



Anti-Doping Education Plan 2024 ***ANTIDOPING CENTRE BULGARIA***

ANALYSIS OF THE CURRENT SITUATION

The Anti-Doping Education Plan of the Antidoping Center is based on a developed system of coordination and information between stakeholders. Each year, the target groups are determined on the basis of assessment of the current situation, upcoming sports events and curricula in educational institutions. The determination of the target groups is aimed at expanding the scope of awareness of the participants about the main anti-doping topics as a priority of the educational program for young athletes and athletes included in the national teams of Bulgaria.

For the purposes of the analysis of the current situation after the education sessions the participants fill in, at their request, a questionnaire for evaluation of the education.

Anti-doping educational tools cover various options: training sessions, online training, outreach educations, campaigns during major sporting events, lectures in the curricula of sports and secondary schools, educational sessions for athletes support personals and sanctioned athletes. Informing the society (including media, visitors of fitness centers, recreational athletes) is carried out through the implementation of socially oriented projects, as well as publications and during seminars and conferences. The educational tools are selected according to the feedbacks of the participants in anti-doping training in 2022 / Figure 1 / and their evaluation /fig. 2/.

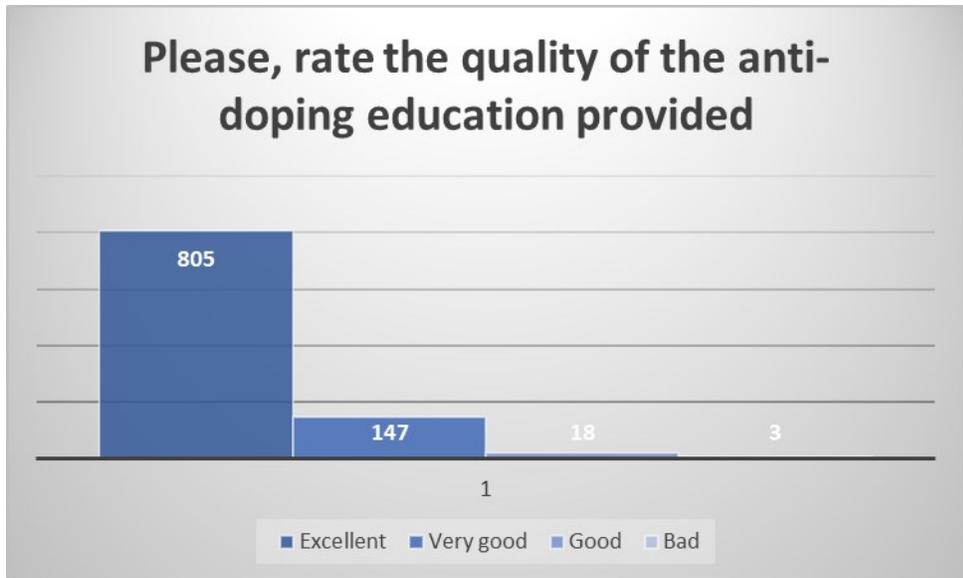


Fig. 1 Athletes' and ASP's evaluation of the anti-doping education

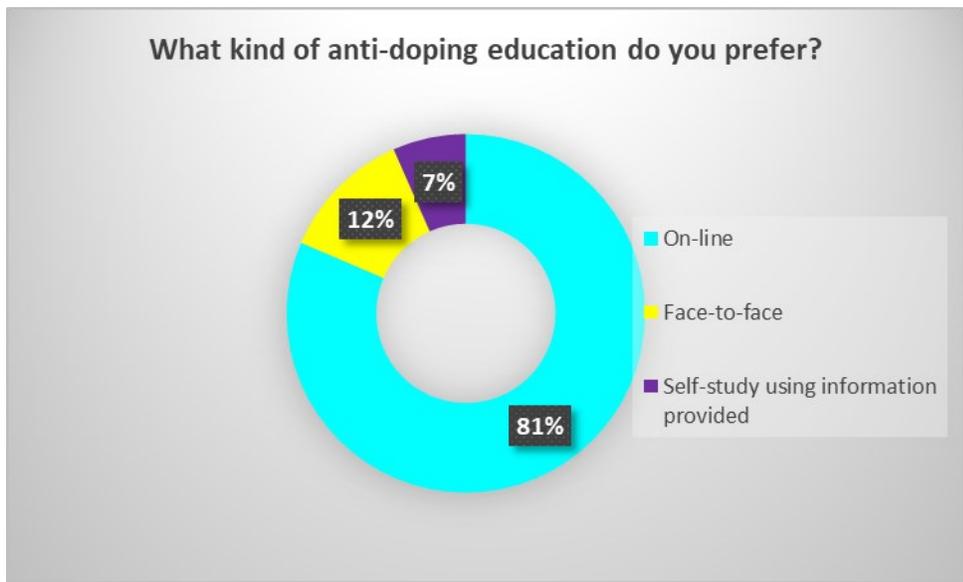


Fig. 2. Participants' preferences for the format of the anti-doping education

