

ANTI-DOPING EDUCATION & RESOURCES

Why is education important?

Many in the anti-doping community are convinced that the long-term solution to preventing doping is through effective prevention and clean sport values-based education programs to create a strong anti-doping culture.

The following are education resources and tools for athletes, coaches, national federations, parents, managers or any other person who wishes to know more about anti-doping. Most of them are available on WADA's website.

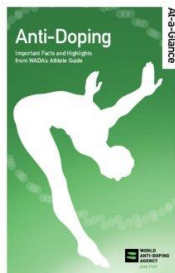
1. Resources from WADA



**WADA Video:
What is WADA?**



**WADA Video:
Level the Playing Field**



At-a-Glance: Anti-Doping

A general summary pamphlet resource in the education section of the WADA website with information on prohibited substances, the code, testing, and Whereabouts.

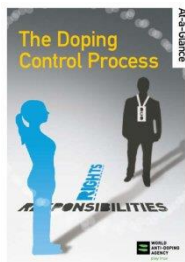
In English, French, and Spanish

2. TUE's, TESTING & WHEREABOUTS, ADAMS



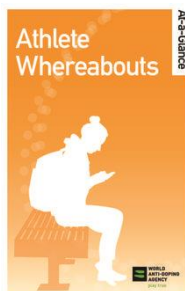
At-a-Glance: Therapeutic Use Exemptions (TUEs)

An excellent and easy to read pamphlet about TUE's
In English, French, and Spanish



At-a-Glance: The Doping Control Process

A great pamphlet guide to what to expect if you are selected for Doping Control, as well as a summary of your rights and responsibilities as an athlete.
In English, French, and Spanish



At-a-Glance: Athlete Whereabouts

A general summary pamphlet resource in the education section of the WADA website with information Whereabouts.
In English, French, and Spanish



Doping Control Video

A great video about what to expect in the testing process. From the education section of the WADA website.
Available in nine languages.



Athlete Reference Guide to the 2015 Anti-doping Code

Modifications for Providing a Sample for Minors & Athletes with a Disability (Page 25)
Available in English, French, Spanish, Finnish



Anti-Doping Administration & Management System

3. ONLINE ANTI-DOPING EDUCATION

a) ALPHA - eLearning Tool for Athletes

ALPHA is the Athlete Learning Program about Health & Anti-Doping. It provides factual information about anti-doping (Ethical Reasons not to Dope, Medical Reasons not to Dope, The Doping Control Process, Rights and Responsibilities, TUEs, Whereabouts) and values based activities.

To connect to ALPHA please click here: <http://alpha.wada-ama.org>

b) Play True Quiz

WADA's Play True Quiz is an interactive computer game that tests athletes and their entourage's knowledge about anti-doping. As an integral element of its Outreach Program, WADA devoted considerable resources to the development of the interactive computer game which has been showcased at major events including the Olympic Games, Paralympic Games and many international events. The Quiz is currently available in 36 languages.



(Play True Quiz – <http://quiz.wada-ama.org/>)

c) CoachTrue

CoachTrue is an online learning tool that enables coaches to learn more about the fight against doping, and thus to be more effective in preventing it. This software was developed by WADA. It provides separate platforms for elite athlete coaches and recreational sport coaches.

On your marks, get set... **CoachTrue**

(CoachTrue – <http://quiz.wada-ama.org/linkProgram/coachtrue/>)

The following features are included in the elite-level module of CoachTrue:

- Pre-Test: Allows coaches to identify current knowledge base
- Tutorials: A series of presentations with voice-overs that provide essential information on the following topics:
 - Health consequences of doping
 - Accountability
 - Results management
 - Therapeutic use exemptions
 - Whereabouts
 - Decision making
- Scenario-Based Activities: Practical application of acquired knowledge to possible real-life scenarios.
- Who Wants to Play True: A fun way for coaches to test their knowledge of anti-doping issues.
- Post-Test & Certification: Once coaches have completed all required elements, including a final assessment of learning (post-test), they are awarded a certificate of completion.