



EDUCATION PROGRAM

2023-2025

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Through this education program NADO San Marino aims to respond to current and future challenges in the fight against doping. The Education Program aims to promote clean sport and make athletes more aware of the consequences and risks of doping.

The Education Program identifies the target audience for NADO San Marino's educational offerings, which focus on the main topics identified by the International Standard for Education (ISE). Anti-doping information, provided through e-Learning courses, webinars, face-to-face sessions and communication campaigns, is a necessary support for all those involved in the world of sports to make informed decisions.

ANTIDOPING EDUCATION

Our goal is to educate all those who can help promote the values of clean sport.

An education program will be geared to various target audiences, taking into account specific characteristics, providing everyone with the necessary information.

Our goal is to preserve the right to participate in doping-free sport, ensuring fairness and equal opportunity for all Athletes.

INTRODUCTION

In light of the important changes introduced by the World Anti-Doping Code in force as of January 1, 2021 and the new International Standards, NADO San Marino has approved an Anti-Doping Education Program for the year 2023-2025 in which we highlight the target audiences it is aimed at, the activities and the objectives set.

The role and importance of education is the focus of NADO San Marino's 2023-2025 Program.

The main objective of NADO San Marino is to protect the fundamental rights, fairness in competition, and health of athletes participating in sports at all levels.

To this end, NADO San Marino promotes and agrees with the principle behind the International Standard for Education, newly introduced by WADA, which considers education on anti-doping as an Athlete's precipitous approach to the subject. That is to say, an Athlete's first experience with anti-doping should be through education rather than through doping control. Therefore, our training activities will focus on promoting values, attitudes and behaviors, widespread knowledge to form knowledgeable individuals.

RECIPIENTS

ATHLETES: International Level Athletes, National Level Athletes, Young Athletes, Recreational Level Athletes.

STUDENTS: Secondary School Students, Secondary School Students, University Students, Postgraduate Students

MEDICAL PERSONNEL/PERSONAL ADDED TO ANTI-DOPING CONTROL: Federal Doctors. Social doctors, medical specialists, Doping Control Officer (DCO), Blood Control Officer (BCO), Chaperone.

ATHLETE SUPPORT STAFF: Coaches, Managers, Agents, Team Staff, Medical and Paramedic Staff, Parents or any other person working with an Athlete who will be preparing for or taking part in a sporting event.

THE FOUR COMPONENTS

NADO San Marino's Education Program 2023-2025 includes among its educational activities the 4 components highlighted in the WADA International Standard for Education: dissemination of values, awareness raising, anti-doping education.

Diffusion of Values - Carrying out activities that emphasize the development of an individual's personal values and principles. Enhancing an individual's ability to make ethically sound decisions.

Awareness-raising-Highlighting issues, aspects and questions related to a clean sport.

Information sharing-Provide accurate and up-to-date information related to clean sport.

Anti-doping education-Conducting educational activities on anti-doping issues, promoting the attitude of making informed decisions and observing behavior in accordance with sports ethics.

THE PROGRAM

NADO San Marino aims to respond to current and future challenges in the fight against doping through a careful education program. This program is designed to make all stakeholders more aware of the global nature of doping and also make them active promoters of clean sport. At the same time, it aims to instill values, attitudes and behaviors that support a doping-free sport. To this end, the program is structured to illustrate, educate, and make people think about the main issues underlying the World Anti-Doping Program.

RIGHTS AND RESPONSIBILITIES OF THE ATHLETE

Knowing one's rights and responsibilities is essential for an Athlete to contribute to the functioning of the system. We will delve into the new document published by WADA on this issue "Athletes Antidoping Rights Act" and share our observations to provide a comprehensive and up-to-date overview.

ANTIDOPING LAW VIOLATIONS

We will provide an overview of anti-doping law violations and their implications. Using case studies, we will look in detail at the penalties for each type of violation and the consequences associated with them.

