

**Committee:** International Olympic Committee (IOC)

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**Topic A:** Tackling the Mental Health Consequences in Illegal Doping Cases.



## **I. INTRODUCTION**

The International Olympic Committee (IOC) is the governing body of the Olympic Movement, responsible for organizing the Olympic Games and the Olympic Summer and Winter Youth Olympic Games; as well as supervising the organization of the Games, approving the sports program, enacting rules and regulations related to sporting events, and issuing sponsorship rights. The IOC was established in 1894 and is based in Lausanne, Switzerland. The mission of the IOC is to promote Olympism, encouraging widespread participation in physical activities, sports, and encouraging a healthy and safe environment for athletes and sports fans alike. The IOC works with National Olympic Committees in more than 200 countries and territories to organize and promote sporting events. The IOC also works to ensure the Olympic Games are structured and organized in a sustainable manner so as to help ensure their post-Games Legacy. The IOC meets every four years in a General Assembly to elect a new President and to review the organization's strategies and policies.

The International Olympic Committee (IOC) is responsible for the development of the Olympic Movement, which includes the organization of the Olympic Games and other related activities that benefit sport in general. It also promotes the Olympic values and standards of sportsmanship, works to protect the Olympic brand, and supports athletes and National Olympic Committees around the world. As such, the IOC helps to uphold the Olympic ideals of friendship, solidarity and fair play, which contribute to a more peaceful world.

The International Olympic Committee (IOC) is actively working to promote mental health in cases of doping violations. They have taken several steps, such as providing support to those athletes who are violated for doping and hoping to raise awareness about doping. The IOC has also set up guidelines to tackle misuse of banned substances by athletes, by

providing education regarding the risks of using performance-enhancing drugs. Furthermore, the IOC helps athletes to take better care of themselves and focus on their training and well-being by providing psychological counseling and sport psychology services.

Additionally, the IOC has implemented a rigorous testing regime to detect and deter doping, and encourages its members to punish those athletes guilty of doping. The IOC also sponsors medical research, to which it contributes a portion of its funds, in order to understand the impact of different doping techniques and reduce the risk of potential harm to athletes' health. The Medical Commission works with a variety of experts, including mental health professionals, to identify, prevent, and treat mental health issues among athletes. It also promotes anti-doping education and investigates any violations of the IOC Anti-Doping Code. The IOC also works closely with the World Anti-Doping Agency (WADA) to develop anti-doping policies and resources. WADA also provides mental health services to athletes that have been affected by the use of prohibited substances.

Finally, the IOC has established The Athlete Mental Health Network, an online platform for athletes to access information, tools, and resources on mental health topics such as stress, depression, and performance anxiety. With these initiatives, the IOC is committed to enforcing its strict anti-doping policies and promoting the mental health and well-being of athletes.

## **II. HISTORY OF THE CONFLICT**

**1948:** In 1948, the concept of doping control and comprehensive anti-doping measures that today exists was not present during this time. The use of performance-enhancing substances was not as prevalent or as closely monitored as it is in modern Olympic Games. Athletes were not subject to systematic drug testing, and there were no established protocols or organizations dedicated to combating doping in sports.

**1952:** The Olympics celebrated in Helsinki became historically significant because they marked the first documented case of doping in the Olympics. A Finnish athlete named Ake Nordgren tested positive for excessive use of the amphetamine Roniacol. This incident drew attention to the issue of doping in sports and was a precursor to more comprehensive anti-doping efforts in the years to come. However, the Helsinki Olympics did not have a

formal anti-doping program in place, so the use of performance-enhancing substances was not as closely monitored or regulated as it is today.

**1960:** There were limited formal anti-doping measures in place at the Olympics, celebrated in Rome, Italy. While the awareness of doping in sports had grown since the 1952 Helsinki Olympics (where the first doping case was documented), comprehensive drug testing programs were not yet widespread. Some ad hoc drug testing may have occurred during the 1960 Olympics, but it was not organized or systematic. The testing protocols and regulations were not as established or rigorous as they are today. The presence of doping in sports continued to be a concern, and there was growing awareness of the need to address it. High-profile doping cases and suspicions were starting to raise questions about the fairness of competition.

