



EDUCATION PROGRAM 2021 - 2022

NADO  **ITALIA**
antidoping

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INTEGRITY, DIGNITY AND RESPECT

WHERE **ANTIDOPING LEARNING** BEGINS

Our vision is to educate individuals, who aspire to achieve their full potential, to be protectors and promoters of the values of clean sport. We will do this by providing supportive learning and education measured on the basis of different needs and where all are equal.

Our goal is to preserve the right to participate in doping-free sport and ensure fairness and equality for athletes.



INTRODUCTION

In the light of the important changes introduced in the World Anti-doping community for the year 2021, with the entry into force of a new World Anti-Doping Code and new International Standards, NADO Italia through its 2021-2022 Program introduces the latest innovations in the field of education and provides an overview of groups, activities, objectives planned for 2021-2022.

The role and the impact of education is the core of NADO Italia Education Program 2021-2022.

The main goal of NADO Italia is to protect the fundamental rights, fairness of competition and the health of athletes who practice sports at all levels.

To this end, NADO Italia supports and shares the principle contained in the new International Standard for Education WADA that the first experience of an athlete with antidoping should be through education rather than doping control and for these purposes, our activities learning will focus on the values, attitudes and behaviors which enable individuals to learn to choose the best alternative available in any circumstance they may find themselves in.

THE FOUR COMPONENTS

NADO Italia Education Program 2021-2022 will include the 4 components, as underlined in the WADA International Standard for Education, in its educational activities.

In particular, the focus is on value-based education, awareness raising, information provision and anti-doping education which will be present, to different degrees, in the various educational activities carried out throughout the year by our Education Staff.

- ✓ Values-based education - "Delivering activities that emphasize the development of an individual's personal values and principles. It builds the learner's capacity to make decisions to behave ethically"
- ✓ Awareness raising - "Highlighting topics and issues related to clean sport"
- ✓ Information provision - "Making available accurate, up-to-date content related to clean sport."
- ✓ Antidoping education - "Delivering training on anti-doping topics to build competencies in clean sport behaviors and make informed decisions"

THE TARGET GROUPS



ATHLETES

International-Level Athletes, National-Level Athletes, Talented Athletes, Youth Athletes, Recreational Athletes;



STUDENTS

Secondary School Students, High School Students, University Students, Postgraduate Students;



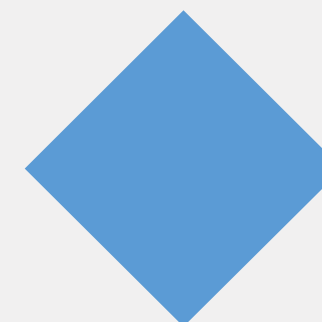
MEDICAL PERSONNEL

Doping Control Officer (DCO), Blood Control Officer (BCO), Chaperone;



ATHLETES SUPPORT PERSONNEL

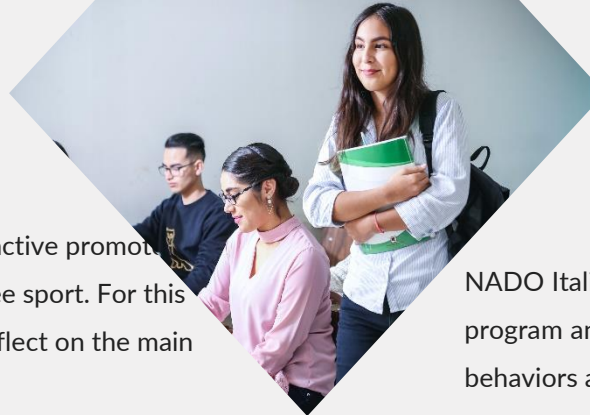
Coaches, Trainers, Managers, Agent, Team Staff, Medical, Paramedical Personnel, Parents or any other Person working with, treating or assisting an Athlete participating in or preparing for Sports Competition;



THE PROGRAM

NADO Italia intends to respond to current and future challenges in the fight against doping.

This program is designed to make all stakeholders more aware of the global nature of these issues and active promotion of clean sport. At the same time, it aims to instill values, attitudes and behaviors that support doping-free sport. For this reason, the Program is structured in such a way as to illustrate, educate and make the stakeholders reflect on the main themes on which the World Anti-Doping Program is based.



