

JUST SPORT

Fight against doping on grassroots level

Objectives:

- * To raise awareness, among youths Recreationists in fitness centres and all beginners in grassroots level recreational sports, of a whole lot of negative consequences caused by using supplements with harmful additives
- * To increase the awareness about dangers of doping intake and its negative health consequences.
- * To provide anti-doping education and prevention programmes aimed at fostering the fundamental values that underpin recreational activities and informing youth of the moral, legal and health consequences of recreational activities

Activities:

- * Needs Identification: Survey and analysis of existing documents in anti-doping
- * Development of the anti-doping training module tailor-made for trainers in fitness centres: General information's on doping, which are prohibited substances and methods, consequences of doping, proper diet; Doping as a social phenomenon; Load in training
- * Implementing capacity building activities in all project partner countries
- * Participating in doping free recreational activities within the context of healthy means for healthy goals in coordination and long-term consultations with duly educated fitness trainers

Follow the project IN ACTION

Results:

- * JUST SPORT Needs Analysis and process Report
- * 5-day JUST SPORT Event in all project partner countries: [3-day] Working sessions for fitness trainers where the newly developed anti-doping training module will be implemented. [2-day] Round tables for recreationists in fitness centres, owners of fitness centres, decision makers (local and national competent authorities), other sports organizations and wide public
- * Guidelines for future activities promoting anti-doping and healthy nutrition as a healthy lifestyle
- * JUST SPORT mobile application for mapping healthy fitness centres and fitness experts

Partners:

- * Coordinator: Rijeka Sport's Association (Croatia)
- * SLOADO (Slovenia)
- * Bulgarian Sports Development Association (Bulgaria)
- * Municipio de Mirandela (Portugal)
- * Vasterbottens Idrottsförbund - Swedish Sports Confederation (Sweden)
- * CESIE (Italy)

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DG of reference: DG EAC, Education and Training, [Erasmus+ Sport: Support to Collaborative Partnerships](#)

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