Knowledge on banned doping substances is almost non existent. About 40% of the respondents said that they would risk using something if that could help them to win and more than 80% do not know any side effects.
- Survey in Finland:* 55% of the respondents see doping as artifice dangerous to health. The largest majority of young people consider that doping is forbidden because it can harm the athlete's health, while very few responded that it is against the ethics of the game. Only 25% are aware of blood doping. Knowledge on banned doping substances is limited and the main substance named was anabolic steroids. 52% of the respondents said that they would risk using something if that could help them to win and 25% do not know any side effects.
- Survey results in the Netherlands:* 52% of the respondents see doping as artifice dangerous to athletes' health. 56% of young people consider that doping is forbidden because it can harm the athlete's health, while only 24% responded that it is against the ethics of fair game. 29% are aware of blood doping. Knowledge on banned doping substances is almost non existent. 42% of the respondents said that they would risk using something if that could help them to win and 67% do not know any side effects.

The survey indicated that the **knowledge** of young persons on issues related to doping is **very limited**, while **sports ethics and fair play are not yet a strong value** for them. Misconceptions exist with regard to the dangers involved in doping. It is very important to note that young people have little knowledge on banned substances and side effects of doping and thus tend to be vulnerable to taking something for enhancing chances of winning. Thus, the project results indicate



that **more information and education actions need to be directed towards young persons**, in order to overcome the negative effects of low awareness on doping issues and impact on health.

B. Scientific evidence of biomedical effects of doping practices, including information on substances, detection methods and general impact on health

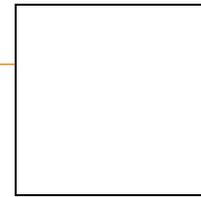
- According to research performed within the framework of project No 116-13 (“Training, Research and Education against Doping – TREAD”), **doping agents increase violence** and aggression. Individuals with a tendency to violence are likely to be attracted to doping agents because they wish to become bigger, stronger and more aggressive.

- The issue of **impact on health** has been a major subject discussed as part of project No 116-03 (“Harmonisierung des Kenntnisstandes über die gesundheitlichen Auswirkungen des Dopings”). An in-depth survey of existing bibliography on side effects of doping on health has demonstrated that **not all subjects have been sufficiently covered by existing studies, projects and scientific articles**. The majority of scientific studies include research on the impact and side effects of the use of anabolic steroids. Relevant substances are not always supplied in professional, but also in amateur sports’ environments. Furthermore, apart the conscious use of such substances, the consumption of altered nutritional supplements leads to unconscious consumption of these substances.

Existing research mainly covers the issues of side effects of anabolic steroids and peptide hormones, while scientific research on side effects on health and damages to health which anabolics can have was conducted and published mainly during the decades of 1940’s to 1970’s. Thus, there is certainly a **lack of scientific research on side effects and impact on health from the use of a large number of relatively new doping methods and substances**.

This project demonstrated the variety and differences among existing information and research work on the **biomedical side effects of doping**. Research results confirm that the use of doping methods and substances increases the risk of side effects, while at the same time there are possibilities for physical and psychological damages. Despite the large number of scientific publications on doping side effects and impact to health, athletes and coaches have little knowledge on the issue. Thus, **doping prevention measures need to focus on the provision of information on doping side effects to athletes, coaches and their sports’ and social environment**. Furthermore, doping and relevant risks for health are not part of the actual education provided to athletes through sports organisations. Only coaches who have enhanced their knowledge on the issue through personal efforts can provide information to athletes. However, doctors specialising in sports medicine need to have updated knowledge on the list of prohibited substances.

Research documentation collected during the implementation of the project provided information on the **side effects of doping substances**:

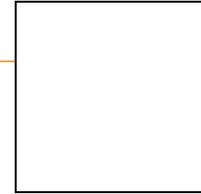


- Side effects of creatin supplementation comprise of cramps, nausea, diarrhoea and liver and kidney's function surcharge.
- Stimulants (e.g. amphetamine, cocaine, ephedrine and caffeine) can cause loss of appetite, insomnia, reduction of fatigue resulting in exhaustion, euphoria, psychosis, trembling, restlessness, agitation, tenseness, convulsion, hypertension, palpitations and heart rhythm disorders, diminished coordination, inhibited judgmental ability and self-criticism, addiction, hyperthermia and death.
- Narcotic-analgesics (e.g. morphine methadone, pethidine, codeine and heroine) are often used for reducing pain during injuries. However, they can cause addiction, loss of balance and coordination, nausea and vomiting, loss of sleep and depression, decreased heart rate, respiratory and cardiac depression, digestive and psychiatric disorders, decreased ability to concentrate and constipation.
- Anabolic steroids are the most common group of drugs usually abused by athletes, in order to improve performance. The use of such substances is very high among competitive bodybuilders. Side effects caused by this category of substances include acne, breast development, genital shrinking in men, heart attacks and liver cancer.
- Beta-adrenergic blocking agents (e.g. acebutolol, atenolol) can cause cardiac and respiratory depressions, asthma, nausea, insomnia and fatigue.
- Diuretics (e.g. acetazolamine, bumetadine) can cause vomiting, diarrhoea and electrolyte alterations.
- Blood doping can cause allergic reactions, skin eruptions, fever and transmission of diseases (e.g. AIDS, hepatitis).

Nutritional supplements often lead to positive doping results, according to experts who participated in the project discussions. Nutritional supplements with herbal products such as ma Huang and Guarana, supplements with "natural" anabolic androgenic steroids (prohormones) and supplements which are contaminated with anabolic androgenic steroids not declared on the label **may lead to positive doping results**. Thus, it must be recommended to athletes to use only supplements with quality control for prohormones. **Giving publicity to contaminated products** may assist the efforts to protect customers' health.

- The research performed as part of project No 116-24 ("Dopingbekämpfung in kommerziell geführten Sportstudios") among persons training in **Fitness Studios**, included the issue of **side effects from the use of substances for enhancing performance**. Respondents mentioned side effects such as acne, acne on the back, swelling on the face, cramps, increased sweating, increased heartbeat, reflective sexual excitation, increased sexual activity and other effects.

Scientific research results on side effects have been examined as part of the project. According to the findings, androgenic anabolic steroids have been mentioned to cause reduction in the content of sperm, which can lead to sterility in men. On the other hand, they can enhance the men's libido. Other side effects reported were agitation in the human circulation system, such as agitation of the blood composition, in particular in relation to the level of lipids. Such agitations can often be the cause of arteriosclerosis. The use of anabolics can cause inflation of the cardiac muscle, as well as problems to the liver and kidneys. External side effects of anabolics include acne, especially in the back and mainly in men, as well as swelling on the face. Still, there is little scientific evidence on the



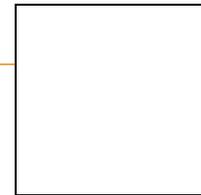
impact of the use of anabolics to human behaviour, especially with regard to the possibility to develop an aggressive and hot-tempered behaviour.

Little evidence exists on the **side effects of nutritional supplements**. However, there are risks of contaminations, since nutritional supplements are not subject to the same quality control as medicaments and pharmaceutical products. Such contaminations cannot be systematically documented at present, since laboratories performing controls on these products do not examine the existence of doping substances. Still, research leads to the conclusion that arbitrary use of nutritional supplements can have side effects on athletes, due to the fact that neither all ingredients are mentioned on the labels, nor consequences from long-term use or overdose are explained. The use of nutritional supplements can have adverse effects, such as increase in body weight, decrease in endogenous biosynthesis, muscle problems and problems in the absorption of certain necessary elements by the body.

During the conferences organised as part of the project, particular emphasis has been given to the **side effects of doping substances**, as these are known from research:

- Biomedical side effects from stimulants include increased alertness, insomnia, inhibited judgement, anxiety, possible increased competitiveness and hostility, addiction, reduced fatigue, aggressiveness, tremor, alterations in hemodynamics (increased heart rate and blood pressure), increased risk of stroke, heart attack and sudden death.
- Biomedical side effects from narcotics include euphoria, psychological stimulation, feeling of invincibility, increased pain threshold, dangerous situations perceived as safe, physical and psychological dependence and in cases of overdose respiratory depression and death.
- Biomedical side effects of diuretics include dehydration, muscle cramps, volume depletion, drop in blood pressure and severe electrolyte imbalances.
- Biomedical side effects of peptide hormones, mimetics and analogues include hypertension, cardiomyopathy, respiratory diseases, diabetes, abnormal lipid metabolism, osteoarthritis, increased risk of breast and colorectal cancer, thromboses, pulmonary embolism, cerebral embolism and death.
- Blood doping on the other hand can cause transmission of infectious diseases, overload for the circulatory system and blood clots.
- Administering artificial oxygen carriers or plasma expanders can cause icterus, tachycardia, anaphylactic reactions, itching and respiratory arrest.
- Biomedical side effects of anabolics include liver dysfunction, acne, enhanced tendon ruptures, hypertrophy of the heart muscle without an enhanced capillary function, premature closure of the growth centres of long bones which can result in stunted growth, impotence, increased aggressiveness and sexual appetite (sometimes resulting in aberrant sexual and criminal behaviour), testicular shrinkage, reduction of sperm production, loss of libido, breast enlargement, enlargement of prostate gland, masculinization, abnormal menstrual cycles, excessive hair growth on the face and body, deepening of voice, repartitioning or increasing muscle mass while decreasing body fat, nausea, nervousness, increased heart rate and blood pressure, headache, insomnia, tremors and death.

Apart the side effects caused by the use of substances, efforts have been made during the project to demonstrate how the use of substances has been the cause of death for many athletes.

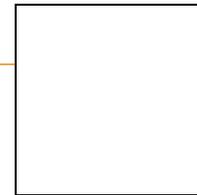


- Within the discussions held as part of the Project No 116-25 (“Biomedizinische und rechtliche Grundlagen der Bekämpfung des Dopings”), it has been mentioned that **some substances** are being **developed for the sole purpose of doping** and **no studies have been conducted into their clinical effects**. Thus, **scientific research is needed** in this field. It has been proposed to set up a standard study design for substances under scrutiny. In addition, a **constant exchange of information among doctors and doping control coordinators can enhance knowledge** on doping substances and food supplements. Furthermore, it has been noted that **current technical methods for analysis of samples cannot detect all banned substances used in sport**. Blood testing has potential for the future and could easily be introduced by some national and international sport federations, depending on their structural organization. However, this concept is more difficult to implement in larger federations, where there are players from every continent.

- The study performed within the context of project No 116-15 (“Legal Comparison and the Harmonisation of Doping Rules”) included a **study on medical limits for doping substances** (cut-off limits in doping control). The main conclusions of the study were the following:
 - Current cut-off limits for doping substances have been introduced for such substances that are allowed during training, are contained in everyday food and are thus consumed in small quantity, can enter the body through passive smoking or are endogenous substances, in order to differentiate illegal exogenous intake from natural body states. They have been established based on scientific studies monitoring the normal values of a high number of athletes. Thus, a doping sample will be considered positive if it differs from the normal range of samples.

 - A growing problem in doping control rises from the fact that forbidden substances can also enter the human body in small concentrations after consumption of certain legal substances and food, such as nutritional supplements, meat and hemp products.

