

# The healthy athlete in all forms

doping **C**onduct **O**rganisation **d**oing It **e**very body



The  
**c.o.d.e.**  
of the healthy  
athlete

A UNSS and ISF publication

**UNSS**  
Union Nationale  
du Sport Scolaire



*International edition 2017*



**For over 40 years** the ISF has guaranteed that all young people can get access to sport in any form but it also informs about the culture of sporting activity. We are in permanent contact with our young licensed athletes, and all of the sports directors and teachers are obviously very aware of the fight against doping and the prevention of doping behaviour. This programme aims at keeping students safe and making them aware of consuming products especially those that are linked to enhancement of performance, in sport or intellectually or in relationship situations. Conduct which may seem quite above suspicion can have consequences on health and possibly lead to dependency. The ISF plan for developing school sport and the government's national plans for the prevention of doping and doping behaviour are working to develop prevention programmes. This booklet will give you some tips and some information to help you begin answering any questions from the young and the not so young.

Laurent PETRYNKA *ISF President*



**INTERNATIONAL SCHOOL SPORT FEDERATION** The International School Sport Federation (ISF) organises events, which provide an experience that goes beyond sport, towards more education, physical activity, commitment and life-long learning of young people aged between 13 to 18. Every year, more than 10.000 young people from all over the world are enrolled in ISF World Schools Championships and Gymnasiade within a global network of more than 300 millions young school sport practitioners active in 127 ISF member countries. Preventing the young from doping is one of the main ISF priorities in order to guarantee a healthy and fair sports legacy for the next generation. [www.isfsports.org](http://www.isfsports.org)



**WORLD ANTI-DOPING AGENCY** The World Anti-Doping Agency (WADA) was established in 1999 as an international independent agency composed and funded equally by the sport movement and governments of the world. Its key activities include scientific research, education, development of anti-doping capacities, and monitoring of the World Anti-Doping Code (Code) – the document harmonizing anti-doping policies in all sports and all countries. [www.wada-ama.org](http://www.wada-ama.org)



**FRENCH ANTI-DOPING AGENCY** The AFLD is an independent public authority responsible for ensuring that anti-doping regulations are respected in order to defend the integrity of sporting competitions and the health of athletes. It authorises controls and it sanctions the infringement of anti-doping rules and its authority covers sports players at every level and in any sport. The AFLD contributes to anti-doping policies in France. It informs athletes of the risks linked to substance abuse and forbidden practices and advises about anti-doping regulations. [www.afld.fr](http://www.afld.fr)



**NATIONAL SCHOOL SPORTS UNION** The UNSS is the sporting federation of the Ministry for Education, for secondary schools. It's an association devoted to public service and this very original dual function makes it a strong presence in schools and in both the international and French worlds of sport. Over 1.1 million licensed athletes, 9,500 sports clubs in schools and 33,000 teachers make the UNSS the 2nd sports group in France. Long committed to preventing addictive behaviour in young athletes our mission is to inform and educate about and through physical and sports activities. [www.unss.org](http://www.unss.org) - [facebook.com/UNSSnational](https://facebook.com/UNSSnational) - [twitter.com/UNSS](https://twitter.com/UNSS)



MINISTÈRE DE L'ÉDUCATION NATIONALE

MINISTÈRE DES SPORTS

**THE MINISTRY FOR EDUCATION** For several years now the Education Ministry has been involved in making secondary school students aware of doping and addiction and working to combat this. In an overall programme of health education at school the prevention of addictions is integrated into programmes throughout school life. It aims at helping students develop psychosocial skills and prepare them to become responsible citizens. [www.education.gouv.fr](http://www.education.gouv.fr)

**THE MINISTRY FOR SPORT** fixes the main aims of national sports policies through the Sports Code. National sports policy is built around four action areas including prevention through sport, the protection of athletes and fighting the unacceptable abuses of doping, violence, racism, cheating and any kind of discrimination. The aim of the national strategy plan for the prevention of doping and linked behaviour is to coordinate the actions of government and other actors working to combat doping in all its forms. [www.sports.gouv.fr/prevention](http://www.sports.gouv.fr/prevention)

In partnership with



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Other guides available in Le c.o.d.e. collection



Discover: Nature, Sport, Jobs and Society on [www.collectionlecode.fr](http://www.collectionlecode.fr)



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## Do you know...

