



### Stimulants

<b>Positives:</b>	<b>Side affects:</b>
<ul style="list-style-type: none"> <li>✓ Increase mental and physical capacity</li> <li>✓ Improves alertness</li> <li>✓ Reduces fatigue</li> </ul>	<ul style="list-style-type: none"> <li>x Increased risk of stroke</li> <li>x Increased risk of irregular heart rate</li> <li>x Can mask the signs of serious injury</li> </ul>

### Beta Blockers

<b>Positives:</b>	<b>Side affects:</b>
<ul style="list-style-type: none"> <li>✓ Reduce heart rate, muscle tension and blood pressure</li> <li>✓ Reduces adrenaline</li> <li>✓ Improved fine motor control</li> </ul>	<ul style="list-style-type: none"> <li>x Nausea</li> <li>x Tiredness and weakness</li> <li>x Increased risk of heart problems</li> </ul>

### Anabolic steroids

<b>Positives:</b>	<b>Side affects:</b>
<ul style="list-style-type: none"> <li>✓ Artificially produce hormones Promotes muscle and bone growth</li> <li>✓ Increases strength, muscular endurance and power</li> <li>✓ Reduces recovery time</li> </ul>	<ul style="list-style-type: none"> <li>x Increased risk of cancer</li> <li>x Increased risk of infertility</li> <li>x Increased hair loss</li> <li>x Increased blood pressure</li> </ul>

### What consequences of being caught...



A ban from all sport (competing, training or coaching) for up to four years or even life



Forfeit medals



Publication of your anti-doping rule violation



Financial penalties

