

INTERNATIONAL FEDERATION OF SPORT CLIMBING (IFSC)

CLEAN SPORT EDUCATION PLAN SUMMARY 2023 - 2026



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 Federation of Sport Climbing (IFSC) is responsible for developing and implementing an Education Plan for Sport Climbing athletes, athlete support personnel and the wider Sport Climbing community.

In 2023, the International Federation of Sport Climbing delegated to the International Testing Agency (ITA) the full implementation of its anti-doping program in compliance with the Code and IFSC anti-doping policy. In the area of education, the ITA-IFSC 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 sport climbing community. The Education Plan is developed for a four-year cycle (2023-2026) and shall be adjusted and updated annually.

Program Objectives

The IFSC 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 IFSC community.

Learning Objectives

In line with the International Standard for Education, the IFSC 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 IFSC 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 are reported on at the end of each calendar year. The data gathered throughout the four-year cycle will also help the ITA and IFSC assess the success of the overall education program and make changes if necessary.

Educational Components

In line with the International Standard for Education, the IFSC 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 IFSC 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', Athletes Support Personnel'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 IFSC anti-doping policy, values-based education focusing on consequences, moments of vulnerability and decision-making, the substances highlighted in line with the WADA Testing Figures Reports and those resulting in Adverse Analytical Findings and the importance of anti-doping rules, particularly those that do not relate to the results of an anti-doping test and apply to athletes and athlete support personnel.

A particular effort will be made to educate athletes and ASP on sport climbing's strong historical record in anti-doping to inspire them to continue their clean sport journeys.

Target Groups

The IFSC anti-doping education program captures a broad range of target groups, with the focus being Registered Testing Pool (RTP) and Testing Pool (TP) athletes, athletes returning from a IFSC sanction as well as youth athletes competing at selected international and continental events and athlete support personnel of above-mentioned athletes.

Also benefitting from global IFSC education efforts are other international-level athletes (ILAs), national-level athletes (NLAs), other athlete entourage and a wider Sport Climbing audience.

The primary Education Pool and additional target groups will be revised annually, and specific definitions of these groups and their associated activities will be evaluated and added at an appropriate time.

Action Plan

The IFSC 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:** Every year, the ITA will host a series of five weekly webinars for IFSC, addressing all mandatory topics outlined in the WADA Code. Additionally, a custom sport-specific webinar is planned yearly and will be delivered for a key IFSC audience by ITA.
- **Event-Based Education:** Event-based clean sport education – in the form of presentations and/or a clean sport information booth – will be delivered in person by experiences and trained ITA Educators yearly at selected international or continental events.
- **ADEL E-learning courses and NADO equivalents:** IFSC will continue to take advantage of ADEL as a free and effective anti-doping education resource available to all members of the IFSC community. With support from the ITA, a letter will be sent to all RTP athletes and athletes returning from sanction explaining they must complete ADEL, NADO e-learning or NADO in-person workshops and provide confirmation of attendance.
- **Social media channels:** A plan is developed by IFSC to deliver consistent anti-doping messages and to continue promoting IFSC clean sport efforts on the Federation's website and social media channels.

Future Considerations

The Education Plan is meant to continuously evolve and adapt to the realities of the Federation and to the sport specifics of Sport Climbing.

The Plan will be regularly adjusted throughout the four-year cycle. The Education Pool and additional target groups will grow, new learning objectives and KPIs may be added, and the evaluation mechanisms will receive an annual review.