

# WEIGHTLIFTING WALES CODI PWYSAU CYMRU



WEIGHTLIFTING WALES / UKAD ANTI-DOPING EDUCATION STRATEGY

## INTRODUCTION

All athletes have the right to compete in sport knowing that they, and their competitors, are clean. We believe in clean sport and work in partnership with UK Anti-Doping (UKAD) and our International Federation to ensure that the integrity of our sport is protected.

The use of performance-enhancing drugs and other doping behavior severely damages the legitimacy of sport and undermines the integrity of clean athletes.

## VISION

To ensure that Weightlifting Wales reaches its Vision 'To inspire a nation of weightlifters, hooked on the Sport through outstanding leadership and expertise; ensuring Commonwealth Champion increased participation and a healthier nation' through adopting a positive and clean sport approach to all levels of the sport.

## ASPIRATIONS

Weightlifting Wales recognizes its role in defining Wales and appreciates the role it plays intrinsically linked into the sport's vision 'Unite a Proud Sporting Nation', where 'Every Child Hooked on Sport for Life' and where Wales is recognised as a 'Nation of Champions'. The new strategy for Weightlifting Wales sets out these aspirations thus complementing this educational strategy.

Weightlifting Wales will educate the weightlifting community within Wales to protect and enhance the spirit of the new WADA Code implemented on the 1st of January, 2015.

Weightlifting Wales is devoted to providing clean sport education to its lifters and their support personnel to empower them to make informed decisions and be confident in their own ability to succeed in Welsh Weightlifting without the need to use prohibited substances.



## EDUCATION STRATEGY & CORE PRINCIPLES

Weightlifting Wales is committed to provide a tailored education strategy to all participation levels within Weightlifting in Wales. Weightlifting Wales will operate in conjunction with IWF and UKAD to actively engage with the lifting community in numerous anti-doping initiatives.

*The core principles that underpin the strategy are as follows:*

- Positive and systematic approach to clean sport education.
- Increase the knowledge and understanding throughout the weightlifting family within Wales.
- Athlete focused programme which is tailored to the level at which weightlifters competes at.
- An integrated clean sport development pathway throughout the levels of competition.
- To empower weightlifting clubs in Wales with knowledge and resources to ensure their members are educated accurately.
- To reduce the likelihood of unintentional doping through education.

To help achieve the above Weightlifting Wales will train 2 Educators within the Staffing structure and for 7 RDO's within Weightlifting Wales to become Advisors, as recognised by UKAD to actively engage within the Weightlifting Community.

## AMBASSADOR

Weightlifting Wales will look to appoint a current lifter within the National Squad as an ambassador for the programme.



## TAILORED EDUCATION

Weightlifting Wales is committed to tailoring the education strategy to the Weightlifting Wales lifter pathway in the most effective manner, whilst involving the educating the athlete support structure at each level.

## EDUCATION PATHWAY



## WEIGHTLIFTING WALES EDUCATIONAL PATHWAY BREAKDOWN

	National Squad	Talent Squad	Academy Squad	Affiliated Clubs	All WW members
ADAMS					
Whereabouts					
Testing Procedures					
Rule Violations & Consequences					
Rights & Responsibilities					
Prohibited List					
TUE					
Checking Medications					
Risk of Supplements					
Alternative to Doping					
Case Management Process					
Importance of Fair Play					

## COMPETITION PATHWAY

- **WELSH SCHOOLS** *(January)*
- **WELSH SENIORS** *(March)*
- **WELSH OPEN** *(December)*

## ANNUAL

- 1 Deliver an annual clean sport session with the National Squad and Talent Squad.
- 2 Hold an annual clean sport session for employed WW staff, Academies and affiliated clubs.
- 3 Record attendance at sessions. Follow up sessions arranged for miss attendance.
- 4 Distribute clean sport Education material to all Clubs and all members.
- 5 Distribute Anti-Doping Rule changes and news to all Clubs and all members.
- 6 All employed staff, clubs and all members agree to WW Memorandum and Articles of Association and Anti Doping Rules as per website page for – Annual membership, new membership, renewal of membership.  
<http://www.weightlifting.wales/membership/individual-membership/>
- 7 All competitors agree to WW Memorandum and Articles of Association and Anti Doping Rules as per website page for competition entry.  
<http://www.weightlifting.wales/competitions/>
- 8 Ensure selection policies for major International competitions state that athletes have to compete in UKAD registered events for a minimum of two years prior to the event. For Commonwealth Games, athletes must compete within a 12 month period before the qualification period begins.

## ACTION PLAN

Objective	Success rate
Create a designated Anti-Doping area on WW website – including links to UKAD <a href="http://www.weightlifting.wales/about/anti-doping-uk/">http://www.weightlifting.wales/about/anti-doping-uk/</a>	Complete
Deliver an annual Anti-Doping session with the National Squad and Talent Squad.	Compete: Annual February squad
Hold an annual Anti-Doping session with employed WW staff.	Compete: Annual (June)
Train 7 RDO's within WW to become Advisors.	Winter 2015
Deliver annual Anti-Doping session to Academies.	Spring 2016
Deliver annual Anti-Doping session to Affiliated clubs.	Summer 2016
Record attendance at sessions. Follow up session arranged for miss attendance.	On-going
Distribute Anti-Doping Education material to all Clubs and all members.	Completed Jan 2015. On-going for new clubs & members
Distribute Anti-Doping Rule changes and news to all Clubs and all members.	Completed Jan 2015, on-going
Members agree to WW Memorandum and Articles of Association and Anti Doping Rules.	Available via on-line membership, from April 2015
Competitors agree to WW Memorandum and Articles of Association and Anti Doping Rules.	Available via on-line membership, from April 2015

## EVALUATE

*Weightlifting Wales will continually evaluate the Anti-Doping strategy through the following means:*

- Monitor the number of participants through registers.
- Record the types of education received against the person.
- Monitor participant feedback through questionnaires from all parties involved at all levels.
- Discuss at length with any person who tests positively for a substance to evaluate the education they received and identify any areas of improvement.
- At each anti-doping forum an exchange of information will be encouraged.
- Regularly review and update the Education Strategy.

