



Educational Plan 2024

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

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

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

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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 2023, the PAN-RADO will have 11 member countries and 4 strategic partners (Cuba, Mexico, Chile and the Dominican Republic) to strengthen the organization for the benefit of Fair Play and the fight against Doping in sports.

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

Mision, Vision y Values:

Mision:

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

Vision:

Protect the athlete and their health, strengthening anti-doping organizations and Fair Play.

Values:

ETHICS

We will carry out our activities according to the highest standards of ethical and moral behavior.

We will develop policies, procedures and practices that reflect fairness, integrity, freedom, responsibility, honesty, and respect.

UNITY

Coordinate jointly and in solidarity, integrating each 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.

Principal Goals for 2024:

Currently, the PAN-RADO is made up of 11 countries and 4 strategic partners. This year, 2024, the Organization will be able to use its new virtual platform: The Latin American and Caribbean Anti-Doping Academy, where it will allow our member countries and strategic partners to continue preparing to educate their sports community and at the same time the entire sports ecosystem can educate itself through our platform. As an organization we will face a year of challenges and international commitments that we must face with responsibility and dedication.

At an educational level, we will have a challenge of being able to train all athletes, support staff, doctors, coaches, parents and members of the sports ecosystem on all issues related to Doping, since it is our task to promote the Game. Clean and the physical and mental health of our athletes. Through our digital platforms, this will be possible since we will have various tools, such as: The True Athlete Challenge in its animated series versions, virtual game and the new graphic comic in Spanish and English that we will be able to disseminate in our countries, La Anti-Doping Academy, the Doping Control Process Simulator, our YouTube channel with educational material and of course our digital platforms through Instagram and Facebook.

These and more challenges are what we have this year 2024 and with the support of our member countries we are convinced that we will achieve the fulfillment of each 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.

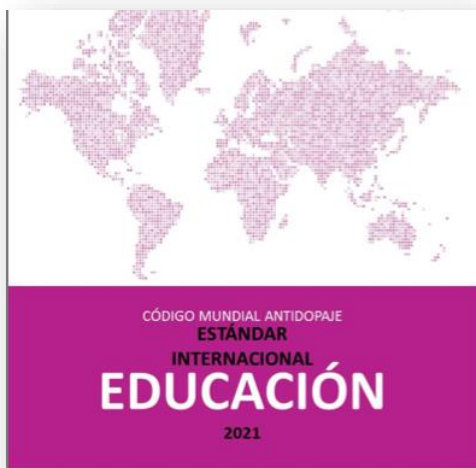
The **second objective** of the International Standard for Education is to: a) Provide definitions of terminology in the educational field.

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.



**agencia
mundial
antidopaje**

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:

General objective

The objective of the PAN-RADO Educational and Prevention Program 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 2021 WADA Code specifies that such 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 training programs. prevention (for example, in schools and sports clubs) “in a manner appropriate to their stage of development.”

Specific objectives

1. Plan, execute, monitor, and evaluate anti-doping and values-based education educational activities, considering 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 provision 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 sports and fair play that are identified in the national territory.
4. Presence at different multi-sport events with anti-doping education to promote the PLAY TRUE campaigns 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 I: 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 an 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 has to make their own opinions and at the end the teacher or the person in charge of the training has to give them the information of the real definitions.
- b) How to face fear
- c) The importance of not taking bad substances and the consequences of those 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. 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.

