



## **Pan American Regional Anti-Doping Organization (PAN-RADO)**

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### **Pan American Regional Anti-Doping Organization (PAN-RADO)**

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## Introduction

The fight against doping in the region, Cuba and Puerto Rico, is regulated fundamentally based on the UNESCO Convention, where the countries of the PAN-RADO are signatories; agreed at the General Conference of the United Nations in Educational, Scientific and Cultural Organization. Hereinafter referred to as (UNESCO), at its 33<sup>rd</sup> meeting held in Paris, France from October 3 to 21, 2005, the treaty, international agreements and conventions, multilateral treaties and agreements, professional athletes, professional sports, amateur sport, Olympics.

Considering that the objective of UNESCO is to contribute to peace and security through the promotion and collaboration among nations through education, science and culture, referring to existing international instruments related to Human Rights.

Taking into consideration Resolution 58/5 approved by the United Nations General Assembly on November 3, 2003, regarding sports to promote education, health, development and peace, in particular paragraph 7.

Knowing the need to encourage and coordinate international cooperation with a view to the elimination of doping in sport.

This educational plan constitutes the thematic axis on anti-doping education aimed at athletes at all levels, support personnel, children and teenagers. It has been prepared by the PAN-RADO department following the standards of the World Anti-Doping Agency (WADA).

The theme and concepts that will be developed have been adapted to the sports needs of the region, Cuba and Puerto Rico, after an evaluation made by PAN-RADO about sports reality and its relationship with anti-doping.

## ABOUT PAN-RADO

The Pan American Regional Anti-Doping Organization (PAN-RADO), was created in 2005 and has its headquarters in Panama since march2015. Its name has changed from the Central American Regional Anti-Doping Organization (CAM-RADO) to the Pan American Regional Anti-Doping Organization (PAN-RADO) as of the Annual General Assembly of the PAN-RADO held on February 24, 2021 by unanimous decision of all members. It is the organization officially recognized by the World Anti-Doping Agency (WADA) for the protection of clean sport in Latin America through the harmonization and coordination of the anti-doping programs of the associated National Anti-Doping Organizations, and they are recognized in Article 21.4 of the World Code Anti-Doping 2021.

### Countries of PAN-RADO (Members)

Country	Representative
Belize	Lic. Gary Ayuso
Bolivia	To be named
Costa Rica	Lic. Marta Solano
El Salvador	To be named
Guatemala	Dr. Francisco Aguilar Chang
Honduras	Lic. Gonzalo Rivera
Nicaragua	Dr. Julio Caldera
Panama	Dr. Saúl Saucedo – Presidente de la ORAD-PAN
Paraguay	Dr. Agustin Casaccia
Peru	Dr. Victor Carpio
Puerto Rico	To be named

Associate members: Cuba – Dr. Yahumara Castro

## Vision

To be the leading organization in the fight against doping in the PAN-RADO member countries.

## Mision

Protect the athletes and their health, strengthening the organizations against doping and clean sport.

## Our values

### **Ethics:**

- We will carry out our activities according to the highest standards of behavior ethical, and moral.
- Develop policies, procedures, and practices that reflects fairness, integrity, freedom, responsibility, honesty and respect.

### **Unity**

- Coordinate jointly and in solidarity, integrating each country member of the PAN-RADO in decision making and development of activities, policies, and procedures.

### **Responsibility**

- We will carry out our activities in accordance with the principles of transparency and commitment.

### **PAN- RADO Normative**

The establishment of the PAN-RADO is based on the recognition that:

- Sport is a critical component of the social, economic and political development of the countries Of the region.

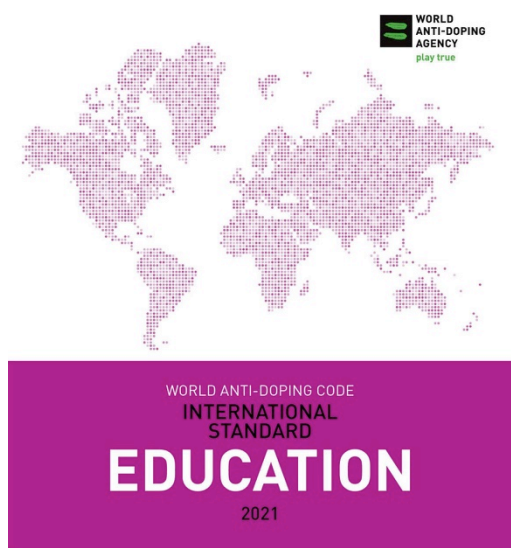


- Sport is effective and ethical when it is practiced free of drugs or doping in a spirit of clean sport and mutual respect for all involved.
- The countries members of the region must combine resources and specialized knowledge to more effectively combat the. Scourge of drugs and doping in sport.

### International Standard of Education (ISE)

*"An athlete's first experience with anti-doping should be through education rather than doping control".*

The International Standard for Education is a mandatory international standard developed as part of WADA's World Anti-Doping Program.



