

# IFSC ANTI-DOPING EDUCATION PLAN

2021-2024



INTERNATIONAL FEDERATION OF SPORT CLIMBING

Version 3

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## 1. OVERVIEW

### 1.1. INTRODUCTION

As a Signatory of the World Anti-Doping Code (Code), the IFSC has a responsibility to develop and run Education programs aimed at Athletes and Athlete Support Personnel of IFSC. IFSC is convinced that the long-term solution to avoid doping is through effective prevention and clean sport values-based education programmes.

Education programs aimed at International-Level Athletes<sup>i</sup> shall be the priority as determined by IFSC in reference to section 7.3.1 of the World Anti-Doping Agency (WADA)'s International Standard for Education (ISE). In accordance with this new standard, IFSC also requires Member Federations to conduct Education in cooperation with the applicable National Anti-Doping Organization as per Code Article 20.3.13.

The Education Plan is built for a four-year cycle and is designed to progressively increase the reach of education activities of the IFSC.

The Plan also takes into consideration:

- The small size of IFSC and the limited resources suggest to keep this document lean and to the point.
- That Sport Climbing is a sport where the risk is perceived lower than most of the sports, mostly because it is a sport with a strong culture about values and has got still low potential for money-making.
- The human resources of IFSC. IFSC is a signatory of the World Anti-Doping Code and a member of Association of IOC Recognized International Sports Federations (ARISF). This plan is designed to honor these commitments while being cognizant of the fact the Federation does not have the same number of resources as an Olympic Sport Federation.

## 2. EDUCATION PLAN

This document provides a simple overview of action taken by IFSC to provide education about anti-doping rights and responsibilities. The IFSC believes in a value-based approach and in the past few years has been working with the Ethics Commission with targeted groups towards education activities that emphasize the development of an individual's personal values and principles.

### 2.1. OBJECTIVES

**Objective 1:** For the IFSC to become the centre hub of the value-based approach on clean sport for all Member Federations, while also providing resources and information.

**Objective 2:** To make sure that all groups belonging to the Education Pool have access to anti-doping education by the end of year 2024.

**Objective 3:** To establish metrics and measurables that will annually evaluate the anti-doping education plan.

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<sup>i</sup>According to IFSC Rules:

***“International Level Athletes means, for the purposes of the IFSC Anti-Doping Rules, any competitors selected to be part of the Testing Pool and Registered Testing Pool (as these are defined within the IFSC Anti-Doping Rules) and in addition:***  
*a) any International Licence Holder ranked within 15th or better in the World Ranking (for each Discipline); and*  
*b) each current Youth World Champion (for each Discipline),*  
*in each case as at the conclusion of the immediately preceding calendar year.”*



## 2.2. TARGET GROUPS

The Education Plan focuses on two main target groups:

### Education Pool

- International-Level Athletes, as defined by IFSC Rules
- Athletes returning from sanction
- Youth World Championships athletes, Team Officials, and parents and guardians of minors

### Other Target Groups

- All athletes, including parents and guardians of minors
- Team Officials, including Head of Delegation, Coaches and Medical Personnel (Athlete Support Personnel)
- National Federations (administrators and leadership)
- IFSC Staff, Officials, and Executive Board members

## 2.3. ROLES AND RESPONSIBILITIES

IFSC has the responsibility to support, encourage, develop and implement initiatives that increase the skills and knowledge of people involved in sport climbing activities about anti-doping matters. The IFSC is responsible for the creation of the Education Plan, for ensuring that the Plan is compliant with the 2021 World Anti-Doping Code and the 2021 International Standards for Education, for subsequent plan implementation, monitoring and evaluation.

By being a young and small federation, the IFSC cannot afford to hire a dedicated person to follow the Education Plan and its implementation; however, the IFSC relies on the work of its commissions and departments to make sure the Education Plan is followed and implemented. The Coaches Commission works on content and delivery of a basic course for all Team Officials registered at the competitions starting from 2021 season; the Sport Department support its implementation making sure the online tools needed are available (online Licence and Registration system development and maintenance). Such courses include a broad value-based education developed in collaboration with the Ethics Commission on all aspects of coaching, including awareness and education on anti-doping. The Athletes' Commission and a recently created network of National Athletes' Representatives maintain strong communication with a large pool of athletes, ensuring information are received at all levels.

