



2021 Anti-Doping Education Plan

The purpose of this plan is to help ensure that wheelchair rugby is a clean sport where all athletes can compete on equal terms, in accordance with the IWRF values of Respect and Integrity. Education will support the IWRF's efforts to maintain the integrity of the sport of wheelchair rugby; to protect the health and rights of all participants in wheelchair rugby; and to keep wheelchair rugby free from doping.

Athletes and athlete support personnel must understand their roles and responsibilities to protect the integrity of wheelchair rugby. They must also have the information they need to be able to make educated decisions on matters that could potentially result in an anti-doping rule violation.

This plan is based on the 2015 IWRF Anti-Doping Rules and the 2015 World Anti-Doping Code. Following the coming into force of the 2021 World Anti-Doping Code and the 2021 International Standard Education this plan will be updated for 2022 and beyond.

Goals

The primary goal of the IWRF Anti-Doping Education Plan is to prevent the intentional or unintentional use by athletes of prohibited substances and prohibited methods or any other substance going against the spirit of sport or dangerous for their health. Anti-doping education provided by the IWRF shall provide athletes and other persons with up-to-date and accurate information on at least the following issues:

1. Harm of doping to the spirit of sport
2. Health consequences of doping
3. Social impact of doping and sanctions
4. Athletes' and athlete support personnel's rights and responsibilities
5. WADA substances and methods on the Prohibited List
6. Managing the risks of nutritional supplements
7. Doping Control procedures
8. Applicable Whereabouts requirements
9. TUEs, rights and responsibilities
10. Risk factors for doping in wheelchair rugby

Current Resources

The IWRF currently uses a passive model for delivery of anti-doping education. An athlete-focused Anti-Doping Handbook was published in 2014 to serve as a guide for athletes and athlete support personnel. The IWRF web site includes an anti-doping section which includes educational resources and links.

There is no current program of in-person education and no specific requirements for athletes or athlete support personnel to complete anti-doping education. The resources exist for those who seek them out, but there is no requirement that they do so. In addition, both the Handbook and the web site include some outdated information.

Anti-Doping Education outreach programs have been very limited as well and no formal programs were conducted in 2018 or 2019.

Sport-specific Factors

The IWRF has noted the following sport-specific factors that have an impact on the requirements for Anti-Doping education in wheelchair rugby:

- The rate of Adverse Analytical Findings for narcotics and cannabinoids is significantly higher for wheelchair rugby athletes than for other athletes.
- The rate of Adverse Analytical Findings for diuretics and masking agents for wheelchair rugby athletes is comparable to that for other athletes with an impairment, but is significantly higher than that for able-bodied athletes.
- The rate of Adverse Analytical Findings for anabolic agents for wheelchair rugby athletes is comparable to that for other athletes with an impairment, but is significantly lower than that for able-bodied athletes.
- The rate of Adverse Analytical Findings for stimulants for wheelchair rugby athletes is significantly lower than that for all other athletes.
- More than 80% of the athlete population in wheelchair rugby have acquired physical impairments that were received in late adolescence or early adulthood.

These factors suggest that while wheelchair rugby athletes would benefit from generic anti-doping education, there are additional risk factors that need to be addressed in greater depth. They also indicate that there is less of a need for youth education as most athletes do not come to the sport - indeed, are not eligible to participate - until early adulthood.

All Wheelchair Rugby athletes have some form of impairment, including approximately 80% with spinal cord injuries. To manage these conditions, many athletes use a variety of prescription and non-prescription medication. Pain disorders and spasms are common side effects with these injuries and some athletes medicate or self-medicate with prescription and non-prescription narcotics and cannabinoids. Anecdotal evidence suggests the rate of cannabis use among Wheelchair Rugby athletes with spinal cord injuries is higher than in the general athlete population. There are also cases of athletes developing addictions related to their use of prescription narcotics for pain management.

Wheelchair rugby athletes would benefit from in-depth education about the anti-doping risks of the use of prescription and non-prescription medication; the requirements and processes for Therapeutic Use Exemptions; the health and social risks of cannabinoids and narcotics; and the risks of addiction associated with narcotic use.

Education Approach

This education plan will take the approach of moving from the passive provision of information to an active requirement that participants in the sport of wheelchair rugby access available training and resources, and to the delivery of sport-specific training.

For general anti-doping education, the IWRF will rely on established on-line programs already developed by WADA, by NADOs in IWRF member nations, and by our sport partner World Rugby. These programs will be supplemented by IWRF publications including the Anti-doping Handbook and the web site, which will again rely on WADA and partner publications where appropriate.

IWRF development of educational materials and presentations will focus on sport-specific issues identified in the 2018 Risk Assessment.

Together, the combination of existing generic anti-doping education with IWRF-specific issues-based education will provide all participants in the sport of wheelchair

rugby with comprehensive coverage of what they need to know to play their part in keeping wheelchair rugby free from doping.

