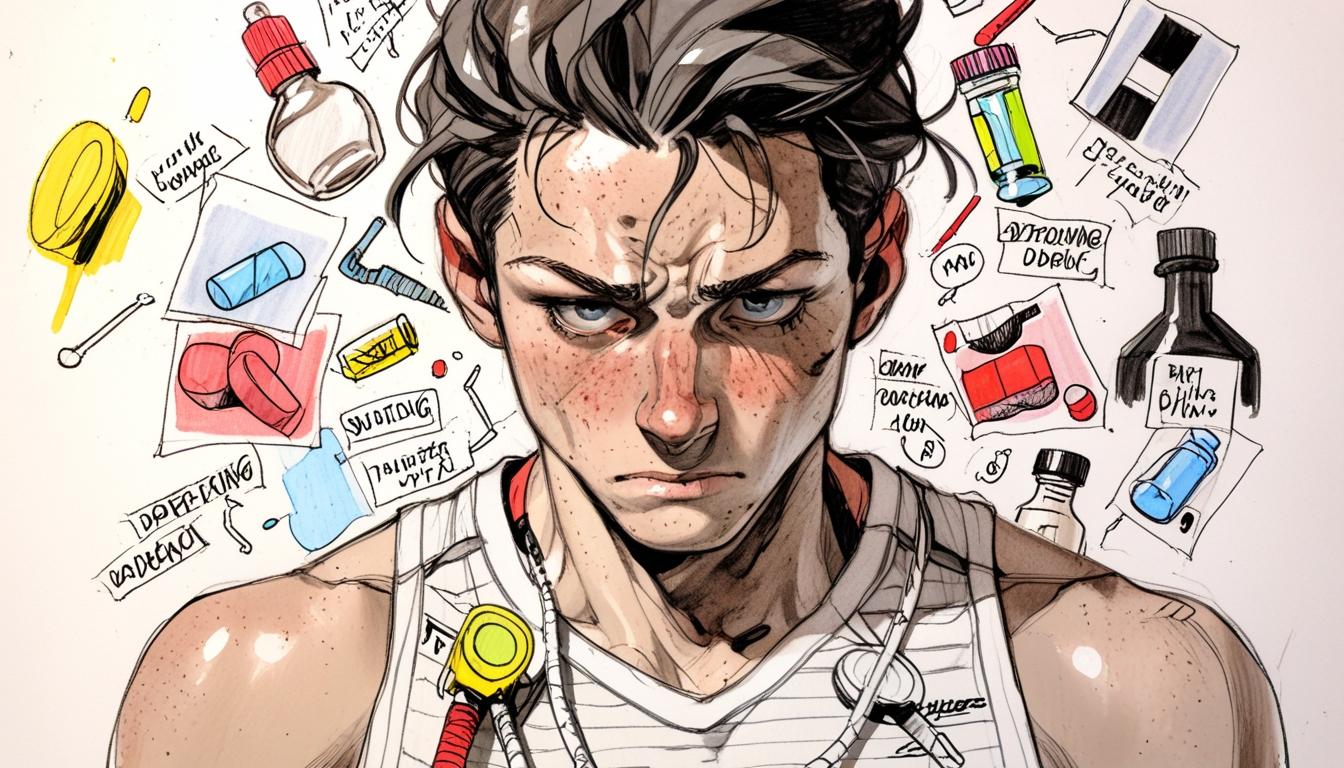
# Anti-doping experts warn athletes to avoid one-night stands amid contamination concerns



At a recent conference held in London, anti-doping experts urged elite athletes to reconsider their personal lives, specifically advising them to avoid one-night stands to mitigate the risk of inadvertent contamination with banned substances. The conference focused on the complexities of performance-enhancing drugs, highlighting the need for clearer rules to distinguish between intentional doping and contamination.

Two notable cases have emerged in recent years that exemplify the potential for contamination. In 2009, tennis player Richard Gasquet was acquitted of doping charges after the Court of Arbitration for Sport determined that his positive cocaine test was "probably" a result of kissing a woman in a nightclub. More recently, in 2020, US boxer Virginia Fuchs was also cleared of wrongdoing after it was revealed that her partner was using therapeutic doses of GW1516, a substance that enhances endurance. Investigations showed that the metabolites present in her sample matched those expected from intimate contact with a user of the banned drug.

Travis Tygart, chief executive of the United States Anti-Doping Agency (USADA), expressed concerns regarding the implications of these cases. “It’s so pathetic that we’re having this conversation,” he remarked, emphasising the absurdity of having to warn elite athletes about their personal relationships. Tygart added, “The onus is always on the athletes. We as anti-doping organisations need to take some of that responsibility back.”

Tygart also underscored the potential for intentional cheats to evade detection, stating, “I worry how many of the intentional cheats are actually getting away because we’re spending so much time and resources on the cases that end up being someone kissing someone at a bar.” He argued for changes to the current system, advocating for more reasonable expectations of athletes in regard to their private lives.

The conference revealed that changes to anti-doping regulations are on the horizon, especially concerning specific substances. Tygart referenced Clostebol, an anabolic steroid for which tennis player Jannik Sinner tested positive last year; Sinner has since denied any wrongdoing but accepted a three-month ban, which he is nearing completion of. Ostarine, another substance highlighted by Tygart, was found in the system of boxer Ryan Garcia after his match against Devin Haney last year. Garcia has also denied intentional use but accepted a one-year ban.

Tygart suggested a potential restructuring of the limits for certain substances, mentioning that the World Anti-Doping Agency (WADA) has already implemented minimum reporting levels for others, such as clenbuterol, commonly found in contaminated meat, and diuretics. He proposed that Clostebol and Ostarine could be added to this list, stating, “We know it can transfer between people through intimacy.”

As discussions continue, the complexities of doping regulations and their implications for athletes' personal lives remain a significant topic within the sporting world.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

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* <https://www.cnn.com/2009/SPORT/12/17/tennis.gasquet.cocaine.cas.cleared/index.html> - This article reports on Richard Gasquet being cleared of any wrongdoing by the Court of Arbitration for Sport after testing positive for cocaine, with the court accepting his claim that the substance entered his system through kissing a woman in a nightclub.
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