## 3. ACTION PLAN AND TIMELINES

### 3.1. GENERAL ACTIVITIES

#### Website

The IFSC keeps an up-to-date and accurate Anti-Doping section on the official website [www.ifsc-climbing.org](http://www.ifsc-climbing.org) with content on clean sport. At the end of 2021, a review of the website includes the possibility to access Anti-Doping from a second menu on the main page, always available.

#### Communication

The Communications Department manages social media accounts including Facebook, Twitter, Instagram and LinkedIn. These tools are used to reach IFSC Target Groups and other members of the IFSC community and to raise awareness on topics related to clean sport. The IFSC celebrates yearly the Play True day of 9 April and circulates monthly posts on Anti-Doping topics.

Additionally, a mailing list with all Member Federations contact is used for updates and information regarding ongoing activities.

#### Event-based education

Event-based education activities will be carried out at the Youth World Championships to build competence in clean sport behaviours and make informed decisions. The sessions typically consist of an anti-doping seminar provided for National Federation delegates, Team Officials, athletes, and their parents/guardians (if present). They can be then followed up with 2-3 days of

booth/stand activities at competition venues. During the sessions, the main principles of anti-doping were covered and participants were given the opportunity to use the WADA Education tools, such as the WADA Quiz. Evaluations during and after the event are conducted and the attendance numbers are tracked.

3.2. TARGETED ACTIVITIES

Taking into consideration the structure of the sport, staffing resources available, and the support and services provided IFSC plans to undertake the following activities in order to educate its members about anti-doping issues. The IFSC education program has been tailored to the participating groups and context, creating specific opportunities for all groups to learn.

EDUCATION POOL

TARGET AUDIENCE	ACTIVITY	MEDIUM	TIMELINE	TARGET AND EVALUATION
International-Level Athletes <sup>ii</sup>	<p><b>ADEL for International-Level athletes :</b> mandate all RTP members to complete all sessions of raining and get online certification.</p> <p><b>Face to face:</b> Where appropriate, IFSC will present relevant anti-doping information in a face-to-face environment as a follow up to the information gained online. Alternatively IFSC will arrange for an NADO presenter to make a presentation.</p> <p><b>Individual interface:</b> When needed, IFSC will follow up providing specific information or upskilling to individual athletes.</p> <p><b>From 2021 Licence Application:</b> Athletes’ direct access and acknowledgment of Anti-Doping rights and responsibilities.</p> <p><b>From 2022 Added to the Licence Application:</b> Athletes’ compulsory agreement to have completed ADEL for International-Level athletes .</p>	<p>Introduction letter when joining the RTP program.</p> <p>IFSC Licence System and ADeL online resources</p>	Repeated every year	<p>Target: 100% of members hold certification every year. Increase number of hits on those webpages of 30% each year</p> <p>Evaluation: - Cross check of the ADeL system with list of athletes. - Website analytics.</p>
Athletes returning from sanction	<p><b>ADEL for International-Level athletes :</b> mandate all RTP members to complete all sessions of raining and get online certification.</p> <p><b>Face to face:</b> Where appropriate, IFSC will present relevant anti-doping information in a face-to-face environment as a follow up to the information gained online. Alternatively IFSC will arrange for an NADO presenter to make a presentation.</p> <p><b>Individual interface:</b> When needed, IFSC will follow up providing specific</p>	Information letter	Repeated every year	<p>Target: - 100% of members hold certification every year.</p> <p>Evaluation: - Cross check of the ADeL system with list of athletes.</p>

<sup>ii</sup> as defined by the IFSC Rules, including Testing Pool Athletes and Youth Athletes

	information or upskilling to individual athletes.			
Youth World Championships athletes, Team Officials, and parents and guardians of minors	<b>Event-based education:</b> at the Youth World Championships the IFSC organises an anti-doping seminar followed by a 2-3 days booth.		Repeated every year from 2022	<p>Target:</p> <ul style="list-style-type: none"> <li>- 15% of registered athletes participation to seminar</li> <li>- 25% of registered athletes attend the booth</li> </ul> <p>Evaluation:</p> <ul style="list-style-type: none"> <li>- Seminar evaluation and track of attendance</li> <li>- Booth numbers</li> </ul>

