

Developers:
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UzNADA INFORMATION AND EDUCATION PLAN

Introduction

The National Antidoping agency of Uzbekistan (UzNADA) has developed Informational & Educational Program (IEP), basing on WADA principals and purposes to prevent use of doping in sport, to maintain the main so-called **sport spirit** – is glorification of human spirit, body and mind and the following values which we can find in sport:

- Ethics, justice and honesty;
- Health;
- The highest level of performances;
- Collectivism;
- Pleasure and gladness;
- Devotion and loyalty to responsibilities;
- Respect to rules and laws;
- Respect to her/himself and other participants of competitions;
- Courage;
- Unity.

To fame sport and to fight with doping we have set a goal to develop and put into practice anti-doping program athletes, including juniors, trainers, sports doctors, sports personnel and parents.

The major purpose of our educational programs is a warning of athletes, personnel and parents of child athletes about the dangers of doping, prevention of intentional and unintentional use of prohibited methods and substances, submitting to athletes of information about values and life skills, to stay spotless in sport during a long time.

Informational program

Purpose. Maximum informing of athletes, trainers, personnel and parents of athletes about doping for supporting any decisions, which they can accept.

Content. According to the Code, informational program includes updated and exact information about the following points:

- Familiarization with structure and work of UzNADA;
- Rights and responsibilities of athletes and sports athletes;
- Detection of violation of anti-doping rules;
- List of prohibited substances and methods;
- Circumstances of use of doping (sanctions, medical and social circumstances);
- Risk management of use of nutritional supplements;
- Rules of the sample collection procedure;
- Types of violations of anti-doping rules;
- Therapeutic use of medicaments.

Educational program

Purpose. Educational program focuses on the formation of audience of negative attitude concerning doping. The audience should be familiar with dangerous circumstances of doping use.

Elaboration.

- *Short-term goals.*

Every following program helps us to expand and strengthen athlete knowledge about doping.

- *Long-term goals.*

By the end of our educational program we want to form negative attitude of athletes and their personnel to doping, to form their conscious comprehension of negative affect of doping on their organism. Athletes have to know their laws and responsibilities, and they have to be careful to medicaments they use. Athletes need to estimate possible risks of biologically

active additives, to know in details the process of Blood Sample collection procedure and I case of necessity to know the rules of filling the TUE checklists.

Deadline. By the end of our course we mean to get big positive results.

Target groups. Our audience are athletes and their personnel (medical, technic, administration) of national teams of federation for major sports; students-athletes of Uzbek State Institute of Physical Culture and Sport, students of medical universities; instructors, trainers-teachers, medical and other personnel, students of specialized sports boarding schools from all regions of our Republic, and their parents also.

Plan of Information and Education Program (IEP)

Analysis of current situation: nowadays there is no any educational program for giving knowledge about doping, consequently, it is necessary to introduce anti-doping topics in the learning process of young athletes. We have held consultation with representatives of sports federations and have made a plan of anti-doping workshops. Moreover, we have recommended working out their own anti-doping program.

In general, we orientate on athletes - juniors, children freshmen in sport, students of specialized sports boarding schools of our Republic. We tried to embrace most sports federations for major sports with purpose to conduct anti-doping workshops for athletes throughout our republic.

To achieve our goals, we plan to conduct seminars periodically. With every following seminar, we intend to complex our program. The first seminars are devoted to acquaintance with general information about the World Anti-Doping Code, common notion about doping itself, the meaning of doping and why it is prohibited to use, side effects of doping use, laws and responsibilities of athletes. During the seminars we provide with feed material in the form of different brochures, booklets, flyers on anti-doping thematic. On the following seminars we hold a kind of quiz to strengthen our audience knowledge about doping. The quiz is accompanied with presents in case of the correct answers. To get maximum effectiveness we illustrate kits and forms, filled during competitions. The next seminars are devoted to important questions concerning the list of prohibited substances and methods circumstances of doping use International Standard for Therapeutic Use Exemptions, risks of biologically active additives. The information about ADAMS is also given. After each seminar we hold discussions about the main points.

During our activity we have decided that we need to apply all kinds of involvement: informational-educational seminars at athletes based sites, also at the places of athletes-juniors. Furthermore, we need to outreach programs during big sports events,

take part in several sports TV shows and radio programs, devoted to doping issues in sport, to partake in conferences belonging to sports medicine for the purpose of anti-doping program.