The development, implementation and evaluation of this plan is conducted by the experts in the field of "Anti-Doping Programs", and control over these activities is performed by the Executive Director and the Secretary General of the Antidoping Center. The necessary resources for the implementation of this plan are set in the budget of the organization.

Every target group of this plan will be aware of the following topics: Principles and values associated with clean sport, Athlete's and ASP's rights and responsibilities, The principle of strict liability, Consequences of doping, ADRVs, Prohibited list, Risk of supplements use, TUE, Testing procedure, Requirements of RTP and ADAMS, Speaking up to share concerns about doping.



In the educations in 2024, more attention will be paid on athlete's rights and responsibility during the doping control, as well as on the risk of supplements and medication usage. These conclusions are based on surveys conducted during the anti-doping education /fig. 3 and 4/.

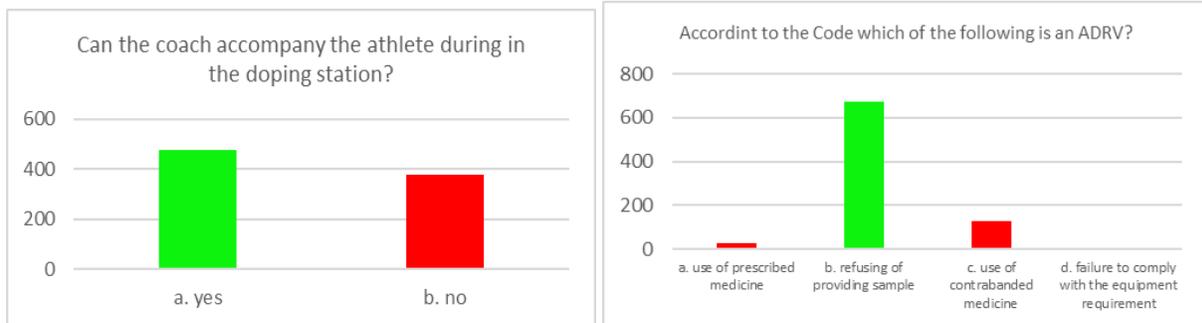


Fig. 3 and 4. Answers on the questions 2 and 3 of the knowledge survey /the right answer is marked in green/

During the anti-doping educations in 2023 more attention was paid on the Prohibited list and the status of the medications. It is noteworthy that participants make almost no mistake on questions about the Prohibited List /fig. 5/.



Fig. 5. Answers on the questions 1 of the knowledge survey /the right answer is marked in green/

When educating Athletes and ASPs in sports where ADRVs had been established, according to the BUL-NADO long-lasting statistical data / Fig. 6 /, notably attention will be paid on the Anti-Doping Rules Violations.

