

## ANTI-DOPING EDUCATION

AT WORLD PARAVOLLEY, we believe that as an athlete, your first experience with antidoping should be through education. Before you are subject to doping control, and before you leave your country for your first competition as an international-level athlete, it is important that you are aware of, among other things:

- Your rights and responsibilities in the doping control process
- List of Prohibited Substances and Methods
- The categories of Anti-Doping Rule Violations (ADRVs)
- What Therapeutic Use Exemptions (TUEs) are and how to apply
- Doping Control Process
- Consequences of doping (health and sport)
- Risks of Supplements

### ANTI-DOPING IS EVERYONE'S RESPONSIBILITY

The World Anti-Doping Code requires all Anti-Doping Organizations to deliver education programs, but it is also up to athletes and their support personnel to seek information to ensure they are knowledgeable about clean sport principles, and are training and competing in line with the values of Clean Sport and anti-doping rules. It is also the responsibility of athletes and support personnel to ensure they are up-to-date on any changes concerning rules, the prohibited list, and other anti-doping processes.

**Education is provided on many levels** – by National Anti-doping Organizations and National Federations, by International Federations, and by Major Event Organizations prior to Major Events such as the Paralympic Games.

There are also many great **Resources** at your fingertips. WADA has created the **AntiDoping Education and Learning Platform (ADEL)**.



ADeL is comprehensive and offers access to all topics related to clean sport and antidoping. It offers courses for athletes, coaches, doctors, administrators and anyone interested in learning more about anti-doping and protecting the values of clean sport.

A description of the features and functionality of ADEL can be found here:

<https://www.wada-ama.org/en/what-we-do/education-and-training/adel>

ADEL Resources can all be found [here](#)

With access to the following courses highly recommended by World ParaVolley:

- International-Level Athlete's Education Program
- High Performance Education Program
- Medical Professionals Education Program

World ParaVolley provides anti-doping education opportunities at our major events. We also require (as a condition of WPV membership) that all international athletes have education on anti-doping and clean sport principles before attending international competition.

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| <b>WPV Athlete Anti-Doping and Education Requirements</b>       | <a href="#">File</a> |
| <b>World ParaVolley Anti-Doping Education Plan Summary 2021</b> | <a href="#">File</a> |