



# **Educational Plan 2023**

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

---

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

Ciudad Deportiva Irving Saladino, Edificio CEMED, Ciudad de Panamá,  
Panamá

Correo electrónico: [admin@orad-pan.org](mailto:admin@orad-pan.org) Teléfono: (+507)524-4698

## About PAN-RADO

- Who we are
- Mision, Vision and Values
- 2023 Goals

## International Standard of Education (ISE)

- About the International Standard of Education (ISE) - Concepts
- Principal Objectives
- Fundamental Principles of the ISE
- Responsibilities and Roles of PAN-RADO

## Educational Plan 2023

- Current Situation
- General Objective
- Specific Objectives

## Educational Tools of PAN-RADO

- The true Athlete Challenge
- Virtual Game
- Simulator

## Sensibilization Program

- Social Media: Instagram, Facebook, Twitter
- Promotional Campains: Presence in events.

## Information Media

- PAN-RADO Webpage
- Speak up

- Digital and printed material

### **Antidoping Education**

- Seminars and conferences
- Webinars

### **Educational Plan: XXIV Central American and Caribbean Games El Salvador 2023**

#### **First trimester (january – april)**

- Sensibilization campaigns through social media

#### **Second bimester (may)**

- Virtual training in Spanish and English

#### **Sensibilization Program (june – july)**

- Presence in the XXIV Central American and Caribbean Games

#### **Educational Program by destination groups (graphic)**

### About PAN-RADO:

The Pan American Regional Anti-Doping Organization, PAN-RADO, 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 are recognized in Article 21.4 of the 2021 World Anti-Doping Code.

By the end of 2022, PAN-RADO manages to have 11 member countries and 3 strategic partners (Cuba, Mexico and the Dominican Republic) to strengthen the organization for the benefit of Play True and the fight against Doping in sport.

### Our members:



PAN-RADO continues to strengthen ties between the countries of the region and working hard in the fight against doping. Our goal remains valid as an organization in making member countries feel supported and supported.

### Mision, Vision y Values:

#### Mision:

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

#### Vision:

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

### 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.

## RESPONSABILITY

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

### 2023 Goals:

Currently the PAN-RADO is made up of 11 countries and 1 strategic partner. This year 2023 the organization will grow with the introduction of a new country, making every day the strongest organization among other Regional Organizations. As an organization we will face a year of challenges and international commitments that we must face with responsibility and dedication.

One of the many commitments that we will have this year will be the XXIV Central American and Caribbean Games where we will be the organizers of the athlete awareness program and we will also manage the doping control program for the participating athletes of the 37 delegations that will be competing in the games.

At an educational level, we will have a challenge of being able to train all athletes, support personnel, doctors, coaches, parents and members of the sports ecosystem on all issues related to Doping, since it is our task to promote the Play True and the physical and mental health of our athletes.

This and more challenges are what we have this year 2023 and with the support of our member countries we are convinced that we will achieve the fulfillment of each one of our objectives.

### INTERNATIONAL STANDARD OF EDUCATION (ISE)

#### The International Standard of Education (ISE) Concepts:

*"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 an athlete's first experience with anti-doping should be through the education instead of doping control.

#### Principal Objectives:

**The first objective** is to establish 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 establish 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.

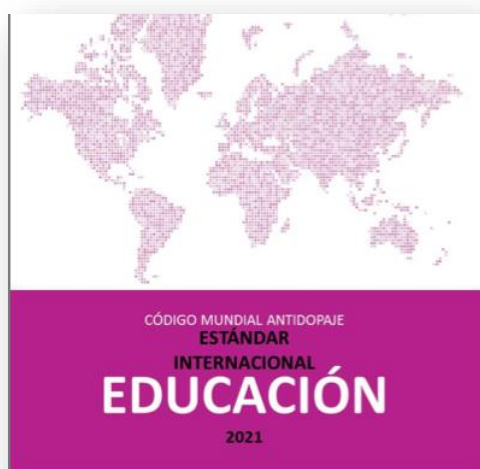
The **second objective** of the International Standard for Education is to: a) Provide definitions of terminology in the educational field.

b) 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.

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

According to the support and implementation program of the AMA 2021 "Code", the roles and responsibilities in education of PAN-RADO are:

#### **Roles and Responsibilities:**

- 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).

### **EDUCATIONAL PLAN:**

#### **Current Situation**

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 in 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 Education Standard. 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 topics described in the Code.