2021 Activities

For 2021, the IWRF will conduct the following education activities:

- All licensed wheelchair rugby athletes will be required to complete an approved online anti-doping education program
- All licensed wheelchair rugby coaches and athlete support staff will be required to complete an approved online anti-doping education program
- All wheelchair rugby participants at Tokyo 2021 Paralympic Games will be required to complete a Games-specific online anti-doping education program
- The IWRF Anti-Doping Handbook will be revised and re-published
- Athletes and athlete support personnel will be required to read the Handbook before competing in an IWRF sanctioned event
- The Anti-Doping section of the IWRF web site will be revised and re-published
- Wheelchair rugby-specific anti-doping education sessions will be developed and delivered at IWRF events

Action Plan

Activity	Complete approved online anti-doping education program
Target Group	Athletes
Execution	<p>IWRF licensed wheelchair rugby athletes will complete online anti-doping education programme through one of:</p> <ul style="list-style-type: none"> • A NADO-specific programme • World Anti-Doping Agency ADEL for International-Level Athletes • World Rugby Keep Rugby Clean online education <p>Upon completion, the athlete will download the certificate, which must remain valid and retests must taken in accordance with the expiration date outlined on the certificate.</p>
Responsibility	Athletes and IWRF NMOs
Deadline	Ongoing - prior to participation in events
Confirmation	Athletes to provide valid certificate to their NMO. NMO will verify that all rostered athletes have completed this when team rosters are submitted for events.

Activity	Complete approved online anti-doping education program
Target Group	Athlete support personnel
Execution	<p>IWRF licensed wheelchair rugby athlete support personnel will complete online anti-doping education programme through one of:</p> <ul style="list-style-type: none"> • NADO-specific programme • World Anti-Doping Agency ADEL for High Performance Coaches or ADEL for Medical Professionals (depending on role) • World Rugby Keep Rugby Clean (KRC) online education <p>If NADO training is used and their NADO has anti-doping training specific to coaches and support staff, these should be completed.</p> <p>Upon completion, the athlete support personnel will download the certificate, which must remain valid and retests must taken in accordance with the expiration date outlined on the certificate.</p>

Responsibility	Athlete support personnel and IWRF NMOs
Deadline	Ongoing - prior to participation in events
Confirmation	Athlete support personnel to provide valid certificate to their NMO. NMO will verify that all rostered personnel have completed this when team rosters are submitted for events.

Activity	Complete Games-specific online anti-doping education program
Target Group	Tokyo 2021 participants including athletes, support personnel, and officials
Execution	Upon selection for the Games, all participants will be contacted and directed to complete the appropriate WADA ADEL course for athletes and coaches attending the Tokyo 2021 Olympic and Paralympic Games.
Responsibility	Athletes, Athlete Support Personnel, IWRF officials
Deadline	August 24, 2021
Confirmation	IWRF will verify with WADA that all Tokyo 2020 participants have completed training prior to the Games.

Activity	Revise and re-publish Anti-Doping Handbook
Target Group	All participants in wheelchair rugby
Execution	<p>The current IWRF Anti-doping Handbook will comprehensively reviewed to remove outdated content and provide up to date information. The Handbook will as a minimum discuss:</p> <ul style="list-style-type: none"> • Harm of doping to the spirit of sport • Health consequences of doping • Social impact of doping and sanctions • Athletes' and Athlete Support Personnel's rights and responsibilities • WADA substances and methods on the Prohibited List • Risks of Nutritional Supplement use • Doping Control procedures • Applicable Whereabouts requirements • TUEs, rights and responsibilities • Specific risk factors for doping in wheelchair rugby
Responsibility	IWRF Antidoping Manager

Deadline	May 31, 2021
Confirmation	IWRF Antidoping Manager to advise IWRF CEO and WADA upon completion.

Activity	Require event participants to read Anti-Doping Handbook
Target Group	All participants in IWRF sanctioned events including athletes, support personnel, and officials
Execution	The revised Anti-Doping Handbook will be published on the IWRF web site with digital copies distributed to all IWRF NMOs and licensed personnel. A supply of printed copies will also be obtained for distribution at IWRF events. All personnel will be advised that they need to read the Handbook and be familiar with its contents before participating in IWRF events.
Responsibility	Athletes, Athlete Support Personnel, NMOs
Deadline	Ongoing - prior to participation in events
Confirmation	IWRF NMOs will verify with their own personnel that they have read the Handbook and will certify this when submitting rosters for events.

Activity	Revise and re-publish Anti-Doping section of web site
Target Group	All participants in wheelchair rugby
Execution	The current web site will be comprehensively reviewed to remove outdated information and provide up to date documents and links. All requirements contained in WADA's 2018 "Website Suggestions for Clean Sport Section will be included in the update.
Responsibility	IWRF Antidoping Manager
Deadline	March 31, 2021
Confirmation	IWRF Antidoping Manager to advise IWRF CEO and WADA upon completion.

Activity	Develop and deliver wheelchair rugby-specific anti-doping education
Target Group	Athletes and athlete support personnel
Execution	Two education sessions will be developed covering wheelchair rugby-specific anti-doping issues:

	<p>Session 1 - Medications and TUEs</p> <ul style="list-style-type: none"> • Risks of the use of prescription and non-prescription medication; • Requirements and processes for Therapeutic Use Exemptions <p>Session 2 - Cannabinoids and narcotics</p> <ul style="list-style-type: none"> • Health and social risks of cannabinoids and narcotics • Risks of addiction associated with narcotic use. <p>Each session will be no more than 60 minutes in length.</p> <p>Sessions will be delivered to participants at two IWRF events in 2021:</p> <ul style="list-style-type: none"> • Canada Cup, June 2020 • European Championship Division B, July 2020
Responsibility	IWRF Antidoping Manager
Deadline	June 30, 2021
Confirmation	IWRF Antidoping Manager to advise IWRF CEO and WADA upon completion.

Educational Links

IWRF web site - Antidoping: <http://iwrf.com/?page=anti-doping>

WADA - ADEL: <https://adel.wada-ama.org>

World Rugby - Keep Rugby Clean: <https://keeprugbyclean.worldrugby.org>