### ... what is meant by Healthy athletes?

Being a healthy athlete is the state of mind we want to encourage in all young people! Being a healthy athlete means having a code of conduct in your sport, being careful about your food and diet. Being a healthy athlete means listening to your body and trusting it. A healthy athlete knows when to say No. Being a healthy athlete is simply a lifestyle choice beyond sport. Being a healthy athlete is a choice, a pride that we encourage you to show!

### ... what doping conduct is?

We talk about "doping behaviour" when a substance (energy drinks, vitamins, food supplements, medicines ...) is used with the aim of overcoming an obstacle, real or supposed, to enhance physical or intellectual performance. The obstacle might be an exam, a recruitment interview, a difficult task, a sports event, etc. This is a definition for issues found in sport today but also in personal and professional life.

### If you're asking these questions:

- ▶ Why do I want to take this product?
- ▶ Does my activity or my state of health justify using this product?
- ▶ Is this product legal?
- ▶ Does it really affect performance?
- ▶ Is this product bad for my health?

### ... well, make some intelligent choices!

## Day to day products Linked to doping behaviour...

### Food supplements

Consumption of food supplements is not recommended for young people (outside of medical prescription, to cover a specific nutritional need and which has been discussed with a health professional). What's more they may lead to 2 risks which could lead to a positive test result and sanctions

#### ▶ "I didn't know": the accidental risk

Here the risk is of taking "contaminated" food supplements containing one or more forbidden substances not marked on the label. In fact, the detailed analysis of the composition of 630 food supplements from 13 different countries showed that 14.8% of them contained anabolic steroids that were not indicated on the label.

#### ▶ "I think the results are greats", here the risk is of psychological dependence

Taking food supplements increases the risk of crossing the yellow line and moving on, one day, to doping substances.

### Energy drinks

These drinks have no nutritional value during exercise because they are too rich in sugars (which affect hydration in the athlete) and in caffeine. They can cause secondary effects that stimulate both the heart and the central nervous system.

### Medication

Using medicines for purposes other than for what they were prescribed, ignoring counter effects and dosages, can seriously damage health. Medicines are prescribed for specific health issues.

#### Beware of internet purchases!

*There are very many web sites that boast about the benefits of their food supplements with no control of the ingredients by any health authority, or without any check on the labelling and the contents. Any information about risks linked to the consumption of such food supplements is therefore not correct...*

# doping Conduct



## Together, let's be aware!

### The bad side-effects of food supplements.

The generic phrase "dietary supplements for athletes" covers food supplements that aim at muscle development or the reduction of fat. So, this does not include energy bars, recovery drinks, pre-sports meals eaten before physical activity. Between 2009 and 2016 the ANSS was informed about 49 cases of bad side-effects probably linked to the consumption of sports food supplements (source: information from the ANSES, sports food supplements, November 2016).

1. Food supplements that aim at muscle development or the reduction of fat are not recommended for children, adolescents and pregnant or breast-feeding women.
2. The consumption of food supplements containing caffeine is not advised before or during a sporting activity.
3. Taking several food supplements at the same time or in association with medicine is not recommended.
4. The reasons for taking food supplements should be discussed with a healthcare professional.
5. Athletes should pay special attention to the contents of the products they take and should opt for products that bear the AFNOR norm NF V 94-001. These were created in 2012 and they oblige manufacturers who want to use their logo to conform to very strict norms which guarantee that no forbidden substances have been used in the manufacture of their products.

**Some unpleasant side-effects!...**

*Anxiety, nervousness, agitation, intoxication, nausea, vomiting, mood swings, eating problems, behaviour problems,*

## Stop in time You can do this otherwise...

Wherever you are, you will be **disciplined**.

You will be **expelled** from your sport.