In addition to the International Education Standard, a worksheet is created where the NADOs may have a guide on how to develop educational programs, allowing ease in the creation of the structure of the programs according to each of the groups. recipients.

In 2022, we are positioned internationally as one of the Regional Organizations that have shown excellent performance and growth in all areas of anti-doping organizations that fight against doping in sport.

We have currently signed an agreement with ITA (International Testing Authority) that provides us with really significant support in all departmental areas of doping that will allow us to grow even more and have more tools to work much more efficiently for the benefit of athletes. and sports support staff.

### General Objective

The objective of the Educational and Prevention Program of the PAN-RADO is to provide anti-doping information to all athletes, which is useful for optimal development in sports life.

Likewise, it seeks to preserve respect, health, honor, dedication and hard work through an education based on values, accessible to all Panamanians.

The WADA Code 2021 specifies that said education must pay special attention to prevention, be based on values, provide information, knowledge and address athletes and support personnel, "focusing particularly on young people" and on the implementation of prevention programs. prevention (for example, in schools and sports clubs) "in a developmentally appropriate way".

### Specific Objectives

1. Plan, execute, monitor and evaluate anti-doping educational activities and education based on values, attending to the particularities and needs of each target group identified within the national territory.
2. Design, plan, execute, monitor and evaluate activities and/or awareness campaigns and supply of anti-doping information considering the sporting, cultural and linguistic characteristics of each identified target group.
3. Propose and develop scientific research on problems related to doping in sport and fair play that are identified in the national territory.
4. Presence in the different multi-sport events with anti-doping education to promote clean sport and provide first-hand education through our educational material to all athletes, support staff, coaching staff and parents.

### Educational Tools of PAN-RADO

#### The True Athlete Challenge

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 athletes 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. He 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.

**Episode 7:** It is the story of Derek, a 16-year-old mixed martial artist, known as the golden boy. He begins his journey and after reaching one of those obstacles that tests his strength, he crosses them without difficulty. But it turns out that he cheated because his gloves were made of gold. The second contestant was Aisha, a young boxer who managed to overcome all the obstacles without losing concentration.

We will analyze the importance of play true:

- No cheating
- Be loyal in all competitions
- Stay focused and achieve a spirit of clean sport.

### Virtual Game

One of the tools that we will continue to spread through our social networks and website is the Virtual Game. This game is based on a series of obstacles that the player must face. It will measure the agility of each player and the time to overcome each test.



It is mainly aimed at children and teenagers since it is the target most interested in this type of tool.

## Doping Control Simulator:



The anti-doping control simulator was used in 2022 as a tool to understand urine and blood control processes. This tool could be used to reinforce the knowledge of our doping control officers and could also be used to teach athletes, support staff, doctors, coaches and parents all about these processes. This year 2023 we will

continue to use it, as it has proven to be a very useful, practical and dynamic tool that allows a better understanding of the process for both athletes and new Officials.

The tool explains in real time through characters the step by step of the process, allowing an easy understanding of the 11 steps of the doping control process both out of competition and in competition.

## ADEL Platform:

- The new ADEL platform and educational content are fully responsive to allow users to learn via desktop, laptop, tablet or mobile.
- The various courses on the platform allowed different members of the sports ecosystem to learn about various topics depending on the role they play. In other words, there were courses dedicated to doctors, or coaches and of course athletes.

The different courses that were being promoted in 2022 were:



International-Level Athletes Education Program (English)





National-Level Athletes Education Program (English)











Talented Athletes Education Program (THAI)

2 courses

 Education Program

The education program for talented athletes that included 2 courses in English and Spanish.

 <p>At-a-Glance: Therapeutic Use Exemptions (TUE)</p> <p>★ 5.0</p> <p> E-Learning</p>	 <p>At-a-Glance: Anti-Doping Overview</p> <p>★ 5.0</p> <p> E-Learning</p>	 <p>Coaches of High Performance Education Program (English)</p> <p>2 courses</p> <p> Education Program</p>	 <p>Medical Professional's Education Program (English)</p> <p>2 courses</p> <p> Education Program</p>
---	---	---	---

Courses such as TUE, ADEL for medical professionals in large events, Guide for athlete support personnel and for coaches were other courses that were carried out and completed by all the participants registered to the ADEL platform in each of the NADO's.