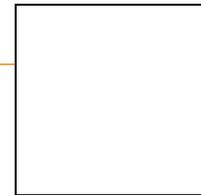
 - The **analysis of doping samples** consists of a two-step procedure. First substances are detected, confirmed and identified in an identification procedure, mainly using computer-assisted gas chromatography mass spectrometry. Substances are identified by their molecular fingerprints. A quantification of the amount of substance found is only done if substances with cut-off limits are concerned. However, these methods encounter **difficulties in the detection of certain substances**. In addition, a problem of the analytical techniques is that they cannot precisely differentiate between a trace of a substance due to contamination and leftover traces of a doping application. The **progress in analysis of lowering the detection limit seems desirable** to improve the detection of anabolic steroid abuse. However, the detection limit has the function of a factual cut-off limit, since all concentrations below the decision limit will not turn a urine sample positive because they are simply not discovered. Even today, a growing number of possibilities exist as to how small concentrations of banned substances can contaminate the athlete, leading to a positive doping sample without giving him the benefit of a high-dosage doping application.



- Cut-off limits are used in environmental law, food law and road traffic law. Limits in these laws appear to be a pragmatic instrument to simplify decisions and to install legal security and clarity as to the standards of decision. The present system of cut-off limits in doping control consists of norm-based limits, thus differing from other fields of law where effect-based limits are used. The use of effect-limits is possible for some groups of substances but impossible for others. Even norm-based limits should be avoided in these cases. Body parameters may not be specific for doping, but might well be used to exclude athletes from competition for health reasons and thus assist the combat of use of substances that cannot be detected with the present analytical techniques. On the other hand, the current norm-based system of cut-off limits is necessary, since effect-related limits cannot achieve the aims of anti-doping rules to the same extent.
- Generally, the detection of a forbidden substance in the doping sample allows the conclusion that the forbidden substance has been applied for doping purposes. This is not however true if the substance can also be present in normal, non-doping athletes, as a result of endogenous production, therapeutical application or normal contamination. To avoid the result that a positive doping sample occurs due to a forbidden substance which is present only due to these reasons, cut-off limits have to be applied.
- Current cut-off limits are a suitable, necessary and reasonable means of controlling doping in connection with a list of banned substances.** Generally cut-off limits need to be introduced when a forbidden substance can enter the body of the athlete by contamination, especially from consumption of everyday food. To safeguard the fight against doping offenders, it seems possible to exclude certain sources of contamination from the definition of cut-off limits, if otherwise the identification of doping offenders would be hampered. As in these **cases the risk of intake lies with the athlete**, this fact needs to be **communicated to warn athletes of this possibility of involuntary producing a positive doping sample** (e.g. from consumption of nutritional supplements or meat). **Unless no better analytical techniques are available** that allow a differentiation between contaminations and leftover traces of a doping application, a doping sentence against such athletes seems reasonable. Additionally, **cut-off limits should be better explained to the athletes, including recommendations on what behaviour is allowed with regard to the limits.**
- As regards alternative approaches to cut-off limits, **health rules seem to offer a valuable addition to the existing anti-doping rules**, with regard to substances that are hard or impossible to detect.

C. Links between doping and crime

- Project No 116-24 ("Dopingbekämpfung in kommerziell geführten Sportstudios") dealt, among others, with the issue of **availability of illegal substances on the black market**. The partners discussed the issue and provided information on actual facts. The main points reported were:



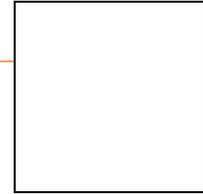
- There are large differences between countries with respect to trade in illegal drugs, in particular the distribution channels used.
- The quality and efficiency of police investigations into illegal drugs trade is common to all countries and can be considered as poor. Police drug squads lack both the statutory basis required in order to take rigorous action and adequate knowledge of the banned substances. Up to this date, there do not seem to have been any investigations specialising in the trade in illegal performance-enhancing drugs.
- In Austria, a case was reported in which brochures advertising anabolic steroids were found in several shops. According to the police, Manchester is the main trading centre for products manufactured in the USA. Austria represents only a part of the market. Interpol is investigating this case and is working to uncover the drugs ring.

- Trade in banned substances over the Internet is very persuasive. There are a lot of homepages (web sites) from which drugs are obtainable, as well as sites providing users with information on effects and dosage of the substances.

As part of this project, the issue of **illegal trade of doping substances** has been examined. Trade of doping substances is practiced through the Internet, through illegal imports from non-E.U. countries or trade between Member States of the European Union, or from illegal production and trafficking at national and international level. According to data obtained from the Interpol, 86 confiscations of such substances took place in the years 1996 to 1999. The countries from which the substances were traded include the Netherlands, Spain, Germany and Denmark. The level of illegal trafficking of doping substances is however very difficult to assess. It seems that a number of pharmaceutical companies market readymade substances, or that ingredients mentioned on the labels do not refer to the real ingredients of the substances.

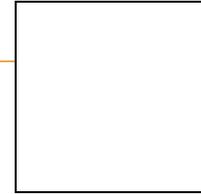
The partners recommended **developing legal rules with regard to the trade of substances through the Internet**, in order to avoid illegal trafficking through this channel. In addition, technological methods could be developed in Internet search engines, in order to exclude search criteria related to the trade and misuse of medicines. Alternatively, a web site containing information on the risks of contaminated nutritional supplements could be developed, also referring to the negative implications of internet trade, in order to enhance the knowledge on these issues. Another suggestion of the partners was to develop a definition of "athlete nutritional supplement" and relate this to specific quality criteria.

- According to the study performed within the context of project No 116-15 ("Legal Comparison and the Harmonisation of Doping Rules"), some sports federations declare that the assistance rendered by members of the entourage of the athlete in the use of doping, is a doping offence. However, these federations do not have the authority to sanction those parties. It thus becomes clear that **rules on dope traffic should not be part of the regulations of sports organisations**, since they lack the necessary competences of investigation and imposition of sanctions. **Public legislators in the European Union Member States need to undertake action in this field**, according to the project partners' opinion.



The fight against doping should also take into account physicians, trainers, officials and other persons contributing to the use of banned substances or methods. It is appropriate to ***criminalise possession of doping substances intended for use of third parties.***

- During the preparatory meetings held for the project No 116-23 (“Harmonisation and education project on antidoping for the Baltic countries and Czech Republic and Poland and 6 former Russian Republics”), partners noted that there is a ***need for development of cooperation among police, customs and medicine wholesalers*** in order to ***reduce the illegal traffic*** and availability of doping agencies.



D. Existing rules, procedures and legal instruments against doping, at national and international level and problems arising from deficiencies and inconsistencies among existing measures

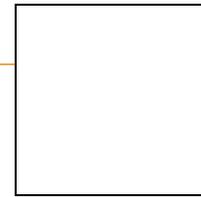
- The project No 116-06 ("First European working congress on the harmonisation and future developments in anti doping policy") dealt with the issue of **harmonisation in the definition of doping** and considered this **necessary with regard to the list of prohibited substances and methods**, since a credible list would enhance a credible anti-doping policy. In particular, the project partners considered that there should be an agreement about what sort of properties a certain substance must possess in order to be prohibited for athletes.
- According to the study performed within the context of project No 116-15 ("Legal Comparison and the Harmonisation of Doping Rules"), **the definitions of doping and the description of the doping offence vary**. Generally spoken, descriptions involve either offence of use or offence of doping other than use.

Some national and international federations prohibit the use of doping substances and methods, if such use was primarily intended to enhance athletic performance, while others declare that the use of certain specified substances and methods, on their own merits alone, are a prohibited act. In practice the first approach alone proved to be inadequate. Federations in certain cases had to prove that athletes were guilty of doping not only because substances were used, but also because such use was intentional for enhancing performance. However, more and more rules stipulate that athletes are guilty when a prohibited substance has been shown to be present in their body. The latter is considered by some to be an approach which creates a severe disadvantage for the accused athlete.

Some international federations also declare that the intervention of third parties in the doping offence is an offence in its own accord. Thus, a third part may be guilty of complicity, if counselling an athlete in the use of doping. However, imposing sanctions on such parties is very difficult, since federations may not hold a position of authority with regard to those parties.

- According to the same study (project No 116-15), national and international federations have adopted a **variety of arguments against doping**:
 - a) the use of doping leads to unfair advantage, since doping enhances sport performance and athletes using doping gain an unfair advantage;
 - b) the use of doping endangers the athletes' mental and physical health;
 - c) the use of doping is contrary to fairness, i.e. to the spirit of good and fair sportsmanship;
 - d) the use of doping is contrary to sports ethics and
 - e) the use of doping is contrary to the rules of sport.

Still a number of federations do not offer arguments on which they base their efforts against doping. According to them, clarification of the reasoning is not necessary for the definition of



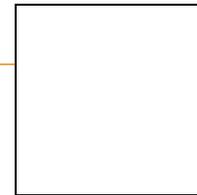
doping, the description of the doping offence, the type and extent of accepted doping controls and the imposition of penalties.

- According to the study performed within the context of project No 116-15 (“Legal Comparison and the Harmonisation of Doping Rules”), **doping is both a social and a legal problem**. However, **there needs to be examined who has the power to define and regulate doping** and who has the power to **implement existing rules**, States or sport associations. In determining the body of law in which to allocate doping rules, there are important issues to take into account, such as the athletes’ health, sports’ ethics and equal opportunities in competition. Alternatively, a differentiation could exist according to legal areas, such as criminal law, medical law, narcotics law, tort law or labour law.

- The same study and comparative analysis of doping rules and regulations of national and international organisations revealed that the **legal and regulatory approach to doping varies from country to country**. In the majority of countries, legislative activities include provisions of criminal law. In addition to provisions located in special anti-doping laws, laws governing controlled substances, pharmaceuticals and the criminal code may be relevant. Most provisions also apply to non-competitive sports. As protected legal values, the athletes’ health, the integrity of sports and public health are mentioned. However, only a minority of countries consider the athlete cited for self-doping to be criminally liable. Sanctions by means of non-criminal disciplinary measures imposed by sports associations (e.g. bans from competitions) are often considered sufficient or even preferable.

State interpretation of its **duty to regulate** with regard to anti-doping activities is characterised by a degree of **variety**. More particularly:

- a) There are countries with special anti-doping legislation (England/Wales, Ireland, Lithuania, Luxembourg, Netherlands, Austria and Finland).
- b) There are countries which emphasize criminally oriented special anti-doping legislation (Denmark, Sweden) or have criminal anti-doping regulations as a part of comprehensive sports legislation (Greece).
- c) There are countries with special anti-doping legislation that follow a mixed system with respect to the implementation of criminal law and distinguish between athletes and third parties (Portugal).
- d) There are countries with special criminal doping regulations as a part of other bodies of law, e.g. for regulation of pharmaceuticals (Germany and Austria in the future), without further special legal regulations pertaining to doping aspects.
- e) There are countries with special anti-doping legislation which in addition to the criminal side also covers other aspects in a considerable programmatic scope, such as for example the organisation of doping controls or protection of health of athletes (France, Italy).
- f) There are countries that intentionally avoid special criminal anti-doping legislation, but maintain penalties of other types under the responsibility of the state (Spain).
- g) There are countries that intentionally avoid special criminal anti-doping legislation, but have taken skeleton legislation on disciplinary sport law with explicit consideration of doping (Poland).



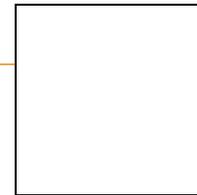
In northern European countries, Ireland and Austria a central sports governing body acts in **policing and monitoring cases of doping** and has drafted a doping regulation that applies to all national sports federations. In Denmark the Anti-Doping Agency is the doping control authority. In Finland, the authority is the Finnish Anti-Doping Committee. In Sweden, the anti doping policy is made by the Swedish Sports Federation, in Ireland by the Irish Sports Council and in Austria by the Austrian Anti-Doping Committee. In Mediterranean countries (France, Spain, Portugal, Italy and Greece) and in Belgium the fight against doping is based on anti-doping public laws. In Great Britain and in the Netherlands, the idea of autonomy of sports federations is predominant. The same applies to Germany. The federations are only obliged to execute a policy according to their own anti doping regulations. The situation in Luxembourg is not clear.

