

INTERNATIONAL SAMBO FEDERATION (FIAS)

ANTI-DOPING EDUCATION PLAN SUMMARY



**INTERNATIONAL
SAMBO FEDERATION**



Introduction

As the recognised International Federation within the Olympic and Paralympic Movement and an Anti-Doping Organisation (ADO) as per the World Anti-Doping Code (Code), the International SAMBO Federation (FIAS) is responsible for developing and implementing an Education Plan for SAMBO Athletes, Athlete Support Personnel and the wider SAMBO community.

In September 2022, the International SAMBO Federation delegated to the International Testing Agency (ITA) the full implementation of its anti-doping program in compliance with the Code and FIAS anti-doping policy. In the area of education, the ITA-FIAS agreement includes the development of an Education Plan in accordance with the WADA International Standard for Education (ISE). The ITA also assists in the implementation, monitoring and evaluation of the Education Plan.

The primary purpose of the Education Plan is to provide an effective and streamlined approach to anti-doping education for the SAMBO community. The Education Plan is developed for a four-year cycle (2023-2026) and shall be adjusted and updated annually.

Program Objectives

The FIAS Education Plan outlines a series of objectives to ensure that different target groups receive a proportionate amount of effective, high-quality anti-doping education:

1. To set up an effective and Code-compliant education program in line with the 2021 Code and International Standard for Education.
2. To provide Athletes with anti-doping education that enables them to train and compete clean; to enable Athlete Support Personnel to support this mission.
3. To utilise online communication tools and digital technology to ensure constant anti-doping communication and flow of information to the FIAS community.

Learning Objectives

In line with the ISE, the FIAS Education Plan incorporates the following learning objectives:

1. General Anti-Doping Knowledge

- Be familiar with the key stakeholders of the global anti-doping system
- Understand which rules apply to members of the FIAS community
- Understand the Athletes anti-doping rights and responsibilities
- Understand the 11 Anti-Doping Rule Violations (ADRVs), why they exist and whom they apply to

2. Doping Control Process

- Be familiar with key doping control terms and roles
- Understand the key steps of Doping Control
- Know athlete rights and responsibilities during sample collection
- Have a good overview of the urine and blood sample collection process and the Doping Control Form
- Be aware of common circumstances and case scenarios such as delays, partial and diluted samples

3. Medications, Supplements, TUEs and the Prohibited List

- Understand the purpose and structure of the Prohibited List
- Understand the food-first approach and the risks associated with supplements
- Understand how to make an informed decision about the use of supplements
- Be able to check the status of medications during the In-Competition Period and Out-of-Competition
- Know what a Therapeutic Use Exemption is and how to apply for one if needed
- Be able to protect Athletes from inadvertent doping

4. Principles and Values of Clean Sport

- Know the values of the spirit of sport and the ideal athlete
- Understand the relationship between the ideal athlete and doping decisions
- Understand decision-making influences
- Understand the different consequences of doping
- Understand the importance of speaking up

- Know where to go if Athletes have something to report

5. Out-of-Competition Testing

- Understand the different types of testing pools
- Understand the contents of the Letter of Inclusion
- Understand the Whereabouts requirements
- Know how to use ADAMS and Athlete Central
- Be aware of the consequences of not complying with Whereabouts requirements

These learning objectives are monitored during education activities and will be reported on at the end of each calendar year. The data gathered throughout the four-year cycle will also help the ITA and FIAS assess the success of the overall education program and make changes if necessary.

Educational Components

In line with the ISE, the FIAS Education Plan incorporates the following four components:

1. **Values-Based Education:** Delivering activities that emphasise the development of an individual's values and principles. It builds the learner's capacity to make decisions to behave ethically.
2. **Awareness Raising:** Highlighting topics and issues related to clean sport.
3. **Information Provision:** Making available accurate, up-to-date content related to clean sport.
4. **Anti-Doping Education:** Delivering training on anti-doping topics to build competencies in clean sports behaviours and make informed decisions.

Topics

The topics included in the FIAS Education Plan are consistent with those outlined in section 18.2 of the 2021 World Anti-Doping Code:

- Principles and values associated with clean sport
- Athletes', ASP's and other groups' rights and responsibilities under the Code

- The principle of Strict Liability
- Consequences of doping
- Anti-Doping Rule Violations
- Substances and methods on the Prohibited List
- Risks of supplement use
- Use of medications and Therapeutic Use Exemptions
- Testing procedures, including urine, blood, and the Athlete Biological Passport
- Requirements of the Registered Testing Pool, including Whereabouts and the use of ADAMS
- Speaking up to share concerns about doping

Other topics relevant but not included above are the 2021 World Anti-Doping Code and Standards, the FIAS anti-doping policy, values-based education focusing on consequences, moments of vulnerability and decision-making, and a particular effort will be made to educate Athletes and ASP on the most commonly detected substance classes for AAFs reported within SAMBO.

Target Groups

The FIAS anti-doping education program captures a broad range of target groups, with the focus being Testing Pool (TP) Athletes, Athletes returning from a FIAS sanction as well as other International-Level Athletes (ILA) competing in selected International and Continental events, Athlete Support Personnel of above-mentioned ILAs and talented and youth Athletes competing at selected International events. Also benefitting from global FIAS education efforts are other ILAs, National-Level Athletes (NLAs), other athlete entourage and a wider SAMBO audience.

Action Plan

The FIAS Education Plan's action plan includes a series of objectives with the overall goal of ensuring that different target groups receive a proportionate amount of effective high-quality anti-doping education.

All education activities are clearly outlined and grouped by objectives. Activities are linked to target groups, accompanied by timelines and clear monitoring tools.

Below are some examples of activities that are included in the action plan:

- **Anti-Doping Webinars:** During the summer of 2023, the ITA will host a series of five weekly webinars for FIAS, addressing all mandatory topics outlined in the WADA Code.
Additionally, in 2023 a custom sport-specific webinar is planned and will be delivered for a key FIAS audience by ITA.
- **ADEL E-learning courses and NADO equivalents:** FIAS will continue to take advantage of ADEL as a free and effective anti-doping education resource available to all members of the FIAS community. A letter will be sent to all TP Athletes and Athletes returning from sanction explaining they must complete ADEL, NADO e-learning or NADO in-person workshops and provide confirmation of attendance to FIAS.
- **Social Media channels:** A plan is being developed by FIAS to deliver consistent anti-doping messages and to continue promoting FIAS clean sport efforts (#FairSAMBO) on the Federation's website and social media channels.
- **Event-Based Education:** In the 2023 season, event-based education – in the form of presentations and a clean sport information booth – will be delivered in person at the following events:
 - All four Continental SAMBO Championships
 - Youth and Junior World SAMBO Championships (October 2023)
 - World SAMBO Championships (November 2023)

Future Considerations

As this is the first FIAS Plan under the new WADA Code and ISE, it is meant to continuously evolve and adapt to the realities of the Federation and to the sport specifics of SAMBO.