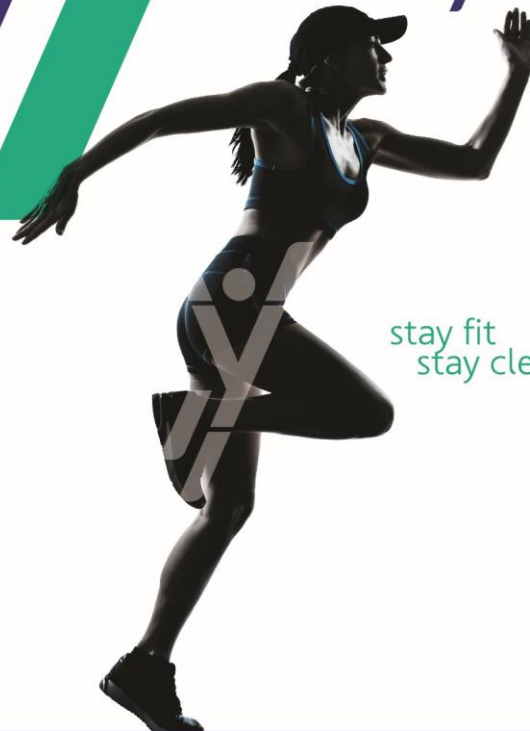




safeYOU



stay fit
stay clean,



Co-funded by the
Erasmus Programme
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nada
FOR DOPING CONTROL

PROJECT SAFE YOU

Project SAFE YOU recognizes the need to strengthen the fight against doping use and nutritional supplement misuse in leisure time exercise, amateur and fitness sports.

To this end, SAFE YOU has surveyed more than 1000 young people involved in exercise, fitness and amateur sports across 5 European countries and aims to use this evidence to develop an effective, online, user-friendly anti-doping educational resource.

Doping as an emerging health issue

Project SAFE YOU found that:

- At least 1 in 5 young exercisers, aged between 16-25 years, have committed to doping practices by using prohibited performance enhancement substances, such as androgenic anabolic steroids and other prescription medicines.



At least 1 in 5 young exercisers, aged between 16-25 years, have committed to doping practices.

- Most common reasons for using doping substances include faster results in recovery and muscle growth, curiosity, and the belief that doping use is common in exercise and amateur sports and is part of the 'game'.

- The internet and informal networks in gym and fitness settings provide the main channels for accessing and purchasing doping substances.

What can policy-makers do?

- Join forces with the fitness industry and get them into the 'game' against doping use in fitness and amateur sports.

- Regulate the promotion of performance enhancement substances in gym and fitness settings.

- Regulate the channels through which exercisers get access and purchase doping substances.

- Support educational interventions and activities to promote 'safe and drug-free' amateur and fitness sports.