**1972:** The 1972 Munich Olympics marked the first time that systematic drug testing was introduced as part of the Olympic Games. This represented a significant step in addressing the issue of doping in sports. While drug testing was introduced, it was not as comprehensive as today's anti-doping programs. The testing protocols were less advanced, and only a relatively small number of athletes were tested compared to the entire participant pool.

There were some high-profile doping cases. The most famous of these was the disqualification of the Soviet pentathlete Boris Onischenko for using an illegal device in fencing, not for doping. However, this incident highlighted the need for anti-doping measures. So, the 1972 Olympics marked a turning point in the recognition of doping as a problem in sports and the beginnings of formal regulations and testing protocols. It set the stage for more comprehensive anti-doping efforts in subsequent Olympic Games and other international sporting events.

**1976:** The Olympic Games, which were held in Montreal, Canada, drug testing was conducted as part of the Olympic program, and the 1976 Montreal Olympics continued the trend of incorporating drug testing into the Games. This marked an ongoing commitment to addressing doping in sports. While drug testing was in place, the testing protocols and methods were not as advanced as they are today. The scope of testing was still relatively limited, and not all athletes were subjected to testing.

There were notable doping cases during the 1976 Olympics. For example, the Soviet weightlifter Valentin Khristov was disqualified after testing positive for a banned substance, making him one of the first high-profile athletes to be caught for doping at the Olympics. In consequence, the Olympics in 1976 continued to raise awareness about the issue of doping in sports, and discussions about the need for stronger anti-doping measures persisted.

**1984:** The 1984 Los Angeles Olympics saw the introduction of comprehensive drug testing protocols. This marked a significant shift towards a more organized and rigorous approach to anti-doping efforts. Drug testing was expanded to cover a larger number of athletes and a broader range of substances compared to previous Olympics. This increased the likelihood of detecting doping violations. The 1984 Olympics featured several high-profile doping cases.

One of the most notable was the disqualification of Canadian sprinter Ben Johnson after winning the men's 100-meter race. Johnson tested positive for the anabolic steroid stanozolol, leading to his disqualification and the stripping of his gold medal. The methods and technology for drug testing were improving, making it more difficult for athletes to evade detection. The Johnson case, in particular, had a profound impact on raising awareness of doping in sports and the importance of anti-doping measures.

**1999:** This year was a significant milestone in the fight against doping in sports, as it marked the establishment of the World Anti-Doping Agency (WADA). It was founded on November 10, 1999, in response to growing concerns about the prevalence of doping in international sports and the need for a coordinated and independent organization to combat it. WADA was created as an international agency that would oversee and harmonize anti-doping efforts worldwide. The primary mission of WADA is to promote, coordinate, and monitor the fight against doping in sports globally. It works in collaboration with international sports organizations, governments, and other stakeholders to establish and enforce anti-doping rules and regulations. One of WADA's most significant contributions is the development and implementation of the World Anti-Doping Code. This code sets the standards for anti-doping policies, rules, and procedures across all sports and countries. It outlines the principles of doping control, testing protocols, sanctions for violations, and athlete rights and responsibilities.

**2000:** In the Sydney Olympic Games, WADA had introduced the World Anti-Doping Code, which set standardized anti-doping rules and procedures for all Olympic sports. The code included guidelines for drug testing, sanctions for violations, and the protection of athlete's rights. The Sydney Olympics saw an increase in the number of athletes tested for prohibited substances compared to previous Games. Comprehensive testing protocols were in place to detect the use of banned substances.

The 2000 Olympics had several high-profile doping cases. One of the most notable incidents involved the disqualification of the American shot putter C.J. Hunter, who was found to have used banned substances. Hunter's case drew significant attention and highlighted the importance of anti-doping efforts in preserving the integrity of the Games. The presence of doping cases in the 2000 Olympics continued to raise awareness of the issue of doping in sports and the importance of stringent anti-doping measures. The presence of doping cases in the 2000 Olympics continued to raise awareness of the issue of doping in sports and the importance of stringent anti-doping measures.

