

## WHY CLEAN SPORT?

### Clean sport:

- Is Protected globally by WADA, governments and the sport movement
- Involves anyone in sport, including athletes, coaches, parents, administrators, medical professionals and more
- Promotes values that protect the spirit of sport and goes against doping in sport
- Involves a worldwide agreed set of anti-doping rules
- World ParaVolley is the International Federation responsible for protecting clean sport in ParaVolley and all its sport disciplines

### Why does clean sport matter?

Everyone has a duty to protect clean sport. Cheating in any form undermines the spirit of sport and the efforts of clean athletes.

### Clean sport means:

- Respecting yourself, others and your sport
- Participating and competing with integrity
- Reaching your potential through discipline, training, proper resting and recovery, and practicing good nutrition habits
- Getting educated on anti-doping
- Holding true to your values and principles
- Looking for help and information when needed
- Following the anti-doping rules
- Advocating for your rights
- Performing your anti-doping responsibilities
- Speaking up to share concerns about doping
- Knowing your responsibilities whether you are an athlete, support personnel or an administrator

Whether--

**It's an athlete** playing their part by learning about healthy ways to train, asking for help from those around that they trust and questioning information they find online or what their peers tell them, competing internationally while demonstrating their sport values, and knowing that their performance was honest throughout their sport career; or

**It's a coach** playing their part by encouraging athletes to give their best effort, helping them excel by using their natural abilities, being in-tune with their athletes, knowing when they need to slow down and apply rest and recovery practices or require adjustments to their training plan, and being a good role model themselves; or

**It's the team health care personnel** playing their part by always keeping the athlete's health and wellbeing their top priority, helping athletes understand what substances are banned in sport and sharing the risks of using supplements, and giving sound evidence-based advice about returning from injury.

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## **WE ALL HAVE OUR PART TO PLAY FOR CLEAN SPORT!**

Values guide your decisions and impact your behaviours in sport and life.

Behaviours demonstrate your values and impact others.

What are your values and how do you demonstrate them?

Commitment	Fair Play	Honesty
Courage	Fun	Respect for Others
Respect for Self	Health	Excellence
Integrity	Teamwork	Knowledge

These are but a few examples of values.

### **So always remember:**

- Think about why you started participating in sport and what sport means to you
- Live the values of clean sport at all times
- Make sure you are fully aware of the anti-doping rules and who they apply to
- Keep yourself up to date with the latest news and alerts from your NADO and World ParaVolley
- Be the right example to your friends, teammates, family, and your country.

References:

UK Anti-doping website

WADA ADEL for International-level Athletes