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ANTI-DOPING CONVENTION

*Ad Hoc Group of experts on anti-doping in  
recreational sport (T-DO ADRS)*

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**ANTI-DOPING MEASURES TARGETING FITNESS AND GYM  
CENTRES: A MAPPING OF PRACTICES IN THE STATE PARTIES OF  
THE ANTI-DOPING CONVENTION**

**Final Report**

T-DO Ad Hoc Group of Experts in Anti-Doping in Recreational Sport (T-DO ADRS)

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## **Part 1. Anti-doping measures targeting fitness and gym centres: a mapping of practices in the state parties of the Anti-doping Convention**

### **Executive Summary**

The use of doping substances in recreational sport and in particular gym settings represents an emerging public health issue, with serious implications about the physical and mental health of athletes and exercisers who use them, as well as negative impacts on the public image of recreational sport and society in general (1-3). Implementing anti-doping measures in recreational sport settings is of paramount importance for preventing both the initiation of doping among current non-users (primary prevention) and for reducing the harms associated with doping use among current users (secondary prevention/harm reduction) in the gym and fitness population.

The present study was concerned with mapping the current anti-doping measures in recreational sport, implemented by 49 countries that are State Parties to the Anti-Doping Convention of the Council of Europe. The study was conducted by the Ad Hoc Group of Experts in Anti-Doping in Recreational Sport, established by the Monitoring Group of the Anti-Doping Convention of the Council of Europe (T-DO). Data were collected using the T-DO Annual Anti-Doping Questionnaire (ADQ), between April and June 2023, and related to anti-doping measures used in the preceding year (i.e., 2022).

The results of the study show that:

- Only 37% (18 countries) and 41% (20 countries) of the respondents did include any measures in 2022 to respectively:
  - (1) address doping among gym/fitness customers and staff, and
  - (2) to prevent the health consequences of doping use in gyms and fitness centres.
- Where anti-doping measures targeting doping in gyms and fitness centres were implemented, the most commonly reported measures were anti-doping education and awareness-raising for gym and fitness customers and staff, and, to a lesser extent, legislation.
- In 83% (15 out of 18) of the countries reporting taking any measures against doping in gyms and fitness centres, National Anti-Doping Organisations (NADOs) were involved in their implementation.

## **Prevalence of Doping in Recreational Sport**

Doping here refers to non-medical use of image and performance enhancing drugs, such as testosterone, anabolic steroids, human growth hormone, Selective androgen receptor modulators (SARMs), ephedrine, amphetamine and similar muscle-building or fat-burning substances. Doping use is, in most cases, related to physical exercise.

In 2014, The European Commission's *Study on doping prevention* (4) highlighted the need for information about the prevalence and the type of doping use. The Study provided a comprehensive overview of practice and legislation regarding the fight against doping in recreational sport.

Due to methodological challenges as well as the illegal and taboo aspects of doping, establishing the true prevalence of performance and image enhancing drug use in different populations and subgroups have been challenging and prevalence estimates vary.

A meta-analysis of 187 quantitative studies, of which 18 studies examined recreational sports people, showed that the prevalence of Anabolic Androgenic Steroid (AAS) use was higher in recreational sportspeople (18.4%) as compared to athletes (13.4%) (5). Similar prevalence estimates (18.3%) were given by another study that examined the use of doping substances (including all the classes of substances in WADA's Prohibited List) in recreational sport in five European countries (6). Research in Eastern Mediterranean countries indicate a much higher prevalence of AAS use in gym/fitness users, suggesting cross-country differences (6). In contrast, a recent study on the use of performance-enhancing substances reports an overall prevalence of 0.4% among recreational sport people, with large variations across various sport activities (7).

Although the true prevalence of doping use in recreational sport is still not known, fitness centres are suggested to be a particularly high-risk environment regarding the use of performance and image enhancing drugs among the many arenas for recreational sport and exercise (8, 9).

## Health Risks and Harms of Doping Use

An increasing body of empirical research (2, 10-12) has indicated that doping use and AAS use in particular, is associated with a wide range of transient and more permanent physical and mental health problems, including:

- Toxicity and dysfunction of key vital organs, such as the heart, liver, and kidneys.
- Skin infections and injuries (for injectable doping substances).
- Risk of contracting blood-borne viruses and diseases, including hepatitis and HIV (for injectable doping substances).
- Increased risk for cardiovascular disease, through hyperlipidaemia and hypertension.
- Hormonal imbalance and risk for infertility.
- Dementia risk, through abnormal aging rate and mild cognitive impairment.
- Polydrug use.
- Increased symptoms of anxiety and depression.
- Suicidal ideation and intent.
- Higher levels of aggressiveness and violent behaviour.
- Gynecomastia (breast development) in men.
- Acne, striae, oily skin, fluid retention and hair loss.
- Virilizing effects in women.

## Doping Use in Recreational Sport as a Public Health Challenge

Public authorities acknowledged the necessity to combat doping in recreational sport in order to better protect the society. In 2012, European Union Expert Group “Anti-Doping” considered that “a growing body of literature is providing evidence of the use of human enhancement products already below elite or professional sport. Given its proven detrimental health effects, therefore, [doping in recreational sport] is likely to become a public health issue” (13).

The Resolution of the 17<sup>th</sup> Council of Europe Conference of Ministers responsible for Sport stressed the Ministers’ resolution to “strive towards clean sport and develop national sports strategies on anti-doping in recreational and grassroot sport, including education programmes and monitoring measures”.<sup>1</sup>

A recent meta-analysis indicated that a substantial number (34.4%) of AAS users display symptoms of androgen dependence (14). Accordingly, recent research on the patterns of use of AAS in gym users has indicated that a sizeable proportion (44%) engage in harmful practices (e.g., “*blast and cruise*”) that involve the continuous use of doping substances for prolonged periods of time, without allowing the body to recover and alternating between supraphysiological and lower doses (15).

Furthermore, because AAS and other doping substances are regulated by law in most countries, they are typically purchased via illegal markets using underground laboratories and/or illicit drug-trafficking rings. As a result, their quality is not guaranteed, and the substances used may often contain harmful and undeclared toxic ingredients (16).

The Council of Europe’s decided to join forced the European Commission in the context of the HealthyLifestyle4All initiative (2021-2023) and pledged to raise awareness on the health risks of doping in sport for all.

## The Present study

The present report presents findings from a survey-based study that was concerned with mapping the current anti-doping measures in recreational sport, implemented in countries that are State Parties to the Anti-Doping Convention of the Council of Europe. More specifically, the study focused on the implementation of measures to address doping and the possible adverse health consequences of doping use within gyms/fitness centres, and the identification of organisations involved in the implementation of the said measures. The study was designed and conducted by the T-DO Ad Hoc Group of Experts in Anti-Doping in Recreational Sport that was established by the Monitoring group to the Council of Europe’s Anti-Doping Convention (T-DO).

## Methods

### Data collection

Data were collected using the Anti-Doping Questionnaire (ADQ) of the T-DO, between April and June 2023. The ADQ is implemented annually to assess the implementation of the Anti-Doping Convention by its State Parties. The ADQ 2023 version was specifically amended with the addition of questions that focused on the implementation of Anti-Doping Convention in the preceding year (i.e., 2022). The present report presents only the ADQ data that are relevant to measures targeting doping in gyms and fitness centres.

Annex 2 contains an extract from the ADQ with the questions answered by States Parties. Annex 3 provides a list of the 49 States Parties that responded to the ADQ by June 2023.

<sup>1</sup>17<sup>th</sup> Council of Europe Conference of Ministers responsible for Sport, Resolution n°2, 26 October 2022, [MSL17\(2022\)10](#).

