

# Fair play in sports essay

[Business](#), [Industries](#)



While players are falling into pressure of performing well, and maintaining their annual salaries, the pressure often leads to high-risk factors, and then some cases as can be seen, the involvement into using performance enhancing drugs. In order for this problem to be alleviated, government officials and the United States Department of Health and Human Services in particular need to make adjustments in drug policies and testing. If the supply for their services were to increase due to the provision of services for these leagues by the government, then these practices and involvement of using PED's (performance enhancing drugs) will be seen with a decline in users. First and foremost, every year, 100,000 drug tests are conducted worldwide at a whopping expense of \$30 million dollars (The Athlete).

While the drug tests are designed to detect and deter the use of performance-enhancing drugs, there are a number of banned substances that are not detectable through the basic procedures of the drug testing required by athletic industries. In order to protect the rights and fairness of play in the sports industries, the U. S. Department of Health and Human Services set forth money into further research and development, and to expand upon the list of banned substances.

Furthermore, the drug tests should occur and be required multiple times a year, rather than just prior to the start of an athlete's rookie season when they are fresh off the boat, such as for the Major League Baseball as well as the National Basketball Association. The league ought to strengthen these policies because players are finding loopholes and able to dodge the detection of PED's in their systems. For example, "there are many reports of athletes using elaborate arrangements of catheters to provide an alternative

sample, bringing condoms filled with drug free urine to the testing station, and even categorizing themselves and instilling drug free urine" (The Washington Times).

If athletes are taking these extreme measures just to avoid detection and save face for their reputation and careers, the testing protocols must be strict. Taking a look at the current most prominent professional sports leagues which comprise of the MLB, NBA, NFL and NHL, corresponding to the sports of baseball, basketball, American football and hockey in that order, the frequency of their drug testing's throughout the timeshare of a year does not exceed two times, here the procedure is nothing more than just a urine sample test. What is even more eye opening is that even after the third offense of violation of drug use, the worst consequence only goes as high as a one-hundred game suspension, followed by a possible lifetime ban on the fourth (Monsoons). To solidify the issue of these unethical athletes at the elite level, drug-testing policies ought to be strengthened. For example, at any given time, a sampler officer should be granted the rights to issue what they call an "unannounced and request of a urine sample".

It is important to increase the frequency of testing's in each and every one of the athletes playing at the professional level because athletes like such travel extensively around the world and getting a hold of them even for just a couple minutes will be very difficult. Solutions to this concern include examples such as testing's that go beyond just urine samples, into more broader categories such as blood and hair samples. In testing facilities, preserving and saving samples for future reference is something clinics

value a lot, as they can make comparisons to changing phenomenon and diseases that are constantly changing. Similarly, as more “ Bed’s are discovered, the lab should have the ability to check samples from previous years. This should have a strong impact on players who feel they can take a drug now because it can’t be detected” (Ham). Focusing on the United States Department of Health and Human Services, the procedures that the clinics are conducting ought to take on a different stance being that they lack the efficiency as well as accuracy in testing.

With proper procedures followed by proper storage, it increases the reliability of the samples. The acquirement of the procedure goes that they must be protected in the laboratory so that when the fluid is tested, it has maintained the composition and chemical condition at the time when it left the athletes’ body. Currently sports doping policies do not require the samples to be refrigerated or frozen until many days later when it reaches the lab (The Athlete). While refrigeration and freezing the samples are mandatory in the clinical setting, and that preservatives are added to the testing samples, these are not procedures practiced by sports leagues and their policies. Looking at these practices of poor drug policies in athletic industries, the government should allocate many more of their supply and increase the amount of clinical facilities in professional sports environments. With better clinical tools and instruments for testing, not only will they testing come out to be more accurate, by will also raise awareness that drug testing’s is a huge factor and branch of the sports industry. As we take a look at the state and local governments, they are authorities who have the

biggest voice and say towards these laws and issues that are becoming a problem. In prior years, the U.

S. Government proposed a regulation act called the Clean Sports Act of 2005, which quickly gained approval by the Committee on Government and Reform. While this act served to set forth stringent policies and repercussions for players tested to be positive for steroid use (Latrine). However, this was targeted towards professional developmental and sports league. A better and more effective solution would be a solution that would also be directed towards the youth in attempt to set a better balance and cater to not only professionals, but also future athletes that may enter the league at that level.

Because of great success in sports and the youth wanting to follow the footsteps of their sports role model, higher levels of steroid use can be seen in kids and teenagers in the past decade. In my own opinion, I believe that a more feasible solution legislation or act imposed towards the kids who are the future development of sports. With the government propelling educational firms, health awareness institutions and other non-profit health seminars in city communities, it would help to aid education and testing for those at younger ages and pre-professional leveled sports in attempt to prevent the kids and teenagers from using performance enhancing drugs. To reiterate, it is not fair to say that the young are emulating the professionals just because they are the one's exposing themselves to steroids. However, a better way to state this concern is that these kids want the types of skillsets that professionals have, the power, the money, the fame and the fun that

comes along with all these traits and is what motivates these young ones to start. All in all, a new future legislation set forth by the government ought to focus more directly on the younger generation regarding their education; more drug testing on athletes within school teams to ensure a less-tainted career heading into the professional leagues.

The importance of coaches, parents, and team management ought to realize their roles in helping to prevent the use of steroids by instilling the correct mentality into the youth, and by emphasizing the true educational value of what the sport world is, and what it means to be a role athlete. Having statement some possible solutions that may drastically appease the use of performance enhancing drugs in professional leagues, athletes to an extreme are owing to take steroids and fall into the decision of "Juicing" regardless of the rules that are enacted in the specific sports leagues. One of the ways, although extreme, that authorities and officials can legislate is to enact a "No Tolerance Act", where an athlete, of any league, is ostracized from the league and out on the first offense. Although this legislation seems to be too strict and too much pressure in the hands of the league as well as the government, this should be the direction that the future of sports should pave way into, using this "No Tolerance Act" as a stepping stone to there policies that will be implemented in the distant future of drugs and sports. The "No Tolerance Act" could also mean that the league has the right to fine the individuals who are subject to steroids and adjust consequences towards their winnings, salaries, commercials and endorsements and possibly use those money that are retrieved towards better health care, drug testing, legislative acts, faculties and ultimately, the players who are untainted and

staying “ fair to the game” (Hayward). The “ No Tolerance Act” is all a matter of perspective, which in terms of the definitions I stated above may range from a first offense ban from the league, or a huge cut in salary, endorsements, donated to charity and money prizes along with severe repercussions.

All in all, the government with regards to the committee, congress and human health and services can be the driving force behind change. The main concern here regarding performance enhancing drugs in professional leagues are a result of poor drug policies and practices, added along with the fact that players face minor consequences before granting the right to return back on the playing field. Moving forward, if policies are strengthened and the government subsidizes many more facilities and tools for drug testing, then the results will not only be more accurate, but athletes will have less of a chance in finding loopholes. The government should also be the driving force behind many public institutions, open seminars that address the issue of not only steroids, but drug abuse in general so that the younger generation have the right mentality heading into their professional athletic careers. If the government was to legislate a more strengthened set of drug policies that jugulate the athletic industry, dictate severe consequences to those who are involved and instill education, the future of the sports world may possibly restore back to the true beauty of the game.