

Curriculum for Clean Sports - Parents

Educational level of par	Educational level of child	Indication of child's age	1. Principles and values of clean sport
Basic	Bronze	11/12 - 15/16 years	<p>Knowledge</p> <ul style="list-style-type: none"> • Define sporting values in your own words. • Describe Be PROUD in brief. • Explain how to become a supporter of clean sport. • State where you can find more information about Be PROUD. • Explain why you are a role model for clean sports. • Sum up the core values of Be PROUD: Passionate, Real, Outspoken, United and Dedicated. <p>Skills</p> <ul style="list-style-type: none"> • Give the reasons why sporting values are important for you. <p>Behaviour</p> <ul style="list-style-type: none"> • Join as a supporter of clean sport. • Stand up for clean sports by sending a Be PROUD postcard to your child. • Discuss the subject of clean sport / sport values with your child. • Encourage your child to join as a supporter of clean sport as well.
Advanced	Silver	15/16 - 21/22 years	<p>Knowledge</p> <ul style="list-style-type: none"> • List at least 5 risk factors that make deliberate doping more likely. • List at least 4 vulnerable moments during the career of an elite athlete when the risk of deliberate doping is higher (at-risk moments). <p>Skills</p> <ul style="list-style-type: none"> • Using your own sporting values, give the reasons for how you would address clean sport dilemmas that your child could encounter. <p>Behaviour</p> <ul style="list-style-type: none"> • Speak openly with your child about clean sport dilemmas. • Be alert and respond to the risk factors and at-risk moments, for example by providing support/extra support relating to diet, mental training or education about clean sports.

Curriculum for Clean Sports - Parents

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Basic	Bronze	11/12 - 15/16 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • Explain in general terms the role of Doping Authority Netherlands. • Explain in general terms what the role of WADA is. • Explain the global arrangements to ensure that the same anti-doping rules apply to almost everyone involved in sports (Code). • Explain to whom the anti-doping regulations apply. • Explain in general terms how the anti-doping rules from WADA reach athletes and coaches. • Explain how you can ask Doping Authority Netherlands questions (email: dopingvragen@dopingautoriteit.nl, WhatsApp: + 31 (0)6-11226200). • Explain where more information can be found about the anti-doping regulations. <p><u>Skills</u> X</p> <p><u>Behaviour</u></p> <ul style="list-style-type: none"> • Be understanding about the existence of the anti-doping regulations. • Encourage your child to comply with the anti-doping regulations.
Advanced	Silver	15/16 - 21/22 years	<p><u>Knowledge</u> X</p> <p><u>Skills</u> X</p> <p><u>Behaviour</u> X</p>

Curriculum for Clean Sports - Parents

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Basic	Bronze	11/12 - 15/16 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • State which substances and methods are classified as doping (the substances and methods on the prohibited list). • List three criteria that WADA uses to determine whether something should be on the prohibited list. • State when the prohibited list may change (at least every year on 1 January). • Describe the overall structure of the prohibited list with the distinction in/out of competition and that beta blockers are prohibited in certain sports. • Health risks of substances and methods on the recognised prohibited list. • Briefly describe the principle of 'strict liability'. <p><u>Skills</u></p> <ul style="list-style-type: none"> • Ability to consult the current prohibited list. • Recognise situations in which you must be particularly alert to prevent your child using prohibited substances or methods (medicines, nutritional supplements, substances of abuse/drugs). <p><u>Behaviour</u></p> <ul style="list-style-type: none"> • Be alert to prevent your child using prohibited substances and/or methods. • Check every year in about October whether the prohibited list has changed.
Advanced	Silver	15/16 - 21/22 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • Briefly describe the health risks of substances and methods. <p><u>Skills</u></p> <ul style="list-style-type: none"> • Recognise situations in a foreign country in which you should be particularly alert to prevent your child using prohibited substances or methods (country-specific warnings). <p><u>Behaviour</u></p> <ul style="list-style-type: none"> • Encourage your child to be alert in order to avoid using prohibited substances / methods. • Encourage your child to check every year in about October whether the prohibited list has changed.

