



## EDUCATION PLAN 2021/2022

### INTRODUCTION- ANALYSIS OF THE CURREN SITUATION

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*World Skate (WSK) is a strong supporter of protecting the spirit of “Clean Sport” from being undermined by use of performance enhancing substances and methods. We believe that ongoing education for all participants including Athletes, Athlete Support Personnel (ASP), Coaches, Medical Personnel, Parents, Administrators and others provides the best opportunity to achieve this objective. The aims of education are to:*

- *Protect athlete health*
- *Protect athletes from accidental doping*
- *Create a culture within WSK where doping is not OK*
- *Provide education to athletes on the testing process prior to selection for doping control*
- *Provide education to all ASP and persons who have power and influence over athletes*
- *To protects athletes’ rights to participate in “Clean Sport” unadulterated by any form of cheating*

*The objective of 2019-2020 education plan was to ensure that all World Skate participants had a knowledge of anti-doping rules commensurate with their competitive level. This was achieved by creating an obligation that all participants in all WSK disciplines, including Athletes and Athlete Support Personnel, wishing to register or gain accreditation for a World Skate events must upload a certificate of successful completion of an anti-doping education program provided by ADEL, their NADO or World Skate before their registration could be accepted. This action increased compliance with anti-doping education from less than 50% to close to 100%.*

*Face to face education has been provided to International Skateboarding athletes on basic anti-doping rules, procedure and what happens during an anti-doping test, whereabouts and TUE. WSK have used their own resources and staff and partnered with ABCD, ITA, UKAD and USADA in providing education. Education for other disciplines has been provided via e-learning programs via ALPHA and programs provided by NADO. Additional educational material is available for all participants on WSK webpage.*

*WSK consider the obligation for ASP to complete an education program is seen as especially important and beneficial as ASP support personnel have a big influence on athlete culture,*

thinking and actions. There is also a considerable imbalance of power between the athlete and the ASP in favour of the ASP.

WSK webpage has information on asthma medications, corticosteroids, supplement use, health effects of doping, prohibited list, WSK ADR, presentation on many AD topics and links to WADC, International Standards.

### ***Young Athletes***

NF affiliated to WSK have an obligation recorded in WSK ADRs to work with their NADOs to educate young athletes before they compete in WSK competition. Young athletes must sign a form agreeing to anti-doping and confirming an education program has been completed, counter signed by their parent or guardian, to nominate for WSK competition

### ***Risk***

Risk is highest in Skateboarding and inline speedskating  
Skateboarding has come from an urban sport with no rules including anti-doping rules to an organized sport with Olympic inclusion since January 2018. To date about 150 tests have been completed with the only positives being for drugs of abuse in the first testing session. After this education on use of drugs of abuse, including THC and cocaine was provided and no further positive results in WSK events have been recorded.

### ***Olympic qualification***

There are approximately 500 athletes vying for Olympic qualification. The biggest risk of doping is likely to be in the countries with the biggest number of high level athletes vying for selection for 3 places per country per event and those from countries that are very active in developing athletes to make the selection grade. The perceived high risk countries are Brazil, USA, Japan and China. The risk in Skateboarding is for substances promoting power and strength rather than endurance

### ***Inline Speed Skating***

There are 2 disciplines of inline speed skating, endurance >1000m and sprint 1000m or less. There have been a number of positive tests for anabolic agents, SARMS, stimulants over the years and one for EPO. Two most prominent countries are Colombia and Venezuela. Inline speed skating in Colombia has huge profile and public following, including a media entourage that travels with the World Team and live streams athlete interviews and performances

### ***Budget***

Budget is largely not determined as most of the education being provided by WSK staff as part of their job description, a volunteer workforce and free e learning platforms. Funding for programs that have been outsourced is in the region of \$5000 USD

### ***Other Disciplines***

Have a lesser risk of doping and are tested by WSK at World Championships and at some continental championships