## Results

In total, 49 out of the 52 countries that are State Parties to the Anti-Doping Convention responded to the ADQ by June 2023 and their data were used for subsequent analysis.

Out of the 49 countries that replied, 18 countries (37%) reported that they had implemented measures to target doping among customers and/or staff in gyms and fitness centres. One country (2%) did not provide any data in response to this question.

Among the 17 countries that provided data regarding implemented measures to target doping among customers and/or staff in gyms and fitness centres, the most commonly reported ones are presented in Table 1.

**Table 1. Measures Tackling Doping in Gyms and Fitness Centres**

|  | <i>n</i> | % of countries with reported targeted measures (n=17) |
|--|----------|---|
| <b>Anti-doping information/awareness raising for gyms/fitness centres staff</b>      | 16       | 94%   |
| <b>Anti-doping education for gyms/fitness centres staff</b>                          | 11       | 65%   |
| <b>Anti-doping education for gyms/fitness centres users</b>                          | 9        | 53%   |
| <b>Anti-doping certification quality assurance programs for gyms/fitness centres</b> | 8        | 47%   |
| <b>Doping controls (tests) of gyms/fitness centres users</b>                         | 4        | 24%   |
| <b>Other</b>   | 4        | 24%   |

Twenty countries (41%) reported that they did implement measures targeting the possible adverse health consequences of doping in gyms and fitness centres. One country (2%) did not provide any data in response to this question. Among the countries where such measures were implemented, the most commonly reported ones are presented in Table 2.

**Table 2. Measures Addressing the Adverse Health Consequences of Doping**

|   | <i>n</i> | % of countries with reported targeted measures (n=19) |
|---|----------|---|
| <b>Anti-doping education/awareness for gyms/fitness centres users</b>                           | 14       | 74%   |
| <b>Anti-doping education/awareness for gyms/fitness centres staff</b>                           | 13       | 68%   |
| <b>Legislation</b>  | 8        | 42%   |
| <b>Help line/counselling for reducing or ceasing the use of doping substances</b>               | 4        | 21%   |
| <b>Health care/medical treatment services specifically targeting users of doping substances</b> | 2        | 10%   |
| <b>Needle/syringe exchange programmes</b>   | 1        | 5%  |
| <b>Other</b>  | 4        | 21%   |

*Note.* The data presented in Table 2 refer to 19 countries that responded to the relevant question.

Among the countries reporting the implementation of anti-doping measures targeting gyms and fitness centres, the following organisations were involved in their implementation.

**Table 3. Organisations involved in the implementation of anti-doping measures**

|   | <i>N</i> | % of countries with reported targeted measures |
|---|----------|--|
| <b>National anti-doping organisation (NADO)</b>                           | 15       | 83%  |
| <b>National, regional or local fitness organisation/fitness chain/gym</b> | 7        | 39%  |
| <b>Governmental, regional or municipal authorities</b>                    | 6        | 33%  |
| <b>National or local sport organisations</b>                              | 6        | 33%  |
| <b>Education institutions</b>   | 3        | 17%  |
| <b>Other organisations</b>  | 2        | 11%  |

*Note.* The data presented Table 3 refer to 18 countries that responded to the relevant question.



## Conclusions and way forward

A number of countries took measures to address and combat doping in recreational sport. Anti-doping measures targeting doping in recreational sport mostly involved NADOs and, to a lesser extent, the gym/fitness industry, governmental, regional and municipal authorities, and sport organisations.

This indicates the need for the development of synergies among the different stakeholders involved in recreational sport.

More than half of the State Parties to the Council of Europe's Anti-Doping Convention that responded to the ADQ, did not implement relevant measures in 2022 to address doping, and its adverse health consequences, within gyms and fitness centres. This indicates an important gap in the implementation of concerted policies to address doping within gyms and fitness centres, where doping use represents an emerging public health issue.

Consequently, it is necessary for States Parties to adopt a multifaceted approach, incorporating additional measures to effectively combat doping in recreational sport. A comprehensive strategy is essential to strengthening the protection of public health and ensuring safe and healthy training environments and sporting activities. The strategy should also address the most acknowledged risk areas: gym and fitness centres, along with their users and owners.

Public Authorities should take proactive steps to develop or reinforce national policies, to properly address the issue of doping in recreational sport. Adequate normative and financial resources should be allocated to ensure the effective implementation of these policies.

Within this framework, National Anti-Doping Organisations (NADOs) and other public institutions with expertise in anti-doping should be recognized as pivotal centres of competence. They possess the requisite knowledge and capabilities to offer guidance, support, and to oversee policy execution.

Furthermore, it is essential to engage in this process sport organisations and private entities, particularly those operating fitness or gym facilities. These entities can and should play a pivotal role by actively advocating for clean sport and exercise principles among individuals participating in recreational sporting activities.

Fostering collaboration among all stakeholders - Public Authorities, NADOs, sport organisations, and private companies - will create a robust framework that promotes fairness, integrity, and the well-being of individuals involved in recreational sports.

The adoption by the Monitoring Group of a specific Recommendation and guidelines could help the national authorities take the appropriate measures.

## **Part 2. Report on Anti-Doping Measures in Recreational Sport in Eight European Countries**

### **Executive Summary**

This report presents supplementary data that complement the ADQ findings and focuses on the measures implemented in eight countries: Belgium, Denmark, Finland, Netherlands, Norway, Sweden, Switzerland, and Türkiye. The information is presented as provided and reported by each country and has not been validated by the Group of Experts.

The key conclusions drawn from the identified measures are as follows:

- Anti-doping practices in gym/fitness centres are facilitated through effective synergies between recreational sport stakeholders (e.g., the fitness industry) and National Anti-Doping Organisation (NADOs).
- Legislation plays an important role in effectuating anti-doping practices in fitness/gym centres because it provides the legal context for strategic collaborations between NADOs and the fitness industry, and the implementation of anti-doping education initiatives and doping controls among fitness/gym users.
- “Clean Sport” labelling and/or certification for fitness centres/gyms presents an effective approach for signposting customers to safe and drug-free exercise spaces.
- Embedding clean sport training in the certification/professionalisation of coaches, instructors, and personal trainers employed in the fitness industry can further promote clean sport values and a health promoting.



## Belgium

### *Anti-doping education/awareness raising for gyms/fitness centres users and staff*

In cooperation with fitness.be, a program co-funded by the Agency Sport Vlaanderen was developed under the topic of “*Healthy and Ethical Sports*”, with the cooperation of NADO Flanders for content (information sessions, webinars, documentation, tutorials for fitness coaches, KUSm campaign). This supplements a program already in place for years: an anti-doping charter signed by fitness clubs, with the clear incentive to make the information (posters) available at the information desk. 486 fitness clubs signed the charter in 2022. Furthermore, general information on the website of NADO Flanders is available, also aiming to inform fitness and gym users.

### *Doping controls (tests) of gyms/fitness centres users*

These are still covered by the legislative framework (Antidoping Decree), but outside the activities relating to the World Anti-Doping Code in Flanders. The sample collection is carried out according to WADA standards and all out-of-competition substances are prohibited. It represents between 50 and 100 sample collections per year. This is also the result of close cooperation with law enforcement, in coordinated actions, targeting fitness clubs with known clusters of users and trafficking of substances (sale by users to other users, or in more severe cases, sale by owner/staff of centre).

### *Legislation to prevent possible adverse health consequences of the use doping substances in gyms/fitness centres?*

This is part of the Antidoping Decree in Flanders as a separate track, motivated from a health perspective. The sample collections and sanctions come from the perspective of sanctioning. However, in Flanders, a sanctioning regime has been set up by Decree with more emphasis on rehabilitation rather than the sanctioning. Sanctions are shorter and under the conditions of adhering to probational conditions, they can include mandatory education and submitting to further testing to provide proof of ceased use of prohibited substances.