WADA LIST OF PROHIBITED SUBSTANCES AND METHODS

As the WADA List of Prohibited Substances and Methods comes into effect, we will find out what will be, as of January 1 of each year, the new changes introduced, analyzing the contents of the List, sharing information on which substances are prohibited and when they are prohibited (In Competition or Out of Competition or both), which methods are prohibited and when exceptions are made.

THE CONSEQUENCES OF DOPING ON HEALTH AND IN SOCIAL AFFAIRS

An Adverse Doping Control Outcome, in addition to being dangerous to an individual's health, can have consequences in social issues such as loss of credibility by the public, the media, sponsors, but most importantly loss of self-respect.

RTP AND WHEREABOUTS

What does it mean to be included in the Registered Testing Pool (RTP) and provide Whereabouts? RTP and Whereabouts are important tools to provide support for doping control planning. We believe it is necessary

to know more about what they represent, what they imply, and what the consequences are if you fail to comply with their obligations.

ANTIDOPING CONTROL PROCEDURE

Anti-doping control procedures are key elements in the proper functioning of an anti-doping system. With this in mind, we will provide detailed and up-to-date content on what to expect in the event of a control, what to do during an anti-doping control, and the entire procedure.

No athlete should be selected for testing before being instructed on how testing is done.

EXEMPTIONS FOR THERAPEUTIC USE

What are Therapeutic Use Exemptions? Who needs them? What are the criteria for granting them? How to apply for them? We will answer these questions, providing accurate and up-to-date guidance on everything involved in a Therapeutic Use Exemption, from stating the criteria for granting them, to submitting an application, and even considering denial. We are always available to provide clarification on whether a drug is prohibited or not.

RISKS LINKED TO THE USE OF NUTRITIONAL SUPPLEMENTS

In this context, NADO San Marino proposes to address the most relevant issues related to the use of nutritional supplements by athletes and athletes in general.

THE ACTIVITIES

NADO San Marino is committed to disseminate content and information in an accurate and appropriate manner through educational activities aimed at the recipients identified in this program and included in the Education Plan 2023-2025, with the goal of increasing awareness on taking limpid sports behavior and convinced decisions.

Specifically, we will provide recipients with accurate and up-to-date information through the following types of activities:

Webinars - Seminars on the NADO San Marino website being planned.

E-learning - Acquisition of the new ADeL platform and new WADA e-learning courses and resources

Promotional activities - Production and distribution of NADO San Marino's new promotional materials. The "Quick Guide to the Use of Medications in Sport" booklet will be updated.

Workshops and Seminars - Planning of seminars in collaboration with the San Marino Olympic Committee, the University of San Marino and the State Secretariats of Education and Sports.

Communication Campaigns - Launching communication campaigns through social systems.

Frontal Lectures - Planning of a calendar of lectures to be conducted, in frontal or telematic mode.

THE OBJECTIVES

NADO San Marino, through the definition of its specific objectives, contained in the Education Program 2023-2025, outlines an innovative pathway for the acquisition of precise knowledge, skills and competencies in the field of anti-doping education that will support our mission toward clean sport.

INQUIRING SPECIFIC TARGETS FOR RENOVATION

How to achieve accurate training of the target audiences we want to engage with respect to their needs are key issues for our Anti-Doping Organization. Identifying target audiences is necessary to specifically formulate our training offerings and identify the resources needed to make it possible.

DEVELOPING AND IMPLEMENTING A NEW LEARNING PROCESS

The goal is to bridge the gap between current and desired knowledge through the development and implementation of innovative learning programs, planning new learning activities, making use of the highest expertise in the field.

ENHANCING CRITICAL THINKING COMPETENCE

We believe that critical thinking is necessary in all learning environments and for all levels of education. We also believe that the way to learn any discipline is to learn to think critically about that discipline. For these reasons, the program is structured to delve into all key aspects of anti-doping in order to develop a thinking.