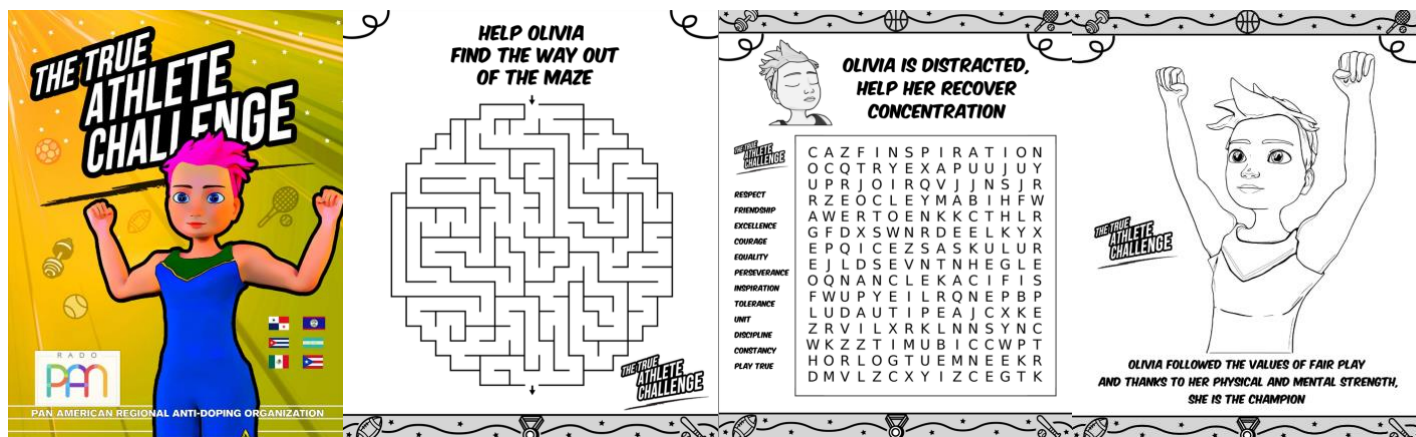
Virtual Game

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.

Coloring Book of the series:



This comic will be disseminated among our member countries with the aim of carrying out at least 1 activity a year with the target group of children between 8 and 12 years old to continue encouraging the animated series and promoting the values of fair play in sports.

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.

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

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.

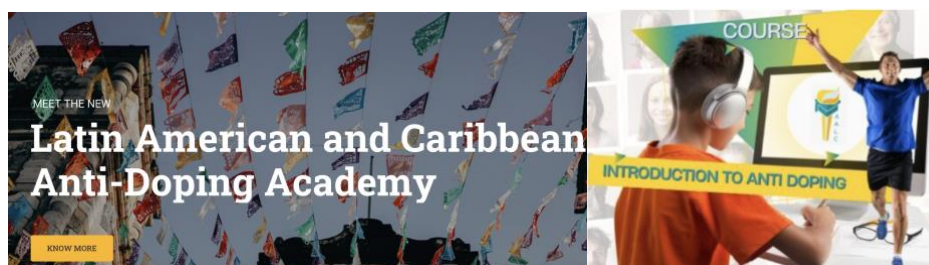
Between December 2022 and January 2023, new ADEL courses have been published that include the NOWHOW of the 2023 Prohibited List, List updates and new courses for both coaches, medical personnel, and athletes.

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

Academia Antidopaje Latinoamérica y el Caribe

Curso de Introducción al Antidopaje

The Anti-Doping Academy of Latin America and the Caribbean is an educator system of educators that seeks to standardize educational material and certification processes throughout the region.



The main objective of this section is to promote the acquisition of general theoretical knowledge about anti-doping necessary for the good performance of all professionals involved in sport.

The Introduction to Anti-Doping course is aimed at educators, athletes and any professional who has any relationship with the sports field. It aims to transmit basic knowledge in a fun and effective way, in addition to raising awareness about this topic that is both relevant and unknown to our community.

In addition to the above, the course guides and motivates anyone who is interested in delving deeper into some of the different areas of action of the fair play movement, to do so after the certification of this course.

The introductory anti-doping course includes:

Anti-Doping Fundamentals:

- Anti-doping Program and Values associated with Clean Sport
- Consequences of Doping
- WADA – Roles and Responsibilities of the Athlete and Support Personnel.

At the end of this first section, a fundamentals questionnaire is applied to guarantee that the information was processed correctly.