THE ACTIVITIES

NADO Italia will provide accurate and appropriate information, through education activities, to each group defined in this program and included in the NADO Italia Education Plan 2021-2022, with the aim of increasing awareness of clean sport behaviors and informed decision-making.

In particular, we will provide participants with accurate and up-to-date information through the following types of activities:

- **Webinars** - Creation of the new NADO Italia website
- **E-learning** - Acquisition of a new version of ADeL and new e-learning courses and resources WADA
- **Branding and Promotional Activities** - Production and distribution of new NADO Italia promotional material
- **Workshops and Seminars** - Planning of seminars in collaboration with the State Sports University "Foro Italico"
- **Communications Campaigns** - Launch of communication campaigns on the new NADO Italia website
- **Face-to-Face Session:** Planning of a series of lessons during the year, in collaboration with the relevant stakeholders, to be carried out in frontal or telematic mode



ATHLETE RIGHTS AND RESPONSIBILITIES

Knowing one's rights and responsibilities is indispensable for an athlete, as it allows him/her to contribute to the functioning of the system.

We will go into more detail in the new document published by WADA on this subject and share our observations to provide a complete and up-to-date overview for athletes.



ANTIDOPING RULES VIOLATIONS

We will provide an overview of the violations of the anti-doping rules and of their implications. Using case studies, we try to offer a detailed understanding of the sanctions associated with these ADRVs and the consequences of violating these rules.



WADA LIST OF PROHIBITED SUBSTANCES AND METHODS

With the entry into force of the 2021 List of Prohibited Substances and Methods, we will find out what will be, as of 1 January 2021, the innovations introduced and we will also analyze the content of the list, providing information on which substances are banned and when they are banned (in competition or out of competition or in both cases), on which methods are prohibited and when exceptions are foreseen.



CONSEQUENCES OF DOPING ON BOTH HEALTH AND SOCIAL ISSUES

A positive test can have a significant effect, because in addition to being dangerous to health, doping can have social consequences like the loss of respect and credibility from the public, the media, the sponsor but most importantly a loss of respect for yourself.



RTP AND WHEREABOUTS

What does it mean to be included in the Registered Testing Pool and provide Whereabouts? RTP and Whereabouts are important tools in providing support for test planning.

We believe that it is necessary to know more about what they are, what they imply and what are the consequences in the event of non-compliance with the related obligations.



ANTIDOPING CONTROL PROCEDURES

Anti-doping control procedures are key elements for the correct functioning of a doping control system.

Based on this assumption, we will provide detailed and up-to-date content on what to expect when tested, what to do during a test and more accurate information on the entire procedure step by step.



THERAPEUTIC USE EXEMPTIONS

What are TUEs? Who needs TUEs? What are the criteria for a TUE? How to apply for a TUE? We will answer these questions, providing accurate and up-to-date information on everything that a TUE implies, from the indication of the criteria for granting a TUE, to the presentation of a TUE, passing through the hypothesis of denial of a TUE.



RISK DERIVING FROM THE USE OF SUPPLEMENTS

In this context NADO Italia aims to address the most relevant issues related to the use of dietary and ergogenic supplements by athletes, sportsmen and sportswomen in general.



THE OBJECTIVES

NADO Italia, through the definition of its specific objectives contained in the 2021-2022 Education Program, outlines an innovative path for the acquisition of precise knowledge, skills and competencies related to the antidoping education that will support our mission towards clean sport.

TARGET SPECIFIC GROUPS FOR IMPROVEMENT

How to gain better insight into the target groups we want to educate and the kind of needs they have are fundamental issues for our organization.

Identifying target groups is a quick and easy way to get an overview and gain awareness of the different individuals that our learning offer could reach and the resources needed to make it happen.