**2012:** By 2012, the World Anti-Doping Code had been in effect for several years, providing a standardized framework for anti-doping efforts across all Olympic sports. This code established consistent rules, testing protocols, and sanctions for doping violations. The Olympics featured comprehensive drug testing programs. Thousands of athletes were subjected to testing before and during the Games to detect the use of prohibited substances.

The 2012 Olympics saw several high-profile doping cases that received significant media attention. Notable athletes were disqualified or faced sanctions for doping violations, underlining the commitment to maintaining the integrity of the Games. Anti-doping laboratories continued to advance their testing methods, making it increasingly difficult for athletes to evade detection. The use of more sophisticated analytical techniques helped identify prohibited substances and doping practices. Anti-doping efforts in the 2012 Olympics emphasized transparency and accountability. Detailed information about the testing process and results was made available to the public and the media.

**2021:** Originally scheduled to be held in Tokyo, Japan but was postponed to 2021 due to the COVID-19 pandemic, reflecting the ongoing evolution and strengthening of anti-doping efforts in the world of sports. Operated under the World Anti-Doping Code, which sets the

global standard for anti-doping policies, rules, and procedures. This code ensures consistent and standardized anti-doping efforts across all Olympic sports. The World Anti-Doping Agency (WADA) continued to play a central role in overseeing and coordinating anti-doping efforts at the Olympics. WADA worked closely with the International Olympic Committee (IOC), national anti-doping organizations, and international sports federations to ensure a comprehensive anti-doping program. Anti-doping laboratories employed advanced testing methods and technologies to detect prohibited substances and methods. These laboratories continually upgraded their analytical techniques to stay ahead of doping practices. The 2021 Olympics saw some high-profile doping cases. Athletes who were found to have violated anti-doping rules faced disqualification, sanctions, and potential loss of medals.

### **III. CURRENT HAPPENINGS**

In recent years, the IOC has twice turned to the world's leading dictatorships, Russia and China, to control and finance the Olympic Games. Even after the Sochi state-handled doping issue humiliated the IOC and WADA, they allowed Russia to send hundreds of athletes to the 2021 Tokyo Summer Games and now the Beijing Winter Games. And recently, IOC great Dick Pound declared on National Public Radio that the IOC now prefers authoritarian Olympic hosts to inefficient Western democracies. In other words, the IOC's indifference towards state-sponsored doping is now official policy.

At the 2020 Summer Olympics, which were held in Tokyo, Japan, a total of nine positive doping results were reported. And four positive doping cases were reported at the 2018 Winter Olympics in Pyeongchang, South Korea. In total, there have been 442 positive doping tests at the Olympic Games from 1968 to 2020. Wishing this to be more closely monitored and to keep anti-doping in the official policy and control of the IOC.

### **IV. KEY POINTS**

- **Abuse of performance-enhancing substances and steroids during the Olympic Games**

Due to stress, intent of a better performance and pressure to win medals most athletes abuse substances and steroids during the Olympic Games, thus it is necessary to ensure mental health support systems are in place to address the reason behind doping.

- **Evolution of antidoping testing programs in the Olympic Games and other competitions**

It is necessary to guarantee that the current frameworks in place are working to solve the issue, if not the need of evolution is crucial to guarantee negative doping tests and ensuring the protection of athletes' mental health. Discussing possible actions to guarantee anti-doping during the Olympic Games and other high-level competitions.

- **If there are currently strict anti-doping testing programs, such as those established by the World Anti-doping Agency (WADA). Why are there still cases of athletes who continue to dope?**

Discussing the root causes of why athletes dope, debating whether institutions enable them to consume performance-enhancing substances to guarantee better success and glory for the federation are key steps to address the doping epidemic.

- **National Olympic Committees actions regarding the care of the mental health consequences of their athletes illegal cases of doping.**

Analyzing the current environment of training centers and treatment from each countries' federation to athletes that undergo doping to enhance their performance is necessary to find solutions to solve this issue. The consequences of cases of doping to athletes must be addressed, athletes need support in regards to their physical and mental health after a doping case.

- **Pressure of doping to athletes and abuse of athletes**

Plenty of doping cases derive from pressure of Federations to their athletes to have a better performance, as well as the pressure coming from coaches without considering the consequences of the athletes career and health. It is crucial to debate regarding the current environment within sports, the constant pressure on athletes to perform at extreme levels, the abuse of minor athletes that depend completely on adults to make decisions regarding their training and lastly on the almost non-exist frameworks to support athletes with mental health issues and doping issues.