You will run serious risks for your **health**.

You will give a **poor image** of your sport.

You will find products that have been tampered with, or **dangerous substances** if you buy stuff on the black market or on interne.

You will **not be proud** of your achievements and results since you don't really own them.

You will **ruin your reputation** as an athlete.

You will **tell lies** to many people, even your family and closest friends.

You will always be tormented by **doubts and questions**.



## The story of a struggle!

**1999** Though the first anti-doping law was voted in 1965 (the Herzog law), in particular it was the Buffet law (23 March 1999) which was effective in establishing the health of athletes as a priority. It set up the CPLD (council to prevent and combat doping) as well as medical centres to combat doping (AMLD) which then became the AMPD, medical centres to prevent doping.

### 10 November 1999

Creation of the World Anti-Doping (WADA) Agency

**January 2004** Application of the World Anti-Doping Code, since revised in 2009 and 2015. The aim is to harmonise anti-doping regulations in all sports and for all countries.

**19 October 2005** Adoption of the UNESCO International Convention against Doping in Sport

**2006** Creation of the French anti-doping agency (AFLD), an independent public authority which replaced the CPLD. Among its main tasks it orders anti-doping checks, analyses samples, issues authorisations for therapeutic treatments for athletes competing at national level, and in cooperation with sports federations it handles disciplinary procedures where an athlete is suspected of violating anti-doping rules.

**2008** The Law of 3 July 2008 relating to the traffic in doping products

**2016** The Law of 15 November 2016 allowing the AFLD to carry out checks on any athlete taking part in or training for a sports event organised by a French or international sports federation; or any national competition where there is a prize, in money or in kind.

## The day of the doping control...

**As a healthy athlete you may have to submit to a doping check. You are obliged to comply with this. So, it's important that you know what happens. Be aware that the checks are carried out by licensed testers and they follow a strict procedure.**

### ► Type of control

The doping control may be carried out on urine or blood or both. An athlete may be checked during a competition but also outside (in training or at home).

### ► Notification about the control

In a sports competition the athlete tested is generally identified at the end of the competition (in the finish area, at the entrance to the changing facilities, etc.)

### ► The sample

The athlete must choose a collection vessel from three on offer so that he or she is sure that it has not been handled previously. For a urine sample, a minimum quantity of 90 ml must be provided and this takes place in such a way that the athlete's privacy is respected but that the doping control officer can make a direct observation. This officer will be the same gender as the athlete.

### ► Sealing the sample

Only the athlete will handle his or her sample. He or she will select the sampling kit from three on offer and will divide his or her sample into two sample collection vessels, A and B, then seal them. The samples are anonymous and sent to the testing laboratory.

### ► Completing the form

The athlete must fill in the form along with the control officer. He or she may state whether they have taken any prescription or over the counter medicines or any food supplements as well as providing any other information which might be pertinent.

### ► Result of the analysis

The athlete will only be informed of the test results if these are positive.

**8608**  
samples tested in France in  
2016 by the AFLD

**139**  
abnormal results, which is 1.9%  
of the tests carried out

**67**  
sports were controlled

## The organisations and people for help if you need it

Each athlete is responsible for any substance that he or she might take or which is given to him or her. He or she is therefore first in preventing doping.

### Control / Sanctions

#### WADA

World Anti-Doping Agency

Promotes and coordinates the fight against doping at international level.

#### ONAD

National anti-doping agencies

They are responsible for controlling their national athletes at home and outside competitions, as well as foreign athletes competing in their country.

#### AFLD

French anti-doping agency

They define and implement anti-doping campaigns (controls, sample analysis, sample analysis, therapeutic, with disciplinary power additional to that of sport federations).

#### International Sport Federations

ensure world anti-doping principles are respected at international level.

#### National Sport Federations

#### National Sport Federations and school federations

Their task is to cooperate with anti-doping organisations, help implement controls and manage disciplinary procedures.



### The athlete

### Education / Prevention

Ministry of Education

Ministry of Sport

#### National Sport Federations

#### school federations

have the task of overseeing athletes' health and work in the education environment to prevent doping.