### ***Areas for Improvement***

Anti-doping education must be more visible

- *Making WSK webpage easier to navigate. Currently there is a lot of good information posted but never found by athletes and others*
- *More effective publicity of material on webpage and where to find it - email to NFs, Continental Areas and technical Commissions. Index with links on webpage*
- *Implement education via Webinars*
- *Loop presentations and outreach programs at events*
- *Specific topic presentation at events*
- *More communication with athlete commissions for input and feedback on areas for improvement*
- *More effective method of assessment of anti-doping education*

### ***Revised Education Obligations for 2021***

- *In 2021 WSK participants are required to renew their education certificate.*
- *Obligatory education requirements will be more appropriate to needs of particular groups*
- *Education programs at the required levels for the specific groups are encouraged*
- *Participants are encouraged to do additional courses and have as much information as possible about the antidoping process*
- *All participants are encouraged to engage with their NADO and access their education programs*
- *NADO programs have the advantage of being in the language of the participant and give an opportunity to build a relationship with the NADO and its personnel*
- *Athletes, ASP and others will be divided into groups in line with the new ADEL grouping*
- *Coaches must complete a coaching education program*
- *Medical professionals must complete the ADEL course for medical practitioners or equivalent*
- *Anti-doping administrators - ADEL training hub when available*
- *ADEL for parents is highly recommended*

### ***Post updated information for 2021 WADC will be posted to WSK webpage and updated as necessary includes***

- *2021 WSK ADR*
- *Overview 2021 Code*
- *Changes in 2021 Code*
- *11 Types of ADRV*
- *Definition of International Athlete*
- *NADOs automatically recognized by WSK (TUE)*
- *Medication permitted for asthma*
- *Corticosteroid use*
- *What if I'm selection for a test*
- *Prohibited List*
- *Supplements*
- *Substances of Abuse*
- *Health and other Dangers of Doping*
- *RTP and TP2*
- *TUE process and application*
- *Dangers of Doping to athlete health*
- *DCO & BCO manual*
- *Chaperone manual*
- *What happens if I record an ADRV?*



- *Date Protection and Privacy Policy including retention times*
- *Whistleblower Policy*
- *Roles and Responsibilities of athletes, ASP and others*
- *Athlete's Rights Act*
- *Sample retention and reanalysis policy*
- *Host organization guideline for organising tests with WSK as testing Authority*
- *Requirements for setting up Doping Control Station*

***Partners we have used and will continue to use for education and other purposes***

- *ITA for RTP especially*
- *ITA for general advice*
- *COL-NADO*
- *ABCD*
- *UKAD*
- *USADA*
- *SIA*
- *WADA Outreach Program*



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## ACTION PLAN

<b>Target Group</b>	<p><i>WSK International Level Athletes (all disciplines)</i>  <i>WSK Junior Level Athletes</i>  <i>WSK RTP and TP Athletes</i>  <i>Athlete Support Personnel for International level Athletes</i></p>
<b>Short-term goal [(*)]</b>	<p><i>All WSK athletes competing at international athlete and junior level are familiar with anti-doping rules and procedures</i></p> <p><i>They will be able to recognize suggestions that may involve use of prohibited substances and methods and say “no”.</i></p> <p><i>They will understand the risks of supplement use and if they decide to use, know steps to take to mitigate the risk</i></p> <p><i>They will know what to do and what not to do in the doping control station</i></p>
<b>Long-term goal [(*)]</b>	<p><i>All International and Junior athletes approach doping control a major event with confidence that they know the anti-doping rules and processes.</i></p> <p><i>There will be no incidence of intentional or unintentional doping</i></p> <p><i>Develop athlete ambassadors to assist in the provision of anti-doping education</i></p>
<b>Key message</b>	<p><i>Anti-doping rules are in place to protect the right of all athletes to “clean sport”</i></p> <p><i>Anti-doping rules are in place to protect athlete health and wellbeing and should be viewed in a positive light.</i></p> <p><i>All participants have a right to anti-doping education provided or coordinated by World Skate. Athletes have a responsibility to know and comply with WSK anti-doping rules and to access educational material provided.</i></p>
<b>Activity</b>	<p><i>ADEL for International Level Athletes</i>  <i>Equivalent program supplied by NADO</i></p>
<b>Time / Schedule</b>	<p><i>Between 6 January 2021 and 28 February 2021 for Skateboarding</i>  <i>Between 6 January 2021 and 30 April 2021 for other disciplines</i></p>
<b>Responsibility</b>	<p><i>World Skate Anti-doping assistant</i></p>