The general guiding purpose of the International Standard of Education is to support the preservation of the spirit of sport as outlined in the Code and to help foster a clean sporting environment.

Education, as a prevention strategy highlighted in the code, seeks to promote behavior in accordance with the values of clean sport and help prevent doping by athletes and other persons. A fundamental principle underlying the International Standard of Education is that and athlete's first experience with anti-doping should be through the education instead of doping control.

The first objective is to stablish mandatory standards that support the signatories in the planning, implementation, monitoring and evaluation of effective education programs as stipulated in article 18 of the code.

The Code, the International Standard for Education and the guidelines for education, will be aligned in such a way that the code will outline the framework for Education, the International Standard for Education will stablish the principles and minimum standards that must be included in Education Programs, while the Education Guidelines will help signatories to develop and improve their Education Program.

The second objective of the International Standard for Education is to:

- Provide definitions of terminology in the educational field.
- To have a clear view of the roles and responsibilities of all signatories responsible for planning, implementing, monitoring and evaluating educational programs.

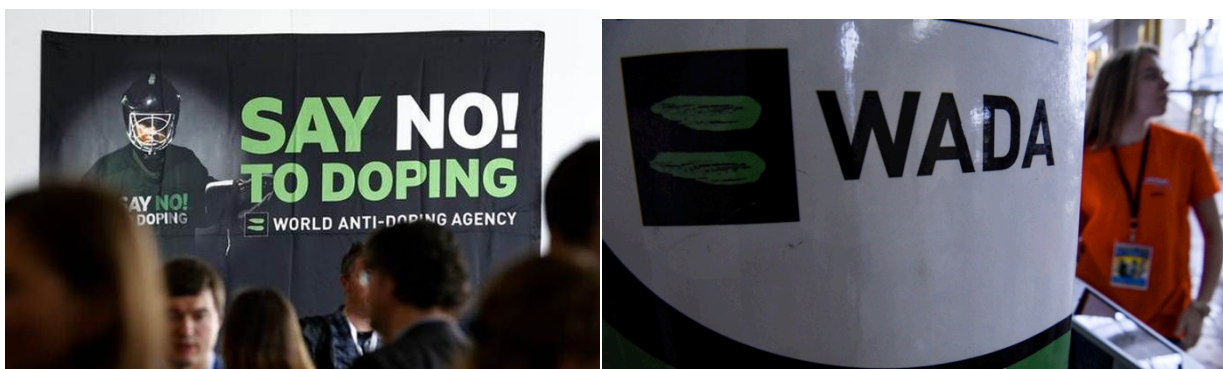
The third objective of the International Standard for Education is to help the signatories to maximize the use

of their resources in two ways:

- a) Requires signatories to establish an Educational Group that will include, at a minimum, athletes in the registered control group and athletes returning from suspension.
- b) Encourage signatories to cooperate with others and coordinate their education activities to minimize adverse analytical results.

#### Fundamental Principles of the ISE:

- An athlete's first experience with anti-doping should be through education and not testing.
- All athletes start out competing cleanly and must want to stay clean throughout their careers, so programs should support this goal.
- All international level athletes must receive education before leaving their countries.
- Educational programs must be adapted to cultural and sporting contexts premises in which they are located.
- Education is everyone's responsibility, cooperation between signatories to ensure the most effective use of resources, including avoiding duplication where possible, is encouraged.
- Meeting the requirements of the ISE is achievable for every signatory, regardless of resources and capacity.



#### Responsibilities and Roles of PAN-RADO:

- Each NADO will be the authority in education regarding clean sport within their respective country.
- NADO's must uphold the principle that an athlete's first experience with anti-doping should be through education rather than doping control.
- Each NADO will design an education program for its education group. NADO's will document an education plan to track how their education program will be implemented and monitored. The responsibility to annually evaluate their educational programs is the responsibility of each NADO.



The NADO's have a role in providing education to the following groups:

- a) International level athletes in cooperation with the relevant International Federations and Olympic Committee;
- b) Young athletes, in cooperation with National Federations and Olympic Committees:
- c) Children and youth through educational and/or sports programs in cooperation with public authorities, which may include the promotion of values-based education in the existing educational or sports system.

The NADOS's will provide their education program and overview/summary to the PAN-RADO annually.  
(Adapted to the International Standard for Education).

### **The Education is fundamental**

The objective of this educational plan is to provide athletes and their support personnel with anti-doping information that is useful in their amateur and /or professional career. It seeks to provide and education based on values, including children and teenagers who are starting out in the world of sports.

#### **Specific Objective:**

Instruct, inform, and educate the personnel of the NADO's, including internal and external personnel; National Federations, athletes and support staff and government institutions on anti-doping policies and programs.

**Result:** An effective and efficient anti-doping education program in which countries and sports organizations the region fully complies with the requirements of the Code, providing athletes with the information, values, and life skills they need to stay clean.

