

Curriculum for Clean Sports - athletes

LTAD model phase	Educational level	Indication of age	1. Principles and values of clean sport
Training to Train	Bronze	11/12 - 15/16 years	<p><u>Knowledge:</u></p> <ul style="list-style-type: none"> List at least three examples of sporting values. Describe Be PROUD in brief. Explain how to become a supporter of clean sport. State where you can find more information about Be PROUD. Recognise the core values of Be PROUD: Passionate, Real, Outspoken, United and Dedicated. <p><u>Skills:</u></p> <ul style="list-style-type: none"> Explain why, for at least one sporting achievement, you are proud of it. <p><u>Behaviour:</u></p> <ul style="list-style-type: none"> Join as a supporter of clean sport.
Training to Compete	Silver	15/16 - 21/22 years	<p><u>Knowledge:</u></p> <ul style="list-style-type: none"> Define sporting values in your own words. Describe the role of a Be PROUD ambassador. Sum up the core values of Be PROUD: Passionate, Real, Outspoken, United and Dedicated. <p><u>Skills:</u></p> <ul style="list-style-type: none"> State why you want to be a Be PROUD ambassador (where applicable). Give the reasons why sporting values are important for you. Stand up for clean sports by sending a Be PROUD postcard to someone you are proud of. <p><u>Behaviour:</u></p> <ul style="list-style-type: none"> Deliberately adopt a clean approach to sport.
Training to Win	Gold	18+ years	<p><u>Knowledge:</u></p> <ul style="list-style-type: none"> Explain why you are a role model. <p><u>Skills:</u></p> <ul style="list-style-type: none"> Use your own sporting values to explain how you would address dilemmas relating to clean sport. <p><u>Behaviour:</u></p> <ul style="list-style-type: none"> Speak openly about dilemmas relating to clean sport.

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LTAD model phase	Educational level	Indication of age	2. Anti-doping regulations and organisations
Training to Train	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 the role of WADA. • 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"> • Comply with the anti-doping regulations. • Be understanding about the existence of the anti-doping regulations.
Training to Compete	Silver	15/16 - 21/22 years	<p><u>Knowledge:</u> X</p> <p><u>Skills:</u> X</p> <p><u>Behaviour:</u> X</p>
Training to Win	Gold	18+ years	<p><u>Knowledge:</u> X</p> <p><u>Skills:</u> X</p> <p><u>Behaviour:</u> X</p>

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LTAD model phase	Educational level	Indication of age	3. Prohibited list
Training to Train	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. • Recognise that substances and methods on the doping list are associated with health risks. • Understand the implications of 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 avoid 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 avoid using prohibited substances and/or methods.
Training to Compete	Silver	15/16 - 21/22 years	<p><u>Knowledge:</u></p> <ul style="list-style-type: none"> • Briefly describe the principle of 'strict liability'. <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 avoid using prohibited substances or methods (country-specific warnings). <p><u>Behaviour:</u></p> <ul style="list-style-type: none"> • Check every year in about October whether the prohibited list has changed.
Training to Win	Gold	18+ years	<p><u>Knowledge:</u></p> <p>X</p> <p><u>Skills:</u></p> <p>X</p> <p><u>Behaviour:</u></p> <p>X</p>

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LTAD model phase	Educational level	Indication of age	4. Medicines and therapeutic use exemptions
Training to Train	Bronze	11/12 - 15/16 years	<p><u>Knowledge:</u></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. • Name the tool you can use to check medicines (Doping Information App). • Explain what should happen if the use of prohibited medicines/methods is necessary for medical reasons (applying for a therapeutic use exemption). • State where more information can be found about the procedure for therapeutic use exemptions. <p><u>Skills:</u> X</p> <p><u>Behaviour:</u></p> <ul style="list-style-type: none"> • Check medicines carefully. If there are doubts, get in touch with Doping Authority Netherlands. • Be alert about the use of medicines.
Training to Compete	Silver	15/16 - 21/22 years	<p><u>Knowledge:</u></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><u>Skills:</u></p> <ul style="list-style-type: none"> • Check medicines with the Doping Information App. • Apply for a therapeutic use exemption for the use of prohibited medicines/methods for medical reasons (if necessary). <p><u>Behaviour:</u></p> <ul style="list-style-type: none"> • Assume responsibility for applying for therapeutic use exemptions. • Take the therapeutic use exemption form to competitions (where applicable).
Training to Win	Gold	18+ years	<p><u>Knowledge:</u></p> <ul style="list-style-type: none"> • State whether the No Needle Policy applies in your sport and, if so, explain what the No Needle Policy means. <p><u>Skills:</u> X</p> <p><u>Behaviour:</u> X</p>