OTHER TARGET GROUPS

TARGET AUDIENCE	ACTIVITY	MEDIUM	TIMELINE	TARGET AND EVALUATION
All athletes, including parents and guardians of minors	<b>Basic knowledge:</b> to encourage visiting Education pages under Anti-Doping institutional website to understand key elements of anti-doping governance, checking medications, TUEs and Prohibited List as well as Reporting Doping.	Communication to NFs, social, institutional website and Athletes' representatives	Repeated every year	<p>Target:</p> <ul style="list-style-type: none"> <li>- Increase number of hits on those webpages of 30% each year</li> </ul> <p>Evaluation:</p> <ul style="list-style-type: none"> <li>- Website analytics.</li> </ul>
All athletes, including parents and guardians of minors	<p><b>From 2021 Licence Application:</b> Athletes' direct access and acknowledgment of Anti-Doping rights and responsibilities.</p> <p><b>From 2022 Added to the Licence Application:</b> Athletes' compulsory agreement to have completed ADEL for International-Level athletes for athletes and ADEL Parents' Guide course for parents and/or guardians.</p>	IFSC Licence System and ADEL online resources	Increased commitment in the 2021-2024 period	<p>Target (&amp; of members hold certification each year)</p> <ul style="list-style-type: none"> <li>- 30% in 2021</li> <li>- 50% in 2022</li> <li>- 75% in 2023</li> <li>- 100% in 2024</li> </ul> <p>Evaluation:</p> <p>Cross check of the ADEL system with list of athletes.</p>
Team Officials, including Head of Delegation, Coaches and Medical Personnel (National Teams)	<p><b>From 2021 Licence Application:</b> Athletes' direct access and acknowledgment of Anti-Doping rights and responsibilities.</p> <p><b>From 2022 Added to the Licence Application:</b> Athletes' compulsory agreement to have completed <i>ADEL High Performance Coaches Education Program</i> course for coaches and head of delegation, and <i>ADEL Medical Professional Education Program</i> course for medical personnel.</p>	IFSC Licence System and ADEL online resources	Increased commitment in the 2021-2024 period	<p>Target (&amp; of members hold certification each year)</p> <ul style="list-style-type: none"> <li>- 30% in 2021</li> <li>- 50% in 2022</li> <li>- 75% in 2023</li> <li>- 100% in 2024</li> </ul> <p>Evaluation:</p> <p>Cross check of the ADEL system with list of athletes.</p>
National Federations (administrators and leadership)	<b>Basic knowledge:</b> to encourage visiting Education pages under Anti-Doping institutional website to understand key elements of anti-doping governance, checking medications, TUEs and Prohibited List as well as Reporting Doping.	Communication via email	Yearly	
IFSC Staff, Officials, and Board Members	<b>ADEL for International-Level athletes:</b> mandate all staff members and current board members to have completed online training.	Internal communication		100% of staff to hold certificate.



#### 4. RISKS AND CONTINGENCY PLAN

Enforcement of mandatory completion of ADeL courses for athletes and other target groups means that course completion must be monitored by the IFSC. The development of an automatic tool to directly connect ADeL and IFSC Licences and Registration system is highly advisable as the workload connected might soon become a risk to the programme.

#### 5. EDUCATION RESOURCES

##### 5.1. LIST OF TOPICS

The list of topics covered in the IFSC Education Plan is consistent with the topics outlined in the 2021 World Anti-Doping Code and the 2021 International Standards for Education:

- Principles and values associated with clean sport;
- Athletes', Athlete Support Personnel's and other groups' rights and responsibilities under the Code;
- The principle of strict liability;
- Consequences of doping (i.e. physical and mental health, social and economic effects, sanctions);
- Anti-doping rule violations;
- Substances and Methods on the Prohibited List;
- Risks related to the use of supplements;
- Use of medications and Therapeutic Use Exemptions (TUEs);
- Testing procedures including urine, blood and Athlete Biological Passport;
- Requirements of the Registered Testing Pool, including whereabouts and the use of ADAMS;
- Speaking up to share concerns or intelligence information about doping.