#### **Strategies:**

1. Inform, sensitize and educate all governments, NOCs, sports organizations, athletes and support personnel in the region about the code and its requirements, including the definition of doping, anti-doping rule violations, prohibited list, consequences of doping, control procedures, rights and responsibilities of athletes and support staff.
2. Provide accurate and easily accessible information through the design and distribution of standardized materials and courses with short and concise messages adapted to the context of the countries of the region.
3. Provide general information and education based on values in the child and youth population, as well as in the community about the risks of doping and the spirit of clean sports.
4. Create and maintain effective alliance with relevant authorities in the health, education and sport to promote doping- free sport in the region.
5. Support all the country members and their sports organization to developed efficient education programs and effective for their athletes and support personnel about the danger of doping and a spirit of clean sport.

### **Education Programs:**

#### **Structure of the Personal and Social Responsibility Program (PRPS)**

This program was designed with the objective that young and youth people at risk live successful experiences that develop their personal and social skills, and their social responsibility both in sports and in life.

The PRPS associates two values to well-being and personal development: effort and self-management; two other values with development and social integration, these values are, respectively: respect for the feelings and rights of others; and the ability to listen and put yourself in the place of others.

To learn the behaviors related to the values of the program, the athletes will have to progressively overcome the following levels:

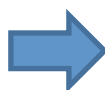
- Level 1: Respect for the rights and feelings of others.
- Level 2: Participation.
- Level 3: Self-management. Set short and long-term goals, evaluate your results and plan your future in the medium and long term.
- Level 4 : Help. Athletes must learn to care for others, do service projects and attend to the needs of their partners.
- Level 5: Outside the gym. They have to apply what has been learned in the program in another context.

## Health belief model

It seeks to know the beliefs and internal evaluations that the athletes belonging to the PAN-RADO present, both young people and their support staff, in the face of the risk of the use of prohibited substances in sport. The model allows raising precise questions with which it is sought to obtain this information and increase the knowledge of the target audience.

## Activities

- Design and elaboration of a material with short messages on clean sport.
- Invitation to play the Play True Doping Quiz and at the end of the quiz give out gifts as an incentive for the participants promoting clean sport: t-shirts, bracelets, cups.
- Identify the issues that need to be reinforced.
- Conduct workshops on issues related to doping and how to prevent it.
- Training and awareness of coaches and physical trainers on issues of values and clean sport.
- Provide good dissemination of the information through the website and social networks.



## Short term results

- Awareness to athletes and their support staff.
- Increased knowledge on issues related to doping. Strengthening dialogue and decision making in athletes and support staff.
- Continue promoting the importance of clean sport in each of the NADO's.
- Involvement of the media to transmit a message for the benefit of clean sport.

## Medium term results

- Each of the NADO's together with the different alliances in their respective countries, must fight against the eradication of the use of prohibited substances in sport.
- It is not an easy job, but it must be constant.
- Strategies, policies, and plans must continue to be created based primarily on clean sport and values – based education.
- There should be a regional movement of athletes and support staff so that they can work together for the benefit of the health of each of the athletes.



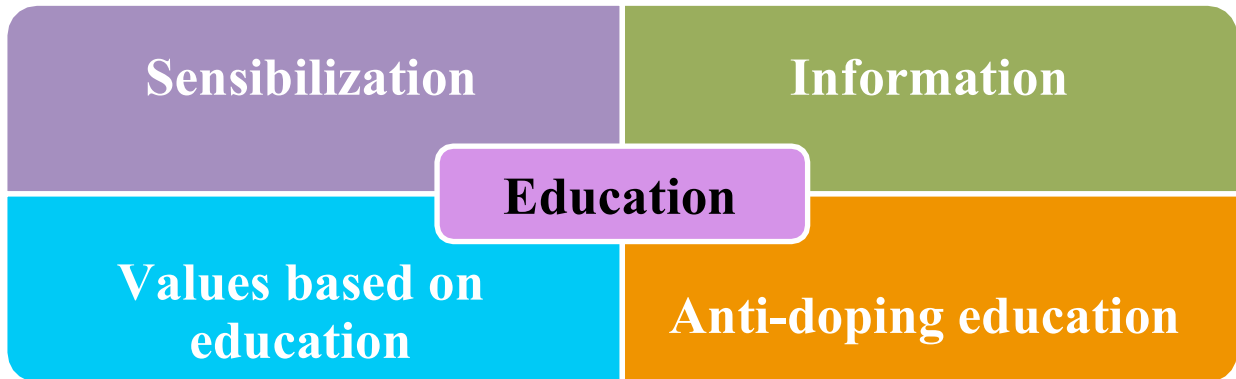
## Long term results

- Changes in individual and collective behaviors related to doping in sport.
- Each NADO must ensure that its organization complies with each of the programs for education.