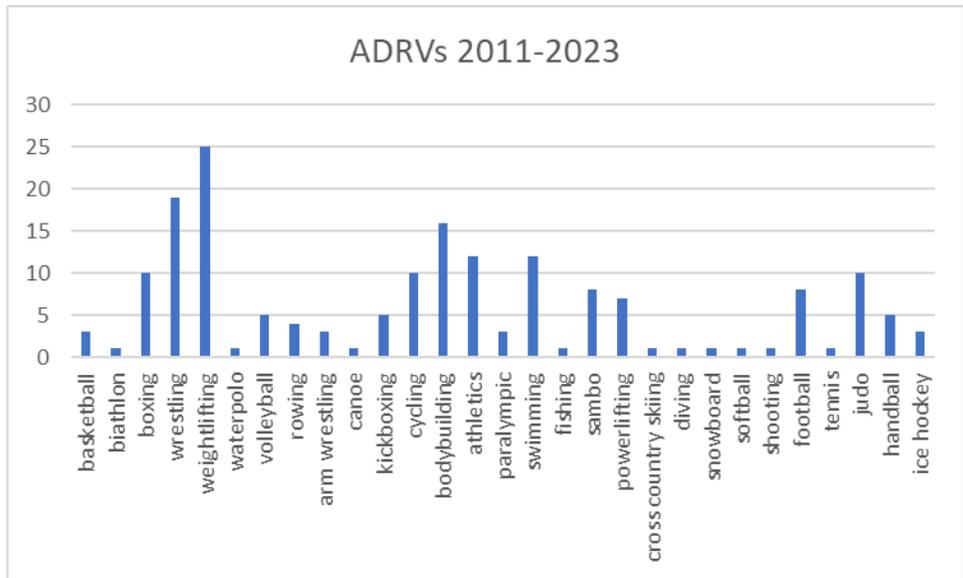


Fig.6. ADRVs in sports in the period 2011-2023.



Target group and timelines	Program's objective	Topics	Learning objectives	Education activity	Monitoring and evaluation procedures
<p><i>Child</i></p> <p><i>Through the year</i></p>	<p><i>Anti-doping educational programs in sport schools concerted with ADC.</i></p>	<p><i>The spirit of sport and sport ethics</i></p>	<p><i>At the end of the program the participants to recognize unfair behavior and to tolerate the fair play and equality.</i></p>	<p><i>Values-based education in curricula.</i></p>	<p><i>Monitoring on the programs and feedback from the teachers.</i></p> <p><i>Short surveys will be administrated to the students at the end of the program.</i></p>
<p><i>Young athletes</i></p> <p><i>Through the year</i></p>	<p><i>Interactive games during sport and social events</i></p> <ul style="list-style-type: none"> <i>• Play True Day-social media campaign</i> 	<p><i>The spirit of sport and sport ethics</i></p>	<p><i>By using different educational games young athletes to be aware of the main values of clean sport.</i></p>	<p><i>Social campaigns during events.</i></p>	<p><i>Short on-line quiz will be administrated to the participants.</i></p> <p><i>The number of participants and correct answers will be evaluated.</i></p>
<p><i>Athletes-beginners in anti-doping education.</i></p> <p><i>Through the year</i></p>	<p><i>30 in-persons/on-line anti-doping workshops will be delivered to athletes in TDP sports and by request of the BF, beginners in anti-doping programs.</i></p>	<p><i>Anti-doping rules violation, Testing procedures, Prohibited list, Consequences of doping, TUE.</i></p>	<p><i>At the end of the education activity the athletes to understand what constitutes anti-doping rules violation.</i></p> <p><i>At the end of the education activity the athletes to be able to explain the steps of testing procedure.</i></p> <p><i>At the end of the education activity the athletes to be aware of the consequences of doping.</i></p> <p><i>At the end of the education activity the athletes to understand in which situation TUE</i></p>	<p><i>In-persons or on-line educational sessions.</i></p>	<p><i>Different discussions and survey will be provided to the athlete to monitor the understanding of the information delivered.</i></p> <p><i>A feedback sheet will be provided to every participant to evaluate and monitor the educator's delivery.</i></p>