There is also a “*Healthy and Ethical Sports*” Decree which aims to improve the quality of the healthy and ethical sports policy of sport organizations. Fitness.be is a recognized organization for policy support and practice development on healthy and ethical exercise in the fitness sector.



## Denmark

### *Anti-doping education/awareness raising for gyms/fitness centres users and staff*

Anti-Doping Denmark (ADD) conducts face-to-face teaching to personal trainer and fitness trainer education and to leaders of fitness centres. ADD has developed an e-learning course for fitness staff in the centres that collaborate with ADD. The staff are key elements in the preventive efforts and in promoting a healthy training environment. Increased knowledge among the staff in the fitness centres further support the dialogue between the fitness centres and ADD. It is therefore important that ADD ensures that new knowledge is easily accessible. Since there is a high, ongoing turnover of staff in many centres, e-learning, which can be included in the centre's onboarding procedure, is effective method to ensure that the necessary knowledge is accessible among the staff. The course focuses on body ideals, role models, and healthy training environments.

The e-learning course and related resources (in Danish) can be accessed here:

<https://uddannelse.antidoping.dk/login/>

### *Legislation to prevent possible adverse health consequences of the use doping substances in gyms/fitness centres?*

Anti-Doping Denmark is required by law to seek collaboration with fitness centres. The fitness centres are required by law to indicate to their customers whether they have a cooperation agreement with ADD and, thereby, indicate if it is a place that endorses a clean training environment. The relevant Act on the Promotion of Integrity in Sports is accessible here: <https://www.retsinformation.dk/eli/lta/2015/1168>



## Finland

### *Anti-doping education/awareness raising for gyms/fitness centres users and staff*

Dopinglinkki service (<https://dopinglinkki.fi/en/>) has a program with education and label/certification for gyms willing to join the network "*Puhtaan liikunnan puolesta*" (*for clean sport*), which focuses on providing education and awareness-raising to staff and users.

One of the activities in Dopinglinkki is to promote clean exercise commitment and values to the Finnish gyms/fitness centres, municipal sports, exercise venues and other suitable exercise and fitness entrepreneurs. The programme includes education (e-learning tool, lectures), communication campaigns and awareness raising to staff and recreational doping users. Other activities provided to the gyms/fitness centres, municipal sports and exercise venues are online health advisory service, information bank on the latest studies from performance and image enhancing drugs (IPEDs), and a clean exercise network's newsletter. The list of current exercise centres includes a list of current Finnish gyms / fitness centres, municipal sports and exercise venues and other suitable exercise and fitness entrepreneurs (e.g., personal trainers, physiotherapists, sports instructors), who have signed the commitment for clean exercise. The list includes over 970 actors for clean exercise.

Another initiative is the "The Clean Exercise Promoter of the Year", which runs annually on 27 January during the Clean Exercise Day. The winner of the campaign is decided by public voting. The Clean Exercise Ambassadors raise awareness on doping use in recreational sports and anti-doping activities in collaboration with the fitness industry. The ambassadors also discuss other relevant social issues in sports and ethical sustainability in sports and exercise according to the [Sustainability programme for the sports community 2020-2024](#).

The anti-doping certification/quality assurance program aims to ensure that all gyms/fitness centres maintain a commitment to clean and fair exercise by preventing the use of performance and image enhancing drugs. The program provides guidelines and practical instructions to be followed by gyms/fitness centres, so that they can create a safe environment for all participants, fostering a culture of honesty, integrity, and clean exercise. Together with Dopinglinkki, gyms/fitness centres contribute to a doping-free exercise industry and promote public health and responsible exercise practices.



## Netherlands

### *Anti-doping education/awareness raising for gyms/fitness centres users and staff*

Doping Authority Netherlands (DAN) operates the True Strength programme (*Eigen Kracht* [www.eigenkracht.nl](http://www.eigenkracht.nl)), which aims to a) inform gym/fitness centre users about the health risks of doping, b) advocate clean and doping-free sport, and c) educate gym/fitness centre users about healthy and effective (drug-free) ways to achieve their goals, including responsible use of nutritional supplements.

The True Strength programme mostly utilises persuasion, modelling, and education to fulfil its aims, and these components are reflected within web-based and social media-based interventions. The purpose of these interventions is to alter individual-level risk factors for doping use (e.g., attitudes, health risk beliefs, and knowledge), but places less emphasis on re-structuring and altering environmental/social risk factors.

The True Strength programme is also targeted at gym/fitness centre professionals (e.g., fitness instructors, personal trainers), gym owners and managers, and health professionals (e.g., medical doctors).



## Norway

### *Anti-doping education/awareness raising for gyms/fitness centres users and staff*

A variety of anti-doping education and awareness-raising initiatives are available in Norway, including:

- The Clean Fitness Centre program. Fitness centres pay an annual fee to get access to the program. All new centres must go through several steps to become certified. Once certified, they get access to the Clean Fitness Centre online platform and may request doping controls (fee-for-service).
- Mandatory e-learning for staff at fitness centres which are part of Anti-Doping Norway's (ADNO) Clean Fitness Centre program with the following modules: Anti-doping rules, signs and symptoms of doping use, preventive measures, health consequences, dietary supplements, doping control.
- Mandatory e-learning as part of vocational and college-level personal trainer education.
- Full day 6hrs advanced certification course for fitness centre employees. The course is EREPs approved by EuropeActive.
- Digital and printed information material provided to Clean Fitness Centres available through the Clean Fitness Centre online platform. Infomercials for tv-screens etc. in the fitness centre and posters about doping free exercise and the adverse health effects of doping.
- An anti-doping hotline and chat service is available 5 days a week.
- Social media presence and collaboration with national fitness influencers on promoting a message of clean exercise.
- Seminars and prevention activities in high schools.

### **Doping controls of gyms/fitness centres users**

Units certified as a Clean Fitness Centre may request doping controls of their members. The doping controls are conducted using the Dried Blood Spot method and virtual supervision of a doping control officer together with fitness centre staff on site. Samples are analysed for a limited number of substances on the WADA Prohibited list (mostly anabolic agents) at a WADA-accredited laboratory.



**Sweden**

### *Anti-doping education/awareness raising for gyms/fitness centres users and staff*

Anti-doping education and awareness-raising for gyms/fitness centres users and staff in Sweden is provided, since 2007, by STAD (<https://www.stad.org/en>) in collaboration with stakeholders. Together, STAD and stakeholders have co-produced the program 100% Pure Hard Training (PHT), which is based on the same principles as STAD's existing drug and alcohol prevention programs (i.e., Responsible Beverage Service, Clubs against Drugs in the nightlife setting). The program 100% Pure Hard Training (PHT) consists of four components:

#### 1. Mobilization & Collaboration

The unit coordinates the work and dissemination of 100% PHT through the PRODIS (Prevention of Doping in Sweden) network. The network consists of prevention coordinators on local/municipal and regional levels, Police Authority, and gyms & fitness centres.

#### 2. Training

Several types of training are provided, targeting gym staff and police officers. This includes a mandatory 8-hour digital training program spanning two days (2 × 4 h). This program is compulsory for key persons responsible for anti-doping work at the gyms (e.g., anti-doping officers) and managers.

The training comprises the following elements:

- Presentation of the method, 100% PHT.
- Anabolic androgenic steroids and body ideal.
- Anti-doping work within the police force.
- Anti-doping work within sports.
- Dietary supplements.
- Communication of anti-doping messages.