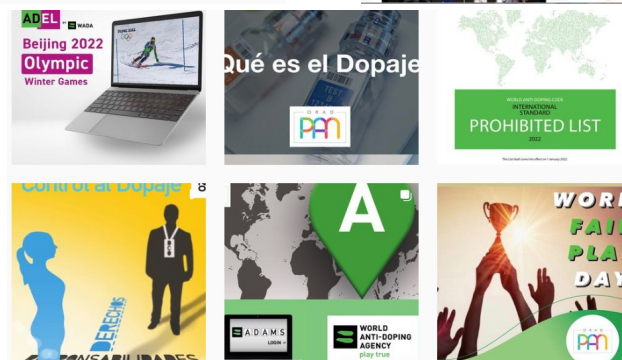
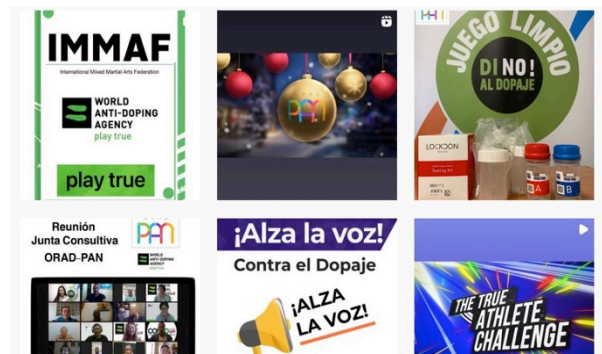
Continue in the fight against doping and every day reduce more cases of adverse analytical results.

**Activities to promote the education:**



**Sensibilization:**

Social networks on these days have become a very strong network of information and dissemination. Where children, youth and adults have easy access. That is why the PAN-RADO together with all the NADOS's should use these platforms as a fundamental tool to raise awareness among our target market: our athletes.





Our website includes sections of interest, where the entire sports community can have access to important news, information, and documentation on doping issues. Additionally, you may use this platform to report any violation or attempted violation of anti-doping rules.



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Mon - Fri: 8:00 - 16:00 GMT-5



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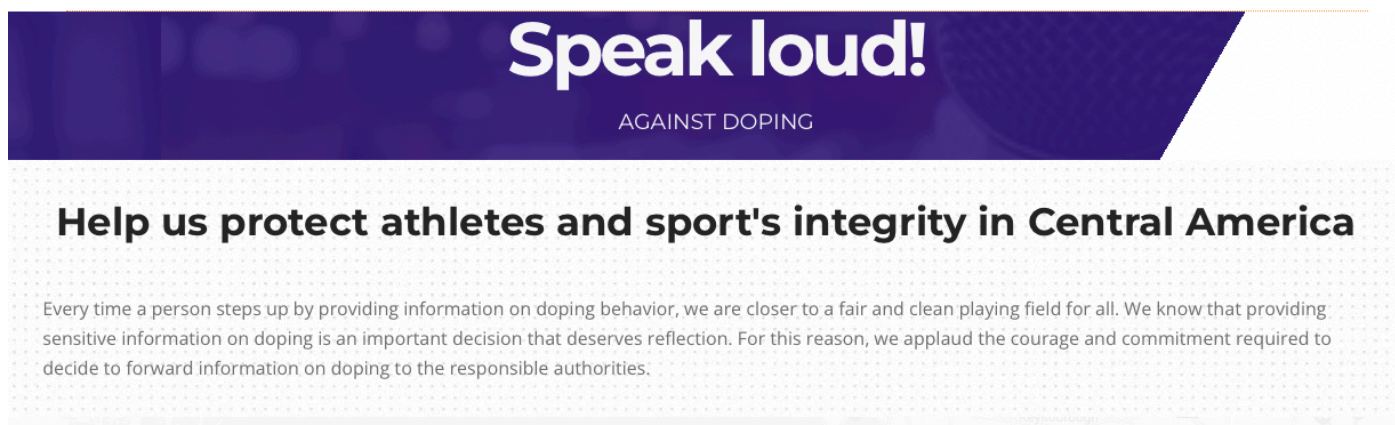
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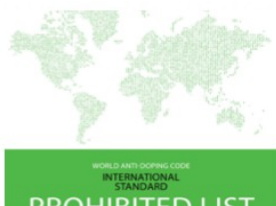
## Information:

All kinds of printed or digital information that can be provided to athletes, technical staff and coaches to keep them informed on anti-doping issues.



### Kit de Control Antidopaje

Con el fin de mantener un deporte íntegro, libre de Sustancias o Métodos prohibidos, se realizan Controles Antidopaje que pueden ser requeridos en orina o



### LA LISTA DE PROHIBICIONES 2022

La Agencia Mundial Antidopaje @wada\_ama publica La Lista de Prohibiciones 2022 que comenzará a regir a partir del 1 de Enero 2022. La Lista es parte de



### ORGANIZACIÓN REGIONAL ANTIDOPAJE PANAMERICANA

¡Evolucionamos! Con ello nuestro nombre: ORGANIZACION REGIONAL ANTIDOPAJE PANAMERICANA, a partir de la Asamblea general anual de la ORAD-PAN realizada el 24 de Febrero del



### Primer caso de Dopaje en los Juegos Olímpicos de Tokio 2020

La Unidad de Integridad de Atletismo (AIU) confirma que la velocista Nigeriana clasificada a los 100 metros llanos, Blessing Okagbare, dio un resultado analítico adverso

### Values based on education:

The True Athlete Challenge is a miniseries that seeks, through animated capsules, to show children and young athletes the importance of staying clean in sports.

