

SPEAKING NOTES

THE JAMAICA ANTI-DOPING COMMISSION

UTECH PUBLIC LECTURE “THE SCIENCE BEHIND DOPING AND NUTRITION IN
SPORTS: LET THE NATION HEAR”,

TUESDAY, NOVEMBER 19, 2013,

JAMAICA CONFERENCE CENTRE, KINGSTON, JAMAICA.

CHAIRMAN, DR. ELLEN CAMPBELL-GRIZZLE, DEAN OF UTECH’S
COLLEGE OF HEALTH SCIENCES

PROFESSOR THE HONOURABLE ERROL MORRISON, PRESIDENT OF
UTECH

PROFESSOR FITZROY HENRY OF THE UTECH’S COLLEGE OF PUBLIC
HEALTH

PROFESSOR WINSTON DAVIDSON, UTECH’S HEAD OF THE SCHOOL OF
PUBLIC HEALTH AND HEALTH TECHNOLOGY AND VICE-CHAIRMAN
OF JADCO

MR JONGIKHAYA RABE- FIRST SECRETARY SOUTH AFRICAN HIGH
COMMISSION

SPECIALLY INVITED GUESTS

LADIES AND GENTLEMEN

BOYS AND GIRLS

MEMBERS OF THE MEDIA

A PLEASANT GOOD EVENING TO YOU ALL.

FIRST, I'D LIKE TO THANK THE UNIVERSITY OF TECHNOLOGY
(UTECH), FOR HOSTING THIS PUBLIC LECTURE. THIS INITIATIVE WILL
MAKE A SIGNIFICANT CONTRIBUTION TO JAMAICA'S SPORTING
DEVELOPMENT. I AM CERTAIN, THAT EVERYONE IN ATTENDANCE IS
LIKELY TO AGREE THAT THIS TOPIC IS CURRENTLY EXTREMELY
IMPORTANT, GIVEN RECENT ANNOUNCEMENTS REGARDING SOME OF
JAMAICA'S MOST POPULAR SPORTING COMPETITORS.

BASED ON THESE DEVELOPMENTS AND THEIR POSSIBLE IMPLICATIONS, THE NEED FOR EDUCATING THE PUBLIC ABOUT DOPING AND NUTRITION, IS OF UTMOST IMPORTANCE AND ONCE AGAIN WE APPLAUD YOUR EFFORTS HERE TODAY. THIS PARTNERSHIP IS GREATLY APPRECIATED, BECAUSE THE JAMAICA ANTI- DOPING COMMISSION (JADCO) CANNOT AND DARE NOT, DO IT ON ITS OWN. UNITY IS NEEDED IN THE FIGHT AGAINST DOPING AND WE ARE EXTREMELY GRATEFUL FOR YOUR SUPPORT.

IT IS IMPERATIVE THAT WE TAKE THE TIME AND EFFORT TO EDUCATE EACH PERSON WHO IS ENGAGED IN A SPORTING DISCIPLINE ACROSS OUR LITTLE, BUT 'TALLAWAH' NATION, ABOUT THE IMPORTANCE OF STAYING DOPE FREE AND THE 'DO'S AND DON'TS' OF FAIR COMPETITION.

EVERY SPORTING PARTICIPANT NEEDS TO KNOW THE LATEST ANTI-DOPING RULES AND REGULATIONS, AS ESTABLISHED BY THE WORLD ANTI-DOPING AGENCY (WADA).

WHY DO I STRESS THIS POINT? BECAUSE IN THE ANTI-DOPING CODE, THERE EXISTS THE ‘STRICT LIABILITY RULE’. THE ‘STRICT LIABILITY RULE’ MEANS THAT EACH ATHLETE IS STRICTLY LIABLE FOR THE SUBSTANCES FOUND IN HIS OR HER TEST SPECIMEN. WHAT THEY EAT AND ANY SUPPLEMENTS OR MEDICATION THAT THEY TAKE IS ULTIMATELY THE ATHLETE’S RESPONSIBILITY. LET ME REINFORCE THE POINT THAT IT IS THEIR RESPONSIBILITY AS ATHLETES TO ENSURE THAT THEY DO NOT CONSUME ANYTHING THAT WILL RESULT IN AN ADVERSE ANALYTICAL FINDING. THAT’S WHY I LIKE THE PART IN THE TITLE “LET THE NATION HEAR”. PARENTS, COACHES, TEACHERS AND OTHERS WHO INFLUENCE OUR YOUNG, BUDDING STARS ARE ENCOURAGED TO PARTICIPATE IN THESE SEMINARS AND EMPOWER THEMSELVES WITH THE RELEVANT INFORMATION, ESPECIALLY WHEN IT IS FREE OF COST.