DEVELOP AND IMPLEMENT A NEW LEARNING PROCESS

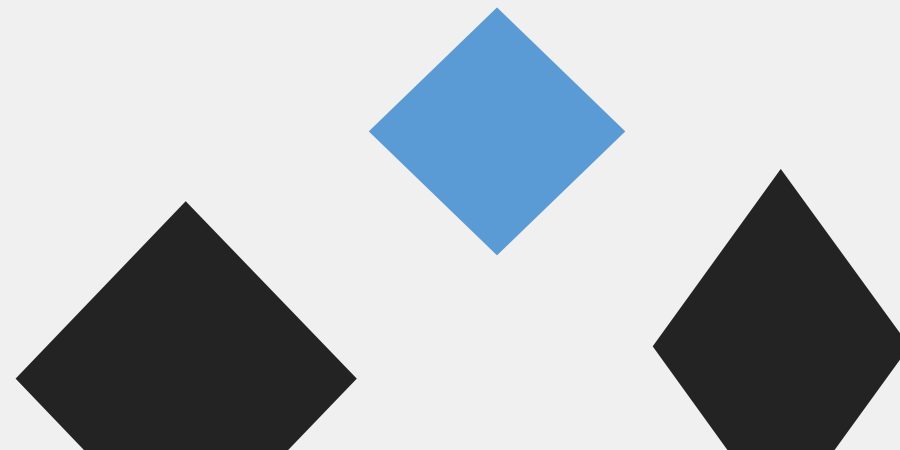
For NADO Italia it is essential to build a training offer whose final objective is bridging the gap between current and desired knowledge through the development and implementation of innovative learning programs. In this sense the development of programs includes the planning of new learning activities and the organization of any related resources.

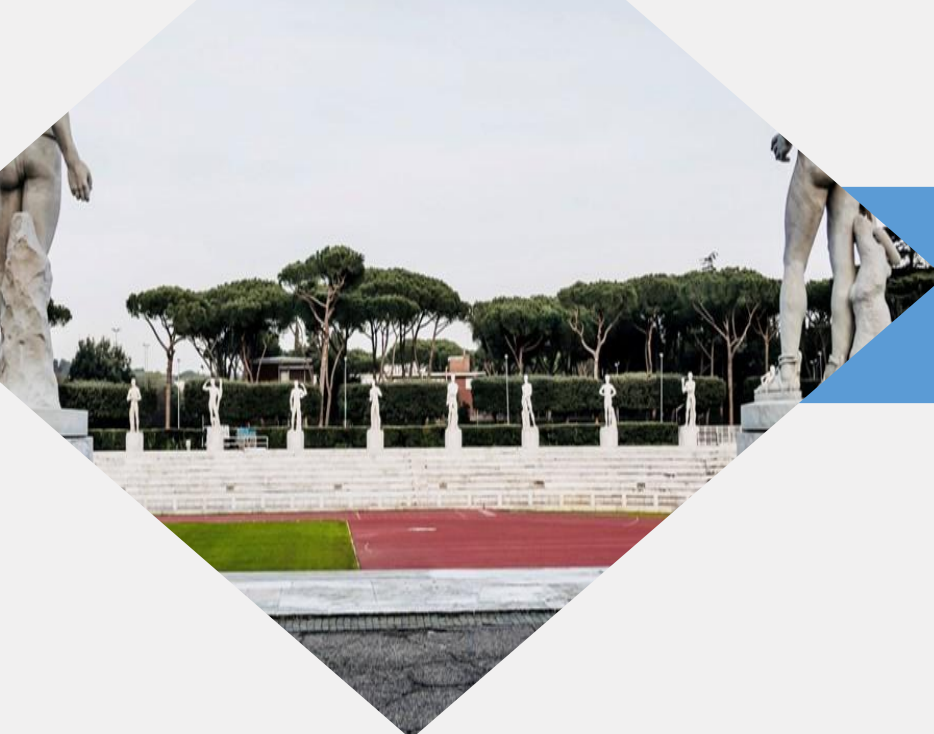
EMPHASISE CRITICAL THINKING COMPETENCY

We believe that critical thinking is necessary for all effective learning environments and for all levels of education.

We also believe that the way to learn any discipline is to learn to think critically within that discipline.

For this reason, the present program is structured to provide stakeholders with all the necessary information on anti-doping issues, in order to develop critical thinking about what doping means in terms of sport, ethics and health.





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