In countries without a central governing body, the anti-doping regulations are more similar to the regulations of the international sports federations than in countries which lack a central body. In Denmark, Finland and Sweden, the national sports federations have no anti-doping regulations of their own; they execute the regulations of the central authorities. In Austria and Ireland, the national sports federations have implemented regulations according to the model which was issued by the central sports body. In countries in which an anti-doping law is in force, the regulations of the national sports federations are shaped according to the respective laws.

As the study reveals, the **regulatory approach of the fight against doping consists of regulations of international federations and laws adopted by public legislators**. However, this **variety of rules creates inconsistencies** which often lead to problems in the fight against doping. National sports federations are often requested to follow the rules of international federations, while at the same time apply national legislation on doping. Thus, they find themselves in situations where sports' regulations and public laws mutually conflict. Furthermore, the liberal approach of the Anti-Doping Convention of the Council of Europe on which rules to apply, leaves room for such contradictory situations.

Rules prohibiting doping have been standardised considerably in most countries, primarily due to efforts of international sport organisations. However, **deficits exist in connection to the practical handling of the monitoring system**. In addition, an **extraordinary wide variety of regulations** is to be found at the level of **criminal law**. Whereas systems that rely on non-criminal disciplinary measures imposed by organised sports have no difficulty in sanctioning the offences of a given athlete, trainer, etc. committed in a foreign country, the punishability of such offences according to the criminal law remains highly limited, even on a theoretical level. At the same time, disciplinary regulations imposed by sports organisations can apply to athletes, trainers and other parties, but they cannot apply to third parties which have no legal relationship to organised sports (e.g. families). **Fundamental procedural instruments of criminal investigation** (e.g. searching a domicile, confiscation) **are not available to sports internal anti-doping and sanctioning instances, thus limiting the effectiveness of such instances**.

In general, the differences between existing laws and regulations and the deficiencies of existing systems limit the scope and effectiveness of the fight against doping. This is why, the project consortium considered that **harmonisation of rules is necessary**, a **more homogeneous texture** needs to be promoted and the above regulations and laws need to be of a more similar nature.



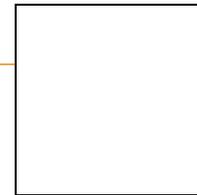
The necessity of harmonisation is not solely a matter of efficiency of anti-doping measures, but rather an issue to be seen within the context of international equal opportunities in the choice of venues for major sporting events, so as to prevent existing national differences in anti-doping law and policy from influencing such decisions. Issues on harmonisation should be considered on all regulatory levels. However, it is only possible to address questions of general law, in particular criminal law. As the study proposes, **increased penalties should be considered for offences** committed against minors, against a large number of athletes, against the will of the athlete, in order to achieve substantial economic benefit, by a person bearing particular responsibility for the reputation of sports or that result in death or serious negative health effects. Still, chronological priority of disciplinary procedures, carried out by sport organisations before criminal procedures, is preferable for reasons of practicability. On the other hand, **cooperation should be improved between sports institutions and law enforcement agencies**, as well as **between law enforcement agencies themselves**, in particular **across national boundaries**. With regard to international cooperation, the study proposes that competencies of responsible law enforcement agencies, such as Europol, should be expanded beyond their current scope to include doping offences.

With regard to sanctions, the threat of criminal sanctions against a self-doping (competitive) athlete who is required to comply with doping control measures is not to be recommended, since such sanctions would tend to affect victims rather than offenders, might make investigation of those behind the scenes more difficult and their acceptability is questioned from the rule-of-law perspective. The rules and regulations however should **clarify the purposes of the ban on doping**, i.e. fair competition, athlete's health and the image of the respective sport. To maintain proportionality on the other hand, **flexible sanctions should be used**, allowing for the seriousness of the offence to be taken into consideration. **Summaries of sentences should be published** to enable disciplinary courts to obtain information about the case law of the tribunals of their own federation, as well as that of other federations. Provisions concerning the **mutual recognition of sanctions** must be incorporated in the regulations (statutes/constitutions) of each international and national federation. Regulations must clarify conditions under which the test result or sanction of a third body shall be binding and whether and to what extent it should be a matter of discretion for the international federation to recognise the results. The delegation of responsibilities for doping testing to the WADA or national Doping Agencies requires that the regulations of the individual international federations expressly provide for this possibility, as well as for the binding effect of the test results of such agencies.

With regard to statutory law, **harmonisation of national provisions concerning Freedom of Association among European countries does not seem necessary**. Administrative bodies of the European countries should generally limit their activities in the fight against doping to genuine public interests, namely protection of children or health in general. The necessity for and the scope of any government intervention in the fight against doping must be evaluated explicitly.

Finally, **anti-doping legal policy should respond** as quickly as possible and in a coordinated way **to future medical developments** in the area of artificial performance enhancement in sports.

- According to the study performed within the context of project No 116-15 ("Legal Comparison and the Harmonisation of Doping Rules"), the **important issue is to establish a relationship between**



state and sport. For example, sport clubs and associations may be freely established and operated, but they should not be immune from state intervention undertaken in the pursuit of the public interest. The division of responsibilities on anti-doping activities culminates in the question of the need for repressive state measures in the form of criminal penalties, in addition to the responsibility inherently resting with sports. Some countries have created or reinforced possibilities for the state to influence the sport institutions specifically in this area. Other countries have left the responsibility for dealing with doping violations with sport organisations, but have more or less revoked their responsibility for carrying out doping inspections.

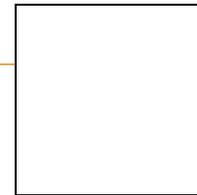
- Project No 116-06 (“First European working congress on the harmonisation and future developments in anti doping policy”) has dealt with many issues, among which the **needs for harmonisation in anti-doping policy**. In fact, the partners developed a definition of harmonisation in anti-doping policy: “Harmonisation is a process for achieving greater conformity between different anti-doping policies or specific areas within these policies, in order to achieve greater effectiveness and quality. In this context, harmonisation is not always equivalent to strict uniformity”.

Although the project did not meet its initial objectives of organising a number of different actions, discussions held during preparatory meetings provided useful input as to the issue of harmonisation. Participating experts noted that in certain aspects of anti-doping policy **standardisation is considered as desirable**, for example on a **basic definition of doping**, the **accreditation of laboratories** and **minimum sanctions** for doping infractions. Other areas however, require more variation, such as education on doping issues, which needs to be adapted to the target groups’ characteristics and national legislation, where result-oriented harmonisation is considered preferable to strict process harmonisation. Thus, it has been concluded that a clear understanding of harmonisation should be established that is workable for the different areas of the anti-doping policy.

Another issue to consider is **conflicts between sport regulations and civil law**. Legal issues which need more clarification concern, among others, the ownership of urine samples that are collected during doping controls, the administration of visa for doping control officials who conduct out-of-competition controls, the violation of human integrity when collecting a blood sample for doping control and the differences between the sanctions for positive athletes imposed by different international federations. Solutions to these issues need to take into account both the specific nature of sports and the basic rights of every human being.

Harmonisation is not also complete in the area of supply of standard reference samples, although IOC has developed rules for the accreditation of laboratories. In addition, **further scientific research** is **needed** according to the opinion of the project partners in the field of **knowledge on substances**, since a lot of substances included in the current doping list are often disputed because of the lack of scientific evidence about whether or not they are really performance enhancing. Furthermore, **sociological research** is required in order to understand why athletes resort to doping.

Doping controls is an area in which striving for **uniformity** is perhaps **worthwhile** according to the project partners. Areas for improvement however include further promotion of International Standard



for Doping Control, formulas to distribute doping controls over different sports, "generic" forms, informing athletes of negative results and athlete passport.

- During preparatory meetings held as part of the project No 116-23 ("Harmonisation and education project on antidoping for the Baltic countries and Czech Republic and Poland and 6 former Russian Republics"), the partners noted that doping is not only a problem of sport but also of public health. For this reason, criminalization of doping related actions has been introduced in a number of countries. Still there are open questions on this issue. The **legal framework of doping should be a responsibility of governments**, but there are **open questions as to which law covers the doping issues**, civil, criminal, medical or sports law. **Levels of illegality differ** according to the current situation, for example with regard to athletes taking doping substances and illegal trade. This is why further action is necessary for **establishing minimum requirements on which things should be covered by law**.

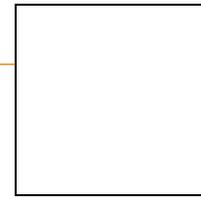
- Project No 116-25 ("Biomedizinische und rechtliche Grundlagen der Bekämpfung des Dopings") dealt with issues related to **doping** in particular for **football**. According to the presentations made during the conference organized within the framework of the project, a detailed survey of doping control regulations issued by national football associations revealed some **differences** concerning the **inclusion of** certain individual **substances** in the categories of prohibited drugs and substances subject to partial restriction. This applies in particular to stimulants and narcotic analgesics, as well as the use of local anesthetics and corticosteroids. Efforts have been made to bring these regulations in line with each other.

Experience with out-of-competition tests carried out through cooperation between FIFA and UEFA, indicated that a greater level of **agreement** between national associations, confederations and FIFA is required to **ensure** that the **procedures for standard doping controls and unannounced out-of-competition controls can be brought more closely in line**. The participating organizations stressed that medical doctors should be doping control co-ordinators.

At this point, it must be noted that this project also demonstrated the **differences between existing rules and regulations with regard to doping issues**. For example, the **definition of doping is different** in the IOC Code against doping and in the FIFA regulation. The first defines doping as the use of every means (substance or method) which can have negative impact on the athlete's health and/or enhance performance, or the identification of a prohibited substance in the athlete's body or the proof that use of such substance has been made or the proof that a prohibited method has been used. Such an extensive definition is not provided by FIFA, which gives priority to the motive for using a substance, either by the athlete or the coach or the person who provided the substance. This divergence of definitions allows for a different interpretation of doping in football.

In the regulation of FIFA, doping becomes an indisputable fact when an athlete denies to be subject to doping control (examination of sample), or tries in any way to guide the examination.

In practice, experience indicates that an athlete who has been subject to doping control with a positive result, can actually avoid sanctions, when proof of a violation is confirmed on the relevant doping control procedure or medical examination to which has been subject.

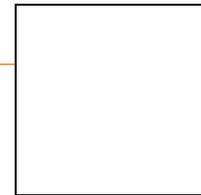


- Through the activities of project No 116-18 (“Doping disables”), in particular the provision of practical education to doping officials, a number of **differences and variations between existing procedures and rules** have been identified. For example, variations exist in national legislation (U.K. legislation requires written consent from parents for testing children under the age of 18, but this provision is in contrast to the IPC rules), in standard equipment by anti-doping agencies (Swiss Anti-Doping Agency does not bring equipment to do pH and specific gravity test in connection with the sampling of urine if not specifically requested, although this is not in accordance with the IPC rules), in standard procedure (U.K. national doping agency wants full responsibility for the dope control process and requires escorts to be part of the official team, while this is not the case with most agencies), in economy (some national doping agencies have detailed price lists while others do not) and in cooperation by the organizers (some organizers do not provide sufficient assistance and testing facilities, while the issue of costs has often been a matter of long discussions and disagreements). All of these provide evidence that existing differences in rules, procedures and practices hamper a uniform implementation of a doping policy and uniformity of actions during sports’ events.