#### Regional leagues, departmental committees

apply federal policy in their area.

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apply federal policy in their area.

#### Sports Associations

Sports teachers.

#### Clubs Coaches

sports instructors.

#### School doctors and nurses

#### Medical advisers

in regional directorates for young people, sports and social cohesion.

#### Doctors, pharmacists and other health professionals

Physiotherapists, psychologists, ...

#### Entourage

Family and friends.

#### AMPD

Medical offices to prevent doping

Information and advice to athletes, delivering certificates before giving back a licence to penalized athletes.

## The right attitude!

### In competition and in training

- ▶ I set myself realistic targets, clearly identified, and the ways I adapt to reach them.
- ▶ I maximise my chances of success by doing my best in training and in competition.
- ▶ I respect the rules of the sport and other athletes.
- ▶ I'm able to say that I'm tired and that I need to rest.
- ▶ I adopt healthy lifestyle patterns: a balanced diet, enough sleep with regular medical check-ups.
- ▶ I'm the only one responsible for what I eat.

### By adopting the right reflexes

- ▶ I let my doctor know that I do competition sport.
- ▶ Before I take any medicine I talk to my doctor or pharmacist.
- ▶ I make sure that anything I take is not on the AMA prohibited list and it's not bad for my health.
- ▶ I'll never accept any medicine from anyone who's not a doctor, dentist or pharmacist (who all know the list of forbidden substances and methods).
- ▶ I'll never accept any med.



### An interview with...

Christophe Bassons, former professional cyclist

#### Can you tell us about your sporting history?

It's kind of ironic that I didn't have to do sport at school because I had allergies! When I was young I did outside activities: lots of walking, then mountain biking. In those years I developed my physical skills naturally. I still use these abilities today ...

#### Did you become professional quickly?

Yes and No. I got my first licence when I was 17 and a half, which is quite late! Then it took me 4 years to turn professional, which is quite fast. And I was a pro between 1996 and 2001. I never jumped any stages which is important.

#### What does the phrase "healthy athlete" mean for you?

It's a philosophy of life which doesn't just apply to sport, it's an all-round way of thinking about being happy through being able to master your body ... able to control it and not be dependent on it.

It's the little daily things which help you to build up and control your body. An athlete in charge of his or her body is also in charge of their life and therefore of the daily choices to be made: social, professional, family, etc. The end result is finding physical and mental well-being.

#### You emphasise the pleasure to be found in doing sport and not in success...

Yes, that's what will help you find personal satisfaction and self esteem. It's vital if you want to avoid the abuses that can lead to doping behaviour...

#### What would you say to a young athlete who is reaching a certain level and who's asking him or herself "questions"?

You must be aware of the way you will be seen by others if you take that step. You really do have to be aware of that.

#### What influence does the family have?

It's important and double-edged. First, you have to work for yourself. You must influence your parents, not the other way round...! There's a trap trying to reason things out by saying it's to please the parents or to depend on their reactions (pleased if you win, sad if you don't). Don't forget, these reactions can also lead to doping behaviour.

#### Your view of competition?

A competition should allow you to "better yourself" and not systematically to be "better than others". These are two opposite ways of thinking: one helps you to improve your performance (personal progress, self regard, self improvement) and the other is less enhancing because in the end comparing yourself to others doesn't bring you very much.

#### What are you doing these days?

For 10 years up to 2011 I did skyrunning. Then I went back to my first love of mountain biking which I do quite intensively. I really like the idea of progress because by going back to zero with the mountain biking I can see that I make progress daily! It's quite exciting and maybe I'll finally be on top form in a few years!