Upon completion of the training, participants must pass a 10-question exam related to the content. A diploma is awarded upon successful completion.

An alternative compact and web-based version of this training is also provided. It takes 30-40 minutes to complete and targets all staff at gyms.

Finally, a 3-hours training targeting police officers is also offered by STAD, which has been co-produced with the Police Authority and aims to increase a) police officers' knowledge about doping knowledge, and b) the number of operations at gyms. The training covers the following elements:

- 100% PHT.
- Anti-doping work within the Police Authority.
- How to plan and conduct operations at gyms.
- Group discussions.



The main measures taken to raise awareness about the health consequences of doping include developing and providing information material (e.g., flyers, posters, digital displays, videos) addressing both individual health impacts and societal consequences of doping use.

### 3. Enforcement & Policy Work

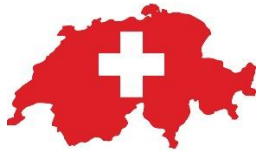
The training for police officers is closely connected with the enforcement component, because increasing the number of operations at gyms is an integral part of it. Also, certified gyms need to have a close partnership with the Police Authority who may perform unannounced visits at the gym on a regular basis. Furthermore, gyms and fitness centres that want to join 100% PHT must formulate an anti-doping policy and action plan.

The information material that can be used by gyms is co-produced with STAD. Members at a certified gym are therefore constantly exposed to STAD's information material which clearly states that the gym actively works for establishing a doping-free environment. In many of the certified gyms, the members need to declare that they approve the anti-doping policy when starting their membership.

### 4. Certification

In order to become certified as doping-free, gyms need to meet the following criteria:

- Complete training for the key anti-doping personnel and the manager.
- Formulate policy document and action plan.
- Document collaboration with the police.
- Have an “anti-doping binder” containing vital information and local police contact details.



## Switzerland

### *Anti-doping education/awareness raising for gyms/fitness centres users and staff*

From a health perspective, various services exist in Switzerland for people suffering from addiction. The Swiss Society for Addiction Medicine has been active for a long time in the field of addiction treatment for people who are addicted to anabolic steroids. This concerns persons who are no longer or have never been active in competitive sport, but who have consumed anabolic steroids in the context of recreational sport and are dependent on medical help due to the resulting addiction. These people may receive anabolic steroids as part of the treatment of their addiction.

### *Legislation to prevent possible adverse health consequences of the use doping substances in gyms/fitness centres?*

The Sports Promotion Act states in very general terms that the federal administration shall work together to restrict the availability of doping substances. The legislator therefore assumes that it is a state task to prevent the proliferation of agents that enhance physical performance in sport. Switzerland has chosen a broad approach in this regard and does not only combat classical performance enhancement in competitive sport. In principle, all persons can be punished, regardless of whether a link to performance enhancement in competitive sport is proven or not. The law enforcement authorities also take action against doping abuse in fitness centres. In addition, imported illegal substances are confiscated by customs, regardless of the purpose for which they are imported.



## Türkiye

### *Anti-doping education/awareness raising for gyms/fitness centres users and staff*

Since 2014, the Ministry of Youth and Sports has made it mandatory for all fitness centres to display the Prohibited List of WADA at an easily visible location, preferably at the entrance, by the gym users and employees, in order to raise awareness about anti-doping and unintentional use of harmful prohibited substances through nutritional supplements. Officials from the Provincial Directorates of Youth Services & Sports in every city conduct regular inspections to check if the fitness centres comply with the requirements of their licenses such as hygiene, training spaces etc. As a part of these inspections, they also check if the facilities have displayed the updated Prohibited List of WADA, and also provide awareness-raising brochures related to anti-doping to employees and users.

The individuals who want to work at fitness centres as trainers must obtain a “*trainer certificate*”. These certification programs provided by the national federations also include an anti-doping section that they should successfully complete. The context of the program is prepared with the support of various universities and approved by the Ministry of Youth and Sports. In this way, the trainers serve as “educators” who raise awareness about anti-doping among gym users.

Additionally, competition winners coming from sport clubs under the jurisdiction of the Turkish Bodybuilding, Fitness, and Arm-wrestling Federation undergo doping control and, if tested positive, an annual licence fee is imposed to their club/fitness centre. The Turkish Bodybuilding, Fitness, and Arm-wrestling Federation imposes a fine on athlete who test positive and their coach, in line with the regulations of the federation. Therefore, the clubs and their affiliated fitness centres discourage their users/athletes to use banned doping substances.

The relevant sport federations collaborate with academics from relevant scientific disciplines and University departments to conduct trainer courses, develop content of anti-doping education material, and to receive academic support. This ensures that, currently employed trainers and those to be employed by the fitness industry in the future, have proper information about anti-doping matters (e.g., the use of drugs and nutritional supplements).

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## **Annex 1- mandate and composition of the T-DO Ad Hoc Group of Experts in Anti-Doping in Recreational Sport (T-DO ADRS)**

The T-DO ADRS was established by the Monitoring Group on 25 March 2023 [T-DO(2023)08] with the following tasks:


### **TASKS OF THE AD HOC GROUP OF EXPERTS**

Under the authority of the Monitoring Group of the Anti-Doping Convention (T-DO), the Ad Hoc Group of Experts on Anti-Doping in Recreational Sport (T-DO ADRS) will:

- a) analyse the actions taken by the T-DO States Parties in accordance with the Article 6 of the Anti-Doping Convention, with respect to educational programmes and campaigns highlighting the dangers to health risks of doping, based on the results and reports from the annual Anti-Doping Questionnaire;
- b) review the overview commissioned by the Council of Europe in 2022 on the health risks of doping by amateurs and the overview of empirical research findings and approaches to doping prevention;
- c) conduct a survey and interviews to explore in more depth and obtain additional evidence on the different approaches to tackling doping issues in recreational sport;
- d) draft a Recommendation on measures to be considered by the States Parties to the Anti-Doping Convention with a view to address the risks of doping in recreational sport. In developing this recommendation, particular attention should be paid to:
  - Article 6 of the Anti-Doping Convention;
  - the Council of Europe's pledge to raise awareness on the health risks of doping in sport for all (the Pledge) in response to the 2022-2023 European Commission's initiative on healthy lifestyle for all;
  - the Resolutions of the 17<sup>th</sup> Council of Europe Conference of Ministers responsible for Sport regarding the need to develop national sports strategies on anti-doping in recreational and grassroots sport;
- e) present the results of its work to the Monitoring Group for approval;
- f) formulate proposals for the most appropriate mechanisms to implement the recommendation and, to this end, to engage in practical cooperation with relevant bodies within the Council of Europe and external partners.

The T-DO ADRS was composed of Fredrik Lauritzen (Anti-Doping Norway) as Chair of the T-DO ADRS, Erik Duiven (Doping Authority Netherlands) and Michael Petrou (Cyprus Anti-Doping Authority) and assisted by Lambros Lazuras (School of Sport & Exercise Science, University of Lincoln, UK). Liene Kozlovskas and Julien Attuil-Kayser (Anti-Doping Unit, Council of Europe) provided the secretarial support.

## Annex 2 – Anti-Doping Questionnaire 2022 (formulaire)



**CONSEIL DE L'EUROPE**

ADQ  
Anti-Doping Questionnaire

### Implementation of anti-doping policies in 2022

### Implementation of anti-doping policies in 2022 - Questionnaire - Modified 1.0

**31. ANTI-DOPING PROGRAMMES TARGETING GYMS/FITNESS USERS**

Question
Previous data
Information
English | Français

Previous
● Undefined
 Next

What measures have been taken to address doping among gyms/fitness centres users and employees?