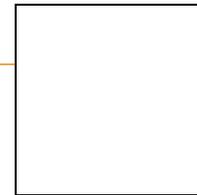
- A survey conducted as part of project No 116-17 (“Doping prevention in European athletics for the sake of athletes and fair play in sport”) led to interesting conclusions on the **existing national set-ups and current activities in the fight against doping**. A research questionnaire has been sent to 23 European track and field associations. The main conclusions of the survey were the following:
 - Almost all associations indicated that their country has a national anti-doping policy. Half of the participants indicated that the sport federations and the federal government work together to regulate this. About 25% of the remaining associations indicated that either the federal government or the sport federation is responsible for controlling the practice of doping in athletes. The organization / coordination of anti-doping programs or the coordination of doping controls is controlled by the federation itself approximately 60% of the time, while federal government undertakes this role approximately 30% of the time and a national anti-doping agency approximately 10% of the time.

 - Regarding the enactment of anti-doping legislation, the number of ordinances compared to the number of non-ordinances balance each other out. For example, 40% of the participants indicated that their country has passed a law against the possession of EPO or growth hormones, while 50% answered that they did not have such a law in effect. 40% of the participants stated that their country has enacted a law against doping, while the other 60% indicated that they had not. Concerning specific law against the use of drugs by athletes, trainers and other functionaries, 55% of the participants confirmed that such a law existed in their country. 60% of the associations indicated that their country has passed a law against the use of anabolic steroids and hormones, while 30% has not.

 - 80% of the associations have an anti-doping commission or a commission that fulfills a similar purpose.



- 75% of the organizations confirmed that they systematically control athletes during training, while approximately 65% of them indicated that the athletes are selected at random.
- 75% of the associations use the IOC's list of prohibited substances.
- Almost all associations indicated that they use their own country's doping control officers to conduct competition testing. 50% of the drug tests are conducted by the national sport federations, while WADA conducts 5% of the tests and the national anti-doping agencies are responsible for carrying out approximately 15% of the tests. 75% of the associations train their doping officials through special education programs, while 30% require that the doping control officers have a degree on medicine. 80% of the associations require the doping control officers to work independently from the sport federations.
- Most of the associations provide citizens and groups with anti-doping information and education programs. Among the persons receiving this information are: top athletes, amateur/junior athletes, trainers, doping control officials, organizers of sport events.
- 65% of the associations indicated that scientists in their country conduct research in the various aspects of doping. Top research areas named were: analytical aspects (40%), social psychology (30%) and psychological research into the effects of prohibited substances (25%).
- According to research performed within the context of project No 116-15 ("Legal Comparison and the Harmonisation of Doping Rules") among **athletic associations** on the scope of doping, the associations consider that:
 - The **efficiency of the associations' own anti-doping activities is moderately efficient.**
 - More effective analysis and more effective controls are the main reasons for the increase in the number of doping cases, whereas the underestimation of the risk of discovery, disclosure by the media and changes in the athletes' behaviour were only seen as minor influences.
 - The task of support of top flight sport is mainly distributed between the state and the association or is the responsibility of the association. The same is true for doping control, whereas the task of sanctioning of doping offences lies to a high extent in the hands of associations. The state is responsible for those tasks only to a low extent.
 - For increasing efficiency of doping control, improvement of methods of analysis and increased efficiency and frequency of controls are the most crucial issues**, followed by improved financing.
 - A harmonisation of doping control in Europe and world-wide is supported unanimously.**



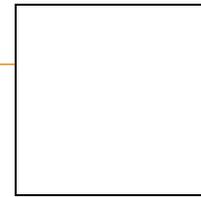
- For increasing the efficiency of the sanctioning system, reciprocal recognition of sanctions by the associations and a more precise standard of evidence** are the most important aspects. In addition, improvement of distribution of responsibility was also seen as important.

- An important fact concluded by the study performed within the context of project No 116-15 (“Legal Comparison and the Harmonisation of Doping Rules”) is that the **list of prohibited substances and methods of the IOC** is used by the **largest part of the sports federations**. Some federations however use a list similar to the IOC but amplified with substances which do not appear on the list of the IOC. The reason for this is to provide details on “related substances”, i.e. use exhaustive lists of prohibited substances, than lists of classes of substances and examples. The partners recommend that **one comprehensive list of prohibited substances should be adopted** which should be as complete as possible. Variations to suit different types of sport seem acceptable.

- During preparatory meetings held for the project No 116-23 (“Harmonisation and education project on antidoping for the Baltic countries and Czech Republic and Poland and 6 former Russian Republics”), the **situation concerning 6 former Russian Republics** was presented. The situation is **quite difficult** in these countries **regarding anti-doping work**, mainly due to **lack of needed resources** to establish and develop effective anti-doping organizations and strategies. In all countries, the organizations are under restructuring process and only a few countries have at the moment national anti-doping structures in place. Many of the countries have information and education programs, but more attention is needed especially to protect the health of young athletes. There is also **need for harmonized doping control procedures and increased amounts of conducted doping tests** to protect the athletes’ rights and intensify the deterrence / detection of the use of doping substances. Therefore, **international cooperation plays an important role** in this field and in the future of developments of the anti-doping work in these countries.

E. Impact of actions by international governmental bodies

- According to the study performed within the context of project No 116-15 (“Legal Comparison and the Harmonisation of Doping Rules”), arbitration can provide a powerful mean for the resolution of disputes in the world of sport. Today the **Court of Arbitration for Sport** is recognized by almost all members of the Olympic Movement. CAS provides a formal and structural conclusion for the various systems by which, inter alia, doping in sport is regulated and has **produced a quite impressive body of decisions** which help to ensure a certain degree of legal certainty for associations and the athlete concerned. However, the **authority** of CAS is **limited to the interpretation of existing anti-doping rules and regulations** and **does not extend to the creation of new rules**. According to the partners, CAS should **improve the availability of its case law**, for increasing the legal authority of its pronouncements and facilitating the culture of transparency. CAS should consider creating an explicit formula or wording by which it sets out the procedural rights and legitimate expectations which an athlete may expect to receive in the course of a hearing and continue to take into account scientific and legal developments, as well as applicable state law provisions. **WADA and sports associations should acknowledge CAS as**



the main arbitration body in international sports, since it is able to ensure uniform jurisprudence and secure the rights of the athlete.

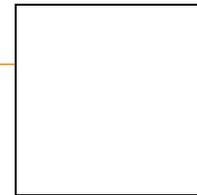
F. Efficiency of information, communication and education activities on prevention of doping, as well as good practices for enhancing awareness on the issue of doping

- A **multiplicity of information and education activities** ensures better and more efficient results in the efforts to fight doping, as has been demonstrated by project No 116-13 ("Training, Research and Education against Doping – TREAD"). The project included **information material** (e.g. posters, booklets, pens, buttons, etc. with an anti-doping message), TV and radio spots, development of a **CD-ROM** and a **web site** with presentation of the **conference** organized during the project and information on doping issues and other means of dissemination of information. The project addressed various target groups, such as coaches, trainers, athletes and law professors.

A **survey** performed during the project addressed athletes, coaches, trainers, journalists, government officials and university professors. The survey led to the conclusion that **young athletes are not well informed on doping issues**. **Wide spread anti-doping education** in society may be the **tonic required** to reduce the kind of public apathy, which often comes from lack of knowledge. Lack of information can be remedied by professional, anti doping training with **information** that is practical, relevant and immediately useful, i.e. **comprehensive to the target group which it addresses**. In addition, familiarity with basic laws can instil confidence in an athlete who is attempting to stay clear of performance enhancing drugs. Harsh penalties and fear of the severe consequences of a positive test seem to be somewhat of a deterrent and a reason for not using doping agents. The **scope of anti doping education must be broadened** well beyond the concerns of trainers and coaches, to **include instruction on athlete's rights and responsibilities**, participation in economic and social systems and the exploration of the personal costs involved due to the use of performance enhancing drugs. Thus, knowledge dictates behaviour and this is why **information activities are considered to offer great value added to the fight against doping**. The survey results indicated that anti-doping education provides several benefits, such as keeping athletes dope free, life long commitments which contribute to success in everyday living, self-confidence and independence, broadly accepted values and improved quality of life.

Another important conclusion, from the organization of a conference within the framework of this project, was that the **exchange of information** on various subjects related to sports and doping **can enhance further cooperation** on doping issues, such as **research**. The conference included sessions on management of sports and sport leisure activities, sport activity and health, training in sports, sports in schools, athletic psychology and other general subjects.

- The effectiveness of the multiplicity of information materials has also been demonstrated by project No 116-21 ("Doping in Sport Education") which included the development of a **web based education programme** for coaches, related to ethics and anti-doping related issues. The **use of advanced learning methods**, combined with **new technologies** and an open educational tool has been demonstrated to **enhance knowledge among a wide number of persons / target groups**, as well as offer the advantages of the ability to follow an education program anywhere and any time.



Furthermore, the development of Internet based tools has been considered as a means to ensure sustainability of project results, since such tools of e-learning can be relatively easily maintained for a long time period.

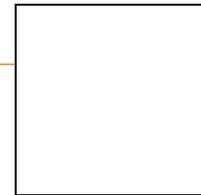
On the other hand, web-based education must not replace the traditional method of teaching which ensures direct interaction among trainer and trainee, but rather be regarded as a complementary function. Another important issue concerning e-learning tools, according to the experiences gained from the project, is to make them attractive to the target groups, through for example the use of self-evaluation tests for being able to assess knowledge gained through the education programme, the use of drag & drop exercises or quiz, i.e. means which can give to the trainee the feeling of both learning and playing and motivate participation in learning. Finally, **relating doping to ethics in sports and fair play, as well as health**, is also a means to **increase the effectiveness of anti-doping actions**.

- According to discussions held during preparatory meetings as part of the project No 116-06 ("First European working congress on the harmonisation and future developments in anti doping policy"), **education and information actions** need to **take into account national and cultural differences**, thus being adapted to the target groups' behaviour and attitudes.

- During meetings as part of the project No 116-23 ("Harmonisation and education project on antidoping for the Baltic countries and Czech Republic and Poland and 6 former Russian Republics"), the **important aspects for education programs concerning anti-doping** were stressed. Among these were mentioned that education and information campaigns should **especially target the protection of young athletes**, but targeted information needs to also address **intermediates**, such as coaches and doctors. Internet was also considered a useful tool for the distribution of information.

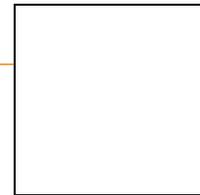
- An education program for doping officials was performed within the framework of project No 116-27 ("European certified doping control officers. A unified education and training programme"). The project partners underlined that the quality of doping controls depends on the organization of doping control officers, i.e. on their skills and knowledge. The **education program** used a **multiplicity of educational methods**, such as lectures on theoretical knowledge, group-exercises and role playing for enhancing knowledge on how to handle different situations, practical skills training on tests, problem solving with the use of cases for integrating theoretical with practical knowledge and skills. The use of multiple educational methods can be considered as a **good practice**, since it enhances the capacities of the trainees and their ability to handle real situations. Thus, such an approach improves the overall quality of anti-doping knowledge. Finally, including some type of examination or tests at the completion of an education action is considered as a means for evaluating the effectiveness of education programs in enhancing knowledge and skills among the target group of trainees.

- During the conference organised within the framework of project No 116-28 ("Colloque anti-dopage SEAT OPEN Luxembourg"), it has been stressed that an **important target group for information**



and education actions is children. Thus, the message that drugs of any type are harmful to health needs to be promoted to **young persons**, so that they can learn to say no from an early age. At the same time, **family** plays an important role and needs to be informed of the harmful effects of doping. School can play a role in this field also, by transferring the messages of ethics and morality, sense of responsibility, dignity and information of the dangers of doping. Knowledge on the above issues can assist young persons in being less vulnerable to influences from trainers and coaches when training in sport clubs.