##### 5.2. RESOURCES

Appendix I provides the full list of resources that will be incorporated in the IFSC Anti-Doping information and education section. Resources are broken down by topic and language in which they are available. A section with e-Learning resources will be added to give the IFSC community direct access to ADeL and other free learning programs. In addition, a section of NADO resources will be included to direct athletes to their country/language of choice.

#### 6. COMMUNICATION ACTIVITIES

##### 6.1. INTERNAL AND EXTERNAL COMMUNICATIONS

Communication campaigns will regularly be arranged throughout the year via stakeholders mailouts.

The IFSC celebrates yearly the Play True day of 9 April and circulates monthly posts on Anti-Doping topics.

##### 6.2. INSTITUTIONAL COMMUNICATIONS

Additionally, a mailing list with all Member Federations contact is used for updates and information regarding ongoing activities.

## APPENDIX I - EDUCATION RESOURCES

### 1. Topics outlined in International Standard for Education 2021

#### Principles and values associated with clean sport

- About Anti-doping <https://www.wada-ama.org/en/resources/education-and-prevention/at-a-glance-about-anti-doping> English/French/Spanish/Bengali/Dutch/Turkish/Greek
- Sport value education Toolkit (for children): <https://www.wada-ama.org/en/resources/education-and-prevention/sport-values-in-every-classroom-toolkit> English
- Parent's guide to support clean sport: <https://www.wada-ama.org/en/resources/education-and-prevention/parents-guide-to-support-clean-sport> English/French/Spanish/Korean/Russian/Croatian/Turkish

#### Athletes' and Athlete Support Personnel's rights and responsibilities, Principle of strict liability

- Rights and responsibilities in Code 2015: <https://www.wada-ama.org/sites/default/files/resources/files/wada-reference-guide-to-2015-code.pdf> English (part 4)
- Rights and responsibilities in Code 2021: [https://www.wada-ama.org/sites/default/files/resources/files/2021\\_code.pdf](https://www.wada-ama.org/sites/default/files/resources/files/2021_code.pdf) English (part 3, Article 21)
- WADA's Q&A on Strict liability in Anti-doping: <https://www.wada-ama.org/en/questions-answers/strict-liability-in-anti-doping> English/French

#### Consequences of doping: physical and health consequences

- Recognize doping: [https://adel.wada-ama.org/sites/default/files/opigno\\_scorm\\_extracted/scorm\\_1287/CourseModule160/el/pdf/recognizing\\_doping.pdf](https://adel.wada-ama.org/sites/default/files/opigno_scorm_extracted/scorm_1287/CourseModule160/el/pdf/recognizing_doping.pdf) English
- Dangers of doping: physical and health consequences: <https://www.wada-ama.org/en/resources/education-and-prevention/dangers-of-doping-get-the-facts> English/French/Spanish/Arabic/Portuguese,International/Chinese/Czech/Russian/Turkish

#### Anti-doping rule violations

- Anti-doping rule violations in Code 2015: <https://www.wada-ama.org/sites/default/files/resources/files/wada-reference-guide-to-2015-code.pdf> (part 9)
- Anti-doping rule violations in Code 2021: [https://www.wada-ama.org/sites/default/files/resources/files/2021\\_code.pdf](https://www.wada-ama.org/sites/default/files/resources/files/2021_code.pdf) English (part 1, Article 2)
- WADA'S Q&A on ADRVs: <https://www.wada-ama.org/en/questions-answers/2015-adrvs-report> English/French

#### Substances and Methods on the Prohibited List

- What is prohibited - the 2020 list Webpage: <https://www.wada-ama.org/en/content/what-is-prohibited> English/French/Spanish
- Prohibited List: <https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents> English/French/Spanish/Bulgarian/Catalan/German/Portuguese,International/Arabic/Latvian
- WADA'S Q&A on Prohibited list: <https://www.wada-ama.org/en/questions-answers/prohibited-list-qa> English/French