- None (not targeted in 2022)
- Anti-doping education for gyms/fitness centres staff (e.g., personal trainers, fitness instructors); please specify
- Anti-doping information/awareness raising for gyms/fitness centres staff; please specify
- Anti-doping education for gyms/fitness centres users; please specify
- Anti-doping certification/quality assurance program for gyms/fitness centres; please specify
- Doping controls (tests) of gyms/fitness centres users; please specify
- Other; please specify
- No data available

Resources URL :

Save in pending
Save and publish
Close

**32. ORGANISATION OF ANTI-DOPING PROGRAMMES FOR GYMS/FITNESS CENTRES**

Question Previous data Information English | Français

Previous ● Undefined Next

Which organisations are involved in implementing anti-doping programmes targeting gyms/fitness centres?

None; not targeted in 2022  
 National anti-doping organisation  
 National gyms/fitness centres industry organisation; please specify   
 Gyms/fitness centres chains and/or individual gym/fitness centres  
 Governmental, regional or municipal authorities; please specify   
 National/local sport organisations; please specify   
 Education institutions please specify   
 Other organisations; please specify   
 No data available

Resources URL :

Save in pending Save and publish Close

**33. HEALTH CONSEQUENCES OF DOPING**

Question Previous data Information English | Français

Previous ● Undefined Next

What measures have been taken to prevent possible adverse health consequences of the use doping substances in gyms/fitness centres?

None; not targeted in 2022  
 Anti-doping education/awareness raising for gyms/fitness centres users  
 Anti-doping education/awareness raising for gyms/fitness centres staff  
 Legislation, please specify   
 Health care/medical treatment services specifically targeting users of doping substances; please specify   
 Needle/syringe programmes; please specify   
 Help line/counselling for reducing or ceasing the use of doping substances; please specify   
 Other; please specify   
 No data available

Save in pending Save and publish Close

### Annex 3 – List of respondents by 10 June 2023



#### LIST OF COUNTRIES THAT REPLIED TO THE QUESTIONNAIRE BY JUNE 2023

|                        |                 |  |
|------------------------|-----------------|--|
| Albania                | Italy           | Türkiye  |
| Andorra                | Latvia          | Ukraine  |
| Armenia                | Liechtenstein   | United Kingdom of<br>Great Britain and<br>Northern Ireland |
| Australia              | Lithuania       |  |
| Austria                | Luxembourg      |  |
| Azerbaijan             | Malta           |  |
| Belarus                | Moldova         |  |
| Belgium                | Monaco          |  |
| Bosnia and Herzegovina | Morocco         |  |
| Bulgaria               | Netherlands     |  |
| Canada                 | North Macedonia |  |
| Croatia                | Norway          |  |
| Cyprus                 | Poland          |  |
| Czech Republic         | Portugal        |  |
| Denmark                | Romania         |  |
| Estonia                | San Marino      |  |
| Finland                | Serbia          |  |
| France                 | Slovakia        |  |
| Germany                | Slovenia        |  |
| Greece                 | Spain           |  |
| Hungary                | Sweden          |  |
| Iceland                | Switzerland     |  |
| Ireland                | Tunisia         |  |



## MONITORING GROUP (T-DO)

### ANTI-DOPING CONVENTION

*Ad Hoc Group of experts on anti-doping in recreational sport (T-DO ADRS)*

COUNCIL OF EUROPE



CONSEIL DE L'EUROPE

## Annex 4 – Additional information provided by the respondents

### COMPILATION OF THE REQUESTS FOR ADDITIONAL INFORMATION

States were requested to answer to the email:

| State Party |   |   |
|-------------|---|---|
| Austria     | N | <i>As indicated in the introduction of the questionnaire, this year we added a few questions to address important issue of doping in recreational sport, and more specifically in gyms and fitness centres.</i>   |
| Belgium     | Y |   |
| Denmark     | Y | <i>Ad hoc group of experts on anti-doping in recreational sport (T-DO ADRS), chaired by Fredrik Lauritzen (in Cc), kindly asks for your support to their work and provide more information about your current practices and experiences related to anti-doping activities in recreational sport/fitness centres/gyms.</i> |
| Finland     | Y |   |
| Germany     | N |   |
| Ireland     | N | <i>Please provide a short description of these specific measures you mentioned in the questionnaire:<br/>(list from the questionnaire)<br/>We would highly appreciate if you could provide these answers or direct us to a person who is involved in implementation of these policies/practices.</i>                      |
| Romania     | N |   |
| Norway      | Y |   |
| Sweden      | Y |   |
| Switzerland | Y |   |
| Netherlands | Y | <i>Later this year T-DO ADRS plans to convene focused discussion group meetings with selected countries/experts to exchange ideas and propose recommendations that may be useful to other States parties to the Anti-Doping Convention.</i>   |
| Türkiye     | Y |   |
| UK          | N |   |

| State Party | Information in ADQ 2022   | Additional information  |
|-------------|---|---|
| Belgium     | <p>Anti-doping education/awareness raising for gyms/fitness centres users and staff (Q31 and Q33)</p> <p>Anti-doping certification/quality assurance program for gyms/fitness centres; (Q31)</p> <p>Doping controls (tests) of gyms/fitness centres users; (Q31)</p> <p>Your cooperation with fitness.be (Q32)</p> <p>Legislation to prevent possible adverse health consequences of the use doping substances in gyms/fitness centres? (Q33)</p> | <p>Anti-doping education/awareness raising for gyms/fitness centres users and staff (Q31 and Q33)</p> <p>In cooperation with fitness.be (information sessions, webinars, documentation, tutorials for fitness coaches, KUSm campaign (workshop/stand-up show)) a program co-funded by the Agency Sport Vlaanderen under the topic of “healthy and ethical sports”, but with the cooperation of NADO Flanders for content. This supplements a program already in place for years, which is an antidoping charter signed by separate clubs, with the clear incentive to put the information available at the information desk (posters). 486 fitness clubs signed the charter in 2022.</p> <p>Of course, there is always the general information on the website of NADO Flanders, also aiming to inform fitness and gym users.</p> <p>Anti-doping certification/quality assurance program for gyms/fitness centres; (Q31)</p> <p>There is currently no certification or quality assurance program in Flanders.</p> <p>Pour la Communauté française, il existe un décret (équivalent à une loi) qui instaure une procédure de reconnaissance, via une labellisation, pour des salles de fitness de qualité. Pour obtenir cette reconnaissance, les salles doivent répondre à un certain nombre de conditions, en termes de formation, d’une part, et d’engagement de lutter contre le dopage d’autre part. Actuellement, ce décret n’est pas concrètement appliqué car, pour ce faire, un arrêté réglementaire d’exécution devrait être adopté pour préciser la procédure réglementaire à suivre pour pouvoir être labellisé. Les autorités en charge de ce décret sont l’administration des sports et la ministre des sports ;</p> <p>Doping controls (tests) of gyms/fitness centres users; (Q31)</p> <p>These are still covered by the legislative framework (Antidoping Decree), but outside the WADA Code activities in Flanders. The sample collection is according to WADA standards and all out of competition substances are prohibited. The importance should be not exaggerated, since this only amounts to between 50 and 100 sample collections per year. This is also very much in cooperation with law enforcement, in coordinated actions, targeting fitness clubs with known clusters of users and trafficking of substances (sale by users to other users, or in more severe cases sale by owner/staff of center).</p> <p>Pour la Communauté française et Bruxelles, des contrôles antidopage sont possible dans les salles de fitness. En 2022, pour différentes raisons, notamment de moyens et de priorités en termes de conformité, il n’y a pas eu de contrôles dans des salles de fitness.</p> |

