



ADD

ANTI DOPING DANMARK

Cooperation with fitness centers in Denmark

Legislation and framework for our work in fitness centers

For ADD its mandatory by law to work in environments outside organized sport

- “The Act on Promotion of Integrity in Sports”
- “The Act concerning the Prohibition of Certain Doping Substances”

By law the fitness centers is required to take a stand

.....but voluntary to participate

For us, it is important that it is a collaboration

Vi samarbejder med Anti Doping Danmark

Vi ønsker et dopingfrit træningsmiljø

Her kan du derfor blive indkaldt til dopingkontrol

ADD
ANTI DOPING DANMARK

Vi har ikke en samarbejdsaftale med Anti Doping Danmark

Det er lovligt for alle motions- og fitnesscentre at skilte med, om man har en samarbejdsaftale med Anti Doping Danmark

ADD
ANTI DOPING DANMARK

FROM RANDOM DOPING CONTROLS



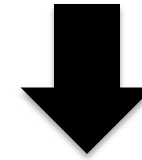
TO VISITS, DIALOGUE AND PREVENTION



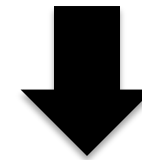
FROM RANDOM DOPING CONTROLS



- Experiences from our work in competition and sport was copied to fitness
- Focus was on doping control – always two controls



- Many irrelevant doping controls
- Waste of resources and dissatisfied fitness centers



- Evaluations of campaigns and our effort in fitness

- A specialized group of fitness consultants
- Focus is on dialogue with young fitness members and the staff
- Targeted and relevant doping controls
- The purpose of doping controls is to remove unrealistic role models
- **From 2024**

Dried blood spot



E-learning for the staff



TO VISITS, DIALOGUE AND PREVENTION





**This is how our
fitness consultants
work**

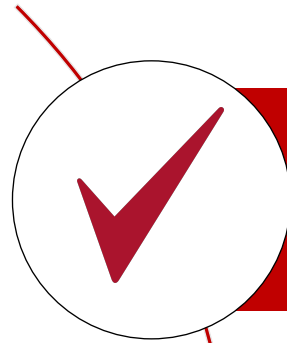
Upon arrival at the site at 4:15 PM, I saw approximately ten athletes on the floor. The purpose of my visit was, among other things, to inspect and possibly test an athlete mentioned during my last visit, but he was not present.

I had a conversation with two young boys about the risks and sanctions associated with the use of doping.

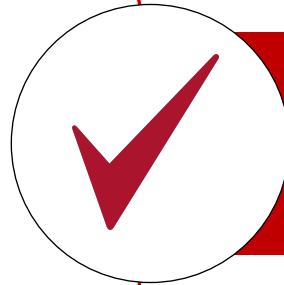
Unprompted, another athlete approached me and informed me that there is a very large Polish man in the center whom he believes is using doping. The man usually trains in the afternoon, but he was not present today.

I decided to wait and see if the man would show up, but after half an hour, I left the site without having met him.

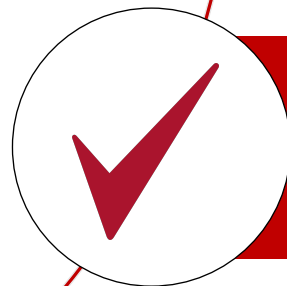
A few numbers of our work in 2023



1384 visits in fitness centers



188 fitness members was notified for a doping control



120 sanctions from fitness and competition



THANK YOU

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