- The project No 116-18 ("Doping disables") demonstrated **good practices for raising awareness on doping issues**, by combining actions such as **mobile exhibition stands** on anti-doping with campaign material, wide distribution of anti-doping **printed material, education seminars** for national doping officials and **press conferences** on the project. The material was widely distributed during European Championships and other international events, thus reaching athletes directly and raising awareness on health risks associated to doping. **Specific attention** has been given to **athletes with disabilities** as part of this project, thus taking into account their particularities. Feedback from the information campaigns indicated that the harmonization of anti-doping policies and procedures is needed in sports for athletes with disabilities, as well as **actions for encouraging and assisting Eastern European countries** in developing their anti-doping policies.
- Another project which demonstrated the **efficiency of a multiplicity of information actions** was project No 116-10 ("ITF Junior Anti-Doping Project"). **Information material** developed for the project included among others posters, booklets, computer screensavers, postcards, educational website, mobile exhibition stand and CD-ROM press kit. An important aspect of the information distribution strategy was the aim to **disseminate information to various target groups**, such as athletes, journalists and coaches. On the other hand, the use of negative messages with regard to the impact of doping on health proved to be quite strong (e.g. do steroids and you may never make the tour. i.e. risks of death). This project also confirmed the **need to adapt messages to the lifestyle of the recipients / target groups**, by using innovative and creative initiatives and communication channels such as humor.
- A project which followed an **interesting approach with regard to information actions on doping**, was project No 116-22 ("HANDS Higher Awareness Needs for Doping in Sport"). First it created **awards** with the logo of combating doping for the athlete, the coach, the team leader, the team, the fans and the best TV & Radio spot of the year. Second, in order to promote children's awareness on doping and health prevention, it included **education and training sessions for kids in summer camps**, combined with the promotion of **information material**, such as brochures, posters, t-shirts and badges. The sessions concentrated on general doping issues and the effects of drugs, while they included educational games. Third, it included the development of a **mascot** with the "No doping" logo, **though competition among children**. Fourth, it included **visits to schools** for raising awareness on doping issues among school children.
- Project No 116-25 ("Biomedizinische und rechtliche Grundlagen der Bekämpfung des Dopings"), included the organization of seminars for promoting knowledge on doping, through active



participation of attendants. Experiences gained from the project results led to interesting conclusions on the **factors which influence the efficiency of education seminars**:

- There are difficulties and obstacles which need to be overcome during the organization of education seminars, which are enhanced when attendants are asked to pay a subscription fee for participation.
- It is rather **difficult to attract athletes, coaches and other members of the sports' environment** to participate in education seminars, mainly due to unavailability of free time and other factors.
- Large interest** for participation in education seminars is expressed by **doctors specializing in sports' medicine**.
- There is a need for more **information to be provided on biomedical issues** related to doping, as well as repressive legal measures which concern the use of doping substances.
- The organization of **seminars** on the above issues is advisable, but these should have a **relatively short duration**, in view of the tight time schedule of athletes and other parties involved in sports.

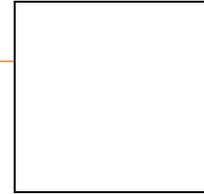
The experience gained from this project leads to the conclusion that more information actions need to be directed to sports' medicine doctors and short duration educational seminars can overcome the obstacle of unavailability of free time concerning important target groups, such as athletes and coaches, who are primarily concerned by doping. Thus, it is necessary to **take into account the lifestyle of sports' people when developing information and education actions**.

During the conference organized as part of this project, the issue of provision of information on doping to athletes has been discussed. Experience has shown that the economic and legal implications which an athlete faces for having used (one time or continuously) doping substances are enormous and sometimes these have a proportionally large negative impact on the athlete. For this reason, it is particularly **necessary to promote information on doping issues to young athletes**. Such information actions need to **address the implications of doping**, in order to provide the appropriate knowledge so that athletes are not influenced by those who offer substances, whether those are nutrition consultants, or companies which offer products through the Internet.

Conclusions

The **projects** funded by the European Commission in the area of the fight against doping have certainly **added value** to the efforts to promote a comprehensive anti-doping policy and disseminate information on the harmful effects of the use of substances.

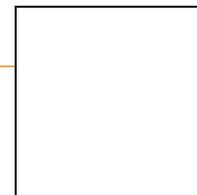
Funded activities have provided **new knowledge on the scope of doping** and the **attitudes of young persons** towards doping. Research performed as part of the projects has led to the collection of **scientific evidence of the side effects** of the use of doping substances and nutritional supplements. At the same time, the wide examination of scientific studies has indicated **gaps in research**, in



particular with regard to the impact on health of new doping methods and substances, as well as to the sociological aspects of doping. On the other hand, the **illegal trade of substances** has been **confirmed**, in particular through the Internet.

The project partners made important recommendations on the **needs for harmonization of rules and procedures** in the area of doping, since existing inconsistencies limit the efficiency of anti-doping policies. Furthermore, it has been clearly stressed that **closer cooperation** among all parties involved in the anti-doping policy would enhance its effectiveness. Thus, sports organizations, governments, public authorities and police should concentrate on finding ways to combine their activities in order to prevent doping practices and in particular illegal trafficking of substances.

Finally, **information and education projects** have demonstrated the **enhanced effectiveness that the use of a multiplicity of methods and means provides**. All parties have stressed the need for **information actions to be adapted to the characteristics of the target groups** which they address, while at the same time identifying as **important target groups children and young persons / athletes** (as part of a prevention policy), as well as **athletes, coaches and other intermediates** of the sports environment (as part of raising awareness on the harmful effects of doping).



5. Overall programme evaluation and recommendations

5.1 Conclusions of the overall evaluation of the 16 pilot projects

Identity of the projects

The projects that were performed in the field of doping in sport under the call for proposals No DG EAC C116 were quite evenly distributed among the two action lines: information campaigns and organisation of conferences¹⁴. Therefore balance of activities was achieved in terms of number of projects, as well as in terms of budget and funding, as seen in the table below.

Table: Number of projects, budget and EC funding per Action line

Type of action	Number of projects	Total budget (in EURO)	EC funding (in EURO)
Action I – Information campaigns and education programmes	9	2,247,923	1,321,869
Action II – Organisation of conferences	12	2,900,692	1,543,661
Total	16	4,214,510	2,309,474

Notes:

a) 5 projects concerned both types of actions; they are thus included in both categories (it is not possible to distinguish the budget spent for each action).

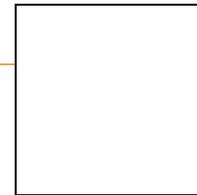
b) The amounts indicated in the columns total budget and EC funding represent the amounts included in the contracts signed between the project leaders and the European Commission (initial budgetary details and not actual project budgets and amounts of EC funding).

Five topics seem to have been more broadly covered by these projects, namely:

- PROTECTING YOUNG ATHLETES
- REGULATORY QUESTIONS CONCERNING ACCEPTABLE MEDICAL LIMITS FOR THE ABSORPTION OF DOPING SUBSTANCES, WITH THE AIM OF BRINGING TOGETHER OR HARMONISING NATIONAL MEASURES
- BRINGING TOGETHER OR HARMONISING NATIONAL TESTING ARRANGEMENTS
- THE EFFECTS OF DOPING ON THE PHYSICAL AND MENTAL HEALTH OF INDIVIDUALS
- INFORMATION ON MEDICINES

A true merit of the projects is that many target groups have been addressed either directly or indirectly. Young athletes, disabled athletes, athletes active in specific sports, doctors, scientists, trainers, children, parents and more were frequently addressed. Also, the satisfactory geographical distribution of partners all around Europe seems to ensure dissemination in almost all European Union countries and

¹⁴ It has to be mentioned that for purposes of the evaluation, whenever a project included both action lines (information campaign and organization of conference) it was included in both categories.



some other European countries. Therefore, a very good coverage of a significant part of the European population has been achieved, as demonstrated in the table below.

Table: Categories of target groups which have benefited from the 16 pilot projects

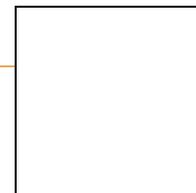
<ul style="list-style-type: none">▪ Athletes▪ Young people, children▪ Parents▪ Coaches▪ Scientists, doctors, lawyers▪ Academics▪ Doping officials▪ Representatives of public authorities▪ Representatives of sporting associations and organisations▪ Representatives of sport clubs and sport studios▪ Politicians▪ Journalists▪ Athletes with disabilities or transplanted organs▪ General public
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According to information provided by partners and examination of the projects' files (due to the fact that some partners did not respond to the distributed questionnaire), it is estimated that the direct beneficiaries of the 16 projects reach the number of 35.000. Generally speaking, projects can be divided in 3 categories, depending on the number of direct beneficiaries: those addressing a small audience (30 – 50 persons), those with a medium target group (a few hundreds) and those that were addressing a big audience (5.000 – 18.000 persons). Obtaining concrete information on the indirect beneficiaries of the projects has been even more difficult. However, it may be considered that in most cases the indirect beneficiaries of a project came to a few thousands.

Some projects have been more successful than others in developing and using a suitable methodology for the specific target groups that they were addressing (e.g. cheerful and attractive educational material for children, high quality scientific content for academics). In any case, projects that were targeted to specific groups have been more successful in attracting their interest and delivering the message than others that have used a general approach.

The main and most usual outcomes of these projects have been printed material and conferences, i.e. more traditional means of communication of information. Nevertheless, a significant number of a multiplicity of other, less traditional products was produced, including CD-ROMs, websites, videotapes, badges, t-shirts and more.

Moreover, some products offering a lot of publicity and accessibility by a wide audience were produced, such as 3 TV spots, radio spots, press conferences and websites. Unfortunately, the lack of specific structure in the interim and final reports of partners, does not allow the evaluators to know the number and cost of products that were developed, thus it is not possible to correctly evaluate the extent and method of their dissemination, their actual impact and cost-effectiveness. However, the overall picture is one of good efforts for publicity in the field of doping in sport.



The number of products that were developed per type of product through the 16 projects is shown in the following table.

Table: Number of products that were developed per type of product

Type of product	Number of products (in total from the 16 pilot projects)
Conferences, seminars	108
Surveys	4
Information and communication tools:	
<i>Mass media (radio and TV spots)</i>	3
<i>Public information campaigns</i>	1
<i>Websites</i>	5
<i>CD-ROMs</i>	5
<i>Video tapes</i>	4
<i>Printed material (studies, handbooks, brochures, posters, stickers, badges, etc.)</i>	22
<i>Stands for exhibitions</i>	2
<i>Press conferences</i>	2
<i>T-shirts</i>	1
Education programmes - material	2
Competitions – prize awards	2

Conclusions per category of projects

The actions that have been performed in the framework of the projects' implementation can be classified in the following broad categories:

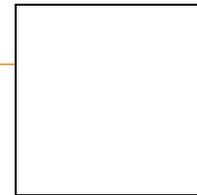
- INFORMATION CAMPAIGNS
- CONFERENCES

Although some projects have incorporated both action lines in their work programme, thus managing to perform both information campaigns and conferences, it is advisable to derive some conclusions per category, as it appears that there have been significant differences in the way that projects were implemented depending on their category and most importantly in their effectiveness¹⁵. Based on this classification, conclusions are presented below.

