NATIONAL FEDERATION
ANTI-DOPING REQUIREMENTS

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Chair, WSF Anti-Doping Commission

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WSF has achieved compliance:
- To achieve this 55 issues had to be improved
- 3 were critical and required:
  - Comprehensive In-Competition testing
    - The PSA has started an in-competition testing programme, making it possible for WSF to be compliant
  - An Education Strategy
    - For elite and National Federation (NF) athletes
  - A Risk Assessment for the sport of squash
    - WSF had a risk assessment for an individual athlete but not for the sport of squash
WADA World Anti-Doping Code Compliance

- The World Anti-Doping Code revised this year:
  - The International Standard for Code Compliance by Signatories (ISCCS) came into effect 01/04/18

Implications:
- Sanctions for Signatories for non-compliance
- WSF is a Signatory
- Being a member of WSF means each National Federation is also a Signatory and must abide by the Code.
National Federation Implications

• If a WSF NF is non-compliant that NF would be ineligible to host a World Championship
• If that nation’s NADO is non-compliant, any team, including squash, would not be able to compete in ANY major games
• If a WSF NF is non-compliant that makes WSF non-compliant so:
  – Inability for squash as a sport to compete in ANY major games
National Federation Implications 2

• If a nation’s NADO is non-compliant this will also affect a NF because the **WSF will not be able to award a World Championships to that nation**.

• All of this means that if we don’t work together to ensure we, meaning NFs and WSF, are Code compliant, we have **NO CHANCE TO MAKE THE OLYMPICS**.
Three Things Are Required

1. All NFs must sign an agreement to abide by the World Anti-Doping Code.
   • Will be a requirement for 2018 WSF Membership

2. All NFs must have Anti-Doping Rules in place
   • Can adopt WSF Anti-Doping Rules

3. All NFs must provide athlete Anti-Doping Education
   • This is the most important requirement as there must be documentation and reporting of what is being done
   • Does not need to be complicated, or cost anything.
Education

• Every NF to designate an Anti-Doping Advisor (ADA)
  – This individual will become familiar with education resources available through WADA
• There are very good education resources provided by WADA for athletes, coaches, administrators, sports physicians and parents
• **All available/provided at no cost**
  – The aim is to develop a network of ADAs managed by the WSF Anti-Doping Manager
WADA Resources

- Adel: An Excellent Resource
  - Modules for Athletes (ALPHA), Coaches, Sports Physicians, Administrators, Parents
  - ALPHA is very good for athletes
    - Currently available in 9 languages
    - Not yet in Arabic
    - To be developed in all 5 UNESCO recognised languages
    - Once in Arabic, WSF will require all athletes entering World Championships to have completed the ALPHA course
• For those NFs with athletes able to speak the languages that ALPHA is currently available in, the athletes should do the course now

• For those NFs with athletes who are not able to understand the languages that ALPHA is currently available in, there are other good resources:
  – For example in Arabic there are the Dangers of Doping Get the Facts, Doping Control for Athletes and the Play True Quiz
  – In Chinese and Czech there is the Dangers of Doping Get the Facts and the Play True Quiz.
ALPHA — Module for Athletes

- Introduction
- Facts 1: The Doping Control Process
- Facts 2: Whereabouts
- Facts 3: Therapeutic Use Exemptions
- Facts 4: Results Management
- Decisions 1: Medical Reasons to Stay Clean
- Decisions 2: Ethical Reasons to Stay Clean
- Decisions 3: Practical Help to Stay Clean
- Decisions 4: How to Deal With Pressure

WADA
ALPHA: To become compulsory prior to participation in a WSF Championship, as soon as it becomes available in Arabic.
Violates Personal Integrity

Personal integrity is holding yourself to your sport’s standards. Doping violates this because it is cheating.

- Cheating disrespects both others and yourself.
- You are entitled to expect your opponents to respect you.
- A victory obtained by cheating leaves a sour taste.
ALPHA – Module for Athletes

**Rights to Protect**

The fight against doping is to protect both athletes’ and society’s rights:

**Athletes:**
- Right to doping-free sport
- Right to safe competition

**Society:**
- Right to maintain the spirit of sport
- Right to protect youth and future athletes
Health Consequences

Doping can have serious health consequences for athletes but these effects can be complicated:

Negative effects are hard to determine:
- Doping athletes don’t talk about it.
- Substances and methods for sick people or animals have different effects on healthy athletes.

Negative effects can be more serious:
- Athletes use higher doses than patients.
- Athletes combine different substances and methods, multiplying their effects.
dispelling doping myths

here are some common doping myths:

• “the sport would be fair if everyone could dope.”
• “doping under supervision is safe.”
• “doping rules go against athletes’ rights.”
• “doped athletes are too far ahead to be caught up.”
Modules for Coaches & Parents

CoachTrue provides anti-doping education for coaches of elite and recreational-level athletes. It has different modules covering all anti-doping processes as well as tutorials, scenario-based activities and quizzes.

An anti-doping reference guide/booklet for parents seeking more information to ensure healthy athletic development and prevent the use of prohibited substances. This resource is relevant to parents of all levels of athletes from beginner to elite.
Modules for Physicians & Administrators

Sport Physician’s Tool Kit is a course covering anti-doping modules tailored for physicians and other medical personnel. There are also three modules covering major games topics, done in collaboration with the IOC.

ADO KickStart

A reference tool that supports administrators in delivering their core anti-doping duties on a daily basis. Step-by-Step processes are outlined with supporting templates, relevant documents for each activity.
Dangers of Doping Leaflet, Play True Quiz & Play True Youth Quiz are available in many languages including Arabic and Chinese.
WADA Education Resources in All Languages

• The Play True Quiz is available in all languages
  – This as a minimum should be used for the NF athletes.

• WSF will contact all the NFs Anti-Doping Advisors to determine their use of the Play True Quiz.