I AM LOOKING FORWARD TO SEEING OTHER EMINENT ENTITIES, PARTNERING WITH JADCO TO EDUCATE OUR SPORTS MEN AND WOMEN AT ALL LEVELS. THIS MOVE BY UTECH TO EMBARK ON THIS PATH IS A WONDERFUL PARTNERSHIP. I BELIEVE UTECH'S APPROACH MUST BE HERALDED AS THE 'WAY TO GO' FOR PRIVATE BUSINESSES AND OTHER RESPECTED INSTITUTIONS OF HIGHER LEARNING.

AS YOU MAY BE AWARE, JADCO IS CURRENTLY IN THE PROCESS OF DEVELOPING A WEBSITE, WHICH WILL PROVIDE AN E-LEARNING COMPONENT THAT ALLOWS ATHLETES, PARENTS, COACHES AND THE GENERAL PUBLIC TO ACCESS INFORMATION ON ANTI-DOPING, ANYWHERE, ANYTIME AND AT THEIR OWN PACE.

JADCO WILL WELCOME ANY MOVE TO GET INVOLVED IN DISSEMINATING INFORMATION ABOUT ATHLETES' NUTRITIONAL REQUIREMENTS AND ANTI-DOPING IN SPORTS. ALL ARE WELCOME TO COLLABORATE WITH US TO ENGAGE THE PUBLIC IN THIS DIALOGUE. ULTIMATELY, JAMAICA REAPS THE REWARDS WITH MEDALS,

TROPHIES, AWARDS SCHOLARSHIPS AND MOST IMPORTANTLY NATIONAL PRIDE.

JADCO IS FOCUSED ON BEING A DETERRENT TO DOPING IN SPORTS, TO DETECTING DOPING OCCURRENCES AND ENSURING APPROPRIATE SANCTIONS FOR ADVERSE ANALYTICAL FINDINGS IF THEY OCCUR. WE HOPE THAT OUR VIGOROUS, TIMELY, ON-GOING TESTING REMAINS A DETERRENT TO ATHLETES WHO MIGHT CONSIDER DOPING, **AS TESTING CAN BE DONE ANYWHERE AND AT ANY TIME.**

AMONG MY CHALLENGES IS TO CREATE ALTERNATIVE METHODS TO ENSURE THAT JAMAICA'S ANTI-DOPING MANDATE IS MAINTAINED. WE THEREFORE SEEK TO FURTHER DEVELOP EDUCATIONAL ALLIANCES WITH A VIEW TO EMPOWERING OUR ATHLETES AT ALL LEVELS, BUT ESPECIALLY WITHIN OUR SCHOOL-AGE PARTICIPANTS. STUDENTS REALLY NEED OUR SUPPORT TO DETER THEM FROM EXPERIMENTING WITH BANNED SUBSTANCES AND WE MUST ALSO

EMPOWER THEM TO QUESTION THEIR COACHES AND SUPPORT
PERSONNEL

ONCE AGAIN, WE AT JADCO ARE HAPPY TO BE ASSOCIATED WITH THIS
VENTURE, AND ARE GRATEFUL FOR YOUR SUPPORT AS WE REMAIN
COMMITTED TO THE FIGHT AGAINST DOPING IN SPORTS. WE HOPE
EVERYONE WILL BE EMPOWERED BY THE INFORMATION SHARED
HERE THIS EVENING.

IN CLOSING, IT IS, THEREFORE, WITH TREMENDOUS DELIGHT, THAT I
WELCOME YOU TO UTECH'S PUBLIC LECTURE.

PROFESSOR FITZROY HENRY, PROFESSOR OF PUBLIC HEALTH AND
NUTRITION AT UTECH'S COLLEGE OF HEALTH SCIENCES, THANK YOU
FOR THIS CONTRIBUTION TO NATION-BUILDING.

TO THE PRESIDENT OF THE UNIVERSITY OF TECHNOLOGY,
PROFESSOR THE HONOURABLE ERROL MORRISON, I SAY THANK YOU
FOR YOUR CONTRIBUTION AND ESPECIALLY FOR HAVING UTECH
TAKE THE LEAD. PLEASE, LET IT NOT BE THE LAST PUBLIC LECTURE
YOU ORGANIZE.

THANK YOU