

Curriculum for Clean Sports - Parents

Educational level of parent	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.

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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></p> <p>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></p> <p>X</p> <p><u>Skills</u></p> <p>X</p> <p><u>Behaviour</u></p> <p>X</p>

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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.

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Basic	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. <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 your child for the use of prohibited medicines/methods for medical reasons (where applicable). <p><u>Behaviour</u></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><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> <p>X</p> <p><u>Behaviour</u></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.

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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.

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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.

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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).

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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> 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"> 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> 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.

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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.

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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></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"> • Describe the whereabouts obligation, including the data that must be provided on a daily basis. • State the difference between the Registered Testing Pool of Doping Authority Netherlands and the Registered Testing Pool of the International Federation. • 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></p> <p>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).