#### Use of Medications, Supplements and Therapeutic Use Exemptions

- Therapeutic Use Exemptions (TUES) : <https://www.wada-ama.org/en/resources/education-and-prevention/at-a-glance-therapeutic-use-exemptions-tues> English/French/Spanish/Bengali/Dutch/Turkish/Greek
- WADA's Q&A on Medications : <https://www.wada-ama.org/en/questions-answers/athletes-and-medications> English/French
- TUE Application form <https://www.wada-ama.org/en/resources/therapeutic-use-exemption-tue/tue-application-form> English/French/Spanish



- WADA Q&A on TUEs <https://www.wada-ama.org/en/questions-answers/therapeutic-use-exemption-tue> English/French
- Managing the risks of nutritional supplements - NADO content: <https://www.drugfreesport.org.za/supplements-and-their-risks/>
- Global DRO – check medicines: <https://www.globaldro.com/Home> English/French/German/Japanese
- Global DRO link to other countries: <http://www.globaldro.com/home/other-countries>

#### Testing procedures, including urine, blood and the Athlete Biological Passport:

- Doping control process for athletes Video: <https://www.wada-ama.org/en/resources/education-and-prevention/doping-control-process-for-athletes>  
English/French/Arabic/Croatian/German/Greek/Portuguese,International/Russian/Spanish/Swedish/Polish/Vietnamese/Thai/Indonesian/Cantonese/Turkish
- The doping control process- Urine <https://www.wada-ama.org/en/resources/education-and-prevention/at-a-glance-the-doping-control-process> English/French/Spanish/Bengali/Dutch/Turkish/Greek
- WADA's Q&A on Athlete Biological Passport: <https://www.wada-ama.org/en/questions-answers/athlete-biological-passport> English/French
- ITA - Real Sport Lab, including urine and blood testing procedure : <https://ita.sport/education/realsportlab/>  
[Chinese/English/French/German/Italian/Japanese/Korean/Russian](#)

#### Whereabouts

- At-a-Glance: Athlete Whereabouts leaflet: <https://www.wada-ama.org/en/resources/whereabouts/at-a-glance-athlete-whereabouts> English/French/Spanish/Bengali/Dutch/Turkish/Greek
- WADA's Q&A on Whereabouts : <https://www.wada-ama.org/en/questions-answers/whereabouts> English/French
- ADAMS login page: <https://adams.wada-ama.org>
- Video - Entering Whereabouts: <https://www.youtube.com/watch?v=UmTpHy9oJc8&index=2&list=PLA9222704E5323A3F>  
English

#### Speaking up to share concerns about doping

- WADA Speak-up Webpage: <https://speakup.wada-ama.org/WebPages/Public/FrontPages/Default.aspx> English/French

#### 2. E-learning

- Anti-doping e-learning Resources page <https://www.wada-ama.org/en/what-we-do/education-prevention/anti-doping-e-learning-adel>
- ADel: <https://adel.wada-ama.org/>
- Coach True – e-learning for coaches: <https://www.wada-ama.org/en/resources/education-and-prevention/coach-true>
- Sport physician's tool kit -online learning: <https://www.wada-ama.org/en/resources/education-and-awareness/sport-physicians-tool-kit-online-version>
- Play True Quiz: <http://quiz.wada-ama.org/> 43 languages available
- Play True Quiz – Youth version: <http://quiz.wada-ama.org/youth/> 42 languages available

#### 3. Other Resources

##### For Athletes:

- Athlete Reference Guide to the 2015 Code: <https://www.wada-ama.org/en/resources/education-and-prevention/athlete-reference-guide-to-2015-code-online-version>  
English/French/Danish/Dari/Estonian/Finnish/Kazakh/Kyrgyz/Mongolian/Spanish/Tajik/Turkmen/Uzbek
- Level the Playing Field video: <https://www.youtube.com/watch?v=gZY-syOmqNQ>
- WADA Youth Zone : <https://www.wada-ama.org/en/what-we-do/education-awareness/youth-zone> English
- WADA's Athlete Consent Form template: <https://www.wada-ama.org/en/resources/doping-control-process/athlete-consent-form>
- WADA's Prohibited Association List: <https://www.wada-ama.org/en/resources/the-code/prohibited-association-list>