Definition of Doping:

- Definition of Doping and Prohibited List
- Anti-Doping Rule Violation

Doping Control Process

- Notification
- Doping Control Station
- Urine Sample Collection Process
- Blood Sample Collection Process
- Completion of Doping Control

Final Course Evaluation

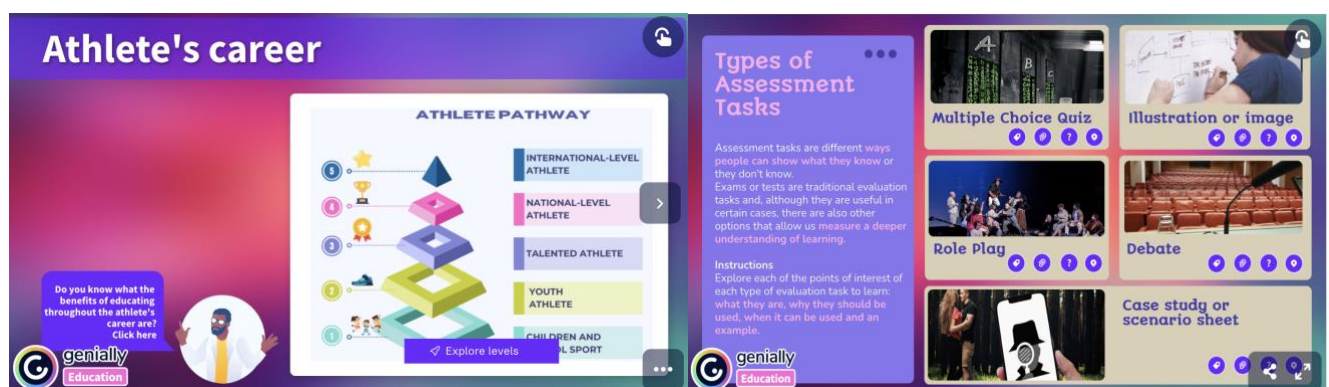
The educator, athlete or staff taking the course must complete a final evaluation with a minimum of 80% grade to pass the course.

Certification to users who complete the course:



In addition to the Anti-Doping Introduction course, the academy will also offer the course for Doping Control Officers for accreditations and re-accreditations. This course will be specifically specialized for those who meet the profile to take it and obtain their certification.

Education for Educators:



The course for educators includes all the preparation for our educators in relation to the planning, implementation, monitoring, and evaluation of an educational program.

It provides the necessary tools to create a good educational plan and educational programs for each member country and strategic partner that requires its personnel to strengthen their knowledge or prepare in a specific area.

This year, several countries have renewed their staff, and new members have joined the fight against doping, and it is essential that we are all prepared to educate.

Like the other courses offered by the Anti-Doping Academy, the final certification is necessary to ensure that our educators are trained.

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, various multidisciplinary events will also be held in countries in our region and in other countries and the idea is to be able to have a presence and create awareness campaigns: #SAYNOTODOPING, #PLAYTRUE

Information Media:

PAN-RADO Website:

Speak up!

A screenshot of the PAN-RADO 'Speak up!' reporting form. The form is overlaid on a faint map background. It contains 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'. At the bottom, there is a 'Seleccionar archivos' button and a status indicator 'ningún archivo seleccionado'. A large orange button labeled 'ENVIAR' is at the very bottom.

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.

SPEAK UP

By using this form, you have decided to trust us and we take it with the responsibility it deserves. This mechanism is a secure means for you to report any activity that you consider contrary to anti-doping rules. PAN RADO invites any person who has information about an alleged case of doping to share it confidentially through this form.

The identity of the owner of the information will be anonymous, unless the user wishes to provide their contact details so that PAN RADO can initiate direct communication in order to expand the information. This system should only be used for the transmission of truthful and complete information on conduct related to doping in sport, so it is important that it be accompanied by evidence that allows PAN RADO to initiate a formal investigation or transfer the information to other competent organizations.

All information received by PAN RADO will be stored, evaluated and used in accordance with the International Standard for Controls and Investigations, the Guidelines for Obtaining 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.

This section allows anyone who belongs to the sports ecosystem to make complaints regarding Doping. These reports are anonymous where the case of suspicion of someone who is committing anti-doping rule violations can be exposed. These complaints are followed up.

Through the channel and digital media, a campaign will be carried out throughout the year on the importance of reporting. Two animated capsules will be promoted

referring to complaints, cases of complaints and the importance of not being complicit in this situation. This material is found on our social networks and also on the global PAN-RADO YouTube channel as the main person in charge of the region.

