



# Anti-doping measures targeting fitness and gym centers

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COUNCIL OF EUROPE  
75  
1949 - 2024  
Sport  
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## State Parties to the Anti-Doping Convention

Legend:  
■ CoE Non-member states  
■ CoE Member states  
■ Observers: states involved in the Convention's drafting process  
■ Observers: Other States

Disclaimer

52 STATE PARTIES

## CoE Anti-doping convention

- Monitoring, policy development, promote collaboration and more...
- 52 member states
- Anti-doping unit

## Ad hoc group ADRS (2023-2024)

- Doping more than an elite sport problem
- Recreational sport → Fitness/gym

1. Map anti-doping practices and measures
2. Examine good practices
3. Report and provide guidelines

*«Young people exercising at a fitness center»*



Generated with Microsoft Copilot



*«Young people doing strength training at a fitness center»*

# Main findings

A mapping of practices in the State Parties of the anti-doping convention

**49 of 52  
countries  
responded**

**35% (n=17)  $\geq$ 1 measure to tackle doping in gyms**

**39% (n=19)  $\geq$ 1 measure to address the adverse health consequences of doping**

**The NADO was the main organization involved in planning and implementing the measures**



# Common (and not so common) activities to...

...tackle doping in gym and fitness centers and

...address adverse health consequences of doping

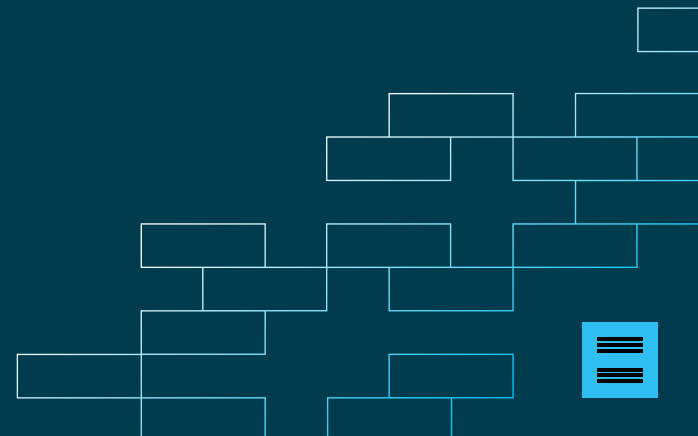
- Information/awareness raising
- Education for staff and customers
  
- Certification programs (n=8)
- Legislation (n=8)
- Doping testing (n=4)
- Help line/counselling for reducing or ceasing use of doping substances (n=4)
- Health care targeting users of doping substances (n=2)



# Conclusions and the way forward

Emerging topic WITH potentially significant individual and societal negative aspects  
BUT only 1/3 of State Parties had implemented preventive measures in 2022...

- Multifaceted approach needed
- Public authorities should take proactive steps to develop or reinforce national policies
- Adequate resources should be allocated
- NADOs should play a pivotal role and coordinate the efforts
- Collaboration is key for a robust and effective system! (Public authorities, NADOs, sport federations, private companies etc.)



**MONITORING GROUP (T-DO)**

ANTI-DOPING CONVENTION

*Ad Hoc Group of experts on anti-doping in  
recreational sport (T-DO ADRS)*

Strasbourg, 28 February 2024

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**ANTI-DOPING MEASURES TARGETING FITNESS AND GYM  
CENTRES: A MAPPING OF PRACTICES IN THE STATE PARTIES OF  
THE ANTI-DOPING CONVENTION**

**Final Report**

T-DO Ad Hoc Group of Experts in Anti-Doping in Recreational Sport (T-DO ADRS)

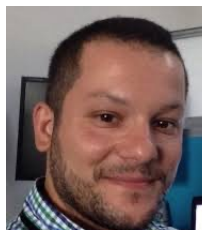
[https://www.coe.int/en/web/sport/  
adopted-texts-on-anti-doping](https://www.coe.int/en/web/sport/adopted-texts-on-anti-doping)



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# Ad-hoc group of experts anti-doping in recreational sport



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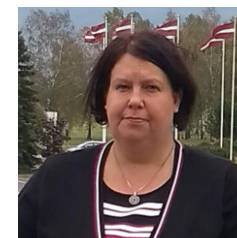
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