## **V. IOC ACTIONS**

The International Olympic Committee (IOC) has taken numerous actions and implemented various measures to combat doping in sports. These actions are aimed at ensuring fair competition, protecting the health of athletes, and upholding the integrity of the Olympic Games. Some of the key actions and initiatives related to anti-doping by the IOC include:

- **Establishment of the World Anti-Doping Agency (WADA):** The IOC played a pivotal role in the establishment of WADA in 1999. WADA is an independent international organization responsible for coordinating and harmonizing anti-doping efforts globally. The IOC provides significant funding to WADA and collaborates closely with it.
- **Development of the World Anti-Doping Code:** The IOC, in collaboration with WADA, has developed and implemented the World Anti-Doping Code. This code sets the standard for anti-doping rules and procedures across all Olympic sports and countries. It includes guidelines for drug testing, sanctions for violations, and athlete rights and responsibilities.
- **Anti-Doping Testing Programs:** The IOC conducts comprehensive drug testing programs during the Olympic Games. Athletes are subjected to both in-competition and out-of-competition testing to detect the use of prohibited substances or methods.
- **Increased Testing:** The IOC has increased the number of athletes subjected to testing and the frequency of testing to deter doping. Athletes can be tested at any time, and the introduction of biological passport programs has helped monitor changes in an athlete's biological profile over time.
- **Education and Awareness:** The IOC is committed to educating athletes, coaches, and support personnel about the risks and consequences of doping. Anti-doping education programs aim to promote clean sport and deter athletes from using prohibited substances.
- **Sanctions for Doping Violations:** The IOC imposes sanctions on athletes found guilty of doping violations. These sanctions can include disqualification from competitions, forfeiture of medals, and suspensions from future Olympic Games.
- **Athlete Biological Passport:** The IOC, in collaboration with WADA, introduced the Athlete Biological Passport (ABP), which tracks an athlete's biological parameters over time. Deviations from an individual's established baseline can raise suspicions of doping.



- **Targeted Testing:** The IOC uses intelligence and information to conduct targeted testing on athletes who may be at higher risk of doping. This approach helps identify potential doping cases more effectively.
- **Support for Research:** The IOC supports research into doping detection methods, including the development of new testing technologies and the analysis of previously undetectable substances.
- **Cooperation with International Sports Federations and National Anti-Doping Organizations:** The IOC collaborates closely with international sports federations and national anti-doping organizations to ensure a coordinated and consistent approach to anti-doping efforts.
- **Anti-Doping Rule Violation (ADRV) Cases:** The IOC publicly discloses ADRV cases, helping to maintain transparency in the anti-doping process.

## VI. BLOCK ANALYSIS

### **Kamila Valieva (2022)**

On February 8th 2020, Russian 15 year-old skater Kamila Valieva was found to have a positive doping result during the Beijing Winter Games. Valieva tested positive for trimetazidine, which is used for the prevention of angina attacks though it is a prohibited substance because it is classified as a cardiac metabolic modulator and has shown to improve physical efficiency.

On December 25th, Kamila Valieva tested positive after a skating competition in St. Petersburg, test which was conducted under the authority of the Russian Anti-Doping Agency— according to a statement released by the International Testing Agency, Valieva was told that she would be prevented from competing (Mann, 2022), but that did not happen— IOC officials were not informed of the positive test and she was allowed to compete in the Olympic team figure skating competition on February 4.

Whilst IOC officials were debating whether Valieva would be able to compete in further events and win medals for the ROC, the U.S. Olympic and Paralympic Committee issued a statement where it demanded a resolution “The whole credibility of the Olympic Movement and the Paralympic Movement stands teetering on the edge”, the committee

mentioned the importance of protecting integrity and advocating for a fair and clean sport. Additionally, since the scandal involved a minor, IOC Mark Adams mentioned that they would probe the behavior of the coaches and others involved since Valieva depended on them.