- WADA videos on YouTube: [www.youtube.com/user/wadamovies](http://www.youtube.com/user/wadamovies) English

#### For Athlete Support Personnel:

- [Coach's Tool Kit](https://www.wada-ama.org/en/resources/education-and-awareness/coachs-tool-kit): <https://www.wada-ama.org/en/resources/education-and-awareness/coachs-tool-kit>
- Sport Physician's Tool Kit – download version: <https://www.wada-ama.org/en/resources/education-and-awareness/sport-physicians-tool-kit>
- [Program Officer Tool KIT](https://www.wada-ama.org/en/resources/education-and-awareness/program-officers-tool-kit): <https://www.wada-ama.org/en/resources/education-and-awareness/program-officers-tool-kit> English/French
- Education and prevention resources (37): [https://www.wada-ama.org/en/resources/search?f%5B0%5D=field\\_resource\\_collections%3A220](https://www.wada-ama.org/en/resources/search?f%5B0%5D=field_resource_collections%3A220) English/French
- Q&A on Athlete Biological Passport - Administrative & Technical Version: <https://www.wada-ama.org/en/questions-answers/athlete-biological-passport-administrative-technical-version> English/French

#### Code, Guidelines and International Standard:

- 2021 International Standards for Education: <https://www.wada-ama.org/en/resources/the-code/2021-international-standard-for-education> English
- Guidelines 2016- Education and Information to prevent Doping in Sport <https://www.wada-ama.org/en/resources/education-and-prevention/guidelines-education-and-information-to-prevent-doping-in-sport> English/French/Spanish
- 2015 World Anti-Doping Code: <https://www.wada-ama.org/en/what-we-do/the-code> English
- 2021 World Anti-Doping Code: <https://www.wada-ama.org/en/resources/the-code/2021-world-anti-doping-code> English
- Approved 2021 Code an standards documents 2021 (10): [https://www.wada-ama.org/en/resources/search?f%5B0%5D=field\\_resource\\_collections%3A228](https://www.wada-ama.org/en/resources/search?f%5B0%5D=field_resource_collections%3A228)
- Other Guidelines (17) [https://www.wada-ama.org/en/resources/search?f%5B0%5D=field\\_resource\\_collections%3A190](https://www.wada-ama.org/en/resources/search?f%5B0%5D=field_resource_collections%3A190)
- Education Guideline resources: <https://www.wada-ama.org/en/what-we-do/education-prevention/education-guidelines>  
Application Guidelines <https://www.wada-ama.org/en/resources/education-and-awareness/application-guidelines> English/French

#### Lists of signatories, NADOs:

- The full list of organizations on WADA's website: <https://www.wada-ama.org/en/what-we-do/the-code/code-signatories>
- List of national anti-doping organisations -WADA: <https://www.wada-ama.org/en/code-signatories#GovernmentFundedOrganizations>

#### 4. NADO Resources

##### USA- USADA (<https://www.usada.org/>)

- Athletes' tools <https://www.usada.org/> English
- Publications and policies Website <https://www.usada.org/resources/publications-and-policies/> English
- Coaching resources: <https://www.usada.org/resources/coach/> English
- HealthPro – resources for physicians and medical professionals: <https://www.usada.org/resources/healthpro/> English
- Nutrition guide: <https://www.usada.org/athletes/substances/nutrition/> English

##### Canada - Canadian Centre for Ethics in Sport (CCES) (<https://cces.ca/>)

- True sport resources page: <https://truesportpur.ca/resources> English/ French
- True sport principles: <https://truesportpur.ca/true-sport-principles> Arabic/English/Farsi/French/Inuinnaqtun/Inuktitut/Somali/Spanish/Swahili/ Swampy Cree