<b>Budget</b>	<p>No budget is required as this is a free e-learning program. Monitoring compliance is done by downloading reports from ADEL and ensuring a certificate is uploaded to the WSK platform when a participant registers for an event. Spot audit of authenticity of certificates will be undertaken by WSK staff.</p> <p>WSK anti-doping manager works on a voluntary basis and is not paid</p>
<b>Current Status</b>	<p>The program will be implemented when revised ADEL programs are uploaded. All International and junior athletes + ASP completed the ALPHA e-learning or equivalent supplied by NADO in 2019</p>

## ACTION PLAN

<b>Target Group</b>	WSK RTP and TP Athletes
<b>Short-term goal [(*)]</b>	<p>All WSK RTP and TP athletes will understand their responsibilities with regards to whereabouts and OoC testing</p> <p>Ensure athletes know how to record whereabouts in ADAMS, Athlete Central and SMS for last minute changes</p>
<b>Long-term goal [(*)]</b>	<p>Avoid whereabouts failures and missed tests for RTP and TP athletes to</p> <ul style="list-style-type: none"> <li>○ Avoid athlete sanction due the whereabouts failures</li> <li>○ Reduce costs due to unsuccessful attempts</li> </ul>
<b>Key message</b>	<p>It is the responsibility of RTP and TP athletes to provide adequate current whereabouts so a DCO can find and has access to them at any time.</p> <p>RTP athletes have a responsibility to be available for their nominated 1 hour testing slot.</p> <p>RTP athletes can be tested at any time outside the 1 hour testing slot.</p> <p>Sanctions apply if there are more than 2 combined filing failures and missed tests in a 12 month period</p>
<b>Activity</b>	<p>ADEL for RTP athletes</p> <p>Equivalent program supplied by NADO</p>

<b>Time / Schedule</b>	<i>Between 6 January 2021 and 28 February 2021 for Skateboarding athletes and other disciplines</i>
<b>Responsibility</b>	<i>World Skate Anti-doping assistant</i>
<b>Budget</b>	<p><i>No budget is required as this is a free e-learning program. Monitoring compliance is done by downloading reports from ADEL and ensuring a certificate is uploaded to the WSK platform when a participant registers for an event. Spot audit of authenticity of certificates will be undertaken by WSK staff.</i></p> <p><i>WSK anti-doping manager works on a voluntary basis and is not paid</i></p>
<b>Current Status</b>	<p><i>The program will be implemented when revised ADEL programs are uploaded. All International and junior athletes + ASP completed the ALPHA e-learning or equivalent supplied by NADO in 2019</i></p> <p><i>All International Skateboarding athletes attended WSK face to face presentations on RTP, whereabouts and TUE in 2019. These presentations are on Power Point and versions updated to the 2021 Code are available on WSK webpage</i></p>

## **ACTION PLAN**

<b>Target Group</b>	<i>National Level and other athletes who compete in lower level WSK competition ASP for National Level and other athletes in lower level WSK competition</i>
<b>Short-term goal [(*)]</b>	<p><i>Provide basic knowledge of doping control for athlete embarking on a higher level competitive program</i></p> <p><i>All athletes competing in lower level WSK competition understand basic anti-doping rules</i></p> <p><i>All athletes competing in lower level WSK competition are familiar and know what to expect if they are selected for a doping test.</i></p> <p><i>They will be able to recognize suggestions that may involve use of prohibited substances and methods and say “no”.</i></p> <p><i>They will understand the risks of supplement use and if they decide to use, know steps to take to mitigate the risk</i></p> <p><i>They will know what to do and what not to do in the doping control station</i></p>