Through characters that young athletes can identify with, we will see some of the challenges that athletes face, the doubts that arise and situations in which they may be tempted to use prohibited substances or methods.

Each NADO will have a user manual with the description of each of the episodes that make up this series, and must apply them in accordance with the manual create by the PAN-RADO. This miniseries can be used for both face-to-face and virtual workshops.



**Episode 1:** The story of Noa, which will show how he is influenced by followers who encourage him to consume prohibited substances, and as a consequence his body suffers side effects and ends up losing the challenge. William, a Paralympic athletic athlete who, unlike Noa, does not use illicit substance and with discipline and determination manages to face his test and pass it.

At the end of the first episode, a series of questions should be asked of the participants:

- a) What could you observe in both situations?
- b) What did Noa, the first competitor, demonstrate?
- c) What are the values that you were able to identify in the second case (William)?
- d) What's the message in the second story?



**Episode 2:** Gabriela, a 15-year-old who practices taekwondo, who in one of her obstacles decides to take and energy enhancer to cross an obstacle. The consequence of having taken the enhancer turned her into a totally aggressive state and she was unable to complete the test. The second story is about Sofia, a Judo practitioner. In this part Sofia shows discipline and intelligence, rejecting all energy enhancers and in the end, she manages to overcome all obstacles.

At the end of the second episode, the following points should be covered:

- a) Define the concepts of strengths and weaknesses: The audience have to make their own opinions and at the end the teacher or de person in charge of the training has to give them the information of the real definitions.
- b) How to face fear
- c) The importance not taking bad substance and the consequences of that substances in our organism



**Episode 3:** Daniel, a 15- year- old gymnast who failed the first vault test. Is followed by 15-year-old Ana, a basketball player who shows that she has all the qualities to overcome all the obstacles of the test. But in the end she cheats and gets disqualified. After the participants have seen this episode, it will be possible to carry out in small groups what we call

Brainstorming, where each must contribute the different qualities that an athlete must have in order to overcome obstacles.

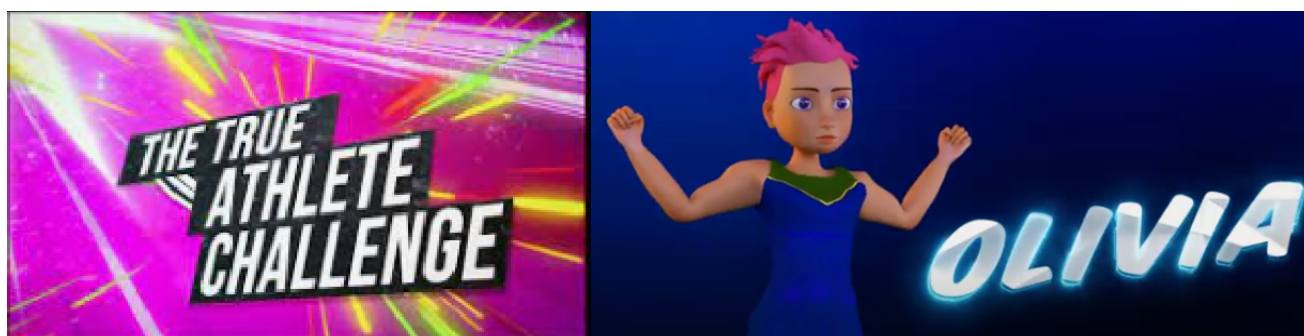
Participants should be educated on the importance of not cheating, as this can affect their sporting career and their image as individuals with their federations, family, friends, and even their country.



**Episode 4:** Katherine, captain of her soccer team, decides to compete with a knee injury. She fails to make a timely jump on one of the obstacles and falls. She is presented with an opportunity to take a quick recovery buff, but decides to drop out of the competition and not consume it. Jacob a handball player, is injured during the test and decides to take the prohibited substance. He reaches the final part of the competition and is disqualified because it was known that he took the substance and did not play fair.

At the end of this video, the trainer should educate the participants on:

- a) Values-based education
- b) Importance of clean sport
- c) Injuries and the importance of taking care of ourselves to be ready to compete again.





**Episode 5:** The story of 15-year-old Olivia, a weightlifting athlete who proves she has the skills to compete. Her coach, in the middle of the competition, seeing her somewhat tired, decides to give her an altered drink and she rejects it. Even with his tiredness she manages to win the competition.

