

## **ANTI-DOPING EDUCATION RESOURCES**

FIRS want to assist in protecting the spirit of true sport being undermined by doping. We, along with the anti-doping community, believe that education is the best way to achieve this. The primary goal of anti-doping education and information is to prevent the intentional and / or unintentional use of prohibited substances and methods by athletes.

### **ANTI-DOPING INFORMATION & EDUCATIONAL MATERIALS.**

**NATIONAL ANTIDOPING ORGANISATIONS (NADO's)** have education programs on their webpage. These are in the language of the country. NADO contact details are available from National Federations and WADA webpage.

**Most of the WADA programs are available in a variety of languages**

### **WORLD ANTIDOPING AGENCY (WADA) PROGRAMS – How to find**

- 1** Go to WADA web page [www.wada-ama.org](http://www.wada-ama.org)
- 2** Click on “What We Do” tab
- 3** Click on Education and Prevention on the table on the left

There are a range of online education programs for athletes of all ages and toolkits for antidoping program managers, team doctors, coaches, doping control officers as well as information on the process of collecting a sample and the use of ADAMS.

### **Some examples are**

#### **ALPHA**

ALPHA stands for Athlete Learning Program about Health and Anti-Doping ALPHA is an elearning tool which is informative and easy to use designed by specialists including athletes, social scientists, medical specialist with a knowledge of anti doping.

#### **COACH TRUE**

Coach true is a computer based anti-doping learning tool for coaches. WADA has created Coach True to assist in the anti-doping education of coaches.

#### **PLAY TRUE CHALLENGE**

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[www.rollersports.org](http://www.rollersports.org)

This is a fun computer simulation produced by WADA that allows young athletes and young people to become familiar with the situations they may be faced with in the doping scene.

### **WADA PLAY TRUE QUIZ**

Interactive computer game that tests athletes' knowledge about anti-doping produced in 36 languages

### **SAY NO TO DOPING**

Anti-doping awareness campaign launched by WADA for sporting organisations

### **OUTREACH**

Model created by WADA in an effort to provide stakeholders with the tools necessary to educate about anti doping. FIRS in conjunction with Coldeportes run an outreach program at the 2015 World Artistic Championship in Cali.

### **MORE HELPFUL ANTIDOPING RESOURCES**

[guard.sportaccord.com](http://guard.sportaccord.com) - Global Unified Athletes Research Database, is a web-based database designed for athletes and athletes' support personnel to check the composition of medicines and supplement substances for the presence of banned substances in accordance with the WADA prohibited list

[www.globaldro.org](http://www.globaldro.org) - The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List

[checksubstances.asada.gov.au](http://checksubstances.asada.gov.au) - Online platform to check substances in Australia by the Australian Sports Anti Doping Authority (ASADA)

[www.antidoping.ch/en/medicine-substances-and-methods](http://www.antidoping.ch/en/medicine-substances-and-methods) - Online platform to check substances in Switzerland by Antidoping Switzerland (mobile app also available).

[www.informed-sport.com](http://www.informed-sport.com) - A quality assurance programme for sports nutrition products, suppliers to the sports nutrition industry, and supplement manufacturing facilities.

[www.ausport.gov.au/ais/nutrition/supplements/a-z\\_factsheets](http://www.ausport.gov.au/ais/nutrition/supplements/a-z_factsheets) - A-Z factsheet about supplements by Australia's strategic high performance sport agency (AIS). This site provides extensive information about supplements.

[www.consumerlab.com](http://www.consumerlab.com) - Supplement information and reviews.

[www.wada-ama.org/national-anti-doping-organizations-nado](http://www.wada-ama.org/national-anti-doping-organizations-nado) - WADA web page with information about all National Anti-Doping Organisations (NADOs).

Athletes, National Federations, Confederations, FIRS technical committees and athlete support personnel are responsible for developing their knowledge of antidoping rules. Athletes who knowingly dope and are caught get their just deserts however it is devastating when an athlete is sanctioned for an antidoping rule violation that occurs through lack of knowledge.

***Athletes are responsible for anything found in their system and supplements are never 100% safe.***

WADA code and International standards can be downloaded from the WADA web page [www.wada-ama.org](http://www.wada-ama.org)

FIRS Antidoping Policy can be downloaded from the FIRS webpage [www.rollersports.org](http://www.rollersports.org)

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