A. Information campaigns

Nine projects have performed information campaigns in the field of doping in sport. The overall impression is that they have been quite successful and that they have reached a wide audience. Generally speaking, these projects seem to have been more effective in meeting their objectives compared to projects that included only the conduction of conferences. There is a number of reasons

¹⁵ In the cases that a project has had a dual purpose, serving both actions, it has been evaluated in both categories. Classification has been made based on the proposals that were submitted by the applicants. On some occasions this may not be correct; however this will be the subject of further evaluation.



that have led to this result, the most prominent one being the fact that information campaigns have used a greater variety of tools in order to approach their target groups. Additionally, information campaigns have not been confined in terms of time and place. They have included activities for a long period, covering many parts of Europe, thus enabling many target groups to attend. This is not possible when organising a conference at a specific place and time (in fact this is an inherent disadvantage of conferences).

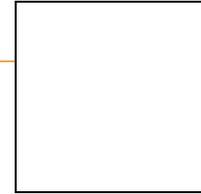
Within these projects, activities that can be considered as good practice examples have been performed. It is a very satisfying conclusion, deriving from the fact that elaborate campaigns have been set up and a great number of traditional and modern tools have been used. Particular interest lies in the cases where innovative approaches or tools have been used in order to maximise the impact of actions, visibility by the audience and finally impact.

At this point, special reference must be made to projects that have incorporated in their campaigns information stands that visited many sporting events. This tool has proved to be very successful and it should be further used in the future. Even on occasions when it is not possible for partners to staff such info-stands, they are still very visible, they offer free access to printed material for the public and they are much more visible and attractive than simple posters.

High quality and commitment in meeting the specific needs of their target group have been demonstrated by some projects directed to children and young athletes. These have also led to a number of good practice examples, since they have managed to produce effective material (printed or multimedia), not only in terms of design, but also in terms of context and language used in order to convey the message. Some of these projects have also connected information on doping with information on nutrition. This approach is considered to be correct, since it is important to put doping information given to children under the perspective of paying attention to everything that we use as fuel for our body.

Another practice that has been used by some projects and can be highly evaluated is the fact that they have combined information campaigns with surveys, seminars and more. In some cases, surveys on the needs and awareness level of the target groups have been performed prior to the implementation of campaigns and the development of material. Also, studies have been performed in order to collect and adapt suitable material for educational purposes. Seminars to various target groups have particularly enhanced the effectiveness of campaigns. Finally, contests have taken place in order to create publicity and call for the audience's active involvement and enthusiasm. All the above and more tools that have been utilised in parallel or in the framework of information campaigns seem to have brought high added value to their effectiveness and impact.

Guaranteeing a future in these activities, as continuity is crucial if their impact is to be ensured. Moreover, it would be very interesting to see potential synergies between them, through future multiplier and cluster projects that will enable them to further use, improve and disseminate the material and tools that they have created in more languages and countries. However, here also lies the disadvantage of projects that are based on information campaigns: it is seldom possible to repeat their activities and guarantee sustainability of their results. The continuity of activities usually requires funding resources and these are not always available. This conclusion is also strengthened by the responses of partners who either confirmed that they do not have adequate means for developing similar activities in the near



future, or they have not responded and have therefore demonstrated that they are already unable or unwilling to sustain the project activities and results.

Finally, it can be concluded that in many cases these projects have been good value for money, as they have met most of their objectives and they have managed to successfully convert input into output through intensive utilisation of their resources.

B. Conferences

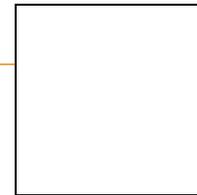
Twelve projects have included actions for organisation of conferences. These projects have been performed through collaboration of a multiplicity of actors and they have managed to ensure participation of personalities from the fields of sports, science and politics in the conferences.

Also, it has to be mentioned that the conferences that were performed aimed to a variety of target groups (e.g. doctors, lawyers, national authorities, disabled athletes). Thus, information was distributed and was not confined to a small range of interested parties.

Coverage of many topics of interest was achieved. In fact, very important aspects of the doping in sport issue were touched, studied, presented and discussed, including: the biomedical side effects of doping, doping and disabled athletes, doping and nutritional supplements, harmonisation of the legal framework and the situation in Eastern European countries. These and more, either very specific or more general, are priority issues for the combat of doping and at the same time, they are particularly relevant to the European reality.

It may be considered that the activities that were performed through such projects had and will have an impact on the relevant fields of the above topics of interest. In particular, conferences of a medical context have been very effective. They have contributed to the presentation of knowledge, the exchange of information and ideas between top European scientists in the field and the promotion of research. This contribution is valuable, since there is not adequate research on doping currently performed in European Universities and research centres on the topic. In fact, research on new doping substances and methods for their tracing is not performed in all European countries; the biomedical side effects of doping are also a research theme of great interest that should be further promoted. It is therefore essential to conduct such events that improve knowledge on all areas concerning doping and have proven to be very effective in their scope.

On the other hand, topics dealing with the legal and political framework of doping are inevitably less effective. Impressive actions have taken place and involvement of important actors has been achieved; moreover, compilation and study of important information at European level has been performed. Still, it is understandable that these actions can only form steps in the right direction but they cannot bring themselves the necessary changes that will lead to harmonisation of doping rules and commitment by national or sporting authorities against doping. A bigger involvement of national authorities in the projects might have contributed more in this direction, yet these are issues that are dealt with at a much higher political level. It is not possible for projects to deeply influence and change political decisions; they can only make proposals based on the up-to-date integrated knowledge that they offer and act as the grounds for the flourishing of new, common strategies.



It is necessary to mention that projects that have combined conferences with more activities have been much more effective; subsequently they can be considered as better value for money. This so happens, not only because they offer a more complex, holistic and interesting result, but also because they have performed studies, surveys or research. Therefore, they have contributed in the collection, presentation and harmonisation of existing knowledge and even in the creation of new knowledge concerning aspects of doping (such as in the case of project C116 – 42, which explored the illegal market of nutritional supplements and performed research on doping substances contained in them). Concluding, it can be considered that the combination of conferences with the conduction of surveys, studies or research is highly effective; thus it is advisable and it can definitely be considered as a good practice example.

Contrary to these positive experiences, certain negative sides of some projects should be presented herein. First of all, it was obvious that in some cases the conferences that were organised were not addressing only the doping issue. Various irrelevant subjects have been covered, as demonstrated through the agendas, invitations or proceedings of the conferences. This fact gives the impression that in some cases the projects have acted as a tool for organisations in order to fund their own activities.

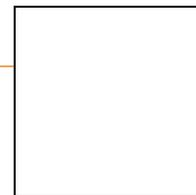
Secondly, some projects have not succeeded in meeting their objectives in terms of quantity and quality of conferences. Of course there are reasons for this result, such as lack of experience from the part of project leaders that led to inefficiencies and problems with project management, overspending and bad conversion of input to output that resulted to insufficient resources. In any case, these reasons do not justify the fact that one single conference could not be organised in an appropriate manner in the framework of a one-year project (that was prolonged in many cases for an extra time period).

Finally, there has been an inability of these projects to greatly involve the priority target group of the doping in sport field: athletes. This is actually the most important disadvantage, since it is the athletes that exercise doping and it is them that all these activities should be targeted at. Improvement of awareness of the public and various groups is very important, even extremely in the case of children, whose proper education concerning doping is of extreme value. However, the target group of active professional athletes seems to have been barely if not at all addressed and this is a major gap that should be covered in the future. Testimonies, speeches and commitment of top athletes would be expected and should therefore be the scope of future actions. A bigger involvement of sports' clubs in this direction would also have been important. Therefore, activities from athletes and sports' clubs directly aiming to athletes and actually involving them should be anticipated in the future.

General conclusions

Overall speaking, the projects' contribution to the fight against doping in sport is obvious. Not only they have covered many aspects of the issue, but they have also managed to reveal many of the needs and problems. Data have been exchanged and compared, thus contributing to the provision of new knowledge on the various aspects of the doping issue; valuable information has been compiled and disseminated to a wide range of audiences with the use of a variety of tools. Eight of the projects are considered to be very good, while the other eight are considered as medium-value due to certain drawbacks that they present.

The 16 projects are considered to have met the objectives of the call for proposals, since they have successfully addressed most of the priority areas, as presented in the table below which demonstrates



the exact number of projects that have contributed to each priority area of the doping-in-sport field. It is declared by the actors involved in these projects that these priority areas reflect correctly the identified needs that concern the doping issue, therefore these numbers also correspond to the projects that dealt with each of these needs.

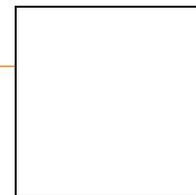


Table: Number of projects which have contributed to the topic – priority area

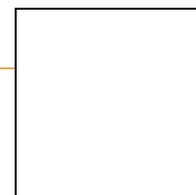
	Number of projects
<i>Protecting young athletes</i>	7
<i>Regulatory questions concerning acceptable medical limits for the absorption of doping substances, with the aim of bringing together or harmonizing approaches in the Member States</i>	5
<i>Bringing together or harmonizing testing arrangements</i>	4
<i>The effects of doping on health</i>	8
<i>The underlying causes of the growth in doping; socio-psychological aspects, pressures in the sporting environment, over-training, too many competitions</i>	1
<i>Information on medicines</i>	6
<i>The role of doctors and other health professionals</i>	2
<i>Ethical and legal aspects relating to health professionals</i>	-
<i>Planning and evaluating programmes to prevent doping</i>	-
<i>Doping among amateur athletes</i>	2
<i>The use of doping substances outside the sporting environment</i>	2
Total number of projects	16

Quite important new findings have emerged from the 16 pilot projects concerning the doping issue. Significant steps have been made towards harmonisation of doping rules; information has been given to different target groups about many of the above priority issues and the need for more actions in these two disciplines has been made obvious through surveys. Special reference must be made to projects that included the performance of studies. Invariably to the action line that they belonged, these projects have brought significant added value to the fight against doping and they have yielded high quality work.

As a result, many good practice examples emerge from the implemented projects. However, in some cases the activities that were performed are not considered to be cost-effective and some serious over-spending has occurred. Also, problems and negative effects took place during the projects' implementation. Unfortunately, these cannot be quantified since there was no response by all partners. Moreover, in some cases responses are contradictory, since the partners within a project do not share all the same opinion. Yet, the final evaluation comes to the conclusion that these negative points do not diminish the value of the projects, which is far more important than these aspects.

Detailed examination of the project partners demonstrates that very specific groups are particularly active in this field in Europe. Moreover, these specific actors have formed networks which are constantly growing and increasing their contacts. As a result, the same actors appear in a number of projects, either as partners or as speakers in conferences, collaborators, experts, etc. At first sight this might seem like a disadvantage, however, one can easily understand that the constant activation and interconnection of specific organizations can bring very good and continuous results contrary to one-off actions. Also, it is very reasonable that parties that are active in the sporting field in Europe know each other and work together – in fact this is actually a tool in the hands of the fight against doping.

Examination and commenting on the partners' status does not stop here. Examination of the number of partners per type of organization is essential, as valuable conclusions can derive from it. Analytically,



the number of each type of partners is presented below. Location of partners is also presented in order to demonstrate their geographical distribution.

Table: Number of partners in projects per type of organization

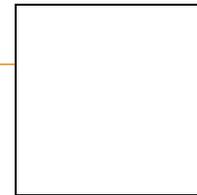
Type of organization	Number of partners
Sporting organization	38
Local, regional, national authority	17
Scientific institution	4
University	11
Research centre	2
Others (NGOs, TV station, professional associations)	5
Total	77

Table: Number of partners in projects per country

Country	Number of partners
Austria	4
Belgium	2
Denmark	2
Finland	4
France	2
Germany	13
Greece	7
Italy	6
Ireland	1
Luxembourg	4
Netherlands	7
Portugal	2
Spain	1
Sweden	3
United Kingdom	2
Other countries	3
International organisations	14

It is very positive that there is a very good representation of sporting organizations, national and international, including federations. This is a very optimistic sign because sporting organizations are really important in the combat of doping. Through their participation, it appears that they are very involved on the issue and they are committed to finding solutions. Also, since they adopt codes concerning doping, they are the first to make use of results of projects concerning legislation and research on new methods and substances.