Between December 2022 and January 2023, new ADEL courses have been published that include the NOWHOW of the 2023 Prohibited List, List updates and new courses for both coaches, medical personnel and athletes.



As new courses are included in our language and in English, we will promote them on our social networks.

### **Sensibilization Programs:**

#### **Social Media: Instagram, Facebook, Twitter**

Social networks continue to advance as a means of communication both on a personal and professional level: they allow us to connect with friends, family and people with common interests, but not only that, because they are also a source of information. At a professional level, they facilitate daily interaction with users as another direct communication channel, and on the other hand, they even position themselves as a sales channel for numerous online businesses.

Being an active part of social networks has many advantages:

- Allows you to stay up to date with news and trends
- Developing your own personal brand
- Increase and strengthen your professional links
- Improve your digital skills.
- Facilitates recognition, positioning and cohesion with users, customers and brands.

These tools allow us to share relevant content about the anti-doping world. It allows us to educate athletes and support staff on anti-doping issues and ultimately allows us to share news and also catch up on all the sport news.

PAN-RADO social networks are getting stronger every day, and in this 2023 we will communicate in different ways:

- Publicize about the organization.
- Report on the most relevant news from the world of anti-doping
- Important facts about the 2023 Prohibited List

- Control processes in urine and blood
- Athlete Biological Passport
- Athlete Rights and Responsibilities
- Use of contaminated supplements and the effects of substance and supplement use on the health of athletes
- Event coverage
- interviews and more

### Promotional Campaigns: Presence in Events



This year 2023 we will be leading the XXIV Central American and Caribbean Games in the educational part, creating an Awareness Stand and all prior logistics to inform, educate and prepare each of our delegations that make up the member countries of the PAN-RADO.

In the same way, we will have a very important challenge, which is to lead the doping controls in these Games. All the prior preparation, logistics and control strategies are an important part of a project that we have been developing.

This year there will also be various multidisciplinary events in countries in our region and in other countries and the idea is to be able to have a presence and create awareness campaigns to “PLAY TRUE”, SAY NO TO DOPING!.



### Information Media:

### PAN-RADO Website:

### Speak up!

A screenshot of the PAN-RADO 'Speak up!' reporting form. The form is set against a background map of Panama. It includes several input fields: 'Nombre completo', 'Correo electrónico', 'Teléfono de contacto', 'Administración o intento de administración de una sustancia' (with a dropdown arrow), 'Deporte(s)', 'Nombre de los Involucrados', and a large text area for 'Por favor describe tu sospecha o denuncia lo más detallado posible'. There is also a file selection button labeled 'Seleccionar archivos' and a status 'ningún archivo seleccionado'. At the bottom is a large orange button labeled 'ENVIAR'.

This mechanism is a safe way for you to report any activity that you consider contrary to anti-doping rules. PAN-RADO invites anyone who has information about an alleged case of doping to share it confidentially through this form.

The identity of the holder of the information will be anonymous, unless the user wishes to provide their contact information so that the PAN-RADO can initiate a direct communication in order to expand the information.

This system must only be used for the transmission of true and complete information on behaviors related to doping in sport, so it is important that it be accompanied by evidence that allows the PAN-RADO to initiate a formal investigation or transfer the information to other competent organizations.

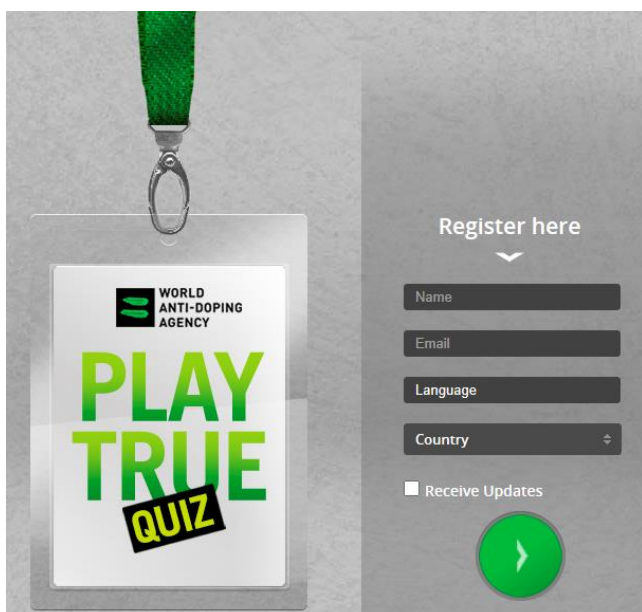
All information received by the PAN-RADO will be stored, evaluated and used in accordance with the International Standard for Controls and Investigations, the Guidelines for the Obtaining of Information and Intelligence Sharing and the Informant Policy of the World Anti-Doping Agency (WADA), as well as in compliance with the applicable data protection regulations.