**What this latest video teaches us:**

It is not always the athletes who makes the mistake of using substances or playing dirty in competition, sometimes it is the coaches or members of their team who promote this bad practice.

Is important that the participants know:

- a) What message does this video gives you
- b) What values could we found in the 5 episodes



**Episode 6:** Kaoru is a baseball player who spend a lot of time on the bench, until he recieved a special 3,000 bat and became one of the best players of the moment. Upon reaching the last obstacle, he faces a ball machine and begins his frustration by failing several times in his attempt to hit. He tries to cheat and in the end he es disqualified.

Aylin is a softball player and when she reaches the third obstacle, which is the machine, she throws balls, but she does not lose concentration and was able to overcome the obstacle. Upon reaching the last challenge, the screen stops her and she continues without disconnecting and manages to overcome all the phases.

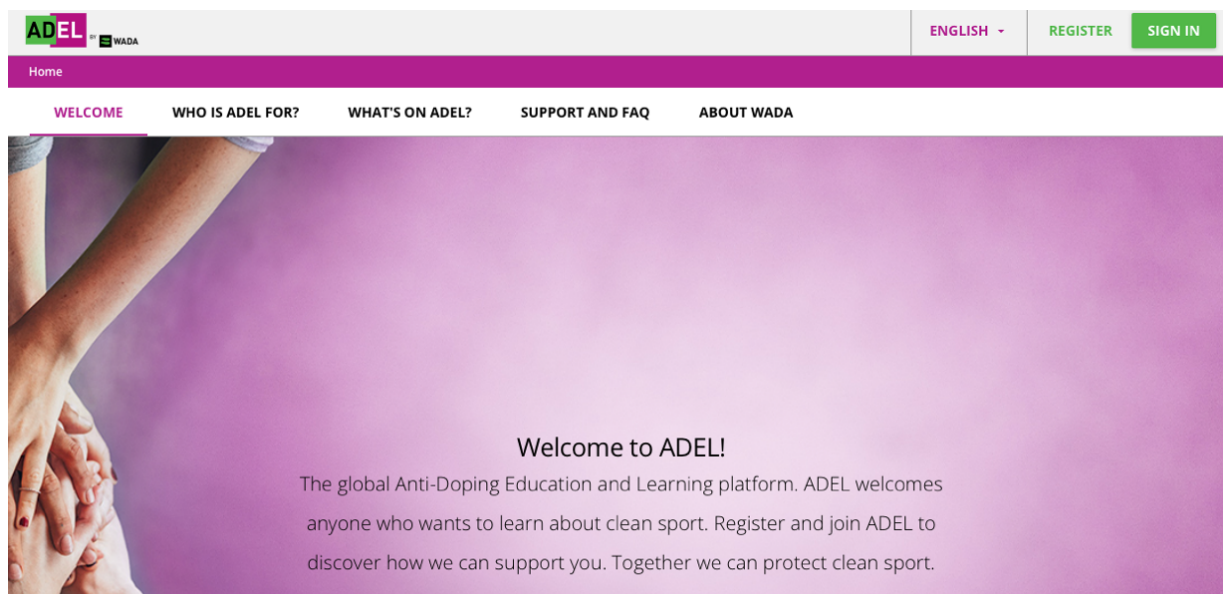
We will analyze two main factors in this video: the importance of staying focused and focused in each of the test that are presented to us and on the other hand, the frustration that many athletes feel throughout their career.

- Who has felt some kind of frustration when we are in the middle of a competition?
- Importance of staying focused
- We will study various cases of athletes who have experienced these two situations and seek balance so that we know how to react to obstacles.

Finally, give them a printed brochure to document much more about clean sport and avoiding the consumption of prohibited substance.

### Anti-doping education:

It is a global platform that provides education and learning opportunities for those who need to know everything related to clean sport and anti-doping.



Whether you are an athlete, coach, parent, medical professional, or perform and other role in supporting athletes, ADEL, has free education programs on its platform.

ADEL will also provide new opportunities for the clean sport community to access technical assistance on a variety of anti-doping topics. The URL [www.adel.wada-ama.org](http://www.adel.wada-ama.org) will remain the same.



## For Athletes

From school sport to the Olympic Games, ADEL has education programs for athletes of all levels to help them play their part in keeping sport clean.

Learning about the values associated with clean sport as well as the details of the anti-doping system **is essential for any athlete participating in sport.**




## For Athlete Support Personnel

Anyone supporting or working with athletes, or children involved in sport has a duty to instill and reinforce the values of clean sport.


Whether you're a coach, medic, parent or even an agent for an athlete you need to be aware of the anti-doping rules, policies and procedures to help keep sport clean.

ADEL can help you **gain confidence with your anti-doping responsibilities.**



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Home




### For Teachers

Sport is a great teaching tool that can support the delivery of character education and the development of values in young people.

Development of ethical behavior is the foundation we want all future potential athletes to have.