Although there is active participation of national authorities, larger numbers were expected and should be involved in the future. Undeniably, these are the actors that can influence political decisions and legislation harmonization. The situation is better concerning the participation of Universities and research centers, even though much larger numbers would be expected. Probably the reason for that is the fact that research on doping does not exist in all countries, or it is not very extended.



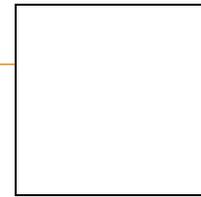
On the other hand, there is a very small number of sports' clubs appearing in the projects' consortiums¹⁶. This observation is of critical importance and should be considered very carefully. It has to be admitted that often sports' clubs are usually more committed to the preparation of their teams for events and less prepared in terms of managing a structured project. However, sports' clubs are the actual "homes" of athletes. This is where they literally belong and it is the sports' club coaches that they listen to and that control them. Although minor problems might appear when a project is led by a sports' club (such as the case of project 116 – 22), these can be easily solved and the benefits are worthwhile (similarly to the experience of the same project). Athletes and fans are directly addressed and enthusiasm becomes part of the combat against doping. Moreover, young athletes are trained in the same sports' clubs and it is there where they will learn the correct or wrong attitude towards doping.

This brings us to a comment that should be mentioned concerning the themes that were covered by the projects. It has already been mentioned that a variety of important issues has been covered, thus leading to an overall effective picture of the projects. There is however a prominent issue, that is also in line with the priorities of this call for proposals, which has been virtually untouched by the projects: the very scope of doping. "The underlying causes of doping (socio-psychological aspects, pressures in the sporting environment, over-training, too many competitions)" is the description used in the call for proposals and it is truly directly relevant to the scope of doping which must be intensely studied and dealt with. Few actors demonstrate that they are aware of the importance of this theme. A few others barely addressed it when calling for top athletes to give their testimony on the issue. Still, no project has dealt with the reasons that cause athletes to proceed to doping or even impose doping to them. Even at this stage of the evaluation, it is obvious that this is a priority issue for future calls and an important number of activities should take place in this framework, such as public discussions, involvement of psychologists either in research or in conferences, more presentations and events assisted by top athletes. In this direction, more significant involvement and commitment of sports' clubs would have a tremendous impact.

Also, there has been a variety of consortium sizes in the projects, ranging from 1 to 9 partners. Even though in some small consortiums international organizations have been present, the overall impression of the projects' evaluation is that those big consortiums have been more effective. No problems of managing the contributions of many partners have been referred. On the contrary, projects with big consortiums demonstrate better involvement of partners (probably through existing relationships), enthusiasm, much wider dissemination and geographical coverage, greater connection to the target groups. Finally, the collaboration of networks, even in itself is extremely important for the doping in sport issue; therefore it already bears a great advantage for projects that have used it as a tool.

Of course, it also needs to be mentioned that not all partners have been equally active in the framework of the projects. It is evident that some partners have been particularly active and willing to offer as much as possible to the fight against doping and provide very good results, while others did very little. An important factor that has also led to this phenomenon is the lack of structure in the application and reporting of projects (a parameter that is dealt with in detail further on), which has allowed for vague descriptions of the contribution and involvement of each specific partner within a project.

¹⁶ The number of participating sports' clubs cannot be derived from the above table, as they are included in the general category of sporting organizations. Only the study of project files can demonstrate the actual number of sports' clubs and this will be the objective of further study.



The 16 pilot projects had various interesting results. Efforts were made by the projects' consortia to disseminate most of these through usage of a multiplicity of tools and means. Once again, it is not possible to quantify the dissemination tools that were developed or the dissemination and follow-up activities that were performed because, as it can be seen through examination of the project information sheets, information given either within the project files or through replies of partners to this evaluation questionnaire is inadequate or vague.

However, it is well demonstrated that many tools were developed through the 16 projects aiming to the dissemination of their results. These include:

- | | |
|---|--|
| <input type="checkbox"/> Printed tools: | Reports, conference proceedings, manuals, educational material etc |
| <input type="checkbox"/> Audiovisual tools: | CD-ROMs, videotapes |
| <input type="checkbox"/> Interactive tools: | Websites |
| <input type="checkbox"/> Integrated info tools: | Info stands |
| <input type="checkbox"/> Promotional material: | Leaflets, brochures, stickers, badges, posters, t-shirts etc. |
| <input type="checkbox"/> Mass media tools: | TV spots, radio spots, press releases |
| <input type="checkbox"/> Conferences | Congresses, seminars etc |

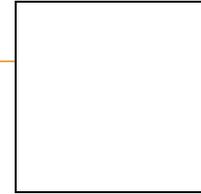
The exact number of dissemination tools that have been produced is presented in a previous table of this chapter (Table: Number of products that were developed per type of product).

An advantage of the selected tools is that they have an infinite lifetime, limited only by the availability of stock in cases of printed material or CD-ROMs (which can be reproduced though and even translated in other languages) or the ability of partners to continue hosting the developed websites (as mentioned in a few projects). Moreover, the partners disseminated the results during their participation in various national and international events, as well as through press conferences. Another original method that was adopted was the establishment of awards. Provided that such activities can be sustained, they can have a high dissemination effect.

Coming to deeper management issues, it appears that there are quite big differentiations concerning the projects' budget. Projects with small budgets have managed to produce important results, covering both action lines of the programme, while on the other hand, projects with a much bigger budget contributed to the fight against doping in sport only through a conference. This comment does not decrease the value of some activities, nevertheless, it is obvious that certain projects offer significantly more value for money compared to others. Overspending and inefficiency of partners must be considered as the reason for such cases and these facts should be dealt with in future calls, since now there is a tool for reference.

There have been far too many delays and prolongations in the projects' implementation. Of course, there are reasons for this; however the number is really creating questions concerning the efficiency of the projects' progress and management.

As a result to the lack of structure for the interim and final report, almost all projects are poorly documented. There is a great variety concerning the size of information provided on the projects' progress, as well as on quality. Moreover, even in cases where there is ample information, substantial

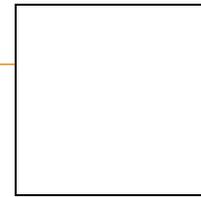


points may be missing. Therefore, evaluation of the projects and quantification of factors concerning their performance and value is extremely difficult.

Another fact that created difficulties in the task of evaluation was the very small or even negative response to the questionnaire that was sent to the projects' partners. Various actions were taken in order to ensure the return of questionnaires, at least by project leaders. This was finally returned by the majority of them, yet a very late point of the evaluation process, thus limiting the possibilities for analysis. It is more useful though to use this negative fact in order to derive conclusions concerning the attitude of partners. Undeniably, these conclusions can influence the evaluation of projects, and in many cases show sides that are not obvious merely by desk research of the project files. Such conclusions are the following:

- The small number of responses that were originally sent indicates a small interest and enthusiasm concerning the doping in sport issue from partnering organizations. Also, it shows that in many cases sustainability of the project results and the developed networks has not been maintained.
- Negative answers that have existed demonstrate a denial to evaluation, thus arising suspicions as to why partner organizations should react in such a way (Is there a reason why they do not wish to be evaluated on a project they have received funding for?)
- In most cases that there were replies, only the project leaders have filled in the questionnaire. Even in some cases that other partners have answered, they have declared that in their opinion only the leader should fill in the questionnaire. This is extremely interesting because it shows that even in cases that partners have contributed to the project and answered the questionnaire, they fail to see a reason for doing so and they are seldom able to differentiate their role and objectives to that of other partners. Moreover, it is clear in most, if not all, cases that partners are unable to tell what was their budget and funding they received from the EC. It is certain that a structured application that would demand the clear description of the role, scopes, activities and budget of each partner would not only facilitate future evaluation of their performance, but it would also help them in better understanding their role. There is clearly a need for that. Furthermore, well structured interim and final reports would also facilitate the European Commission's task in evaluating actual project performance.

In conclusion, the projects funded by the European Commission have undeniably contributed to the fight against doping in various aspects; both in terms of raising awareness on the issue, as well as in terms of providing new knowledge on doping relate issues. However, future European Union instruments in this field should apply more strict rules with regard to the scope of activities and the number of partners, as well as the administrative procedures selection and evaluation of performance.



5.2 Evaluation of the European Union programme in the field of the fight against doping in sport in Europe

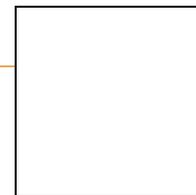
Close study of the projects that were performed under the call for proposals No EAC C116 leads to a very positive overview of the whole programme. Generally speaking, it appears that through this programme a significant contribution to the combat against doping has been made. It has been proved that:

In terms of contribution to the fight against doping:

- The majority of issues that are of importance to the fight against doping have been covered, ranging from harmonization of testing arrangements and doping rules, up to improvement of awareness on the effects of doping. These issues have been correctly identified as priority items for this programme and they clearly been met to a great extent by the 16 pilot projects. Since the projects have successfully covered many of these priorities, it can be considered that the programme has had a very important contribution to the EU policy in the field of doping-in-sport.
- A variety of activities have been performed, including scientific research, educational activities, large scale information campaigns, international conferences, aiming to the fight against doping, early prevention of doping and the promotion of sports ethics and fair play.
- The activities that were performed in the framework of the programme were highly complementary to national activities that take place in EU member states, as well as international activities. For example, various National Anti-Doping Agencies had the opportunity to interact during the programme. These Agencies are in most cases the responsible bodies for development of the national anti-doping policy in their country, therefore discussion of their activities and goals and collaboration with other similar bodies, as well as sporting organisations and federations, is a step towards harmonisation of policies. Moreover, the programme has complemented in various ways extremely important international activities, such as the development of the World Anti-Doping Code (project 116-06), since it has provided the grounds for its discussion for the first time and the background and legal analysis required for its development (project 116-15). Therefore the programme has indeed made major steps towards harmonisation of the doping rules and regulations at international level and it has demonstrated that EU actions can bring significant added value to world-wide activity in the combat of doping.

In terms of coverage:

- Activities have taken place in many countries and they have achieved almost pan European coverage. Even Eastern European countries were actively involved.
- A significant number of actors participated in the activities of projects as partners, as shown in the table below. If the organizations that had actual involvement and proven involvement in the projects, without being partners, are added to this number, we draw the conclusion that great



involvement of national, European and International organizations has been achieved, compared to the small number of projects.

Table: Number of partners per type of action

Type of action¹⁷	Number of partners
Action I – Information campaigns and education programmes	45
Action II – Organisation of conferences	57
Total	77

- A wide spectrum of target groups was addressed through the programme, thus achieving wide dissemination of information and increased effectiveness. Although it is impossible to quantify and count the change of people's attitude towards doping, the variety of target groups addressed and reached guarantees a high impact.
- Moreover, efforts have been taken in the direction of detecting the needs and level of the target groups concerning information on doping. Combined with the numerous activities that have been performed in the direction of dissemination of information, it is estimated that the programme has indeed contributed to increasing awareness concerning doping in Europe.

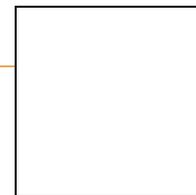
In terms of sustainability

- It is obvious that networks have been created through collaboration within the programme. This alone is a great output, because these networks can actually act in the combat against doping and they can give more and improved results in the framework of future calls for proposals.
- A great many useful tools have been created in the framework of the programme. These are of particular value, because they can be used in the future and reach a much wider audience through reproduction, translation to other languages, adaptation for different target groups and further dissemination.