## Digital and printed material



The educational material of the PAN-RADO shows the areas of interest of all the athletes, support personnel, coaches and parents because it explains everything related to doping, the control processes, what to do if I need to take a substance and for those whereabouts of elite athletes, knowing what to do and how to update their information.

## Play True Quiz:



WADA's play true quiz is an interactive computer game that tests your anti-doping knowledge. It is currently available in 49 languages. PAN-RADO was using it in various multi-sport events that were taking place throughout the year in various member countries.

The objective of using the quiz was to have a measurable method to know how much knowledge our athletes and members of the sports ecosystem have regarding anti-doping

and in which areas to reinforce in 2023 to improve and increase that level of knowledge of our target audience.

## Antidoping Education

**Seminars, trainings and conferences.**



Each of the NADO's will have all the digital tools of the PAN-RADO to use them in the various seminars, trainings and conferences. These tools will allow them to diversify the way they are educating athletes and make the sessions much more dynamic to create the attention of our athletes.

It is important to note that the education managers of each NADO will keep an attendance record of all the participants in the seminars, talks and conferences. In the same way, a small quiz or space for questions and answers will be applied to measure the final result. This will allow us to have an indicator of how we are doing and what we need to reinforce to that target group with which we are working.

In the Anti-Doping Organizations that do not have trained personnel in education, that require the help of the PAN-RADO, they may request the space for the education personnel to be in charge of giving the educational talks virtually.





## Webinars



The COVID-19 pandemic allowed us to venture into a different platform; the virtual platform. This medium made it easier for us to reach many athletes without the need to see them in person. The tool allows us to share information, videos, photos, make questionnaires and have the questions and answers dynamics quickly.

This year 2023, we will maintain this modality in order to reach the largest number of athletes, coaches and support personnel throughout the region and to be able to receive support among all member countries without the need to travel in person to carry out these tasks.

## Educational Plan: XXIV Central American and Caribbean Games in El Salvador 2023

### First Semester (January – April)

#### Sensibilization Campains through Social Media

Through the social networks of Instagram, Facebook and Twitter, the event should be promoted: The XXIV Central American and Caribbean Games, reporting on the various topics to be mentioned:

- Calendar announcements
- Countdown
- Relevant Data from the History of the Games

- Organizations involved and organizing committee
- participating countries
- Sports modalities and venues of the Games

These topics will allow the audience (athletes, support staff, doctors, coaches, parents and fans) to be up to date with the information and to be able to follow the games, creating expectation campaigns.

As Anti-Doping Organizations we must also promote:

- Prohibited List 2023: its new updates, Prohibited substances and methods.
- Anti-doping rule violations
- AUT (Therapeutic Use Authorization): here we must inform athletes that those who have previous diseases or conditions can opt for this authorization to avoid sanctions for drugs that are on the list.
- Use of Supplements and Substances and the consequences in the human body.

Doping control simulator for athletes and Doping Control Officers (DCO's)

Through this tool, it will be possible to explain in virtual and face-to-face modality the urine and blood control process, both for the training of control officers who will attend the Games, and for the members of the sports ecosystem, who must be very clear. on how the control process is carried out. It is in both English and Spanish.

**Website [www.sansalvador2023.com](http://www.sansalvador2023.com) as another information media:**



**Pan American Regional Anti-Doping Organization (PAN-RADO)**  
Ciudad Deportiva Irving Saladino, Edificio CEMED, Ciudad de Panamá

It is a complete web page that allows you to inform about the history of the Games, Sports, Venues, the calendar of activities, volunteering, news and much more. It makes it easy to have the Spanish and English languages so that everyone can have access to it.

Through the page all the relevant information of the Games and their course will be known in detail. A space will be created on the page dedicated exclusively to Doping to place all the necessary information on the general aspects of doping and thus promote the use of this educational tool.