Curriculum for Clean Sports - Parents

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Basic	Bronze	11/12 - 15/16 years	<p>Knowledge</p> <ul style="list-style-type: none"> • Recognise medicines. • Understand that medicines may contain prohibited substances, even if they are prescribed by a doctor. • Understand that medical methods may be prohibited, even if they are advised by a doctor. <p>Skills</p> <ul style="list-style-type: none"> • Check medicines with the Doping Information App. • Apply for a therapeutic use exemption for your child for the use of prohibited medicines/methods for medical reasons (where applicable). <p>Behaviour</p> <ul style="list-style-type: none"> • Be alert to your child's use of medicines. • Check medicines carefully and involve your child in the process. If there are doubts, get in touch with Doping Authority Netherlands. • Notify the trainer-coach and/or medical staff about your child's medication use and any changes in it. • Apply for a therapeutic use exemption (if necessary). • Encourage your child to take the therapeutic use exemption form to competitions (where applicable).
Advanced	Silver	15/16 - 21/22 years	<p>Knowledge</p> <ul style="list-style-type: none"> • Understand that medicines in other countries may contain different ingredients, even if they have the same name as in the Netherlands. • State how to check medicines prescribed abroad, for example with Global Dro. <p>Skills</p> <p>X</p> <p>Behaviour</p> <ul style="list-style-type: none"> • Encourage your child to check his/her own medicines. • Encourage your child to assume responsibility for applying for therapeutic use exemptions.

Curriculum for Clean Sports - Parents

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Basic	Bronze	11/12 - 15/16 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> Briefly describe what a nutritional supplement is. Understand that nutritional supplements may be contaminated with doping substances. Explain why nutritional supplements may be contaminated with doping substances. List the circumstances in which there is a risk of contamination (for nutritional supplements in pill, powder and capsule form, not for sports nutrition such as ready-made sports drinks, bars and gels). List the types of nutritional supplement that are more likely to cause contamination (pre-workouts, weight-loss supplements, and nutritional supplements that promise a more muscular or slim appearance). Briefly describe the Dutch Safeguards System for Nutritional Supplements in Elite Sport (NZVT). <p><u>Skills</u></p> <ul style="list-style-type: none"> Distinguish between nutritional supplements and sports nutrition. Check whether nutritional supplements are NZVT-approved, looking at whether the batch number on the product packaging is on the NZVT list. <p><u>Behaviour</u></p> <ul style="list-style-type: none"> Be alert with respect to nutritional supplements. Focus primarily on your child's sports diet, not nutritional supplements. Encourage your child to seek advice from an expert (sports doctor, sports dietitian) and to use nutritional supplements only when necessary and NZVT-approved. Encourage your child to check carefully that the specific batch of the nutritional supplement that has been purchased is on the NZVT list.
Advanced	Silver	15/16 - 21/22 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> Recognise systems in other countries that are similar to the NZVT. List the countries/regions in the world where meat may be contaminated with clenbuterol or boldenone. <p><u>Skills</u></p> <ul style="list-style-type: none"> Find information about comparable systems in other countries on the web site of Doping Authority Netherlands. <p><u>Behaviour</u></p> <ul style="list-style-type: none"> Encourage your child to be cautious about eating meat in China, Mexico, Guatemala, Thailand and Colombia and to comply with the guidelines of the relevant sporting organisations.

Curriculum for Clean Sports - Parents

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Basic	Bronze	11/12 - 15/16 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> List at least four examples of substances of abuse/drugs. Understand that most substances of abuse/drugs are on the prohibited list. Describe at least three risks of using substances of abuse. Explain what 'substance of abuse' means. List at least three examples of substances of abuse. <p><u>Skills</u></p> <p>X</p> <p><u>Behaviour</u></p> <ul style="list-style-type: none"> Discourage your child from using substances of abuse/drugs.
Advanced	Silver	15/16 - 21/22 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> Explain why and where drinking herbal teas from abroad may constitute a risk for athletes who qualify for doping controls. <p><u>Skills</u></p> <ul style="list-style-type: none"> Find out whether something is coca tea. <p><u>Behaviour</u></p> <ul style="list-style-type: none"> Encourage your child to be careful with foreign herbal teas and certainly not to use teas with 'coca' in the name.

