

Education Program 2012

The Anti-Doping testing program and education are equally important in NADAs fight against doping. “Together against doping” is the new concept for education in sport. This paper contains all education projects we have been working on in 2012. We adapt them to reach and suit different target groups: young and top-level athletes, parents/legal guardians of athletes as well as coaches and teachers, especially in sport related schools. NADA Germany provides several print and *new media* activities for each target group.

TARGET GROUP ATHLETES

YOUNG AND UPCOMMING ATHLETES

- Internet portal with important information for young athletes
- Brochure for young athletes
- Seminars for young athletes in sports related schools
- NADA-Tour with an information counter (for use at large sports events)
- Poster challenge in sports related schools
- Anti-Doping-Quiz for young athletes

HIGH PERFORMANCE ATHLETES

- Flash disk (USB-Stick with a virtual NADA office) with important information for athletes (ADAMS, TUE's, testing procedures) – self-updating via Internet.
- Workshops for high performance athletes in the RTP or National Testing Pool (NTP) in cooperation with the Olympic Training Centers.

TARGET GROUP COACHES

- Internet portal for coaches
- Workshops for coaches, together with national federations and the “Coaches’ Academy” in Cologne (cooperation with Sports Association of Lower Saxony for example).
- Coaches’ Tool Kit in print and digital form with all important information specifically for coaches.

TARGET GROUP PARENTS

- Information evenings for parents with lectures and discussion at the Olympic Training Centers to give young athletes space for deliberation on Anti-Doping in a sport free environment.

TARGET GROUP TEACHERS

- Development of a concept paper for basic information on Anti-Doping for teachers in physical education (grades 5-10, meaning age group 11-16 and grades 11-13 meaning age group 17-19).
- School materials for all school forms, in cooperation with the German Federal Institute for Political Education, the Federal Institute for Sport Science, both in Bonn, and the Technical-University of Berlin.

PROJECTS FOR DIFFERENT TARGET GROUPS

E-LEARNING PLATFORM

- E-Learning platform for young athletes and teachers of sports related schools
- Different modules explain the main facts of the Anti-Doping work:
 - o Important general information
 - o Rights and obligations of athletes
 - o Important information about nutritional supplements
 - o The Prohibited List
 - o Doping testing procedure step by step
 - o What happens after a “positive” or “negative” test result?
- A NADA certificate confirms the successful participation
- Mandatory training for all German EYOF participants

ONLINE FILMS

- **Urine & Blood Sample Taking** - Designed for athletes, coaches and other interested persons. Detailed information about all steps of a Doping testing procedure on urine and blood sample taking.
- Especially designed for young athletes before their first test to reduce their apprehension.

NADA Germany

- All films can be found on NADA's website under the section "Media":
<http://www.nada-bonn.de/medien/videos/>

NADA App

- The NADA App informs athletes and other target groups about different Anti-Doping topics:
 - o ADAMS
 - o Doping testing procedure (Film about a doping test)
 - o The Prohibited List
 - o NADA staff contact details
 - o Download versions of all relevant documents
- The medical drug data base NADAmEd is implemented as well.

NATIONAL DOPING PREVENTION PLAN

- In order to coordinate all doping prevention projects in Germany, the National Prevention Concept (NDPP) was installed in August 2009.
- The office of the NDPP steering committee is set up at NADA.
- The steering committee of the NDPP includes representatives of the German Federal Ministry of the Interior (BMI), the German Olympic Sports Confederation (DOSB), the German Sports Youth (dsj), the German Sport Ministers' Conference (SMK) and NADA Germany.

WORKSHOP FOR MEDIA REPRESENTATIVES

- In 2011, 75 sports journalists from all sections of the media (print, radio & TV), attended NADA's annual journalists' workshop.
- NADA's goal is to improve the media representatives' knowledge of the principal fields and rules in Anti-Doping, thus improving mutual understanding and trust.

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