ADEL offers **resources for teachers** that can help enhance your education curricular.



### For Anti-Doping Practitioners

One core strength of the anti-doping system is its people.

ADEL offers Anti-Doping practitioners and those working in sport a range of resources to support the **development of anti-doping programs** and the **implementation** of the World Anti-Doping Code and International Standards.

## ADEL: A platform thinking in your education



### All things Education

**Education** is an essential component of any program focused on the development of athletes or those who support them. It is also a mandatory part of an anti-doping program.

ADEL offers a range of education courses and information resources that can be used to support the delivery of an education program.

#### On ADEL you can find:

- eLearning
- Resources for athletes
- Resources for athlete support personnel
- Quizzes
- Videos
- Webinars
- And more!



### Anti-Doping Technical Support

ADEL offers Anti-Doping practitioners and those working in sport a range of learning opportunities that can help them in their clean sport efforts.

Our **Code Implementation Support Program (CISP)** offers a range of resources related to the Code and each International Standard helping practitioners to develop and improve their anti-doping programs.

In our **CISP resource channels** you can find:

- Checklists
- Factsheets
- Presentations
- Pre-recorded webinars
- Video tutorials
- Resources you can share with your target audiences
- And our CISP 'live' webinars series





### Community of Learning

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Find others like you in our **community resource channels** where you can connect, share, ask questions, find answers, learn together.

Join your fellow Anti-Doping practitioners, researchers and other key people in the resource channels.



### Training and Professional Development

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We want to **invest in the people** working in the anti-doping system.

ADEL, in time, will provide **training and professional development** opportunities for core Anti-Doping practitioner roles.

So, if you are responsible for Education, Testing, TUEs, Results Management or even areas such as Communications then ADEL aims to provide role related training for you from 2022.

The new ADEL platform and educational content will be fully responsive to allow users to learn via desktop, laptop, tablet, or mobile phone.

It has personalized learning plans according to their role and / or stage of development within the athlete's path as an example.

### Current situation

According to UNESCO statistics, of the States Parties that participated in the Seventh Conference of the Parties in 2020, 85% consider that the NADO's are the main bodies in charge of developing and implementing anti-doping programs including anti-doping programs. Education and Dissemination. That is

why most of the efforts of the NADO's in terms of education and dissemination of the different areas of the anti-doping programs must be directed to pedagogical, technological, personalized and efficient innovation that allows an effective and uninterrupted educational implementation.

The recent study published by Zubizarreta, highlights that the NADO's have lost interest in developing anti-doping programs adapted to the reality of the region, since given to the objective of maintaining the status of "Signatory" and complying with the evaluation procedures of WADA, leaving aside the grounded implementation of anti-doping programs in the region. In addition to this, according to UNESCO statistics, States still show low compliance with articles 19-23 and 24-27 of the convention. Which address the importance of the implementation of education and research. Other studies reveal that the majority of NADO's implement education based solely on the transmission of anti-doping knowledge without taking into account education based on values and Clean sport.

According to UNESCO statistics, the most common barriers that States Parties faced in 2020 to implement anti-doping programs were the lack of financial resources, human resources, lack of trained personnel and high costs of implementing educational programs. On the other hand, a study carried out by the International Testing Agency (ITA) concluded that the main barriers to implementing anti-doping educational programs are the lack of interest by the target groups, language barriers and the lack of cooperation between NADO's.

In addition to the aforementioned problems, by the year 2021, different international standards have entered into force by the World Anti-Doping Agency, including the International

Standard of Education. Based on article 5.8 of the Standard, the signatories will designate educators who will be responsible for delivering face-to-face education. Educators must be competent in values-based education and in all the subjects described in the Code.

### **Target Groups:**

- National high-performance athletes
- Amateur sports (sports events)
- Recreational sports
- Athletes in training (schools, sport centers)
- Personnel of multidisciplinary teams
- Children, young and physical education teachers.

### **METHODOLOGY**

#### **1. Seminars, webinars and conferences**

Seminars, webinars and face-to-face conferences will be held for high-performance athletes, athletes in training and multidisciplinary team personnel that will have the following sections in their educational content:

- History and concept of doping.
- Values in sport.
- National and International Regulation.
- Violations of the rules.
- Substances, prohibited methods, and health impact (hazards)
- Rights and responsibilities of the athlete.
- Use of supplements.
- Therapeutic Use Authorization
- Doping control processes. Results Management
- Biological Passport.

At the beginning and at the end of each session, the participants must answer a questionnaire about the concepts developed. In the same way, an anonymous questionnaire will be carried out to evaluate the work of the exhibitors, in order to have a return message that will be considered in future sessions.

**Workshops for:**

- National high-performance athletes
- Amateur sports (sports events)
- Recreational sports
- Athletes in training (schools, sport centers)
- Personnel of multidisciplinary teams
- Children, young and physical education teachers.

