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New anti-doping program for fitness centers

Anti-Doping Norway has launched a new and better anti-doping program.

An increasing number of fitness centers want to work towards a doping-free training environment. With its performance enhancing effect and easy availability, doping is becoming a major threat to a healthy and positive training environment. It is also a threat to the mental and physical health of the individuals using it.

Training and physical activity in general should have a health promoting effect and be associated with positive values. The use of doping is not compatible with such an idea.

Anti-Doping Norway therefore offers an anti-doping program for fitness centers so that they can help prevent doping. As part of the program, fitness center members sign a standard agreement with the Centre's anti-doping policy. Members should be aware of the training center's approach to doping, and the centre should be vocal about their commitment to a doping free training environment through their agreement with the Anti-Doping Norway.

The program is composed of different elements:

E-learning program for employees

Doping control

Information material

E-learning program for employees

The biggest change in the new program is a internet-based educational program (e-learning program). This educational program aims to increase the knowledge among employees at the fitness centers about physical, psychical and social side effects of doping. This way the employees are better prepared to prevent and combat doping. The program also educates staff on how to communicate healthy values and a zero-tolerance for doping. The e-learning program will replace the lecture-based education that has existed until today.

An e-learning program will have a lower cost and ensure that the material is always updated. It also means more flexibility for the fitness centers in the implementation of the program. All centers should have a responsible person for the anti-doping program, so that the program will be implemented in a good way.

If desired, Anti-Doping Norway can still carry out lecture based education. These lectures can be purchased on an equal footing with other information material such as brochure for members and employees, posters and so forth.

Doping control

The implementation of doping controls requires that the center has implemented the new anti-doping program and obtained a license from the Data Inspectorate for the storage of personal data. One of the major changes in the new program is the possibility to test members if there is suspected use of doping and terminate the membership if they are caught using doping..

Execution of the doping controls is a three-step process:

1. All members must accept the Centre's anti-doping policy to be a member.
2. If there are signs of doping use, the member in question will be confronted with the suspicions. In the following dialog with the member an agreement will be presented which includes consent to submit to doping controls. If the member refuses to sign this agreement, the membership will be terminated.
3. If suspicions of doping use continues after the dialog with the member in question , the center can have the person tested for doping. If the test is positive or the member refuses to be tested the membership will be terminated.

More information about how this is done is described in the new guide that comes with the new program. Doping Controls are carried out on request of the fitness center. It will no longer be possible for members to evade doping controls at the gyms when there are concrete suspicions, without being excluded from the center.

Information material and anti-doping certificate

When the fitness centers has implemented the new anti-doping program, they can order an anti-doping certificate. The certificate should be visible to the center's members.

As long as the fitness center has a valid agreement with Anti-Doping Norway, the centers should promote their cooperation. If desired, the center has an opportunity to use the logo "Clean Center" in their profile (on websites, inside the club, on information materials, etc.).

As part of the new agreement the fitness center has to inform all its members about the changes under the new anti-doping program that the center is a part of.

Anti-doping Norway is happy to assist in implementing the new program and is available for all questions.

Price

The price for the new program will be NOK 5500 per center per year. Costs in connection with doping controls will be additional. Travel and accommodation expenses for the doping control personel will be charged to the center according to government rates. Anti-Doping Norway has good faith on the new program. We hope it will be easier for the fitness centers to run a good anti-doping policy. We are looking forward to implement the new program and to help prevent doping in the centers.