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<b>Long-term goal [(*)]</b>	<p><i>Provide a base from which to build anti-doping knowledge in the future</i></p> <p><i>Provide a culture in which deliberate doping is not acceptable and anti-doping programs are viewed positively</i></p> <p><i>Provide knowledge so young athletes will be able to recognize suggestions that may involve use of prohibited substances and methods and say “no”.</i></p> <p><i>Ensure young athletes understand the risks of supplement use and if they decide to use, know steps to take to mitigate the risk</i></p> <p><i>There will be no incidence of intentional or unintentional doping</i></p>
<b>Key message</b>	<p><i>Anti-doping rules are in place to protect the right of all athletes to “clean sport”</i></p> <p><i>To dope or not to dope is a conscious decision by the athlete based on his/her ethical and cultural beliefs.</i></p> <p><i>Anti-doping rules are in place to protect athlete health and wellbeing and should be viewed in a positive light.</i></p> <p><i>All participants have a right to anti-doping education provided or coordinated by World Skate. Athletes have a responsibility to know and comply with WSK anti-doping rules and to access educational material provided.</i></p>
<b>Activity</b>	<p><i>ADEL for National Level athletes</i></p> <p><i>Equivalent program supplied by NADO</i></p>
<b>Time / Schedule</b>	<p><i>Between 6 January 2021 and 30 June 2021</i></p>
<b>Responsibility</b>	<p><i>National Federations in collaboration with NADOs</i></p> <p><i>World Skate Anti-doping assistant to assist with option to use ADEL for National level athletes</i></p>
<b>Budget</b>	<p><i>No budget is required as this is a free e-learning program. Monitoring compliance is done by downloading reports from ADEL and ensuring a certificate is uploaded to the WSK platform when a participant registers for an event. Spot audit of authenticity of certificates will be undertaken by WSK staff.</i></p> <p><i>WSK anti-doping manager works on a voluntary basis and is not paid</i></p>
<b>Current Status</b>	<p><i>The program will be implemented when revised ADEL programs are uploaded. To date WSK have not provided education for lower level athletes and have delegated this responsibility to NFs via their NADOs</i></p>





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## ACTION PLAN

<b>Target Group</b>	<p><i>WSK coaches of International and Junior athletes Coaches of all athletes competing In WSK lower level events.</i></p> <p><i>Rationale Athletes competing in lower level events are in their formative years and developing ethical values. Coaches have a huge influence on the behaviour and values of these young athletes. WSK place importance of anti-doping education on these coaches.</i></p>
<b>Short-term goal [(*)]</b>	<p><i>Coaches of all WSK develop a culture of doping or cheating in any form is not acceptable</i></p> <p><i>Coaches promote quality training programs and education about the benefits of good nutrition and healthy lifestyle to all athletes and parents of young athletes</i></p> <p><i>Coaches understand the risks of doping practices to athlete health.</i></p> <p><i>Coaches actively discourage doping practices</i></p>
<b>Long-term goal [(*)]</b>	<p><i>All WSK participants will have a culture of respect for self, other competitors and all sporting rules that says cheating in any form including doping, is not OK</i></p> <p><i>All WSK participants work together to maintain positive ethical values</i></p> <p><i>No ADRV in future WSK participants</i></p>
<b>Key message</b>	<p><i>Anti-doping rules are in place to protect the right of all athletes to “clean sport”</i></p> <p><i>Anti-doping rules are in place to protect athlete health and wellbeing and should be viewed in a positive light.</i></p> <p><i>Coaches have a key role and responsibility in the prevention of doping practices</i></p> <p><i>All participants have a right to anti-doping education provided or coordinated by World Skate. Athletes and coaches have a responsibility to know and comply with WSK anti-doping rules and to access educational material provided.</i></p>
<b>Activity</b>	<p><i>ADEL for High Performance Coaches Equivalent program supplied by NADO</i></p>



