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### **'An Athlete's Personal Experience and Perspective on Anti-Doping'**

#### **Doping in sport**

As technological development has advanced, athletes who used banned doping substances find new ways to skirt relegation. Different sports need to look out for different stimulants. For instance, if two weightlifters in the 50-kilo division manage to lift the same weight, the athlete with the lightest body mass wins. Therefore, diuretics – or “water pills”, which help the kidneys flush extra water and decrease body weight – become a substance that is frequently tested for. For other sports, like shooting or archery, depressants can enable players to stay extremely calm. My friend told me a perfect and stable timing for shooting is between heartbeats.

#### **World Anti-Doping Agency**

Doping is banned primarily because of the health risks they pose to athletes, but also to ensure equality of opportunity and to set an example for a drug-free sporting world. Performance-enhancing drugs flatly go against the “spirit of sport”.

#### **In-of-competition (IOC) sample collection**

I remember that my first experience of being tested in an in-of-competition control was before 2005. The Doping Control Officer (DCO) would speak to our team doctor and select a team member at random to run the test. Because volleyball is a team sport, the DCO only selects one player from each team and I had the luck of being chosen. The DCO led me to a room with a toilet where she showed me the testing equipment. We entered the toilet cubicle together. She watched me present my urine collection in a disposable cup and verified that it was my body fluid. I placed my urine sample in a red and a blue bottle, marked “A” and “B” respectively. The bottles went inside a white box, which the DCO sealed. Finally, I signed a document attesting that the doping test collection was complete.

#### **The Anti-Doping Administration Management System**

Since 1999, the World Anti-Doping Agency (WADA) has taken on the mission to lead a collaborative, worldwide movement for doping-free sport. In 2005 it launched its Anti-Doping Administration Management System (ADAMS). The system has by now been introduced and implemented by most national Anti-Doping Organizations (ADOs) and all WADA-accredited anti-doping laboratories. ADAMS is a web-based platform that allows athletes to comply with their sports' whereabouts rules by entering their information from anywhere in the world. Athletes can report when they have stayed in overnight accommodation and detailed travel information, such as when they will return from a match, so that doping authorities can locate them for testing. This gives the WADA a calendar of every elite athlete around the world. ADOs also make use of this essential

database to manage their in- and out-of-competition doping control programs. An elite athlete who fails to accurately file their location three times commits a violation of anti-doping rules.

### **High-Performance Team in Sport**

Elite athletes should always be accompanied by at least three team members to help them perform at the best of their ability – the coach, the team doctor and the team leader. The coach is responsible for daily training and strategies and tactics in a match. The doctor, of course, helps out with nutrition, rehabilitation and doping checks. Finally, the team leader decides on social policies, advertising endorsements and so on. If you ask me, I hope that one day a lawyer who is proficient in both eastern and western legislation can join this team. This would help the athlete understand the law and court procedures and safeguard their interests and to help them attend more championships.