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LTAD model phase	Educational level	Indication of age	5. Nutritional supplements and contaminated meat
Training to Train	Bronze	11/12 - 15/16 years	<p>Knowledge:</p> <ul style="list-style-type: none"> Briefly describe what a nutritional supplement is. Understand that nutritional supplements may be contaminated with prohibited substances. Explain why nutritional supplements may be contaminated with prohibited substances. Describe circumstances in which there is a risk of contamination (for nutritional supplements in pill, powder and capsule form, not for sports nutrition such as pre-prepared 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). State who you can turn to for the best advice about nutrition (sports doctors, sports dieticians). Briefly describe the Dutch Safeguards System for Nutritional Supplements in Elite Sport (NZVT). Explain how you can check whether nutritional supplements are NZVT-approved. Recognise that nutritional supplements are always checked per batch at the NZVT. <p>Skills:</p> <ul style="list-style-type: none"> Check whether something is a nutritional supplement. <p>Behaviour:</p> <ul style="list-style-type: none"> Be alert with respect to nutritional supplements. Focus primarily on your sports diet, not nutritional supplements. Only use nutritional supplements when necessary, NZVT-approved and in consultation with an expert (sports doctor, sports dietician).
Training to Compete	Silver	15/16 - 21/22 years	<p>Knowledge:</p> <ul style="list-style-type: none"> 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 pre-prepared 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). 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>Skills:</p> <ul style="list-style-type: none"> Check whether nutritional supplements are NZVT-approved, looking at whether the batch number on the product packaging is on the NZVT list. Distinguish between nutritional supplements and sports nutrition. <p>Behaviour:</p> <ul style="list-style-type: none"> Be cautious about eating meat in China, Mexico, Guatemala, Thailand and Colombia and comply with the guidelines of the relevant sporting organisations.
Training to Win	Gold	18+ years	<p>Knowledge: X</p> <p>Skills: X</p> <p>Behaviour: X</p>

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LTAD model phase	Educational level	Indication of age	6. Substances of abuse/drugs
Training for size	Bronze	11/12 - 15/16 years	<p><u>Knowledge:</u></p> <ul style="list-style-type: none"> List at least three examples of substances of abuse/drugs. Understand that most substances of abuse/drugs are on the prohibited list. Explain why using substances of abuse may constitute a risk for athletes who qualify for doping controls. List at least three examples of substances of abuse. <p><u>Skills:</u> X</p> <p><u>Behaviour:</u></p> <ul style="list-style-type: none"> No drugs use.
Training for a high standard	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. State at least two additional risks of drug use if you are an athlete who may qualify for doping controls. <p><u>Behaviour:</u></p> <ul style="list-style-type: none"> Be careful with foreign herbal teas and certainly do not use teas with 'coca' in the name.
Training to win	Gold	18+ years	<p><u>Knowledge:</u> X</p> <p><u>Skills:</u> X</p> <p><u>Behaviour:</u> X</p>