The resolution regarding this issue is not yet completely set, though during the Olympics it was decided that she would be allowed to compete in the events in Beijing. However, she was provisionally suspended by the Russian Anti-Doping Agency (RUSADA) but Kamila Valieva appealed the suspension and it was lifted by the RUSADA, IOC, International Skating Union (ISU), and WADA. She was not suspended due to her being underage and a “protected person”— meaning that under doping agency’s rules she may not have full agency over the decision of consumption of medications and substances. Nonetheless, since both the ROC and Valieva won medals in the top three the IOC declared that no medal ceremony would be held during the Games— this not only affected Russian athletes but other athletes as well regarding both team and individual competitions.

Moreover, the issue is still being discussed since the circumstances surrounding it must still need to be investigating, RUSADA has declared Valieva not guilty since the verdict calls into question the role adults and coaches played in this case and the validity of the reason of taking this medication; though, WADA has said that it will take into consideration the resolution made by other committees to address the situation and if sanctions must be applied, and the International Olympic Committee mentioned that it will respect the court of arbitration’s decision but the matter is still not settled, even considering that in recent months many appeals have been made to solve the issue.

### **Sun Yang (2020)**

The most famous case of trimetazidine (acts and improves at the level of the heart and hearing) in sports doping was that of the Chinese swimmer Sun Yang. Sun served a three-month annulment in 2014 after testing positive for the stimulant. China's anti-doping agency did not publicly announce the decision until after the ban ended. He was banned from competing at the Tokyo Olympics, ending his hopes of defending his Olympic title in the 200m freestyle.

### **Nadezhda Sergeeva (2018)**

The Russian bobsledder was disqualified from the 2018 Pyeongchang Olympics after testing positive for the banned substance trimetazidine. At the time, the head of Russia's Federal Medical-Biological Agency said his agency tried to stop Sergeeva from competing due to a heart condition, but those at the Sports Ministry allowed her to travel. Vladimir Uiba said "organizational irresponsibility" led to Sergeeva's mother, a doctor, giving her an unapproved medication containing trimetazidine. He served an eight-month suspension.

### **Russian Olympic Committee (2019)**

Russia is regarded as producing one of the most sophisticated doping schemes to find glory and in pursuit of Olympic medals (Panja, 2020). The Russian Federation suffered a two-year ban from the World Anti-Doping Agency in 2019 for its state-sponsored doping programme, the ban is set to start on December 17th 2020 and ends on December 17th 2022. Originally, the Court of Arbitration Sport, the final arbiter on global sports dispute, was pushing for a 4 year ban but a court in Switzerland decided to reduce it, the Court resolution was that Russia will not be able to enter teams in the next two Olympics— Tokyo 2021 and 2022 Winter Games in Beijing, as well as the soccer World Cup in Qatar 2022— and have its anthem and flag represented in high-profile competitions, host world championship-level events and Russian athletes must participate as “neutral” competitors which led to the creation of the Russian Olympic Committee (ROC) as a means to participate in the Olympic Games.

The doping scheme dates back even before the Sochi Games in 2014, though it came to light due to a whistleblower complaint in 2016. Grigory Rodchenkov, former head of a Moscow doping laboratory revealed that it involved Russia's state security agents that replaced tainted doping test samples of Russian athletes during middle of the night operations at the 2014 Winter Olympics, those tests included at least 15 medal winners from Sochi. It was further disclosed that hundreds of anti-doping results were manipulated, athletes were protected from identification and allowed them to benefit from chemically enhanced advantages. Furthermore, what caused controversy was Russia's attempts to cover-up the doping scandal by delaying experts who had been sent to Moscow to retrieve lab's data, manipulating data and messages in an attempt to frame the whistleblower and the ringleader of the scheme.

### **Nicklas Backstrom (2014)**

Swedish hockey star and Washington Capitals forward Nicklas Backstrom also tested positive for pseudoephedrine (similar to methamphetamine) and had to miss the Olympic final in Sochi. Sweden lost to Canada. Backstrom, who received his silver medal, eventually settled and dismissed his appeal against the IOC's ruling that he had committed a doping violation. He received a reprimand and was cleared of any intention to cheat. He said the stimulant was contained in a sinus medication he had been taking for allergies.

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