

BS

Bravo Sport

Doping
...

New 2016

The free sports in

Latvia , Greece,
Bulgaria ,
Macedonia and
in Romania

Ethics of
Fair play
in Sports

£1



Our Blood, Our Sweat, Your Tears

- **What is doping?**

- Doping means athletes taking illegal substances to improve their performances.
- There are five classes of banned drugs, the most common of which are stimulants and hormones. There are health risks involved in taking them and they are banned by sports' governing bodies.
- According to the UK Anti-Doping Agency, substances and methods are banned when they meet at least two of the three following criteria: they enhance performance, pose a threat to athlete health, or violate the spirit of sport.

- **How is doping detected?**

- Blood samples, urine samples or both are taken from athletes in an effort to detect doping. Most testing for doping products uses a long-established technique called mass spectrometry.
- This involves firing a beam of electrons at urine samples to ionise them - turning the atoms into charged particles by adding or removing electrons.
- Each substance the sample contains has a unique "fingerprint" and as the scientists already know the weight of many steroids, for example, they are able to rapidly detect doping.
- But there are difficulties with the system.
- Some by-products of doping substances are so small they may not produce a strong enough signal for detection.
- Blood testing is capable of detecting EPO and synthetic oxygen carriers, but not blood transfusions.
- One method introduced to aid the detection of such transfusions is the biological passport.
- Brought in by Wada in 2009, the passport aims to reveal the effects of doping rather than detect the substance or method itself.
- It is an electronic document about an athlete that contains certain markers from throughout their career. If these change dramatically, it alerts officials that the athlete might be doping.
- Some scientists have questioned the passport's efficiency - especially when complicating factors such as training at altitude are factored in - but also its sensitivity to micro-dosing, a little-but-often approach to doping.

The free sports in our countries (Bulgaria, Greece, Latvia, Macedonia and Romania) that everyone can join

In every country there are sport activities you can practise for free. The problem is that there are countries where you can practise just some kind of sport activities for free.

If we have a look what kind of sports we can practise in all these countries it would be walking, running in parks or stadiums, hiking and enjoying the nature and in the countries (Bulgaria, Greece, Macedonia, Rumania) you can hike in the mountains so you will have more cardio training.

Also swimming is an activity you can enjoy in the lakes, rivers or seas of these countries. But in Greece you have the opportunity to go to swimming pools for free.

Outdoor gyms are in Latvia, Greece, Rumania, Bulgaria and people are using them not only because they are just for free but because they are easy available.

Table tennis is becoming more and more popular because it don't feels like hard work out but something you do to relax with friends. Latvians, Greeks and Bulgarians have this opportunity to go to youth or special sport centres and enjoy their free time.

In Greece you can dance for free. And in Bulgaria there are special activities, which you can join. Most of them are for traditional dances and the aim is to promote them.

In Greece you can even play yoga, karate and aerobics for free. All you need is the wish to do it.

In Romania and Greece you can play Backgammon in the parks. There are special tables where you can sit and play for hours for absolutely free

In Greece cricket is free and you can play it in special fields or just in the park. In Greece you can also take a bicycle without paying. You need to give your ID, which you receive back when you return the vehicle.

Football, Basketball and Volleyball are free in some special places in Macedonia.

In Bulgaria you can play chess on tables in parks. There are also special running competitions, sponsored by "Nike". They are called "Nike +". You just need to sign up for it, there is no participation fee. The winner receives a special prize (mostly sport equipment) provided by "Nike". Also in Bulgaria special sport activities for children are being organized during the summer holiday. The government promotes sport activities, so that the kids don't spend the whole summer in front of the computer. The program only lasts until September, when they go back to school.



Ethics of fair play in sport

For the last twenty years there has been so many world wide famous athletes caught cheating by using performance and enhancing drugs – doping. If you dope that means you have no respect for other players or athletes with whom you compete.

What does it mean? In our opinion it means that the ethics of fair play in sport is long gone. People are willing to take every possible advantage to become the best even if its prohibited. Many athletes make huge risks by doing it.

The question is “Is it worth?”. Of course there still are people who have ethics at fair play but for them it is the worst. You do your best but for example lose to somebody who has doped.

That’s why we hope that in the near future there will not be athletes who take banned substances.