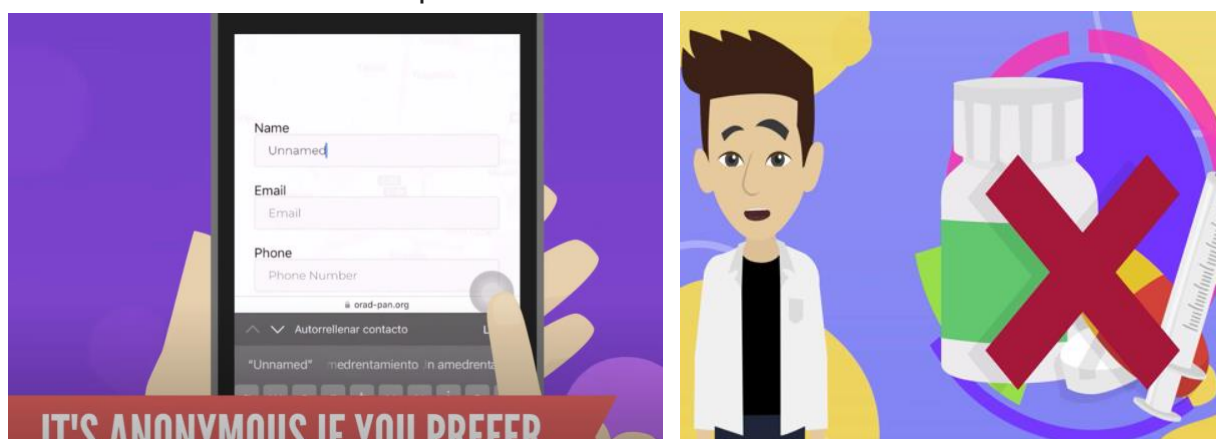


In the quest to achieve our physical goals, the pressure to achieve certain results often leads us to make bad decisions. Pay attention to this case!! You know, if you know of any type of doping situation, **SPEAK UP** and report it. **LET'S PLAY TRUE!**

Information about complaints:

In the world of sports, fair competition and fair play are essential. However, doping threatens the integrity of the sport and puts the health of athletes at risk. If you witness doping cases, you have the power to make a difference. Every athlete deserves to compete on equal terms.

Doping distorts this equality and creates an unfair gap between those who work hard and those who choose to cheat. If you know of any case of doping, we encourage you to make your report: **SPEAKE UP**. In this video we explain how to do it!



Through this capsule, you can understand what a complaint is and the various ways to make a complaint.

1. Contact anti-doping authorities
2. Do it through the PAN-RADO website from your computer, tablet or phone anonymously.
3. Through our email.

The idea is to make the message clear about the various ways that athletes can report any situation and protect clean sport.

Through the PAN-RADO YouTube channel, you can see these animated capsules. It was possible to make 2 capsules of more than 2 minutes due to the importance of really communicating everything related to complaints and not making mini capsules, since in a very short time the information can arrive incomplete.

PAN-RADO Youtube Channel: <https://www.youtube.com/@orad-pan2357/videos>

YouTube channel directed to the PAN-RADO

During the year 2023 we were promoting through our digital media (instagram and Facebook) the YouTube channel of both Panama and the PAN-RADO. Within the channel, athletes can watch various instructional videos on anti-doping, such as:

Videos about TUE (Therapeutic Use Exemption): these videos explain the reasons for obtaining a TUE, its requirements and the step by step of how to apply through the ADAMS platform, or through our emails. In this way, the Athlete has the option of applying to this form to require any prohibited substance for a medical justification previously authorized by our TUE panel.

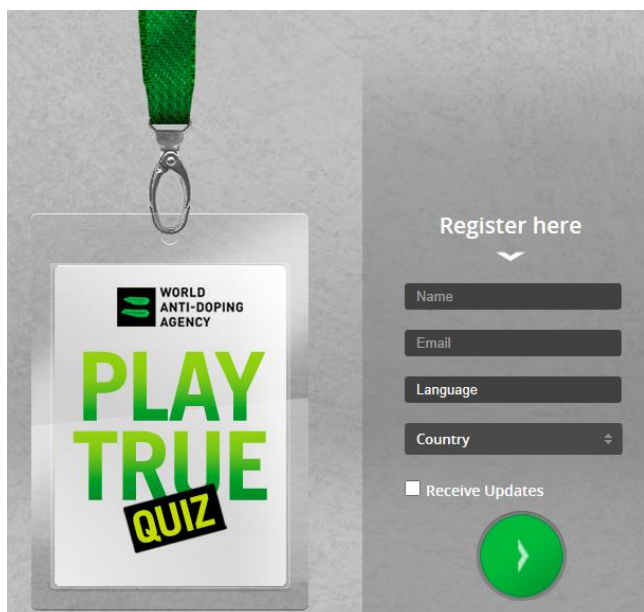
Videos on doping control processes: In 2023, our work team made two step-by-step videos of the control processes. This year 2024 it will continue to be promoted since it is the duty of athletes to clearly know the processes they may face in their sports career.