Teaching workshops will be held in member and associate countries, emphasizing the values of sport and engaging physical education teachers as leaders in anti-doping work at the national level. The dates will be divided into days of work per country, a day dedicated solely to physical education teachers with the aim of training and raising awareness so that they are the transmitters of the message to the athletes that make up the target group.

One dedicated day for the established 8–12-year-old athlete group, one dedicated day for the 12–15-year-old group and one dedicated day for 16–18-year-old group of athletes and so on with each of the target groups.

In the same way, the experts who have received trainings in doping prevention in sport in each of the NADO's will act interactively with the athletes and coaches, for the expected success in each participation throughout the countries.

**2. The true athlete challenge for athletes (starting with 8-year-old athletes):**

The objective will be the promotion of the values of sport (honesty, effort, self-discipline, improvement, sincerity, camaraderie, respect) and the importance of clean sport, adapted to the environment of each country to achieve greater identification by the target population.

### 3. Online antidoping information and education:

Promote the use of ADEL: Anti-doping E-learning Platform, offers access to the topic related to clean sport and anti-doping; coaches, doctors, administrators and anyone interested in learning more about anti-doping and protecting the values of clean sport.

Use videos in interactive talks and seminars, as well as their dissemination on social networks; it is planned to create new videos designed by PAN-RADO using specific contexts of athletes from the region and the phrase "SAY YES TO CLEAN SPORT"

## 7. ACTIVITIES CALENDAR

<b>ACTIVITIES (Per country) and target groups.</b>	<b>1<sup>st</sup> Trim</b>	<b>2<sup>nd</sup> Trim</b>	<b>3<sup>rd</sup> . Trim</b>	<b>4<sup>th</sup> . Trim</b>	<b>Total</b>
<b>Seminars and conference about anti-doping education to athletes according to the target group.</b>	3	3	3	3	<b>12</b>
<b>Workshops for athletes, trainers, teachers, and technical personnel.</b>	2	2	2	2	<b>8</b>
<b>Informative messages in social communications and informative platformas "SAY YES TO CLEAN SPORT"</b>	Constant	Constant	Constant	Constant	<b>Keeping dissemination programs all year</b>
<b>Diffusion of ADEL platform in social media and digital platforms.</b>	Constant	Constant	Constant	Constant	<b>Keeping dissemination programs all year</b>
<b>The true athlete Challenge: Animated series.</b>	.	.	.	.	

In the case of the animated series "The True Athlete Challenge", the series can be used in any workshop that the NADO's are developing for children and young people.

## EVALUATION

In order to be able to measure the results of the education program, efficiency and impact indicators are defined for the previously established objectives. For each of them, the source of information to be used is specified, considering existing instruments or those designed by the PAN-RADO.

Objective	Collection instrument	Indicator	Dimension measure	Unit of measurement	Measurement frequency
Give information to at least three hundred (300) athletes who are members of the national teams and young athletes on everything related to the issue of doping in sport	PAN- RADO Statistics	Number of athletes who receive seminars, webinars and conferences*100/300	Efficient	Percentage	Annual
Train and raise awareness At least 90 trainers And teachers of physical Education and value issues and clean sport For purposes that they Are the transmitters Of the message to Athletes in selections National and in training	PAN-RADO  Statistics	Number of trainers and physic education teachers trained   100/90	Efficient	Percentage	Annual

<b>5,000 children of the region of 8-12 years in all topic of anti-doping and value-based education.</b>	PAN-RADO Statistics	Number of children's who receive value-based education*100/5,000	Efficient	Percentage	Annual
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ACTIVITIES	Collection instrument	Indicator	Dimension measure	Unit of measurement	Measurement frequency
<b>1) Seminars, and conferences about anti-doping education</b>	"Anti-doping quiz" before and after	Initial average percentage of knowledge about doping -percentage final average	Efficient-Results	Percentage	In each session
<b>2) Workshop for trainers and technical personnel</b>	Knowledge acquired questionnaire designed by PAN-RADO	Initial average percentage of knowledge about doping -percentage final average	Efficient-Results	Percentage	In each session
<b>3) Informative messages in the media and digital platforms "SAY YES TO CLEAN SPORT"</b>	Social media and website registers.	Number of visits in each informative message	Efficient	Number #	Monthly
<b>4) Dissemination of the ADEL platform on social networks and digital media.</b>	Estadísticas de la cuenta de administrador AdEL	Número de atletas que han realizado el curso Alpha-Número de atletas federados*100	Efficient	Percentage	Trimester
<b>5) The True Athlete Challenge animated series</b>	Records on YouTube platform (channel) and social networks.	Number of views of the digital graphic cartoon number of graphic cartoon delivered in physical form	Efficient	Number #	Trimester



The continuous evaluation of the results will report through comparative tables where the level of participation and the level of knowledge of each group is analyzed. This will allow us to know the degree of effectiveness of our program, helping to make decisions for continuous improvement. And attack the areas where we present more weakness or difficulty so that the knowledge is fully effective in the controls and samples to be taken