## How to improve your performances in a healthy way?

### The principles of training

- ▶ Know the technical, tactical, physical and mental qualities required and demanded by the sport.
- ▶ Be sure that the amount, the complexity and the intensity of the training sessions are progressive.
- ▶ Adapt the intensity of the forms and workloads to the athlete (individualisation) according to their characteristics (age, level, physical traits, tiredness, etc...) and the environment (weather conditions, time of day, practice conditions, etc..).
- ▶ Carry out an individual evaluation of the athlete to fix their progress programme in different areas (technical, tactical, physical and mental).
- ▶ Establish a balanced programme for the sport season with the coach which includes periods for recuperation.
- ▶ Communicate, have a relationship of trust with your coach and be able to give feedback so the work programme can be adapted according to state of tiredness.

### Best practice to improve performances

- ▶ Have a good lifestyle: a healthy and balanced diet and enough sleep.
- ▶ Get regular medical checks.
- ▶ Accept your limits.
- ▶ Call on those closest to you to help you get over problems.
- ▶ Learn to manage failure or poor performance.

### In general

- ▶ Develop self confidence, be able to say NO.
- ▶ Be informed about doping behaviour.
- ▶ Talk to those in the know if you need to.



## Making your teachers aware...

The role of the Ministry of Education is to help adolescents acquire skills and knowledge, to develop a sense of criticism and autonomy and therefore adopt behaviour which is good for their state of health. Thanks to an educational health programme and in collaboration with the committee for health and citizenship education (CESC) information campaigns have been carried out among secondary school students to combat addictive behaviour and doping, all throughout the school programme and this is to prepare them to be responsible citizens.

A booklet for teachers has been published, in collaboration with the Ministry of Sport, in order to better understand how doping and doping behaviour is represented to young people and to understand the factors which lead someone into doping habits or behaviour... and so they will be better able to handle such situations!







## Physical activity is good ...

### ... for your body!

- ▶ Keeping your heart in good shape by doing regular physical activity reduces cardiovascular disease (angina, heart attacks, heart failure, and high blood pressure).
- ▶ Enough physical activity and / or extra physical activity reduces the risk of strokes.
- ▶ Exercise plays an important part in regulating the balance between good and bad cholesterol.
- ▶ Regular exercise affects the metabolism of blood fats and sugars and helps to control weight, it prevents or helps manage excess weight and obesity, for children as well as adults.
- ▶ It helps avoid muscle loss, especially for older people.

### ... for your physical condition!

- ▶ Exercise helps improve aerobic capacity and slows the decline in respiratory capacity.
- ▶ It helps maintain or increase muscle mass and ability (strength, endurance, flexibility...).
- ▶ It helps prevent the loss of age-associated bone mineral density by acting on bone remodelling and helping to reduce fractures caused by osteoporosis.
- ▶ It helps maintain or improve flexibility, balance and coordination and thus reduces the risk of falling over.

### ... for your morale!

- ▶ Exercise is linked to major reductions in depression and anxiety by getting rid of accumulated tensions.

- ▶ It acts on better stress management, and helps in relaxation and winding down.
- ▶ It helps to get better quality sleep when practised moderately and regularly and not when practised in the evening before bedtime. It also helps resist fatigue.
- ▶ Thanks to the well-being achieved and the feeling of making progress, it helps in developing self-respect and a positive body image.
- ▶ It plays an important role in the fight against the bad side-effects on the health that come from the addictive behaviour of
- ▶ It helps improve the feeling of well-being.

### ... for your social network!

- ▶ Physical activity also has positive effects on some social factors, which in turn affect mental health.
- ▶ It helps social integration and meeting people, a factor which increases motivation.
- ▶ Sport done collectively can help increase fun and togetherness between friends or family.

### ... for your brain!

- ▶ Exercise helps improve concentration in life and everyday, and particularly for children at school.
- ▶ It helps develop autonomy and feelings of responsibility.





## The UNSS Aim: Get the greatest number of people doing a physical or sporting activity!

**Sport at school is a real bridge between the school and the sports world outside. School sports associations open the way to sports clubs and associations and to all sporting federations.**

To boost this, the agreements between the UNSS and sporting federations play a big part in order to promote:

- ▶ access for UNSS licence holders to the federal world, as athletes but also by taking on responsibilities within clubs (judge / referee, coach, organiser, reporter...)
- ▶ students' sporting practice.