Short-term goals. About 60% students of specialized boarding schools of Olympic reserve, by the end of year, will be notified about doping, rights and responsibilities, types of anti-doping rule violations, procedure of doping-control, about circumstances of doping use. About 65% athletes' personnel will be notified about circumstances of doping use for athletes, trainers and athletes personnel. Athletes of the national teams of Uzbekistan on taekwondo, gymnastics, weightlifting, football, athletics, equestrian sports, handball, biathlon, karate and athletes with impairments will hold several workshops on the anti-doping program.

Long-term goals. All students of boarding schools will be completely notified about doping, rights and responsibilities, types of anti-doping rule violations, circumstances of doping use, the banned list, risks of biologically active additives, procedure of doping-control. By the end of year, the given group will have passed the full course on anti-doping thematic.

Trainers, teachers, medical personnel will be completely informed about doping-testing, the banned list, medical and social issues of doping use, the system ADAMS, International Standard for TUE. Athletes of the national teams of Uzbekistan on taekwondo, gymnastics, weightlifting, football, athletics, equestrian sports, handball, biathlon, karate and athletes with impairments will hold several workshops on the anti-doping program.

Target groups:

- Athletes of the national teams for major sports;
- Trainers, coaches;
- Medical personnel for top athletes, top NFs, Republican center of the Sports Medicine under the NOC;
- Students of the specialized colleges for Olympic and Paralympic reserve;
- Students of the Sport-specialized University.

Actions. Developed by our specialists' brochures, booklets, flyers, we distribute on big sports competitions and during educational seminars in sports schools and athletes based places. Seminars are conducted by specialists from department of international relations and educational programs, and in some special cases, in the process of seminar involved all specialists from anti-doping agency.

For more effectiveness of informational-educational program and providing trainees at seminars, we offered to Ministry of Sports - the further participation in sports competitions will depend on the successful completion of anti-doping program. Inasmuch as, the main purpose of our activity is the maintaining of sports spirit, prevention of intentional or unintentional use of prohibited substances and methods by athletes. This initiative is under consideration. The program of prophylactics is based on

human values, and oriented on athletes and athletes support staff with a special focus on the younger generation of athletes through the introduction of anti-doping programs in school programs.

Program evaluation.

To estimate the effectiveness of held seminar the anonymous questionnaire of feedbacks from UzNADA was developed, presenting form, which we offer to fill with feedbacks about seminars and possible wishes for future seminars. In the column with question – *Which questions would you like to discuss in future?* participants choose the most interesting topics for them.

I. Content of Program:

1. Principles and values associated with clean sport.
2. Athletes', Athlete Support Personnel's and other groups' rights and responsibilities under the Code.
3. The principle of Strict Liability.
4. Consequences of doping, for example, physical and mental health, social and economic effects, and sanctions/anti-doping rule violations.
5. Substances and methods on the Prohibited List.
6. Risks of supplement use.
7. Use of medications and Therapeutic Use Exemptions.
8. Testing procedures, including urine, blood and the Athlete Biological Passport.
9. Requirements of the Registered Testing Pool, including whereabouts and the use of ADAMS.
10. Speaking up to share concerns about doping.

II. Information actions as part of Program include of developing/preparing the followings:

- Advice cards
- Booklets and brochures
- Lecture-style presentations
- Outreach

- Posters
- Videos
- Web site resources (www.uznada.uz)
- Social Media resources (Instagram, Facebook, Telegram)
- Newspaper articles
- TV & Radio performances

III. Target groups of Program:

- ✓ Athletes competing at an International level
- ✓ Athletes competing at a National level
- ✓ Medical and other support personnel

IV. Target groups need help first:

№	Target-groups	Where they are	Now many they are	Total quantity
1.	International-level athletes	National Federations	350	1400
		Sport-specialized colleges	750	
		Sport-specialized University	300	
2.	National-level athletes	National Federations	1000	4000
		Sport-specialized colleges	2400	
		Sport-specialized University	600	
3.	Medical and other support personnel	National Federations	500	1100
		Sport-specialized colleges	500	
		Sport-specialized University	100	

V. Composition of target groups:

№	Name of institution	Total quantity	Quantity of students	Quantity of target group's athletes
1.	National Federations (top sports)	14		1350
2.	Sport-specialized colleges	15	10000	2150
3.	Sport-specialized University	1	2200	350

