



## 1. CONSEQUENCES OF DOPING

### The Consequences of Doping

There are many risks associated with doping. From negative effects on mental and physical health, to loss of sponsorship or prize money, to permanent damage to an athlete's image and relationships, it is important to understand and consider all consequences of doping. Below is a list of some of the common consequences of not competing clean.

#### Health

The use of Performance-enhancing Drugs (PEDs) may have long- and short-term impacts on the Athlete's physical and mental health.

Depending on the substance, the dosage and the duration of use, some PEDs have been proven to have severe side effects and can cause irreversible damage to an athlete's body.

In addition to the physical aspects, scientific research has shown that there is a considerable correlation between the use of PEDs and mental health issues. Most commonly, it was found that the use of doping substances can trigger anxiety, obsessive disorders or psychosis.

#### Social

Being associated with doping or a doping offence will have an impact on the person's reputation and social relations. In the public view, Athletes or other persons convicted of doping are often considered "cheaters" and experience many forms of stigma.

Doping has a significant negative impact on the person's private life and social interactions as people may feel that they no longer want to be connected to someone who has damaged the reputation of a sport and displayed poor judgement.

#### Financial

A ban resulting from an Anti-Doping Rule Violation (ADRV) will have a significant financial impact on the individual. For athletes, this includes, but is not limited to, the requirement to return prize money or a financial sanction. Other negative consequences of doping include termination of contracts and sponsorship deals, loss of government funding and other forms of financial support.



## Sanctions

An Anti-Doping Rule Violation (ADRV) will have an impact on an athlete's ability to train and compete. For coaches and other Athlete Support Personnel, a ban may mean that they are no longer able to work with athletes. A sanction resulting from an ADRV can range from a warning to a lifetime ban from all sport.

It is also important to note that individuals banned in the sport of Taekwondo will also be prohibited from playing, coaching or working with athletes in any other capacity in a different sport.

It is also a violation of the Code to work with Athlete Support Personnel who have been sanctioned by an ADO, as well as any coaches, trainers, physicians or other Athlete Support Personnel who are ineligible on account of an ADRV, or those who have been criminally convicted or professionally disciplined in relation to doping.

A full list of sanctioned athletes and Athlete Support Personnel in the sport of Taekwondo can be found below in accordance with Code Art. 14.3 (Public Disclosure).

## Table of Sanctions

Date of decision	Name	Role	Rule violation (WT ADR)	Substance	Sanction	Ban commenced	Ban ends	Full decision (link to case)
21/12/2019	Aliev Ruslan	Athlete	Art. 2.1 Art. 2.1.1	Stanozolol	4 year ban	17/7/2019	17/7/2023	
07/04/2020	Andrei Yuzefovich	Athlete	Art.2.3	N/A	3.5 year ban	12/05/2019	11/11/2022	
09/07/2020	Bruno Castro Da Silba	Athlete	Art. 2.1.1	Nandrolone (19-nortestosterone) / S1.1B	4 year ban	13/09/2019	12/09/2023	
07/06/2022	Ali Aliev	Athlete	Art. 2.1	furosemide	3 year ban	27/03/2022	26/03/2025	
08/09/2022	Mohamed YASSER MOHAMED AHMED ELSAYED	Athlete	Art. 2.1	19-Norandrosterone	3 year ban	04/05/2022	03/05/2025	

A full list of all Athlete Support Personnel who are currently suspended from working with athletes or other persons can be found on [WADA's Prohibited Association List](#).

## USEFUL REFERENCES:

[Effects of Performance Enhancing Drugs with Tyler Hamilton](#)  
[Effects of Performance Enhancing Drugs with Yulia Stepanova](#)  
[Andreas Krieger: Heidi's Farthest Throw](#)