This need is proved by the two founding values of the UNSS: sharing and success

- ▶ providing teaching resources
- ▶ training teachers with the support of the primary schools sports union (USEP). These agreements have been signed at a national level and rolled out at a local level and the promote links between schools and clubs, the school world and the sports world.

On 1 February 2017, 31 French federations signed a framework agreement with the Ministry of Education, the Ministry of Sport and the two school federations USEP and UNSS.

**An interview with...** Pierre Huertas, age 17, young "national" referee UNSS of the sports association of the Fourier high school, Auxerre (Yonne, Academy of Dijon)



### **Pierre, being a healthy athlete, what does that mean for you?**

For me, it's very simple, it symbolises the spirit and the identity of our sports association: respect, excellence and above all the pleasure in doing sport together, without cheating. The healthy athlete is the one who practises their sport and their passion while respecting their body and their health and the basic rules common to everyone!

### **How would you react if you found one of your partners doping or cheating?**

At first, it's not an easy thing to tackle. It's shocking to find a partner who has done this and it instantly alarms me. But I know that I would immediately go and talk openly to them without avoiding the issue. It's like when I blow my whistle in a match: that tells all the players, coaches and spectators of an incident in the game which must be understood by all because the rules must be respected. I associate the whistle with a particular gesture which communicates to everyone; I can speak too, to be even clearer and instructive.

In a case of doping it would be the same thing and the blow on the whistle would be the words I use and the discussion I would immediately have with him or her to show that we don't agree with such behaviour. When I say "we" I mean our group and the values we defend. And then I'd continue, "Seriously, why are you doing this?"

By tackling them, it's making them face up to their responsibilities and immediately show I don't agree. Then I would help them, advise and listen in order to reinforce the values which motivate us all: respect, excellence and the pleasure of doing our sport together without cheating!

### **Does someone who cheats still have a place in sport?**

I would follow the same pattern as I do when I referee a match. Sometimes I need to show a player a red card. Why? For example because they have deliberately prevented the other team scoring a goal. I tell them immediately, they get a red card and must leave the pitch. They must be sanctioned afterwards. Should they be banned from playing football after that? Of course not. But I just hope that when they come back in the next match they won't have the same attitude and will prefer to enjoy being with their fellow players on the pitch, and respecting the rules! If someone cheats, they must be told straight away, made aware and educated. This must be discouraged with the means we have available and they must be accompanied on the straight path to playing healthy sports!



## The "Digital Health Passport"

The UNSS "Digital Health Passport" is a games app which lets every student or adult evaluate their health capital or their potential as a "healthy athlete". What is it? It's a "personal quiz" with 26 questions on different topics to be completed online or on a tablet during UNSS events (on food, sleep, lifestyle, doping and doping behaviour, physical activity, addictive behaviour ...)

The process is simple: there are 4 possible answers to each question. Special advice **#SportSanté** will then provide information before passing on to the next question.

This digital passport is available on <http://udb.unss.org/masante>, under the "Ma forme" tab on the mobile app MyUNSS, with special focus on the fight against doping behaviour!

## Action to raise awareness during events

### #LeSaviezVous

When the UNSS organises sporting events the rules emphasise setting up stands, a SportSanté village, raising awareness, education and prevention regarding doping behaviour and addictive behaviour.

This allows information to be given directly to athletes on the sports place.

## #LeDéFit': the programme for the healthy athlete!

This is a fun, team race for twos or teams, open to all and non-competitive where the format can be adapted to the magnificent places and sites visited (all terrain race, obstacle race, sports workshops, etc ...)

The DéFit' is organised during races and cross country events organised by the UNSS in each department, and region of France as well as at championship level.

**One aim:** restore pleasure and meaning to young people doing sport, on the move!

**One key idea:** "Eat well, drink well and move!"

**Did you know:** the French basketball player Nicolas BATUM (Charlotte Hornets - NBA) is the official ambassador for the UNSS and this programme!

<http://www.dailymotion.com/video/x5h585o>

In each #LeDéFit' race, there are programmes to raise awareness about the dangers of being sedentary, and to fight against doping and doping behaviour.