| State Party | Information in ADQ 2022  | Additional information   |
|-------------|--|--|
|             |  | <p>Your cooperation with fitness.be (Q32)<br/> Yearly partnership in the organization of a webinar ‘health and ethics in sports’. See also under 1.<br/> En 2023, il a été veillé à la bonne traduction en français et à l'exactitude des informations communiquées dans le manuel à destination des Fitness supervisors.</p> <p>Legislation to prevent possible adverse health consequences of the use doping substances in gyms/fitness centres? (Q33)<br/> This is part of the Antidoping Decree in Flanders as a separate track, motivated from a health perspective.<br/> The sample collections and sanctions come from the perspective of sanctioning. However, in Flanders, the sanctioning regime has been – by Decree – set up in a different manner, with more emphasis on rehabilitation rather than the sanctioning itself. With shorter sanctions and sanctions which are under the conditions of adhering to probational conditions, which can include mandatory education and submitting to further testing to provide proof of ceased use of PIEDs.<br/> There is also a healthy and ethical sports Decree which aims to improve the quality of the healthy and ethical sports policy of sport organizations. Fitness.be is a recognized organization for policy support and practice development on healthy and ethical exercise in the fitness sector.<br/> En Communauté française, deux législations s’appliquent à la prévention et à la lutte contre le dopage dans les salles de fitness :</p> <ul style="list-style-type: none"> <li>- Le décret (général) antidopage du 14 juillet 2021 relatif à la lutte contre le dopage et à sa prévention, qui s’applique tous sports confondus, dans ou hors fédération et en ce compris dans les salles de fitness. Ce décret permet à l’ONAD d’effectuer des contrôles et de réaliser des actions de prévention dans les salles de fitness, même en dehors de toute compétition ;</li> <li>- Le décret du 10 mai 2013 (décrit ci-dessus) instaurant une procédure de reconnaissance des salles de fitness de qualité.</li> </ul> |
| Denmark     | Anti-doping education/awareness raising for gyms/fitness centres users and staff - to-face teaching and e-learning (Q31 and Q33) | 1: AWARENES/EDUCATION<br>Face-to face teaching<br>We conduct face-to-face teaching at personal trainer and fitness trainer educations and to leaders of fitness centers.   |

| State Party | Information in ADQ 2022   | Additional information   |
|-------------|---|--|
|             | <p>Fitness centers are required by law to indicate to their customers whether they have a cooperation agreement with Anti-Doping Denmark or not. and thereby indicate if it is a place that strive to have a clean training environment or not. (Q31, Q32, Q 33)</p> <p>The fitness consultants do carry out controls when relevant with a view to removing potentially unhealthy and inappropriate role models (Q31)</p> <p>ADD have a counseling hot line (Q33)</p> | <p>E-learning: Developing training for fitness staff<br/>ADD has developed an e-learning course for fitness staff in the centers that collaborate with ADD. The staff in the fitness centers are key people in the preventive efforts and creating a healthy training environment in everyday life. Increased knowledge among the staff in the fitness centers will further qualify the dialogue between the fitness centers and ADD. It is therefore important that ADD ensures that new knowledge is easily accessible. Since there is a high, ongoing turnover of staff in many centers, e-learning, which can be included in the center's onboarding procedure, is an obvious method to ensure the necessary knowledge among the staff. The course focuses on body ideals, role models and healthy training environments.<br/>You can find this e-learning course and others (in Danish) here:<br/><a href="https://uddannelse.antidoping.dk/login/">https://uddannelse.antidoping.dk/login/</a></p> <p>2: COLLABORATION<br/>Anti-Doping Denmark is required by law to seek collaboration with fitness centers. The fitness centers are required by law to indicate to their customers whether they have a cooperation agreement with Anti-Doping Denmark or not and thereby indicate if it is a place that strive to have a clean training environment or not. The legal basis is the Act on the Promotion of Integrity in Sports: <a href="https://www.retsinformation.dk/eli/lta/2015/1168">https://www.retsinformation.dk/eli/lta/2015/1168</a></p> <p>3: FITNESS CONCEPT<br/>Please refer to our annual report where our fitness concept is thoroughly described (2nd paragraph: Fitness and public health): <a href="https://www.antidoping.dk/media/qtzht0v4/annual-report-2022.pdf">https://www.antidoping.dk/media/qtzht0v4/annual-report-2022.pdf</a></p> <p>4: COUNCELLING HOTLINE<br/>Anti-Doping Denmark has a counselling hotline where anyone can contact ADD for advice, including steroid addicts or their relatives. A doctor is affiliated the hotline if medical advice is needed.</p> |
| Finland     | <a href="https://dopinglinkki.fi/en/">https://dopinglinkki.fi/en/</a> Dopinglinkki-service has a programme with education and label/certification for gyms willing to join the network "Puhtaan liikunnan   | <a href="https://dopinglinkki.fi/en/">https://dopinglinkki.fi/en/</a> Dopinglinkki-service has a programme with education and label/certification for gyms willing to join the network "Puhtaan liikunnan puolesta" (For clean sport). The commitment includes education and awareness raising to staff and users.   |

| State Party | Information in ADQ 2022   | Additional information  |
|-------------|---|---|
|             | <p>puolesta" (For clean sport). The commitment includes education and awareness raising to staff and users. (Q31)</p> <p>Anti-doping certification/quality assurance program for gyms/fitness centres (Q31)</p> <p>Any other anti-doping education/awareness raising for gyms/fitness centres users and staff (Q 31 and Q33)</p> <p><a href="https://a-klinikkasaatio.fi/plp-toimijat/">https://a-klinikkasaatio.fi/plp-toimijat/</a> (Q32 and Q33)</p> | <p>One of the activities in Dopinglinkki is to promote clean exercise commitment and values to the Finnish gyms / fitness centres, municipal sports, exercise venues and other suitable exercise and fitness entrepreneurs. The programme includes education (e-learning tool, lectures), communication campaigns and awareness raising to staff and recreational doping users. Other activities provided to the gyms / fitness centres, municipal sports and exercise venues are online health advisory service, information bank on the latest studies from performance and image enhancing drugs and a clean exercise network's newsletter.</p> <p>Anti-doping certification/quality assurance program for gyms/fitness centres<br/>The anti-doping certification/quality assurance program aims to ensure that all gyms/fitness centres maintain a commitment to clean and fair exercise by preventing the use of performance and image enhancing drugs. The program will establish guidelines and practical instructions to be followed by gyms/fitness centres so they can create a safe and fair environment for all participants, fostering a culture of honesty, integrity, and clean exercise. Together with Dopinglinkki, gyms/fitness centres can contribute to a doping-free exercise industry and promote public health and responsible exercise practices.</p> <p>Any other anti-doping education/awareness raising for gyms/fitness centres users and staff<br/>"The Clean Exercise Promoter of the Year" is selected annually during the Clean Exercise Day, 27th of January. The winner of the campaign is decided by public voting.<br/>the Clean Exercise Ambassadors raise awareness on doping use in recreational sports and anti-doping activities in collaboration with the fitness industry. The ambassadors also discuss other relevant social issues in sports and ethical sustainability in sports and exercise according to the <a href="#">Sustainability programme for the sports community 2020-2024</a>.</p> <p><a href="https://a-klinikkasaatio.fi/plp-toimijat/">https://a-klinikkasaatio.fi/plp-toimijat/</a><br/><a href="#">The list of current exercise centres</a> includes a list of current Finnish gyms / fitness centres, municipal sports and exercise venues and other suitable exercise and fitness entrepreneurs (e.g., personal trainers, physiotherapists, sports instructors), who have signed the commitment for clean exercise. The list includes over 970 actors for clean exercise.</p> |
| Netherlands | - Anti-doping information/awareness raising for gyms/fitness centres users and staff (Q31 and Q33)  | <i>Anti-doping education/awareness raising for gyms/fitness centres users and staff</i>   |

