

ROLE & RESPONSIBILITIES OF COACHES & ATHLETE SUPPORT PERSONNEL IN CLEAN SPORT

Everyone has a duty to protect clean sport. We want to know when we watch ParaVolley and other sports that it's the real deal and that there is integrity in the sport we see. Doping is cheating, and cheating undermines the spirit of sport and the efforts of clean athletes. The WADA Code acknowledges that athlete support personnel have a responsibility to positively influence the athletes they work with.

Coaches play a crucial role in the development of athletes as sportspersons as well as people. How you coach, and your coaching philosophy can have a direct impact on whether athletes chose to train and compete clean. Being a good role model, teaching ethical behaviors to athletes, and helping athletes excel using their own natural abilities are all important roles of coaches.

Clean sport means coaches also being in-tune with their athletes and what they are experiencing in their sport, as well as being aware of when they might be vulnerable in order to adjust training schedules or encourage effective rest strategies. It means supporting their athletes through anti-doping experiences. Coaches are mandated by the WADA Code to counsel and advise athletes on anti-doping matters.

As a **manager, trainer, nutritionist, dietician, sport physician or therapist**, as well as all other Athlete Support Personnel, clean sport means looking out for your athletes' health & well being above all else.

It means sports physicians and therapists also playing their part by knowing when an athlete needs to rest and recover, and being honest and transparent about when they can return to play. It means nutrition experts giving sound advice to athletes about a "food first" approach to improve performance through adjustments to diet. It also means helping them understand what substances are banned in sport and sharing the risks of supplement use.

If you are involved in sport as a coach, an athlete support personnel or even a **sports administrator**, you are also bound by Anti-Doping Rules and have anti-doping responsibilities that you need to be aware of. Failing to abide by the values of clean sport or the Anti-Doping Rules (if they apply to you) could mean severe consequences for your involvement in future sport and your career.

The responsibilities of all Athlete Support Personnel according to the Code are:

- Be knowledgeable of and comply with all anti-doping policies & rules applicable to you or the athletes you support
- Use your influence on athlete values and behavior to promote positive anti-doping attitudes
- Cooperate with athlete testing programs
- Disclose to World ParaVolley whether you have committed an Anti-Doping Rule Violation (ADRV) in the previous 10 years
- Cooperate with World ParaVolley and your NADO investigating ADRVs
- Do not use or possess any prohibited substance or prohibited method without a valid and justifiable reason

What does this mean for you as a Coach or an Athlete Support Personnel?

Anti-doping is complex and needs attention from all who are bound by the Anti-Doping Rules. You need to understand how the anti-doping system impacts you and your athletes.

It is important to remember that 7 out of the 11 Anti-Doping Rule Violations (ADRVs) apply to Athlete support personnel (ASP), and that you too could commit an ADRV and face a ban from sport, not just the athletes. This in most cases is career ending.

Take the anti-doping responsibilities of being an Athlete Support Personnel seriously and help those around you (other coaches, practitioners, athletes, and sport administrators) do the same.

Make sure you and the athletes that surround you are up to date with everything you need to know to protect you and the athletes you work with. This will help prevent you, your athletes, and your wider coaching and support team from contributing to, or being at risk of inadvertent doping. There is no excuse or sympathy for ignorance and carelessness in anti-doping.

How can you be best prepared to assist with Clean Sport?

Develop a coaching and support environment that nurtures a culture of personal excellence rather than win at all costs. Develop positive values and beliefs in all athletes you coach/support and any other personnel you work with.

Take the opportunity to be educated on anti-doping matters either through your NADO, your National Governing Body Sports Institution or Professional Association.

Reinforce your education by taking the online [WADA ADEL](#) courses applicable to you, such as ADEL for High Performance Coaches, ADEL for Medical Professionals, or ADEL for Medical Professionals At Major Games.

Have conversations within your sporting environment on anti-doping. Encourage regular engagement in clean sport.

Help athletes apply the principle of Strict Liability.

Support athletes in managing inadvertent doping by helping them check their medications against the Prohibited List or online drug reference list (for example one can search [Global DRO](#) for specific information on medications sold in AUS, CAN, JPN, NZ, SUI, UK and USA only) and managing the risks associated with supplement use.

Be familiar with the universal rights available to athletes within anti-doping, which are set out in the WADA [Athlete's Anti-Doping Rights Act](#).

Be familiar with the anti-doping section of the World ParaVolley website, as well as the website of the Anti-doping Organization within your home country.

Find the information you need to be the best support to the athletes you can be. If you can't find the information you need here or on the WADA website (and ADEL platform), contact the Anti-doping Commission of World ParaVolley at antidoping@worldparavolley.org.

References:

WADA ADEL for International-level Athletes

UKAD website