			<i>is granted.</i>		
<p><i>Athletes who already have delivered anti-doping education.</i></p> <p><i>Through the year</i></p>	<p><i>30 in-person/ on-line anti-doping workshops will be delivered to athletes in TDP sports and by request of the BF, to athletes who have already delivered anti-doping education.</i></p> <p><i>Outreach education activity by request of the BF.</i></p>	<p><i>Anti-doping rules violation and sanctions, Testing procedures, Prohibited list, Consequences of doping, TUE, Use of ADAMS, Risks of Nutritional Supplements intake</i></p>	<p><i>At the end of the education activity the athletes to understand what constitutes anti-doping rules violation and the sanctions for administration of ADRV.</i></p> <p><i>At the end of the education activity the athletes to know their rights and responsibilities.</i></p> <p><i>At the end of the education activity the athletes to be aware with the prohibited substances and the consequences of doping.</i></p> <p><i>At the end of the education activity the athletes to understand in which situation TUE is granted.</i></p>	<p><i>In-persons or on-line educational sessions.</i></p>	<p><i>Different discussions and survey will be provided to the athlete to monitor the understanding of the information delivered.</i></p> <p><i>A feedback sheet will be provided to every participant to evaluate and monitor the educator's delivery.</i></p>
<p><i>International level athletes</i></p> <p><i>Through the year</i></p>	<p><i>Bulgarian athletes with quotas for European and World Championships</i></p> <p><i>Athletes with quotas for Youth Olympic Games Gangwon, Korea 2024</i></p> <p><i>Athletes with quotas for Olympic Games Paris 2024</i></p>	<p><i>Testing procedure during the event-specific requirements.</i></p> <p><i>TUE application process before and during the event,</i></p> <p><i>Whereabouts requirement for the event.</i></p> <p><i>Other anti-doping requirements.</i></p>	<p><i>By the end of the education the athletes to know their rights and responsibilities.</i></p> <p><i>By the end of the education athletes to be able to apply successfully for TUE, if needed.</i></p> <p><i>By the end of the education athletes to be able fill their whereabouts according to event requirements.</i></p>	<p><i>e-Learning Course in ADEL, on-line meetings with BUL-NADO's experts.</i></p>	<p><i>Evaluation of the knowledge of the athlete for the specific requirements during the event by survey at the end of the session.</i></p> <p><i>Monitoring of the whereabouts failures.</i></p> <p><i>Discussion with the athletes about the use of medications and nutritional supplements and the possibility to be contaminated.</i></p>



<p>RTP athletes</p> <p>Through the year</p>	<p>100% of RTP athletes to conduct education about how to use ADAMS and requirements of RTP inclusion.</p>	<p>Requirements of the RTP, whereabouts, ADAMS.</p>	<p>By the end of the activity all of the athletes will be aware of RTP Requirements.</p> <p>By the end of the activity all of the athletes will be able to fill and update their whereabouts in ADAMS.</p>	<p>Individual sessions in including an athlete in the RTP delivered by ADAMS and RTP responsible persons, ADEL course for RTP athletes</p>	<p>Monitoring of whereabouts failures.</p> <p>Evaluation of the activities according to whereabouts failures and violations.</p>
<p>ASP (coaches, medicals, physicians, officials, trainers, managers, agents, parents)</p> <p>Through the year</p>	<p>Awareness raising of the ASP in anti-doping</p>	<p>Prohibited list, ADRV and sanctions, TUE, Nutritional supplements and the risks of using them</p>	<p>During the education activity the ASP to be aware of major changes in the Prohibited list. ASP to know the ADRV and the sanctions.</p> <p>ASP to be able to help the athletes with TUE application procedure. Awareness raising of the ASP about nutritional supplements and the risks of contaminated ones, as well as checking medications.</p>	<p>In-person or on-line workshops. Sport medicals and physician seminars.</p>	<p>Role games and quizzes during the education.</p> <p>Feedback form for monitoring of the education delivered.</p>
<p>Athletes returning from a sanction</p> <p>Athletes in wrestling, swimming, handball and sambo</p> <p>Through the year</p>	<p>100% of the athletes who return from a sanction to conduct anti-doping education 2 months before the end of the sanctioned period.</p>	<p>Principle and values of clean sport.</p> <p>ADRV, the Prohibited list, Risk of supplements use.</p>	<p>By the end of the education participants to be able to recognize action related to harm to the spirit of sport or ADRV.</p> <p>Participants to be aware of the Prohibited list and risks of supplements intake.</p>	<p>Individual or group work sessions.</p>	<p>Monitoring of the period of sanctions of the athletes and the applications for returning will be held, aiming to educate the athletes before the end of the sanction period.</p> <p>The athletes will conduct a survey at the end of the session to evaluate</p>

					<p><i>the learning.</i></p> <p><i>By filling a feedback form the athletes will evaluate the education quality.</i></p>
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