| State Party | Information in ADQ 2022  | Additional information  |
|-------------|--|---|
|             | <ul style="list-style-type: none"> <li>- Involvement of the National gyms/fitness centres industry organization in anti-doping (Q32)</li> <li>- Research projects to provide insight into the number of users and their motivation (Q33)</li> </ul>  | <p>The Doping Authority of Netherlands (DAN) operates the True Strength (Eigen Kracht: <a href="http://www.eigenkracht.nl">www.eigenkracht.nl</a>) campaign, which aims to a) inform gym/fitness centre users about the health risks of doping, b) advocate clean and doping-free sport, and c) educate gym/fitness centre users about healthy and effective (drug-free) ways to achieve their goals, including responsible use of nutritional supplements.</p> <p>The True Strength campaign mostly utilises persuasion, modelling, and education to fulfil its aims, and these components are reflected within web-based and social media-based interventions. The purpose of these interventions is to alter individual-level risk factors for doping use (e.g., attitudes, health risk beliefs, and knowledge), but places less emphasis on re-structuring and altering environmental/social risk factors.</p> <p>The True Strength campaign is also targeted at gym/fitness centre professionals (e.g., fitness instructors, personal trainers), gym owners and managers, and health professionals (e.g., medical doctors).</p>  |
| Norway      | <ul style="list-style-type: none"> <li>- Anti-doping education for gyms/fitness centres staff.</li> <li>- Anti-doping information/awareness raising for gyms/fitness centres staff.</li> <li>- Anti-doping education for gyms/fitness centres users.</li> <li>- Anti-doping certification/quality assurance program for gyms/fitness centres.</li> <li>- Doping controls of gyms/fitness centres users.</li> <li>- Other.</li> </ul> | <p><b>Anti-doping education for gyms/fitness centres staff</b></p> <ul style="list-style-type: none"> <li>- Mandatory e-learning for staff at fitness centers which are part of ADNOCs clean fitness center program with the following modules: Anti-doping rules, signs and symptoms of doping use, preventive measures, health consequences, dietary supplements, doping control).</li> <li>- Mandatory e-learning as part of vocational and college level personal trainer education.</li> <li>- Full day 6h advanced certification course for fitness centre employees. The course is EREPs approved by EuropeActive.</li> </ul> <p><b>Anti-doping information/awareness raising for gyms/fitness centres staff.</b></p> <ul style="list-style-type: none"> <li>- Digital and printed information material provided to Clean Fitness Centres available through the Clean Fitness Centre online platform. Infomercials for tv-screens etc. in the fitness centre and posters about doping free exercise and the adverse health effects of doping.</li> </ul> <p><b>Anti-doping education for gyms/fitness centres users.</b></p> <ul style="list-style-type: none"> <li>- All members at fitness centres which are part of the Clean Fitness Centre program get access to e-learning with the following modules: Anti-doping rules, doping control, dietary supplements, health consequences.</li> </ul> |

| State Party | Information in ADQ 2022  | Additional information  |
|-------------|--|---|
|             |  | <p><b>Anti-doping certification/quality assurance program for gyms/fitness centres.</b></p> <ul style="list-style-type: none"> <li>- The Clean Fitness Centre program. Fitness centres pay an annual fee to get access to the program. All new centres must go through several steps to become certified. Once certified, they get access to the Clean Fitness Centre online platform and may request doping controls (fee-for-service).</li> </ul> <p><b>Doping controls of gyms/fitness centres users.</b></p> <p>Fitness centres certified as a Clean Fitness Centre may request doping controls of their members. The doping controls are conducted using the Dried Blood Spot method and virtual supervision of a doping control officer together with fitness centre staff on site. Samples are analyzed for a limited number of substances on the WADA Prohibited list (mostly anabolic agents) at a WADA accredited laboratory.</p> <p><b>Other</b></p> <p>Anti-doping hotline and chat open 5 days a week.</p> |
| Sweden      | <ul style="list-style-type: none"> <li>- Anti-doping education for gyms/fitness centres staff by STAD</li> <li>- Anti-doping information/awareness raising for gyms/fitness centres staff by STAD</li> <li>- Anti-doping education for gyms/fitness centres users by NADO (gyms inside SSC) and by STAD (commercial gyms) federation.</li> <li>- Anti-doping certification/quality assurance program for gyms/fitness centres by NADO (gyms inside SSC) and by STAD (commercial gyms).</li> <li>- Doping controls (tests) of gyms/fitness centres users; by NADO (gyms inside SSC) and in</li> </ul> | <p>The program is based on the same principles as STADs programs Responsible Beverage Service and Clubs against Drugs in the nightlife setting and consists of four components: 1. Mobilization &amp; Collaboration, 2. Training, 3. Enforcement &amp; Policy Work, and 4. Certification.</p> <p><b>Mobilization &amp; Collaboration:</b></p> <p>Our unit coordinates the work and dissemination of 100% PHT through the PRODIS (Prevention of Doping in Sweden) network. The network consists of prevention coordinators on local (municipal) and regional levels, Police Authority, and gyms &amp; fitness centers.</p> <p><b>Training:</b></p> <p>We provide several types of training targeting gym staff and police officers.</p> <p>We have a mandatory 8-hour digital training program spanning two days (2 x 4 h). This program is compulsory for key persons responsible for anti-doping work at the gyms (e.g., anti-doping officers) and managers.</p>   |

| State Party | Information in ADQ 2022   | Additional information   |
|-------------|---|--|
|             | <p>some cases by the Police (commercial gyms) authorities.</p> <ul style="list-style-type: none"> <li>- Legislation. The Act banning the use of certain doping substances (1991:1969). Help line/counselling for reducing or ceasing the use of doping substances by Dopingjouren.</li> </ul> | <p>The training comprises the following elements:</p> <ul style="list-style-type: none"> <li>• Presentation of our method, 100% PHT</li> <li>• Anabolic androgenic steroids and body ideal</li> <li>• Anti-doping work within the police force</li> <li>• Anti-doping work within sports</li> <li>• Dietary supplements</li> <li>• Communication of anti-doping messages</li> </ul> <p>Upon completion of the training, participants must pass a 10-question exam related to the content. A diploma is awarded upon successful completion.</p> <p>We also provide a condensed web-based version of this training. The web-based training takes 30-40 minutes to complete and targets all staff at gyms.</p> <p>Finally, we provide a 3-hours training targeting police officers. The training was co-produced with the Police Authority and the aim is to increase their knowledge and also to increase the number of operations at gyms. The training covers the following elements:</p> <ul style="list-style-type: none"> <li>• 100% PHT</li> <li>• Anti-doping work within the Police Authority</li> <li>• How to plan and conduct operations at gyms</li> <li>• Group discussions</li> </ul> <p><b>Enforcement &amp; Policy Work:</b></p> <p>Obviously, the training for police officers is tightly connected to the enforcement component as we encourage the Police Authority to engage in operations at gyms. Also, certified gyms need to have a close partnership with the Police Authority that on a regular basis should visit the gyms unannounced.</p> |