- True sport tips for parents : <https://truesportpur.ca/true-sport-tips-parents> English/ French
- Video for parents: choice of words <https://truesportpur.ca/theridehome> English
- True Sport Agreement- A process template for a group workshop that can build positive values and increase buy-in to True Sport. <https://truesportpur.ca/true-sport-agreement> English/ French
- True Sport Ltad Matrix- This tool suggests a set of activities for coaches at each of the Sport for Life stages, grouped by the seven True Sport Principles. <https://truesportpur.ca/true-sport-ltad-matrix>

#### Switzerland – Anti Doping Switzerland (<https://www.antidoping.ch/>)

- Education Resources webpage: <https://www.antidoping.ch/en/prevention/education> English/French/German/Italian
- Info on Testing: <https://www.antidoping.ch/en/testing> English/French/German/Italian
- Info on Medicine: <https://www.antidoping.ch/en/medicine> English/French/German/Italian
- Why anti-doping?: <https://www.antidoping.ch/en/prevention/why-anti-doping> English/French/German/Italian
- The role of support personnel: <https://www.antidoping.ch/en/prevention/role-support-personnel> English/French/German/Italian
- What athletes need to know: <https://www.antidoping.ch/en/prevention/athletes-know-how> English/French/German/Italian

#### UK- UKAD (<https://www.ukad.org.uk/>)

- UKAD e-learning courses for advisors and coaches: <http://ukad.coachwisehub.com/store> English
- UKAD athlete's info webpage: <https://www.ukad.org.uk/athletes> English
- TUEs: <https://www.ukad.org.uk/athletes/tues> English
- Anti- doping rules: <https://www.ukad.org.uk/anti-doping-rules> English
- Testing procedure (Video embedded) : <https://www.ukad.org.uk/violations/testing-process> English
- What is banned in sport: <https://www.ukad.org.uk/violations/whats-banned-sport-prohibited-list> English

#### China - CHINADA (<http://www.chinada.cn/>)

- Education resources page: <http://www.chinada.cn/jszc/2243.jhtml> Chinese
- Online quiz: <http://english.chinada.cn/Online%20Quiz.jhtml> Chinese
- Q&A Page on various topics: <http://english.chinada.cn/Q&A/index.jhtml> Chinese
- TUE application : <http://english.chinada.cn/TUE%20Application/index.jhtml> Chinese
- Whereabouts : <http://english.chinada.cn/WhereaboutsReport/index.jhtml> Chinese

#### Japan- Japan Anti-Doping Agency (JADA) (<https://www.playtruejapan.org/>)

- JADA Education package : [https://www.playtrue2020-sp4t.jp/edu\\_package/](https://www.playtrue2020-sp4t.jp/edu_package/) English/Japanese
- JADA Education package (youth athlete): [https://www.playtrue2020-sp4t.jp/edu\\_package/lesson-plans#age\\_ttl\\_02](https://www.playtrue2020-sp4t.jp/edu_package/lesson-plans#age_ttl_02) English/Japanese
- Japan sport agency webpage: <https://www.mext.go.jp/sports/index.htm> English/Japanese

#### Australia - Australian Sports Anti-Doping Authority (ASADA) (<https://www.asada.gov.au/>)

- Anti-doping information for athletes <https://www.asada.gov.au/audience/athletes>
- information for Support People ( coach , trainers, parents) : <https://www.asada.gov.au/audience/support-people>
- Information for sports administration bodies <https://www.asada.gov.au/audience/sporting-organisations>
- information for students: <https://www.asada.gov.au/audience/students>
- ASADA education resources: <https://www.asada.gov.au/anti-doping-programmes/education>
- Investigation information and case studies <https://www.asada.gov.au/anti-doping-programmes/investigations>
- ASADA's intelligence gathering activities. <https://www.asada.gov.au/anti-doping-programmes/intelligence>
- ASADA's testing programme and testing guide. <https://www.asada.gov.au/anti-doping-programmes/testing>
- Athlete Whereabouts, RTP and DTP. <https://www.asada.gov.au/anti-doping-programmes/whereabouts>
- Elearning: <https://elearning.asada.gov.au/>