



EDUCATION PLAN

2023

ANNUAL EDUCATION PLAN 2023

NADO SM supports the fight against doping in all its forms.

NADO SM is a strong advocate of protecting the spirit of "clean sport" from being undermined by the use of performance-enhancing substances and methods. We believe that continuing education of all participants, including athletes, athlete support staff, coaches, medical staff, parents, administrators, and others, provides the best opportunity to achieve this goal.

The Education and Training plan is based on the basic principles prepared for clean sport as the foundation of sports ethics and to safeguard the values of sport itself.

The values associated with clean sport are:

- Health
- Fun and joy
- Character and education
- Respect for rules and laws
- Respect for self and opponents
- Ethics, fair play and honesty
- Excellence in performance
- Teamwork
- Dedication and commitment
- Courage
- Community and solidarity
- Respect for self and others

Based on the Education Program 2023-2025 and on the analysis of the risk of doping present in San Marino and the general situation affecting athletes and sports disciplines practiced in San Marino, the Educational Plan for the year 2023 (Educative Plan 2023) is prepared.

DOPING RISK ANALYSIS

From the doping risk analysis we can note that in the last 15 years only one case of positivity has been found, in a Judo athlete in a pre-Olympic test in 2016.

In San Marino sports there is no professionalism, and all athletes who participate in events, although they achieve great results in some disciplines, receive only small benefits with a very low economic impact. At the same time, there are no sponsorships or other benefits that can determine the achievement of sports results at all costs, including through doping.

The sports disciplines in which San Marino athletes excel the most and by tradition are those with the lowest risk of doping such as Shooting and Bowls.

For athletes in Track and Field and Swimming, specific checks are carried out at national level results.

The area that may be most at risk is Football, the most played sport and where athletes with insufficient knowledge of anti-doping regulations may be present. To address this issue, a specific agreement has been signed between the San Marino Football Federation and NADO for an extensive training program for all members of the Football Federation and to carry out In-Competition controls during the national championship.

ACTIONS AND PROGRAMS

This program is based on the general principles provided by the Education program 2023-25, from the evaluation of the courses conducted in previous years (year 2022) with the support of an athletes' representative. Clelia Tini member of the NADO board as a representative of the athletes directly participates in the analysis and evaluation of the courses carried out, identification of the Target group, on the planning and content of the courses.

Target Group

The year 2023 specific training courses will be prepared for all athletes who will participate in events organized by the Olympic Committee. In particular, specific courses will be carried out for those who will participate in the Games of the Small States of Europe, the Mediterranean Games, the YEOF and the Mediterranean Games.

Specific course for athletes placed in the RTP and PT.

The training program in cooperation with the Football Federation provided by the UEFA "Hat Trick" project will continue.

Specific information activity for middle and high school students will also be activated.

Program

- Courses for Olympic Committee athletes will be conducted in January/February 2023.
- Course for athletes placed in the RTP and for athletes placed in the PT to be conducted by February 2023.
- Course for young boys participating in EYOFs will be conducted for athletes and parents in February 2023.
- In September as part of the "Sport in Fair" event, information on doping will be provided to middle school and high school students.

The program with the soccer federation includes.

- 1 course for support staff, managers, and health professionals registered with the soccer federation to be conducted by February 2024
- 3 training courses for teams participating in the preliminaries of UEFA competitions prior to their participation in competitions to be conducted in June 2024.
- 3 training courses for national teams: under 17, under 19, under 21 to be conducted in September/October before their participation in international competitions.

Instructors

Courses will be taught by NADO educators who have many years of experience in this field. The educators are: Muccioli Claudio (NADO president) and Massimiliano Vandi (training manager).

Ways to Participate

The courses are organized with face-to-face in-person training (at the CONS room or at the FSGC training room).

For those who find it difficult to attend in-person, it will also be possible to attend the courses organized for the Olympic Committee in the remote form.

All participants in CONS events are invited to take specific online course on WADA's ADEL (anti-doping e-learning) digital platform. The access link is <https://adel.wada-ama.org/learn>

It is given the opportunity for all participants to deepen the topics by following the training courses on ADEL - WADA or ITA.

For Football Federation members, athletes will be able to delve into the information directly on UEFA's anti-doping link.

The courses will have a duration of 60 minutes.

TOPICS

The topics covered will mainly concern:

1. Introduction to anti-doping
2. Principles and values associated with clean sport
3. prohibited lists and TUE
4. System overview, rights and responsibilities, anti-doping rule violations.
5. Effects on physical and mental health
6. The doping control process
7. In-competition and out-of-competition testing
8. Testing procedures and the athlete's biological passport
9. Medications, supplements
10. Sanctions and consequences

11. Registered testing pools (RTP), testing pools (TP)

OBJECTIVES

The main objective is to improve awareness of the doping control process through activities the knowledge of the anti-doping system.

The goals of education are:

- Protect the health (physical and mental) of athletes
- Protect athletes from unintentional doping
- Create a culture within the Olympic Committee in which doping is recognized as negative
- Provide athletes with education about the testing process prior to selection for doping control. No athlete should be selected for testing before being educated on how testing is done
- Provide education and/or guidance on where information can be accessed for all athletes
- Provide education to all, athlete support staff and people who have power and influence over athletes
- Protect the rights of athletes to participate in a "clean sport" untainted by any form of cheating

MONITORING AND EVALUATIONS

All those who take the course on ADEL must send a copy of the certificate.

Attendance must be 100% complete (signing the attendance form).

During the event "sports at the fair" raise awareness of doping among young children. Evaluation is made on the basis of the number of young boys' attendance at the NADO booth.

Regarding the project with the Football Federation "Hat Trick" it is expected that at least 80 percent of the registered members of each team will participate in the course. At the end of the course, questions will be asked to verify learning related to anti-doping procedures, on taking medications, TUE and dietary supplements. Special attention will be paid to the sanctioning part.

At the end of the meeting, participants will be administered a satisfaction questionnaire to check the effectiveness of the educational program, to verify the achievement of the objectives and for possible improvement of the course content.

Monitoring of the educational activity will follow the plan-to-act scheme as reported by the scheme included in the WADA guideline.

At the end of each course, an evaluation will be made both on the content and on the communication method in order to update and/or improve the course itself.

Any suggestions or suggestions for improvement reported by course participants will be given full consideration.

