

# Health, Integrity, and Doping in Sports for Children and Young Adults

## Proposal for European Academy of Paediatrics Resolution Ethics Working Group

Brussels, 29 January 2016, version 1.0 (draft)

This resolution ‘Health, Integrity, and Doping in Sports for Children and Young Adults’ was prepared by the European Academy of Paediatrics (EAP) Ethics Working Group and has been adopted by the EAP General Assembly in Dublin, Ireland, on 5 June 2016.

**Considering** that the aim of the EAP’s promote the physical, mental, and emotional health of children and young adults in all aspects of their lives;

**Considering** that the EAP is committed to contributing to the development of children throughout their childhood and early adult years so that they may become active and productive members of society;

**Considering** the EAP’s engagement in promoting nutrition in children and young adults while combatting the growing epidemic of obesity;

**Considering** the EAP’s commitment to sustainable strategies for building multi-sectorial approaches to guaranteeing the rights of disadvantaged children, including those with handicaps, learning disabilities, and migrants;

**Having regard to** Article I of UNESCO’s International Charter of Physical Education and Sport (1978): ‘Every human being has a fundamental right of access to physical education and sport, which are essential for the full development of his personality. The freedom to develop physical, intellectual and moral powers through physical education and sport must be guaranteed both within the educational system and in other aspects of social life’;

**Having regard to** Article 12 of the International Covenant on Economic, Social and Cultural Rights (1966): ‘1. The States Parties to the present Covenant recognize the right of everyone to the enjoyment of the highest attainable standard of physical and mental health’;

**Having regard to** Article 31 of the United Nations Convention on the Rights of the Child (1989): ‘1. States Parties recognize the right of the child to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts’;

**Having regard to** Article 10 of the Convention on the Elimination of All Forms of Discrimination against Women (1979): States Parties shall take all appropriate measures to eliminate discrimination against women in order to ensure to them equal rights with men in the field of education and in particular to ensure, on a basis of equality of men and women: (g) The same Opportunities to participate actively in sports and physical education; and Article 13: ‘States Parties shall take all appropriate measures to eliminate discrimination against women in other areas of economic and social life in order to ensure, on a basis of equality of men and women, the same rights, in particular: (c) The right to participate in recreational activities, sports and all aspects of cultural life’;

**Having regard to** Article 30 of the Convention on the Rights of Persons with Disabilities (2008): ‘Participation in cultural life, recreation, leisure and sport 5. With a view to enabling persons with disabilities to participate on an equal basis with others in recreational, leisure

## **Health, Integrity, and Doping in Sports for Children and Young Adults**

EAP EWG 29 January 2016, version 1.0

and sporting activities, States Parties shall take appropriate measures: a. To encourage and promote the participation, to the fullest extent possible, of persons with disabilities in mainstream sporting activities at all levels’;

**Having regard to** the Article 81 of the International Convention Against Apartheid in Sport (2001): ‘86. Calls upon States to promote measures to deter the emergence of and to counter neo-fascist, violent nationalist ideologies which promote racial hatred and racial discrimination, as well as racist and xenophobic sentiments, including measures to combat the negative influence of such ideologies especially on young people through formal and non-formal education, the media and sport’;

**Having regard to** the UNESCO International Convention Against Doping in Sport (2005); and

**Having regard to** the World Anti-Doping Agency (WADA) Code (1 January 2014, Version 4) and 2016 Prohibition List (29 September 2015);

**Having regard to** European national laws, codes, and guidances for ethics, fairplay, and doping in exercise, sports, and competition among children and young adults;

**The EAP resolves** the following:

1. All children and young adults in Europe – healthy, sick, and/or handicapped; European citizens or migrants – have the right to leisure, exercise, and sport.
2. Exercise and sport should contribute to a child’s or young adult’s sense of belonging and well being, as well as to their overall health and integrity.
3. States, communities, and schools should work together to ensure that each child and each young adult has access to exercise and sports facilities appropriate to their age and their capacity for exercise and sport.
4. Exercise and sport should be part of a child’s and young adult’s curriculum from a young age and throughout their formative years of life.
5. Exercise and sport for children and young adults should be focused on the development of sound bodies and sound minds that contribute to a person’s current and future development and productivity as an active member of his or her community.
6. Competition in sport should be age appropriate and inclusive of all children and young adults wishing to participate.
7. Exercise and sports, and their related competitions, should emphasize participation and integrity, equality and fairness.
8. Exclusion from exercise, sports, and competition based on gender, race, origin, or may not be tolerated. Exercise, sports, and competition should contribute to the basis for the building of an inclusive and tolerant society.
9. The organisers and promoters of exercise, sports, and/or competition involving European children and young adults have an obligation to ensure the integrity and fairness of the activities.
10. The organisers, coaches, trainers, promoters, and sponsors of exercise, sports, and/or competitions involving European children and young adults should ensure a safe and age appropriate environment with facilities appropriate to the needs of all participants.

## **Health, Integrity, and Doping in Sports for Children and Young Adults**

EAP EWG 29 January 2016, version 1.0

11. Coaching and training in exercise, sport, and competition should include awareness building for fairness, integrity, and ethics during and accompanying such activities.
12. The physical, sexual, mental, or bullying abuse of a child's or young adult's dignity during or related to exercise, sports, or competition should be strongly sanctioned, including criminal sanctions, where appropriate.
13. Any exercise, sport, or competition means that threatens the health or integrity of a child or young adult is not permissible and should be strongly sanctioned. The use of drugs, devices, or age inappropriate physical, training, or psychological methods should be strongly sanctioned.
14. In particular, medical doping in exercise, sports, and/or competition involving children or young adults should be strongly sanctioned, including criminal sanctions, where appropriate.
15. Organizations, coaches, trainers, medical personnel (e.g., paediatricians, doctors, physical therapists, masseuses, nurses), supervisors, and persons in authority should be held accountable for any participation they may have in a child's or young adult's doping.
16. Children and young adults should also be held accountable for any role they may have in the abuse of (an)other participant(s) or unfair methods of training or competition, including doping. They too should, as appropriate, be sanctioned.
17. The organisers and promoters of exercise, sports, and/or competitions involving European children and young adults should ensure a safe and age appropriate environment with facilities appropriate to the needs of all participants.

The EAP invites all European paediatricians and their associations to adopt this resolution without prejudice. The EAP also calls on all European exercise, sport, and competition organisations to adopt and promulgate this resolution. It further calls upon all coaches, trainers, medical personnel, and sponsors of exercise, sports, and competition involving European children and young adults to explicitly adopt this resolution.

As adopted by the EAP General Assembly  
Dublin, Ireland  
5 June 2016  
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