Prohibited List: All athletes, support staff, coaches and even parents must know everything about the List and know how to search for information within the list.

Animated series The True Athlete Challenge: This tool is essential so that children and young people with sporting talent can learn much more about the importance of values in sports. The channel allows it to be viewed publicly and freely for all athletes.

For this year 2024, we hope to reach a greater number of subscribers and clicks on our videos to reach the information to the entire sports community.

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.

Anti-Doping Education:

Seminars, workshops y 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



This year 2024, we will maintain this modality to be able to reach the largest number of athletes, coaches, and support staff throughout the region and to be able to receive support from all member countries without the need to travel in person to carry out these tasks. The PAN-RADO will continue to support countries that require our educators to give virtual talks to their athletes and their support staff, especially for delegations that leave the country to compete.

Activities Calendar:

This first table explains the various activities that we must carry out according to the work schedule that each NADO has.

In some cases, anti-doping organizations work in conjunction with the Olympic Committee and give talks to the country's delegations on the various commitments they have. Another way to hold talks is through target groups, or through sports federations. Regardless of the groups as they are developed, activities must be covered according to the list of topics proposed this year 2024.

Activity	January – march	April – June	July – September	October – December	Total
Educational Workshops for high-level athletes, talented athletes, RTP and other destination groups.	4	4	4	4	16
Educational Workshops for support personnel, coaches, and parents.	4	4	4	4	16
Medical seminars in Prohibited List	At least 1 workshop for semester (2 in 2024)				2
Promotion true social media all about the policies and sanctions	9	9	9	9	36
Speak up all about anti-doping true social media	Al menos 5 publicaciones al mes durante todo el año				Annual Activity
Promote true social media about our digital tools	2 post per month				Annual Activity
ADEL Platform	1 post per month about the courses and the uses of the platform				Annual Activity
The True Athlete Challenge	Destination group 8 to 12.				Annual Activity
Use of the simulator in workshops	Use of this tool in workshops of all the NADOS's that consider its appropriate in time and space to used.				Annual Activity
Anti-Doping Academy for athletes, support personnel and coaches	That athletes from each federation can choose to take the anti-doping introductory course as a				Annual Activity

	requirement to compete or participate in events.	
Anti-Doping Academy for NADO's	As mandatory each educator of each NADO taking this course	1 per NADO / education department.

Assessment:

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, a quiz application, or trivia. The idea is to monitor the results of each of the trainings carried out so that as an educational department we can evaluate the steps to follow each talk.

Actividad	Instrumento De recolección	Indicador	Dimensión a medir	Unidad de medida	Frecuencia
Educational Workshops for high-level athletes, talented athletes, RTP and other destination groups.	Play True Quiz	%	Effectiveness- results	Porcentaje	En cada sesión
Educational Workshops for support personnel, coaches, and parents.	Quiz by PAN-RADO	%	Effectiveness- results	Porcentaje	En cada sesión
Medical seminars in Prohibited List	Questions and answers	Participation	Effectiveness	Numeros	En cada sesión
Speak up all about anti-doping true social media	Registration on the website	Number of clics and visits	Effectiveness	Números	Mensual
ADEL Platform	Stadistics in report	ADEL report	Effectiveness	Números	Mensual
The True Athlete Challenge	Quiz True Athlete Challenge	Participation	Effectiveness	Number	Each session

Use of Simulator in workshops	Questions and answers	Participation	Effectiveness	Number	In each session
Social media – Anti-doping Information	Social Media Report	Number of visits and likes	Social media report	Number	Monthly
Anti-Doping Academy	Certificate	Show their credentials	Effectiveness	(80%)	Annual