

World Wheelchair Rugby 2021 Anti-Doping Education Plan

worldwheelchair.rugby

WWR 2021 Anti-Doping Risk Education Plan

The purpose of the WWR Anti-Doping Education Plan is to help ensure that wheelchair rugby is a clean sport where all athletes can compete on equal terms in accordance with the WWR values. Education will support the WWR'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 World Anti-Doping Code, the WADA International Standard for Education, and the WWR Anti-Doping Rules.

Goals

The primary goal of the WWR 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 WWR 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

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Strategic Focus

The WWR Anti-Doping Education Plan has been developed in line with the goals of the 2019 WWR Strategic Plan.

The Strategic Plan details six values and seven strategic goals. The Anti-Doping Education Plan aligns directly with three of these values and three goals.

The Education Plan will be based on these, and education materials will clearly show how anti-doping activities and clean sport align with the values of the WWR.

	WWR Strategic Plan	WWR Anti-Doping Education Plan
VISION	World Leader in Para Sport	A model for doping-free Para Sport
MISSION	Growing and Supporting the Wheelchair Rugby Family	Support the Wheelchair Rugby Family in the fight against doping
VALUES	Passion Inclusion Athlete Focus Respect Integrity Support	Athlete Focus Integrity Support
GOALS	Leadership and governance Growth and development Technical excellence Partnership with World Rugby Increase in revenues Wheelchair rugby variations Broadcast and communications	Leadership and governance Technical excellence Partnership with World Rugby

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Current Situation

Education Activities

The WWR has used a passive model 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 WWR web site includes an anti-doping section which includes educational resources and links.

There was no 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 outdated information.

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

International Environment

The WWR currently has 520 registered participants active at the international level. These participants come from 25 countries. While the official language of the WWR is English, over 75% of international participants are from countries that are not primarily English speaking.

The top-level of international participation is represented by the twelve countries that qualify for the quadrennial World Championship. Based on the last Championship, there are 274 participants in this pool, with 55% of these from countries that are not primarily English speaking.

The WWR is a WADC signatory and a member of the International Paralympic Committee. As such, WWR is required to maintain compliance with the WADA Code and to conform to all WADA regulations and standards. The WWR also has access to the WADA Anti-Doping Education and Learning Platform (ADEL).

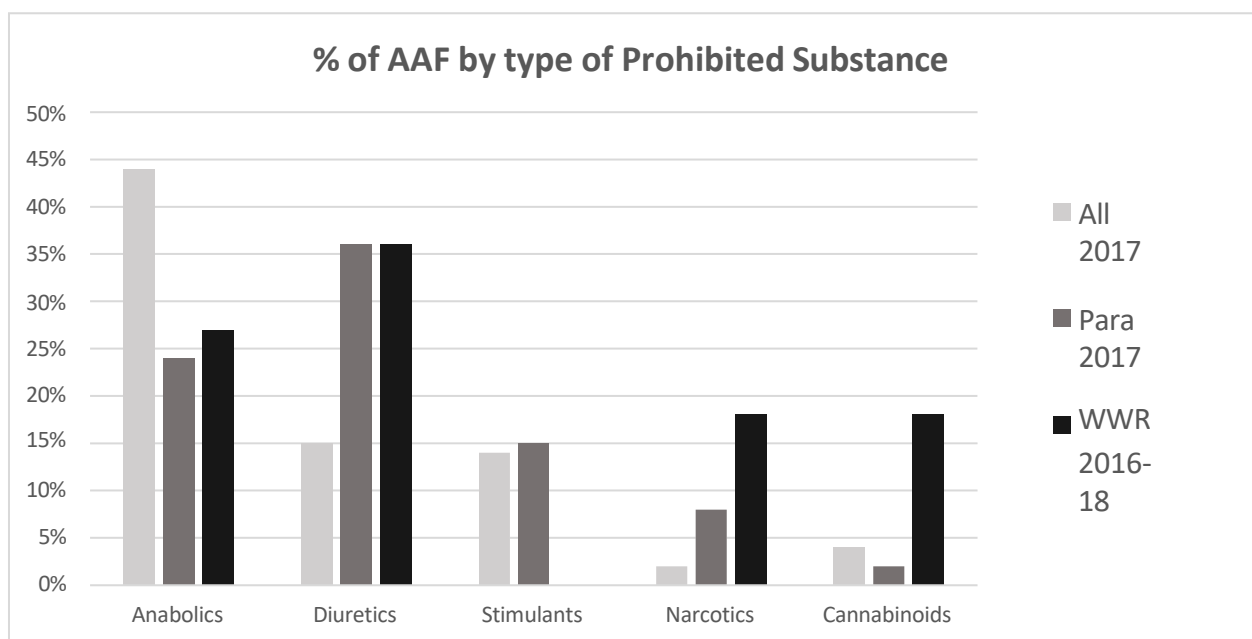
The WWR has established a sport partnership with World Rugby and the two organizations co-operate on matters of common interest. World Rugby provides support to the WWR in anti-doping including sharing educational resources. World Rugby has an established Anti-Doping education program, *Keep Rugby Clean*, with resources available in several languages.

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Sport-specific Factors

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

- More than 80% of the athlete population in wheelchair rugby have acquired physical impairments that were received in late adolescence or early adulthood.
- 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.



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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.

Target Groups

The primary target group for anti-doping education is international-level participants in wheelchair rugby. All personnel who participate internationally are registered with the WWR, including athletes, athlete support personnel, member organization staff and leadership together with officials.