VI. Internal resources:

№	Name of responsible Department	Head of Department	Number of Staff
1.	Antidoping education Department	1 Z.Gaziyeva	1 L.Umedova
2.	Lectures / Moderators	Core staff: Z.Gaziyeva, L.Umedova. Add staff: N.Tursunov, A.Mansurova, Sh.Mavlonov, G.Tursunova, N.Azamatova, Z.Hayrullayeva	

VII. Action Plan

Seminars and workshops promote multi-modal communication with different sources: athletes, coaches, trainers, medical staff, college and sport federation's administration. Individual responsible persons: Z.Gaziyeva, L.Umedova. Lectures & Moderators: Z.Gaziyeva, L.Umedova, N.Tursunov, A.Mansurova, Sh.Mavlonov, G.Tursunova, N.Azamatova, Z.Hayrullayeva.

Target groups	Goal	Activity	Time/Schedule	Individual responsible persons
Athletes competing at an International level (top-level athletes)	60% of all top-level athletes will have been informed of their rights, responsibilities and prohibited list	Conduct seminars at National Federations, sport-specialized colleges and University: make lecture-style presentations, distribute advice cards, booklets, brochures, demonstrate videos, inform about official web-site www.uznada.uz and addresses in Social Media, inform and instruct on application link to WADA's ADeL and UzNADA's ADEx system	15 sport-specialized colleges (600), 1 sport-specialized University (240), National Federations (280).	Z.Gaziyeva
Athletes competing at a National level	65% of all national-level athletes will have been informed of their rights, responsibilities and prohibited list		1120 top-level athletes. 3200 national-level athletes. Develop 2-days seminars; every seminar includes 6 lectures and discussion-times	Z.Gaziyeva
Medical and other support personnel	50% of all medical and other support personnel will have been informed about prohibited list, regulations about the effects of doping, consequences of doping, TUE		Besides the above activities, develop separate 1 republican practice conference for medical staff, including 6 lecture-styled presentations and discussion-times (550 support personnel in total)	Z.Gaziyeva

1st quarter event plan

(National Federations – NF; sport-specialized colleges of Olympic and Paralympic reserve – SSCOPR; sport-specialized University – UzSUPhCS)

1. Weightlifting NF
2. Fencing NF
3. Taekwondo NF
4. Gymnastics NF
5. Shooting and archery NF
6. Tennis NF
7. Wrestling NF
8. Kurash NF
9. Boxing NF
10. UzSUPhCS
11. Republican SSCPOR
12. Chirchik SSCPOR
13. Djizzakh SSCPOR
14. Gulistan SSCPOR

2nd quarter event plan

(National Federations – NF; sport-specialized colleges of Olympic and Paralympic reserve – SSCOPR; sport-specialized University – UzSUPhCS)

1. Cycling NF
2. Rowing and Canoe NF

3. Judo NF
4. Athletics NF
5. Swimming NF
6. Sambo NF
7. Triatlon NF
8. Paralympic NF
9. Termez SSCPOR
10. Karshi SSCPOR
11. Namangan SSCPOR
12. Andijan SSCPOR
13. Ferghana SSCPOR

3rd quarter event plan

(National Federations – NF; sport-specialized colleges of Olympic and Paralympic reserve – SSCOPR; sport-specialized University – UzSUPhCS)

1. Weightlifting NF
2. Fencing NF
3. Taekwondo NF
4. Gymnastics NF
5. Shooting and archery NF
6. Tennis NF
7. Wrestling NF
8. Kurash NF
9. Boxing NF
10. UzSUPhCS
11. Samarkand SSCPOR
12. Taylak SSCPOR

4th quarter event plan

(National Federations – NF; sport-specialized colleges of Olympic and Paralympic reserve – SSCOPR; sport-specialized University – UzSUPhCS)

1. Cycling NF
2. Rowing and Canoe NF
3. Judo NF
4. Athletics NF
5. Swimming NF
6. Sambo NF
7. Triathlon NF
8. Paralympic NF
9. Navoi SSCPOR
10. Bukhara SSCPOR
11. Urgench SSCPOR
12. Nukus SSCPOR
13. Republican practice conference for medical staff

After the completion of the event, the knowledge of Students being tested. Upon successful pass the exam, students receive a UzNADA certificate of successful participation (*sample*). →

