

# Summary of elite sports education plan

1 January 2021

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The arrival of the new Code and the International Standard for Education means that Doping Authority Netherlands is required to develop, implement, monitor and evaluate an education programme. Our education programme is known as the National Education Programme.

## **Education pool**

We are focusing our education activities on different target groups, distinguishing between core target groups and other target groups. The core target groups are:

1. Elite athletes (including aspiring elite athletes)
2. Trainer-coaches
3. Parents of aspiring elite athletes
4. Athletes involved in disciplinary proceedings
5. Support staff of athletes involved in disciplinary proceedings
6. Support staff involved in disciplinary proceedings

We are working on describing the core target groups as well as possible in terms of numbers, and breaking them down on the basis of individual sport disciplines, in collaboration with other elite sports organisations. That allows us to monitor the extent to which we are reaching our core target groups and to set targets for each core target group.

In addition to the core target groups, there are several other target groups that we wish to serve but will not be mapping out in full detail. In many of these cases, we believe that it is too early for specific educational activities about clean sports. Examples include groups of very young athletes, and trainers-coaches working at lower levels. Other target groups cannot be classified straightforwardly as either elite sports or fitness, as in the case of trainers working in gyms or coaches engaged in local sports activities.

## **National Education Programme**

The National Education Programme consists of the whole of our educational activities. Our main educational activities are e-learning and physical education sessions. Other activities are complementary in nature, examples being information on the website and social media channels. The education programme includes the following elements:

1. Value-based education: focusing on the development of personal values and principles. Increasing the capacity to decide in favour of 'ethical behaviour'.
2. Raising awareness: providing information about themes relating to clean sport.
3. Information activities: making current information available.
4. Anti-doping education: teaching skills and ensuring that people can make informed decisions for themselves.

## **Ongoing Education Modules for Clean Sport**

The basis of the National Education Programme consists of Curricula for Clean Sport (Doorlopende Leerlijnen Schone Sport - DLSS) for the core target groups. This approach includes different levels of education for which we have drawn up learning goals relating to each anti-doping theme. Those objectives have been broken down into knowledge, skills and behaviour.

### DLSS athletes

This module consists of three levels of education appropriate to different ages, levels and elite sports. The levels correspond to the last three phases of the Canadian [Long-Term Athlete Development \(LTAD\) model](#):

- Train to Train (11/12 - 15/16 years, national level) → Bronze
- Train to Compete (15/16 - 21/23 years, international level) → Silver
- Train to Win (18+ years, elite) → Gold

### DLSS trainer-coaches

This module covers three levels of education that match the elite sport phase of the athletes coached by the trainer-coaches. The levels match levels 3, 4 and 5 of the Sports Qualification Structure (Kwalificatie Structuur Sport - KSS), the Dutch training infrastructure for sports training.

- Trainer-Coach 3: local regional level. Athletes often at Bronze level, sometimes Silver.
- Trainer-Coach 4: regional/national level. Athletes often at Silver level, sometimes bronze.
- Trainer-Coach 5: national/international level. Athletes at Gold level, sometimes Silver.

### DLSS parents

This module consists of two levels appropriate for the child's age, level and elite sport phase: Basic and Advanced.

- Child in Train to Train phase (11/12 - 15/16 years, national level) → child education level Bronze → parent education level Basic.
- Child in Train to Compete phase (15/16 - 21/23 years, international level) → child education level Silver → parent education level Advanced.

### Disciplinary procedure

We also offer the following educational packages in the form of e-learning modules:

- two educational packages for athletes involved in a disciplinary procedure.
  - Initiation of disciplinary proceedings
  - Disciplinary proceedings after decision
- one educational package for trainer-coaches of athletes involved in a disciplinary procedure.
- one educational package for support staff involved in a disciplinary procedure.

In addition, we contact athletes and support staff by telephone during their period of ineligibility to check that the risks, rights and obligations that apply during and after the period of ineligibility are clear. This requires an individual approach that depends on the particular case and the relationship between the athlete and Doping Authority Netherlands.

### **Implementation**

We are conducting meetings with the 58 elite sports federations to discuss implementation. That involves looking at the structure of the sports federation, discussing which level of education suits which group of athletes, trainer-coaches and parents, and how we can provide education on a structural basis. The process results in implementation plans for each federation.

**Review and evaluation**

In order to monitor whether learning objectives are being achieved and how our educational activities are being valued, we conduct reviews and evaluations. We also evaluate the implementation plans annually with the federations, as well as the national education programme as a whole in collaboration with academics. We adapt our education plan accordingly along the way.