Staff and leaders of national member organizations are also a target for education as they have a role in ensuring anti-doping education is provided to their athletes at the national level.

All athletes and a significant number of athlete support personnel and persons in leadership position have physical impairments.

There are very few participants in wheelchair rugby who are minors, particularly at the international level. Youth-focused education will not be provided by the WWR.

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Some WWR national member organizations may provide this, depending on the age profile of their own athletes.

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Education Pool

All registered athletes, athlete support personnel, and member organization staff and leadership will be included in the WWR Education Pool.

Athletes and athlete support personnel will be the primary target of the education plan. They will be required to complete specified anti-doping education as a condition of their participation at major events. This education will focus on their rights and obligations under the Anti-Doping Rules. They will also be provided with materials addressing the sport-specific anti-doping education requirements noted above, including Therapeutic Use Exemptions and the risks associated with prescription and non-prescription medication; cannabinoids; and narcotics.

Member organization staff will be targeted to receive anti-doping education materials and resources to allow them to provide education at the national level to their athletes who are not yet participating at the international level.

Objectives and Activities

This education plan will ensure that the WWR moves from the passive provision of information to an active requirement that participants in the sport of wheelchair rugby access available training and resources together with sport-specific training.

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

WWR development of educational materials and presentations will focus on sport-specific issues identified above.

Recognizing that many members of the education pool do not speak English as a first language, and that materials may need to be translated, plain language principles will be followed in the development of WWR education materials. Information on the WWR web site will also be reviewed and edited to follow these principles.

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

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

2021 Activities

- Licensed wheelchair rugby athletes will be required to complete an approved online anti-doping education program
- Licensed wheelchair rugby coaches and athlete support staff will be required to complete an approved online anti-doping education program
- Wheelchair rugby participants at Tokyo 2021 Paralympic Games will be required to complete a Games-specific online anti-doping education program
- Athletes and athlete support personnel will be required to familiarize themselves with the Handbook before competing in an WWR sanctioned event
- All team members attending the Paralympics or any WWR Competition must have a certificate that indicates successful completion of an approved education programme. The certificates are loaded to the WWR Membership and Licensing System when team lists are submitted for competitions.
- The Anti-Doping section of the WWR web site will be reviewed and updated
- Wheelchair rugby-specific anti-doping education sessions will be developed and delivered at WWR events

Monitoring

WWR will assess the current level of anti-doping knowledge of athletes in the education pool to establish a baseline against which to monitor the performance of this education plan. This will be done through a brief survey with questions on basic anti-doping knowledge, completed anonymously by athletes preparing to attend the Tokyo 2021 Paralympic Games.

The same survey will be repeated prior to the 2022 WWR World Championship and the 2024 Paralympic Games to assess how well the Education Plan has improved

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anti- doping knowledge among the top-level international athletes.

Educational Links

WWR web site – Antidoping:

worldwheelchair.rugby/antidoping

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

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

Should you have any further requirements or queries related to Anti-Doping Education please contact antidoping@WWR.com or <https://adel.wada-ama.org>.

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Action Plan

Activity	Complete approved online anti-doping education program
Target Group	Athletes
Execution	<p>WWR 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 WWR 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 including coaches and medical staff
Execution	<p>WWR 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 WWR NMOs
Deadline	Ongoing – prior to participation in events

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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.
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Activity	Require event participants to familiarize themselves with the Anti-Doping Handbook
Target Group	All participants in WWR sanctioned events including athletes, support personnel, and officials
Execution	<p>The revised Anti-Doping Handbook will be published on the WWR web site with digital copies distributed to all WWR NMOs and licensed personnel. A supply of printed copies will also be obtained for distribution at WWR events.</p> <p>All personnel will be advised that they need to read the Handbook and be familiar with its contents before participating in WWR events.</p>
Responsibility	Athletes, Athlete Support Personnel, NMOs
Deadline	Ongoing – prior to participation in events
Confirmation	WWR 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	<p>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.</p> <p>Regular communications will be sent to NMOs encouraging athletes, coaches, medical staff and administrators to visit the website.</p> <p>Communications will be sent to NMOs and licensed athletes when there are changes made to the website including any additional educational tools</p>
Responsibility	WWR Antidoping Manager
Deadline	March 31, 2021
Confirmation	WWR Antidoping Manager to advise WWR CEO and WADA upon completion.

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Activity	Assess Anti-Doping Knowledge
Target Group	Tokyo 2021 participants including athletes, support personnel, and officials
Execution	<p>A brief questionnaire on basic anti-doping knowledge will be developed and distributed to personnel qualified for the 2021 Paralympic Games.</p> <p>The questionnaire will be completed anonymously and the results will be used to establish the baseline level of knowledge among the top-level of World Wheelchair Rugby participants.</p>
Responsibility	WWR Antidoping Manager
Deadline	May 31, 2021
Confirmation	WWR Antidoping Manager to advise WWR CEO and WADA upon completion.

Activity	Develop and deliver wheelchair rugby-specific anti-doping education
Target Group	Athletes and athlete support personnel
Execution	<p>Two education sessions will be developed covering wheelchair rugby-specific anti-doping issues:</p> <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 WWR events in 2021:</p> <ul style="list-style-type: none"> • Canada Cup, June 2020 • European Championship Division B, July 2020
Responsibility	WWR Antidoping Manager
Deadline	June 30, 2021

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Confirmation	WWR Antidoping Manager to advise WWR CEO and WADA upon completion.
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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, WWR officials
Deadline	August 24, 2021
Confirmation	WWR will verify with WADA that all Tokyo 2020 participants have completed training prior to the Games.