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<b>Time / Schedule</b>	<i>Between 6 January 2021 and 28 February 2021 for Skateboarding coaches Between 6 January 2021 and 30 April 2021 for other disciplines</i>
<b>Responsibility</b>	<i>World Skate Anti-doping assistant</i>
<b>Budget</b>	<i>No budget is required as this is a free e-learning program. Monitoring compliance is done by downloading reports from ADEL and ensuring a certificate is uploaded to the WSK platform when a participant registers for an event. Spot audit of authenticity of certificates will be undertaken by WSK staff.  WSK anti-doping manager works on a voluntary basis and is not paid</i>
<b>Current Status</b>	<i>The program will be implemented when revised ADEL programs are uploaded. All Coaches and athlete support personnel have been obliged to complete ALPHA e-learning or equivalent supplied by NADO in 2019</i>

## ACTION PLAN

<b>Target Group</b>	<i>Medical Professionals who service WSK athletes and participants.</i>
<b>Short-term goal [(*)]</b>	<i>Ensure medical professionals are aware of the WADA prohibited list Ensure medical professionals are aware of and can access TUE information for medical professionals and guidelines for medical management Ensure medical professionals are aware of the dangers of supplement use and ways to reduce the risk Ensure medical professionals accompanying athletes in doping control are familiar with anti-doping rules especially athletes reporting all medications, supplements and other substances used in the last 7 days Ensure medical professionals are aware of the consequences of assisting athletes to dope both with respect to sport and their professional college</i>
<b>Long-term goal [(*)]</b>	<i>Medical professionals provide good quality advice to athletes with the aim of protecting athlete health and well being</i>

	<i>Medical professionals do not provide substances or give advice to athletes and coaches to assist in doping or to assist in doping going undetected</i>
<b>Key message</b>	<p><i>Anti-doping rules are in place to protect the right of all athletes to “clean sport”</i></p> <p><i>Anti-doping rules are in place to protect athlete health and wellbeing and should be viewed in a positive light.</i></p> <p><i>Medical professionals have a responsibility under the hypocritic oath to “do no harm”</i></p> <p><i>Any medical professional found to be involved in doping practices risk severe penalties both under the WADC and through their professional organization, including loss of license to practice</i></p>
<b>Activity</b>	<p><i>ADEL for Health Professionals (Obligatory all health professionals)</i></p> <p><i>ADEL for Health Professionals at Major Games (Obligatory all Health Professionals attending Major Games including the Olympic Games)</i></p> <p><i>Equivalent program supplied by NADO</i></p>
<b>Time / Schedule</b>	<i>Between 6 January 2021 and a month before registration for an event or major games</i>
<b>Responsibility</b>	<i>World Skate Anti-doping assistant</i>
<b>Budget</b>	<p><i>No budget is required as this is a free e-learning program. Monitoring compliance is done by downloading reports from ADEL and ensuring a certificate is uploaded to the WSK platform when a participant registers for an event. Spot audit of authenticity of certificates will be undertaken by WSK staff.</i></p> <p><i>WSK anti-doping manager works on a voluntary basis and is not paid</i></p>
<b>Current Status</b>	<i>The program will be implemented when revised ADEL programs are uploaded. All medical professionals have been obliged to complete ALPHA e-learning or equivalent supplied by NADO in 2019</i>



