



EDUCATION PLAN

2024

ANNUAL EDUCATION PLAN 2024

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 other athletes
- 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 2024 (Educative Plan 2024) 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 2023) 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 2024 being an Olympic year, provides special attention to all Olympic and probable Olympic athletes, athlete support staff, managers and health personnel who will participate in the Paris 2024 Summer Olympics.

A specific course for Paralympic or probable Paralympic athletes will also be activated.

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 probable Olympic and probable Paralympic athletes will be conducted in January/February 2024.

Course for athletes placed in the RTP and for athletes placed in the PT to be conducted by February 2024

Information on doping will be provided to middle school and high school students in September as part of the "Sport at the Fair" event.

The program with the soccer federation includes.

- 10 training courses to be attended by futsal athletes to be conducted in January 2024 before doping controls are also conducted in this discipline.
- 1 course for federation-registered support staff, managers, and health professionals to be conducted by February 2024
- 1 training course for female athletes of the national under-17 soccer team before their participation in an international event to be conducted in March 2024
- 3 training courses for teams participating in the preliminaries of UEFA competitions prior to their participation in competitions to be carried out in June 2024.
- 3 training courses for national teams: under-19, under-21 and National A team to be carried out in September/October before their participation in international competitions.

Instructor

The 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 (head of Education).

The pool of instructors will attend the WADA World Congress on Education in Cannes in February 2024. The instructors will participate in the specific training course for educators organized by ITA to acquire the skills of International Clean Sport Educator.

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 probable Olympic and Olympic and probable Paralympic athletes must take the course.

All participants in the Paris 2024 Summer Olympics: athletes, support staff, coaches, managers, and health care personnel must take the course on ADEL/WADA and acquire after taking the test to graduate.

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

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

Regarding the likely Paralympic athletes included in the CONS sports project provide that all athletes and parents, have received adequate training prior to doping test checks.

Regarding the project with the Football Federation "Hat Trick" it is expected that at least 80% 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 drug intake, 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 training activity will follow the plan-to-act scheme as reported by the outline 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.

Maximum consideration will be given to any suggestions or suggestions for improvement reported by course participants.

Based on the suggestions received from course participants who report shortening the course duration time, it will be considered from next year 2025 to conduct courses of only 50 minutes duration.