## Second Semester (May)

*Virtual Educational Training in Spanish and English.*



In this call, all the delegations of the 37 countries will be recruited in virtual mode to impart all the necessary anti-doping knowledge. It will be a training in Spanish version and another in English version.

The topics that will be covered within this great training will be those related to general doping: Prohibited List 2023, TUE, Control Processes, Violations of anti-doping regulations, among other topics.

## Sensibilization Program (june – july)

Presence in the Central American and Caribbean Games

There will be approximately 16 days of competitions with 37 large delegations of athletes in the venues of El Salvador and a part in the country of the Dominican Republic. In both venues, there will be an Anti-Doping stand with all articles, information, didactic material and trained personnel



to inform, educate and support athletes, support staff, parents, doctors and coaches on all issues related to doping. doping in sport.

The main idea of this awareness program is to create awareness at a general level, in fair and doping-free-clean sport. That athletes can develop in a clean sport with equal opportunities.

### **Educational Program by Destination groups (graphics)**

This year 2023 we will be covering general topics on doping and we will be training athletes in Biological Passport and Dried Blood, which are the new topics for this year in the region. It is important to note that much emphasis will be placed on the 2023 Prohibited List, especially with the update of TRAMADOL, which would already be subject to sanctions in 2024. The topics to be discussed are the following:

- History and concept of Doping
- Values in Sport
- National and International Regulation.
- 11 anti-doping rule violations
- Prohibited List 2023
- Substances, prohibited methods, and health repercussions (hazards)
- Rights and Responsibilities of the Athlete.
- Use of Supplements.
- Therapeutic Use Exemption (TUE) and Retroactive TUE.
- Doping Control Process
- results management
- New methods in control processes: Biological Passport and Dried Blood.

### **Activities Calendar:**

This first table explains the various activities that we must carry out according to the work schedule of each NADO. In some cases, the anti-doping organizations work in conjunction with the Olympic Committee and give talks to the country's delegations on the various commitments they have. Also, another way to carry out the talks is through the target groups, or through the sports federations.

Regardless of the groups as they are developed, activities must be covered according to the list of topics proposed this year 2023.

Activity	January- march	April – june	July- september	October – December	Total
Training to high level athletes, Sport Talent Athletes, Whereabouts group and another destination groups.	4	4	4	4	16
Educational Trainings to support personnel, coaches and parents.	4	4	4	4	16
Medical Seminars to teach them about the Prohibited List 2023	At least 1 training por semester (2 in a year)				2
Dissemination in social media about doping news	2	2	2	2	8
Antidoping Information true social media	At least 4 posts per month throughtout the year				Annual Activity
Dissemination in social media about our digital tools: Virtual game and Simulator	At least 2 trimestral disseminations				Annual Activity
ADEL Platform, how to use this tool	At least 1 post per month about ADEL and the courses				Annual Activity
The True Athlete Challenge	Destination group 8 to 12.				
Use of the Simulator in training athletes	Use of the tool in trainings that the NADO considers appropriate depending on the space they have for the development of their activity				

## Evaluation:

Each of the activities carried out by each of the NADOs must be measured through their respective measurement indicators. These can be through group dynamics, quiz application, or trivia. The idea is to monitor the results of each of the trainings that are carried out so that we can evaluate as an educational department the steps to follow after each talk.

Activity	Recolection instrument	Indicator	Measure dimension	Unity measure	Frecuence
Training to high level athletes, Sport Talent Athletes, Whereabouts group and another destination groups.	Play True Quiz	Initial Average percentage on doping – final average percentage	Results – Effectiveness	Percentage	In each session
Educational Trainings to support personnel, coaches and parents.	PAN-RADO QUIZ	Initial average percentage on doping – final average percentage	Results – Effectiveness	Percentage	In each session
Medical Seminars to teach them about the Prohibited List 2023	Questions and answers	Participation	Effectiveness	Numbers	In each session
Dissemination in social media about doping news	Website views	Number of visits	Effectiveness	Numbers	Monthly
ADEL Platform	Power User Statistics	Number of register and number of people who finalized the course	Effectiveness	Numbers	Monthly
The True Athlete Challenge	Quiz True Athlete Challenge	Participation	Effectiveness	Numbers	In each session
Use of the Simulator in training athletes	Questions and answers	Participation	Effectiveness	Numbers	In each session
Antidoping Information in Social media	Social media report	Number of likes and visits	Effectiveness	Numbers	Monthly