Curriculum for Clean Sports - Parents

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Basic	Bronze	11/12 - 15/16 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • Explain who can be controlled. • Explain the purpose of a doping control. • List the types of doping control (urine and blood). • Describe the procedure for a urine control. • Explain the consequences of refusing a doping control. • List the rights of your child during a doping control (for example, that he/she can always have a chaperone). • List the obligations of your child during a doping control (for example, checking the procedure and that the parent/guardian must sign on behalf of minors). • State who your child can turn to with comments on the procedure. • Explain whether, and if so when, an athlete will receive the result of a control. <p><u>Skills</u></p> <ul style="list-style-type: none"> • Assess whether a doping control has been conducted in accordance with the correct procedure. <p><u>Behaviour</u></p> <ul style="list-style-type: none"> • Encourage your child to cooperate with a doping control in the interest of clean sports. • Cooperate during a doping control (where applicable).
Advanced	Silver	15/16 - 21/22 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • Describe the procedure for a blood control. • Describe in general terms what the athlete biological passport is. • Understand that, in Belgium, doping controls are carried out more frequently and at a lower level. • Understand that international federations also order doping controls that are usually conducted by other parties such as the ITA, PWC or IDTM. <p><u>Skills</u></p> <ul style="list-style-type: none"> • Report doubts about how a doping control has been conducted during the control. <p><u>Behaviour</u></p> <ul style="list-style-type: none"> • Be alert with regard to the doping control procedure and state on the doping control form that a control has not complied with the correct procedure (where applicable). • Encourage your child to cooperate during a doping control. • Encourage your child to be alert with regard to the doping control procedure and to state on the doping control form that a control has not complied with the correct procedure (where applicable).

Curriculum for Clean Sports - Parents

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Basic	Bronze	11/12 - 15/16 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> List at least five anti-doping rule violations. List the standard sanctions for an anti-doping rule violation (first-time and repeat violations). List the possible consequences of an anti-doping rule violation for an entire team. <p><u>Skills</u></p> <p>X</p> <p><u>Behaviour</u></p> <p>X</p>
Advanced	Silver	15/16 - 21/22 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> Understand your child's rights and obligations if he/she is found to have committed an anti-doping rule violation. State where your child can go for help if he/she is found to have committed an anti-doping rule violation. State why your child's cooperation during the disciplinary process is important. Understand your child's rights and obligations during the period of a sanction. Describe in general terms how a laboratory analysis is carried out. <p><u>Skills</u></p> <p>X</p> <p><u>Behaviour</u></p> <ul style="list-style-type: none"> Cooperate during the disciplinary procedure. Encourage your child to cooperate during the disciplinary procedure. Encourage your child to seek help and work with those involved if he/she has been found to have committed an anti-doping rule violation.

Curriculum for Clean Sports - Parents

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Basic	Bronze	11/12 - 15/16 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • Explain the importance of discussing anti-doping rule violations (suspected or otherwise). • List where one can discuss anti-doping rule violations (suspected or otherwise) anonymously and in confidence. For example, the sports association, the Netherlands Centre for Safe Sports of the NOC*NSF and the Doping Hotline of Doping Authority Netherlands. <p><u>Skills</u></p> <ul style="list-style-type: none"> • Appreciate the importance of reporting anti-doping rule violations (suspected or otherwise). <p><u>Behaviour</u></p> <ul style="list-style-type: none"> • Be alert to doping in your circles.
Advanced	Silver	15/16 - 21/22 years	<p><u>Knowledge</u></p> <p>X</p> <p><u>Skills</u></p> <ul style="list-style-type: none"> • Use the options for reporting anti-doping rule violations (if necessary), whether suspected or otherwise. <p><u>Behaviour</u></p> <ul style="list-style-type: none"> • Encourage your child to be alert to doping in his/her circles. • Report anti-doping rule violations (suspected or otherwise) to the sports association of your child, the Netherlands Centre for Safe Sport of NOC*NSF or the Doping Hotline of Doping Authority Netherlands. • Encourage your child to report anti-doping rule violations (suspected or otherwise) to his/her sports association, the Netherlands Centre for Safe Sport of NOC*NSF or the Doping Hotline of Doping Authority Netherlands.

Curriculum for Clean Sports - Parents

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Basic	Bronze	11/12 - 15/16 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • State which group of athletes has a whereabouts obligation. • Describe in broad terms the whereabouts obligation. <p><u>Skills</u> X</p> <p><u>Behaviour</u> X</p>
Advanced	Silver	15/16 - 21/22 years	<p><u>Knowledge</u></p> <ul style="list-style-type: none"> • Describe the whereabouts obligation, including the data that must be provided on a daily basis. • List the organisations that can oblige athletes to provide whereabouts information. • List the different types of testing pools. • Recognise a Filing Failure and its consequences. • Recognise a Missed Test and its consequences. • Explain when whereabouts failures can result in an anti-doping rule violation. • Understand that evading a doping control is not a Filing Failure or Missed Test but a direct anti-doping rule violation. <p><u>Skills</u> X</p> <p><u>Behaviour</u></p> <ul style="list-style-type: none"> • Be understanding about the existence of the whereabouts obligation. • Encourage your child to submit accurate whereabouts information in good time (where applicable).