| State Party | Information in ADQ 2022   | Additional information   |
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|             |   | <p>Further, gyms and fitness centers that want to become a member in 100% PHT must formulate an anti-doping policy and action plan.</p> <p>We co-produce information material that can be used by gyms. Members at a certified gym are therefore constantly exposed to our information material which clearly states that the gym actively works for establishing a doping free environment. In many of the certified gyms the members need to approve the anti-doping policy when signing a membership.</p> <p><b>Certification:</b><br/>In order to become a certified gym, they need to meet the following criteria:</p> <ul style="list-style-type: none"> <li>• Completed training for the key anti-doping personnel and the manager</li> <li>• Formulated policy document and action plan</li> <li>• A documented collaboration with the police</li> <li>• Anti-doping binder containing vital information and local police contact details</li> </ul> <p>With regard to measures targeting health consequences, the main measures we take in targeting health consequences are developing and providing information material addressing both individual health impacts and societal consequences. These materials include flyers, posters, digital displays, videos, and folders.</p> |
| Switzerland | <p>Federal Act on the Promotion of Sport and Exercise (limit availability of doping substances) (Q33)</p> <p>Consultation hours in specialized psychiatric clinics (PZM, ARUD) (Q33)<br/>PZM : <a href="http://https://www.pzmag.ch/behandlung/kl-inik-fuer-psychose-und-abhaengigkeit/spezialsprechstunden">http://https://www.pzmag.ch/behandlung/kl-inik-fuer-psychose-und-abhaengigkeit/spezialsprechstunden</a><br/>ARUD : <a href="http://https://arud.ch/en/">http://https://arud.ch/en/</a></p> | <p>The Sports Promotion Act states in very general terms that the federal administration shall work together to restrict the availability of doping substances. The legislator therefore assumes that it is a state task to prevent the proliferation of agents that enhance physical performance in sport. Switzerland has chosen a broad approach in this regard and does not only combat classical performance enhancement in competitive sport. In principle, all persons can be punished, regardless of whether a link to performance enhancement in competitive sport is proven or not. The law enforcement authorities also take action against doping abuse in fitness centres. In addition, imported illegal substances are confiscated by customs, regardless of the purpose for which they are imported.</p> <p>Currently, however, no controls are carried out in recreational sport or in fitness centres, as the actual fight against doping focuses on competitive sport and the resources are not available to carry out additional controls in recreational sport/fitness/gyms.</p>   |

| State Party | Information in ADQ 2022  | Additional information   |
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|             |  | <p>From a health perspective, various services exist in Switzerland for people suffering from addiction. The Swiss Society for Addiction Medicine has been very active for a long time in the field of addiction treatment for people who are addicted to anabolic steroids. This concerns persons who are no longer or have never been active in competitive sport, but who have consumed anabolic steroids in the context of recreational sport and are dependent on medical help due to the resulting addiction. These people may receive anabolic steroids as part of the treatment of their addiction.</p> <p>A round table on doping in recreational sport is currently being planned. This should take place in August/September 2023. After this round table, we will gladly be available for further discussion.</p>  |
| Türkiye     | <p>Mandatory display of the WADA's Prohibited List in all gyms and fitness centers. (Q31)</p> <p>Work of the National sports federations, especially the Turkish Bodybuilding, Fitness and Arm-wrestling Federation (Q32)</p> <p>Education in Universities (Q32)</p> <p>Anti-doping education/awareness raising for gyms/fitness centres users and staff (Q33)</p> | <p>1. Mandatory display of WADA's Prohibited List in all gyms and fitness centers (Q31)<br/>Since 2014, the Ministry of Youth and Sports has made it mandatory for all fitness centers to display the Prohibited List of WADA at 50x70cm in size at an easily visible location (preferably at the entrance) by the gym users and employees in order to raise awareness about anti-doping and unintentional use of harmful prohibited substances through nutritional supplements. Officials from the Provincial Directorates of Youth Services &amp; Sports in every city conduct regular inspections in order to check if the fitness center comply with the requirements of their licenses such as hygiene, training spaces etc. As a part of these inspections, they also check if the facilities have displayed the updated Prohibited List of WADA or not and also provide awareness raising brochures related to anti-doping (when available) in order for employees and users to have access to anti-doping information.</p> <p>2. Work of the National Sports Federations, especially the Turkish Bodybuilding, Fitness and Arm-wrestling Federation (Q32) &amp; 4. Anti-doping education/awareness raising for gyms/fitness centers (Q33)<br/>The individuals who want to work at fitness centers as trainers must obtain a "trainer certificate". These certification programs provided by the national federations also include an anti-doping section that they should successfully complete. The context of the program is prepared with the support of various universities and approved by the Ministry of Youth and Sports. In this way, these trainers can guide the gym users to raise their awareness about anti-doping.</p> <p>In addition, as an incentive; if a sports club under the jurisdiction of the Turkish Bodybuilding, Fitness and Arm-wrestling Federation have its own private gym and if their users/athletes</p> |

| State Party | Information in ADQ 2022 | Additional information  |
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|             |                         | <p>participate in a national team selection and rank in the top 3 in any category, if they do not test positive after a doping control, the annual license fee will be reimbursed to the club.</p> <p>Besides, if an athlete tests positive, the Turkish Bodybuilding, Fitness and Arm-wrestling Federation imposes a fine on the athlete, the athletes' coach and also the athlete's club based on the regulations of the federation. Therefore, the clubs and their affiliated fitness centers discourage their users/athletes to use banned substances.</p> <p>3. Education in Universities (Q32)</p> <p>In order to conduct trainer courses, the relevant federations cooperate with the academicians working at the Faculties of Sports Sciences and Schools of Physical Education and Sports in relation to the content of the theoretical education material and get academic support. With this kind of support, it is aimed that the trainers who already work and/or will work at the gyms have proper information about the anti-doping matters and have increased awareness especially in relation the use of drugs and nutritional supplements. In this way, anti-doping knowledge can be transferred to the gym users through these trainers.</p> |

**ADDITIONAL INFORMATION WAS NOT RECEIVED (OR MISSED)**

| <b>State Party</b> | <b>Information in ADQ 2022</b>   |
|--------------------|--|
| Austria            | <ol style="list-style-type: none"> <li>1. NADA Austria has implemented a seal of approval for fitness centers. Trainers, instructors and members have to participate in a training program (Q32)</li> <li>2. Analysis of offered dietary supplements (Q32)</li> <li>3. Anti-doping education/awareness raising for gyms/fitness centres users and staff (Q33)</li> </ol>   |
| Romania            | <ul style="list-style-type: none"> <li>• Law no 104/2008 as further amended and completed via Law 219/2021 (Q31, Q33)</li> <li>• Anti-doping training course held under the provisions of Law no. 104/2008 (Q31)</li> </ul>  |
| Ireland            | NADO cooperation with ZeroGains Campaign   |
| Germany            | <ul style="list-style-type: none"> <li>• Link to the Podcast episode from the series "Gesund in Sportdeutschland" (Healthy in Sport Germany) with Dr. Mischa Kläber on the topic: "Drug abuse and doping in recreational sport - insider Dr. Mischa Kläber clarifies" (DOSB 2023) (Q31)</li> <li>• Any follow up to the Multiplier trainings throughout Germany. Carried out by the DOSB (German Olympic Sports Confederation) in the year 2014/2015 (Q31)</li> <li>• Any follow up to "Tipps gegen Medikamentenmissbrauch in Alltag und Freizeit" by DOSB, ABDA and ADAC (spring 2013) (Q31)</li> <li>• Any follow up to Development / establishment of two further training modules ("Medikamentenmissbrauch im Breiten- und Freizeitsport"), which dock onto the training system of non-profit sport and sensitize and educate exercise instructors, trainers and interested parties (DOSB 2014) (Q31)</li> </ul> |
| UK                 | Whilst you have indicated that recreational athletes in gyms and fitness centers were not be targeted in 2022, we would be very grateful if you could share with us any clean sport public health campaigns or policies that have been implemented in the UK outside of calendar year 2022.  |