## Controls with a view to prevention have been set up by Young Officials for young people!

Each year the UNSS trains many Young Officials who help in organising, managing and setting up sports events. Some are responsible for making athletes aware of the dangers of doping and doping behaviour.

What happens? The Young Officials are trained by qualified specialists from the Ministry of Sport, the Ministry of Education and the French anti-doping agency and they then carry out preventative anti-doping checks on athletes or get them to do the digital passport tests on a tablet, they communicate and exchange views with athletes.

## World conference and training

Every year the UNSS organises training and conferences at a worldwide level with its partners: the Ministry of Sport, the Ministry of Education, the international federation of school sport and the French anti-doping agency. In particular this helps to train organisers of sports events, draw up a list of doping and doping behaviour among young people (aged 11-18), make young people aware, stress the value of best practice, identify the role of each actor in a sport and define a potential action plan for the young.

## 5 videos for the general public: A fun and educational series is being filmed!

The UNSS is working on the creation of a fun, educational series aimed at the public in general. Unlike the harsh and often vindictive messages that are sometimes broadcast our angle is to treat the topic of the anti-doping fight with humour. It's not possible to laugh at everything but many messages can be communicated by using humour ...!

You too! Discover  
the sports collection  
and adopt the

**c.o.d.e.**  
*attitude!*



[www.collectionlecode.fr](http://www.collectionlecode.fr)

 [www.facebook.com/LeCODEcollection](http://www.facebook.com/LeCODEcollection)

# Glossary

of stuff by

Practical vocabulary

The  
**c.o.d.e.**  
of the healthy  
athlete

## CONDUCT

"Our task consists in building, every day, our behaviour and our life, to conquer not provinces by winning battles, but tranquillity and order for our life and our acts."

Michel de Montaigne

## PLEASURE

Long lasting agreeable feeling, brought by the satisfaction of a need or a desire or by accomplishing a gratifying act. "Pleasure should light the flame of life!"

Bernardin de Saint-Pierre

## BODY

The body of Man has an articulated skeleton which is complete and perfect in all its different parts. This skeleton gives shape to the body, has many points where muscles are attached and allows man almost infinite variety in his movements.

## ETHICS

A philosophical discipline, reflecting on the purposes and values of existence, on the conditions of a happy life, on the notion of "good" or on questions of morals and morale.

## NUTRITION

All the acts that assimilate and transform foodstuffs within our body, where the aim is to ensure the correct functioning of the individual, maintaining body temperature and the production of energy.

## RECUPERATION

Recuperation is all of the processes which combine to allow the athlete to regain all of their physical means.

## MASTERY

The ability to dominate things, to govern oneself according to reason and will, by keeping control of one's impulses and instinct.

## REST

State of minimal activity for the organs and the muscles. "Idleness is as tiring as rest is sweet."

Pierre-Marc Gaston

## SELF ESTEEM

Internal attitude which consists in telling oneself that one has value, that one is unique and important. "There are defeats which are victories... When I think about it, I've had a lot of success."

Patrick Timsit

## STRETCHING

Specific exercises to improve mobility by progressive lengthening of muscles to their maximum amplitude. Can be done at the time of any sporting activity but also often lying in bed or on a sofa.

# The 10's *by*

10 SIMPLE REFLEXES

The  
**c.o.d.e.**  
of the healthy  
athlete

1

I  
**am**  
wary of any  
products I am  
offered

2

I  
**trust**  
my natural  
capacities

3

I  
**practice**  
the same values  
in life as in  
sport

4

I  
**get**  
high doing  
my sport

5

I  
**have**  
a healthy  
consumer  
style

6

I  
**have**  
the right to  
doubt, the right  
to fail

7

I  
**mix**  
with people I trust

8

I  
**am**  
aware of my  
limits

9

I  
**work**  
equally hard on  
my mental and  
physical states

10

I  
**have**  
the c.o.d.e.  
attitude!

Publication

collectionlecode.fr