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LTAD model phase	Educational level	Indication of age	7. Doping controls and athlete biological passport
Training to Train	Bronze	11/12 - 15/16 years	<p>Knowledge:</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 and blood control in broad terms. • Explain the consequences of refusing a doping control. • Understand your rights during a doping control (for example, that you can always have a chaperone). • Understand your obligations during a doping control (for example, checking the procedure). • State who you can turn to with comments on the procedure. • Explain whether, and if so when, an athlete will receive the result of a control. <p>Skills: X</p> <p>Behaviour:</p> <ul style="list-style-type: none"> • Be prepared to undergo a doping control in the interest of clean sports.
Training to Compete	Silver	15/16 - 21/22 years	<p>Knowledge:</p> <ul style="list-style-type: none"> • Describe the procedure for a urine and a blood control. • List your rights during a doping control (for example, that you can always have a chaperone). • List your obligations during a doping control (for example, checking the procedure). • 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. • Describe in general terms what the athlete biological passport is. <p>Skills:</p> <ul style="list-style-type: none"> • Assess whether a doping control has been conducted in accordance with the correct procedure. • Report doubts about how a doping control has been conducted during the control. <p>Behaviour:</p> <ul style="list-style-type: none"> • Cooperate during a doping control. • Be alert about the doping control procedure. If a control does not follow the correct procedure, state this on the doping control form.
Training to Win	Gold	18+ years	<p>Knowledge:</p> <ul style="list-style-type: none"> • Describe what the athlete biological passport is. <p>Skills: X</p> <p>Knowledge: X</p>

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LTAD model phase	Educational level	Indication of age	8. Anti-doping rule violations and disciplinary procedure
Training to Train	Bronze	11/12 - 15/16 years	<p><u>Knowledge:</u></p> <ul style="list-style-type: none"> • Recognise 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> X</p> <p><u>Behaviour:</u> X</p>
Training to Compete	Silver	15/16 - 21/22 years	<p><u>Knowledge:</u></p> <ul style="list-style-type: none"> • List at least five anti-doping rule violations. • Understand your rights and obligations if you are found to have committed an anti-doping rule violation. • State where you can go for help if you are found to have committed an anti-doping rule violation. • State why cooperation during the disciplinary process is important. • Understand your rights and obligations during the period of a sanction. <p><u>Skills:</u> X</p> <p><u>Behaviour:</u></p> <ul style="list-style-type: none"> • Cooperate during the disciplinary procedure. • Seek help and work with those involved if you have been found to have committed an anti-doping rule violation.
Training to Win	Gold	18+ years	<p><u>Knowledge:</u></p> <ul style="list-style-type: none"> • Describe in general terms how a laboratory analysis is carried out. <p><u>Skills:</u> X</p> <p><u>Behaviour:</u> X</p>

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LTAD model phase	Educational level	Indication of age	9. Discussing anti-doping rule violations (suspected or otherwise)
Training to Train	Bronze	11/12 - 15/16 years	<p><u>Knowledge:</u> X</p> <p><u>Skills:</u> X</p> <p><u>Behaviour:</u> X</p>
Training to Compete	Silver	15/16 - 21/22 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 you 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> X</p> <p><u>Behaviour:</u> X</p>
Training to Win	Gold	18+ years	<p><u>Knowledge:</u> 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. • 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. • Report anti-doping rule violations (suspected or otherwise) to your sports association, the Netherlands Centre for Safe Sport of NOC*NSF or the Doping Hotline of Doping Authority Netherlands.

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LTAD model phase	Educational level	Indication of age	10. Registered testing pool
Training to Train	Bronze	11/12 - 15/16 years	<p><u>Knowledge:</u> X</p> <p><u>Skills:</u> X</p> <p><u>Behaviour:</u> X</p>
Training to Compete	Silver	15/16 - 21/22 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>
Training to Win	Gold	18+ years	<p><u>Knowledge:</u></p> <ul style="list-style-type: none"> • Describe the whereabouts obligation. • State the difference between the Registered Testing Pool of Doping Authority Netherlands and the Registered Testing Pool of the International Federation. • Identify where (ADAMS) and how (website, Athlete Central app) athletes should submit whereabouts information. • Understand that ADAMS is a WADA system and not a Doping Authority Netherlands system. • Athletes know that they must apply for a therapeutic use exemption before using prohibited medication if they are in a testing pool. • List the information you can and must provide (postal address, place of residence, 60-minute time slot (the Hour), competition schedule, regular activities with times). • Explain what a Filing Failure is and its consequences. • Explain what a Missed Test is and its consequences. • Understand that you may appeal against a 'strike' to Doping Authority Netherlands or the International Federation. • 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></p> <ul style="list-style-type: none"> • Submit whereabouts information correctly and in good time. <p><u>Behaviour:</u></p> <ul style="list-style-type: none"> • Be understanding about the existence of the whereabouts obligation. • Submit whereabouts information correctly and in good time.