## ACTION PLAN

<b>Target Group</b>	<i>All participants who are bound by WSK ADRs</i>
<b>Short-term goal [(*)]</b>	<i>Provide access to WSK ADRs, information on anti-doping topics and links to WADA webpage for all which can be accessed 24/7 Provide easy to navigate map of information on the WSK webpage Provide links to information of the WADA webpage making required information easy to find Increase anti-doping knowledge in the WSK family</i>
<b>Long-term goal [(*)]</b>	<i>Make it easy and inviting for all participants, Athletes, ASP, WSK staff involved in doping control, WSK Executive Board and WSK Technical commissions, WSK NFs and anyone with an interest to use WSK webpage to find WSK ADRs and other information and provide links to WADA webpage for more detailed information and links to ADEL for antidoping education  Provide an easy to navigate webpage with relevant easy to access information WSK webpage is recognized as the “go to” place for anti-doping information links to other resources  Usage of WSK webpage is increased  Increase anti-doping literacy throughout the whole WSK organisation</i>
<b>Key message</b>	<i>WSK webpage can provide all required anti-doping information and links to information on WADA webpage if you know where to look  WSK are working at making this easier in the future</i>
<b>Activity</b>	<i>Present user friendly WSK webpage which provides a source of easy to access education for all</i>
<b>Time / Schedule</b>	<i>Between 6 January 2021 and the end of 2021</i>
<b>Responsibility</b>	<i>WSK web master WSK antidoping manager and assistant manager</i>
<b>Budget</b>	<i>Part of WSK budget for web management</i>
<b>Current Status</b>	<i>Current information for 2021 Code is ready to upload Information remains hard to find on the webpage and presentation is not inviting Map to make navigation easier has not been produced as yet Information re availability of resources has not been sent to stakeholders</i>



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Examples can be found in the “Information/Education to Prevent Doping in Sport” Guidelines, Article 3.4.8]

Depending on the schedule of the action plan, some activities’ goals may be broken down into short-term and long-term goals. Long-term goals may even

## EVALUATION

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The evaluation of the implementation and outcomes of the above described activities will allow World Skate to make necessary adjustments to improve its anti-doping information and education program.

- WSK webpage is easier to navigate - participant opinion
- 100% of International and Junior athletes registering for WSK events have completed an appropriate education program
- 100% of participants in WSK events have a sound knowledge of antidoping processes and procedures
- Monitor by downloading reports from ADEL and the WSK platform
- Spot check audit of certificates for compliance
- Communicate with NADOs to monitor compliance
- All athletes MUST register for WSK events via the WSK platform and must personally upload a certificate of successful completion of an antidoping education program provided on ADEL or via a NADO and personally sign (parent if a minor) knowledge of and agreement to WSK anti-doping program
- Acceptance and suggestions for WSK webpage surveyed by survey and word of mouth from participant via either individually or via athletes commission, coaching and officials groups
- Questionnaires and surveys provided to Athlete Commission for feedback and suggestions for improvement in Anti-doping Education
- Questionnaire provided to all athletes completing anti-doping education via their NF for feedback and suggestions for improvement.
- Questionnaire provided to athletes in doping control and athletes commission for feedback about suggests for adjustments to content and additional information required

In addition, all materials used for the development and implementation of the activities will be kept and classified. Records will be used to determine if and when goals were achieved, and for tracking purposes.

Upon completion of the evaluation process, a formal report will be submitted to WSK Executive Board, including proposals for the next action plan.

### More helpful antidoping resources

[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



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on the current World Anti-Doping Agency (WADA) Prohibited List. If your country flag is not showing click other and put in the substance name - you will find it on the packet usually under the trade name. Be sure to check all substances in the product

[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.

<https://hasta.org.au/supplement-testing/> - A quality assurance programme for sports nutrition products - checks contents of a batch of the product for prohibited substances

[Sport Integrity Australia](#) - Sport Integrity Australia has an excellent e learning program in English and an app that can be downloaded from the apple store or equivalent android store.

None of these resources provide a water-tight guarantee that a product is safe but they do reduce the risk of an anti-doping rule violation. World Skate advises do not use unregulated nutritional supplements!

Athletes, National Federations, Confederations, World Skate technical committees and athlete support personnel are responsible for developing their knowledge of anti-doping rules. Athletes who knowingly dope and are caught get their just deserts however it is devastating when an athlete is sanctioned for an anti-doping 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)

World Skate Anti-doping Policy can be downloaded from the World Skate webpage

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

## Contact Information

Please address questions to:

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