In terms of providing recommendations for future actions

- Through this programme, conclusions for priority areas for the future have been demonstrated. They have been derived either from successful experience that can serve as good practice examples for the future (such as activities directed to children and young athletes, surveys and studies), or from the gaps that have been clearly revealed. Issues such as the underlying causes of the growth of doping, research on new substances and methods which are constantly developed, as well as the true dimension of doping (survey on the number of athletes that practice it, number of positive tests per country and sport etc) are some that have clearly been under-covered and call for intensive involvement.
- At first sight, it appears that the programme presents significant added value compared to other initiatives. This programme has done much more than providing information on doping, creating lists of doping substances and methods and presenting doping codes. Although all these activities are very welcome, they are not enough and the fact that this programme has gone a

¹⁷ 5 projects concerned both types of actions; they are thus included in both categories.



step ahead, through research, development of educational tools and efforts for harmonization, should be appreciated.

On the other hand, certain problems have been present all through the programme. Naturally these are not inherent problems and they can be improved or even disappear in future calls for proposals. For the time being, it is important to acknowledge them in order to find ways for overcoming them. These consist of the following:

In terms of cost-effectiveness

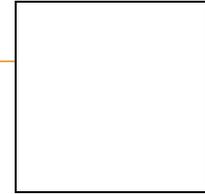
- Although the overall effectiveness of the programme seems to be very good, it appears that it has not been cost-effective. Average cost per project, EC contribution and per capita cost are presented in the following table. Yet, these do not reflect the reality. There have been big differences between budgets of the 16 projects, which are not easily justifiable. Detailed analysis that has been performed for each project (to the extent that this was possible, since there was lack of information due to the unstructured type of reports and project files) demonstrated that in many cases costs could have been reduced. Therefore, it is strongly recommended that future activities focus more to a balance of budget per project and efforts for selection of cost-effective methods (e.g. alternative dissemination tools, less over-spending in staff and travel costs).

Table: Overall cost analysis of the 16 projects

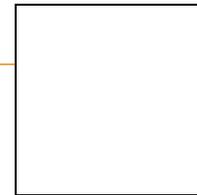
	Average cost
Cost per project (total budget)	263,407 €
EC contribution	144,342 €
Average percentage of EC contribution	54.8%
Per capita cost (per partner)	54,734 €

In terms of resources

- Organization, management and follow-up of the programme could have been better. It is indicated both through examination of the files and analysis of the responses by partners that the management of the programme was insufficient, probably due to lack of resources from the part of the European Commission. It is obvious that this point can be improved. More resources will enable constant follow-up and management of the projects, as well as assistance in the cases where problems emerge.
- Compared to the dimension and importance of the issue, the funds that were available for the programme, as well as the number of projects that were implemented, are obviously not enough in order to cover the needs of the whole European community in terms of awareness, scientific progress and harmonization. It is certain that more funds and subsequently more projects would greatly improve the programme's effectiveness in meeting its objectives. Although quality of results is always the aim, in cases dealing with a severe problem dealt by the whole society, quantity is also a key factor, therefore obtaining a critical mass (of funds, projects, actors and tools) is of utmost importance for the success of a programme like this.



It needs to be stressed that the overall evaluation of the programme, similarly to the evaluation of each single project, has been very difficult due to the lack of structure in the applications forms, as well as in the interim and final reports. Significant elements are missing concerning almost all projects, a fact that cannot be counterbalanced by the questionnaires that were filled in by partners, which are neither enough, nor adequately informative. It is therefore highly recommended that a unique structure is used in future projects, so that valuable information concerning the real impact and sustainability of the programme is better documented and definitely not lost. Indeed, particularly since this programme is mainly addressed to organizations that have an ever-changing structure (boards of directors, administration and even employees are frequently changing), there is no other way to guarantee that the details concerning the programme will also be there in the future, other than proper and structured reporting and documentation.



5.3 Conclusions and recommendations

The combat of doping in sports is based on three main axes:

- Education – information – prevention**
- Control – research**
- Legislation – policies**

Valuable conclusions that lead to recommendations for future actions in all the above axes derive from the evaluation of the 16 pilot projects that were implemented in the framework of this programme.

1. Education – information – prevention

It has been clearly demonstrated by the projects that have performed education – information activities that in order to achieve successful results it is necessary to address specific target groups. Information through the mass media can reach a wide audience, yet it is a very expensive method with ambiguous results since it aims to the general public and not specifically to potential users of doping substances.

Since it has been decided that addressing specific target groups is the recommended strategy, it is necessary to define which these groups should be.

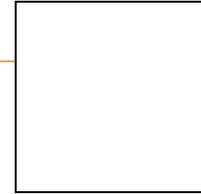
- Athletes.

They are the number one group, since they are the ones that are actually using doping in order to increase their performance or that might use it in the future. They are the ones that have the reason and the motivation to use it: winning, recognition, economic benefits. Since prevention is always the recommended method, young athletes at the beginning of their career should be targeted first, aiming to more effective results.

The way that athletes are approached should be different according to their needs and special characteristics which are affected by various factors, such as age, education, family environment, sex and sport. A tennis player will have a totally different attitude and habits to those of a wrestler for example. Therefore, different tools and strategies should be developed and used depending on the target group. In several cases surveys should be made in order to better investigate which is the proper method and tools for approaching each target group. This is a point of utmost importance because it is the key to really influencing athletes.

The best place to approach the athletes is their natural environment: the sports club or federation in which they belong. In this second home the athletes spend a big part of their day, they train, they relax and they are in close contact with their coach, the person that influences them most. Therefore this is the best place for conveying a message to them. Information distributed during various events (conferences, venues, tournaments) may be very useful to spectators, but not to them, since during the events their only concern is the competition itself.

So information and education should be transferred to them through the sports club or federation during training time. Seminars in small groups could be very effective in this way. Especially if seminars are delivered by coaches (due to their close relationship to athletes) they will have significant added value because they could also emphasise on the promotion of ethics, fair play and its effect on the athlete's



psychology (advantages it offers, the pleasures of sports spirit, negative feelings and solitude deriving from the usage of doping).

Information tools that will be placed in the facilities of sports clubs and federations can also be very useful. Various educational, promotional and information tools in any form can be very effective if they are to remain in the facilities and be visible and open to the athletes for some time. Then they will have the opportunity to occupy themselves in receiving information in their leisure time and really evaluate it. In this sense, interactive and multimedia tools can also have a very interesting effect, as well as printed material, info-stands, posters etc.

- Coaches and doctors.

It has been suggested that coaches are very suitable for delivering information to athletes. Therefore they should be very well educated on doping issues, especially concerning the side-effects. Moreover, it is considered that speaking of ethics and the true sports spirit has not been adequate in any initiative so far and also there can never be enough of it. The coach is actually the only person who can inspire the athlete to these values. In this discipline, seminars to coaches are considered as really good practice, as projects have also clearly demonstrated.

Sports doctors, especially the ones working in sports clubs and federations should also be regularly updated with information on the current trends of doping and its biomedical side-effects, since they are the ones who can act as the reference point for athletes seeking advice and information. Therefore, all activities aiming to them (seminars, scientific conferences, collaboration in research) are also highly welcome.

- Sportscasters

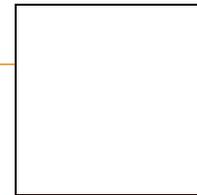
Media have always had a special role in influencing the public opinion. Therefore it is obvious that the views expressed by sportscasters can greatly influence the sports fans. Athletes are very susceptible to criticism of the public and they are very afraid of presenting an image opposite to the fair-play, thus if doping were to face a strong attack by sportscasters they would see clearly that they have to keep away from its usage. So it is strongly recommended that action is taken at European level for information of the media world on the doping issue.

- Parents.

In order to conclude the picture of the athlete's entourage, it needs to be stressed that the role of the family is also utterly important. If a young athlete coming receives advice that leads him/ her to doping (e.g. by a coach or a co-athlete) and the family is totally ignorant and unable to realise what is happening, the athlete will be found in a terrible situation, unable to receive any proper guidance. Therefore, seminars intended for parents of young athletes are also considered as very important.

At this point it needs to be mentioned that there are facts insinuating that doping has come out of the strict limits of the sports world (for example there is a percentage of direct or indirect doping in the fitness studios) and it poses a threat to public health. Thus actions aiming to education of more target groups can also be very useful (e.g. children, since early education of the general public is always a recommended method, visitors of fitness studios etc).

Concluding, so far as education – information- prevention is concerned, all kinds of activities are considered as suitable, depending on the target group that is addressed each time. The



selection of target groups should follow the above classification, aiming primarily to the most prominent and vulnerable one: athletes.

2. Control – research

This is another major axis of the fight of doping in sports. However, big steps should be made in this direction, since it involves research in various sectors.

- Research on new doping substances and methods

New doping substances and methods are developed all the time. Yet, research on their tracking is far behind. Therefore significant steps should be made in this direction, if doping control is to be effective and up-to-date. For this reason, projects that would also combine research on doping (for example through collaboration with DG Research) are highly welcome by the sports community.

- Research on the psycho-social aspects of doping

The psycho-social factors that push athletes to doping should be investigated. There is a need for such activity and not many steps have been made in this direction. Statistics are required, as well as intense investigation, in order to present recommendations for confrontation of the problem.

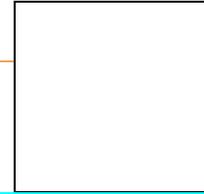
3. Legislation – policies

It is obvious that the pilot projects have largely contributed towards the harmonisation of doping rules and regulations at international level through involvement of all stakeholders and analysis of the current situation. They have complemented very successfully with all current international activities, especially at a time that much effort is given in the fight against doping.

However, more actions are needed in this direction, since harmonisation of rules and adaptation at a world-wide level is still far away. Moreover, underlying factors, such as the interpretation of rules in each country and gaps in legislation (e.g. trafficking of substances from one country to another) cannot be dealt with through mere acceptance of rules and legislative actions.

It is strongly recommended that collaboration between governments and national bodies takes place through constant mutual activities and exchange of views and methods. Only through such a strategy can the inherent problems and gaps be solved. For example, the cooperation of National Anti-Doping Agencies can lead to the delivery of common national anti-doping policies much faster than acceptance of common laws. The same applies to the cooperation of federations and sports clubs. At the same time, in order to change the situation concerning trafficking of drugs from one country to another (especially so far as European countries are concerned), it is necessary to call for cooperation at European level of all actors involved, including: national anti-doping agencies, national pharmaceutical organisations and all bodies concerned with the production and transportation of medicines. A special note must be made to the role of police which should be underlined in such actions. Its active involvement is expected in such future actions.

The above conclusions clearly indicate that the performance of actions like the 16 pilot projects is badly needed in the combat of doping. It is not possible for national bodies to deliver such results that require cooperation and exchange of information at national level. Therefore there is room and a strong need for Community action in order to provide the framework for such



improved projects, which can be highly complementary and preparatory to other international activities.

Of course, major improvements have to be made in the structure of the management and structure of the projects, especially concerning:

- **Structure of the partnership.** It is recommended that many partners from various countries are involved in each project, in order to guarantee a really European dimension. In cases that International organisations participate, they should not be considered as adequate to ensure this dimension.
- **Structure of documentation.** The application as well as the documents for interim and final reports should have a detailed and concise structure that will enable visibility of activities, costs and products of each partner and will facilitate accurate monitoring and evaluation of the project.
- **Resources.** It is obvious that due to the limited resources of the DG management of the whole programme has presented many difficulties. Therefore, it is strongly recommended that more human resources are made available in order to ensure close cooperation with the consortia and good monitoring of the projects' progress.