



# IFAF ANTI DOPING EDUCATION PLAN



GUIDANCE DOCUMENT



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## Introduction

1.1 As the recognised International Federation within the Olympic and Paralympic Movement and an Anti-Doping Organisation (ADO) as per the World Anti-Doping Code (Code), the International Federation of American Football (IFAF) is responsible for developing and implementing an Education Plan for American football Athletes, Athlete Support Personnel and the wider American football community.

1.2 In January 2025, the International Federation of American Football delegated to the International Testing Agency (ITA) the full implementation of its anti-doping programme in compliance with the Code and IFAF anti-doping policy. In the area of education, the ITA-IFAF agreement includes the development of an Education Plan in accordance with the WADA International Standard for Education (ISE). The ITA also assists in the implementation, monitoring and evaluation of the Education Plan.

1.3 The primary purpose of the Education Plan is to provide an effective and streamlined approach to anti-doping education for the American football community. The Education Plan is developed for a four-year cycle (2025-2028) and shall be adjusted and updated annually.

## Programme Objectives

2.1 The IFAF Education Plan outlines a series of objectives to ensure that different target groups receive a proportionate amount of effective, high-quality anti-doping education:

- a) To set up an effective and Code-compliant education programme in line with the 2021 Code and International Standard for Education.
- b) To provide Athletes with anti-doping education that enables them to train and compete clean; to enable Athlete Support Personnel to support this mission.
- c) To utilise online communication tools and digital technology to ensure constant anti-doping communication and flow of information to the IFAF community.

## Learning Objectives

3.1 In line with the ISE, the IFAF Education Plan incorporates the following learning objectives:

### a) General Anti-Doping Knowledge

- Be familiar with the key stakeholders of the global anti-doping system
- Understand which rules apply to members of the IFAF community
- Understand the Athletes anti-doping rights and responsibilities
- Understand the 11 Anti-Doping Rule Violations (ADRVs), why they exist and whom they apply to

### b) Doping Control Process

- Be familiar with key doping control terms and roles
- Understand the key steps of Doping Control
- Know athlete rights and responsibilities during sample collection
- Have a good overview of the urine and blood sample collection process and the Doping Control Form
- Be aware of common circumstances and case scenarios such as delays, partial and diluted samples

### c) Medications, Supplements, TUEs and the Prohibited List

- Understand the purpose and structure of the Prohibited List
- Understand the food-first approach and the risks associated with supplements
- Understand how to make an informed decision about the use of supplements
- Be able to check the status of medications during the In-Competition Period and Out-of-Competition
- Know what a Therapeutic Use Exemption is and how to apply for one if needed
- Be able to protect Athletes from inadvertent doping

### d) Principles and Values of Clean Sport

- Know the values of the spirit of sport and the ideal athlete
- Understand the relationship between the ideal athlete and doping decisions
- Understand decision-making influences
- Understand the different consequences of doping
- Understand the importance of speaking up• Know where to go if Athletes have something to report

### e) Out-of-Competition Testing

- Understand the different types of testing pools
- Understand the contents of the Letter of Inclusion
- Understand the Whereabouts requirements
- Know how to use ADAMS and Athlete Central
- Be aware of the consequences of not complying with Whereabouts requirements

3.2 These learning objectives are monitored during education activities and will be reported on at the end of each calendar year. The data gathered throughout the four-year cycle will also help the ITA and IFAF assess the success of the overall education programmes and make changes if necessary.

## Educational Components

4.1 In line with the ISE, the IFAF Education Plan incorporates the following four components:

- a) Values-Based Education: Delivering activities that emphasise the development of an individual's values and principles. It builds the learner's capacity to make decisions to behave ethically.
- b) Awareness Raising: Highlighting topics and issues related to clean sport.
- c) Information Provision: Making available accurate, up-to-date content related to clean sport.
- d) Anti-Doping Education: Delivering training on anti-doping topics to build competencies in clean sports behaviours and make informed decisions.

## Topics

5.1 The topics included in the IFAF Education Plan are consistent with those outlined in section 18.2 of the 2021 World Anti-Doping Code:

- Principles and values associated with clean sport
- Athletes', ASP's and other groups' rights and responsibilities under the Code• The principle of Strict Liability
- Consequences of doping
- Anti-Doping Rule Violations
- Substances and methods on the Prohibited List
- Risks of supplement use
- Use of medications and Therapeutic Use Exemptions
- Testing procedures, including urine, blood, and the Athlete Biological Passport
- Requirements of the Registered Testing Pool, including Whereabouts and the use of ADAMS
- Speaking up to share concerns about doping

5.2 Other topics relevant but not included above are the 2021 World Anti-Doping Code and Standards, and a particular emphasis will be placed on testing procedures, recreational drugs and understanding specific moments of vulnerability and the decision-making process.

## Target Groups

6.1 The IFAF anti-doping education program captures a broad range of target groups, with the focus being Registered Testing Pool (RTP) and Testing Pool (TP) Athletes, Athletes returning from an IFAF sanction as well as other International-Level Athletes (ILA) competing in selected international events, Athlete Support Personnel of above-mentioned ILAs, as well as National Member Federation anti-doping representatives. Also benefitting from global IFAF education efforts are other ILAs, National-Level Athletes (NLAs), other athlete entourage and a wider American football audience.

## Action Plan

7.1 The IFAF Education Plan's action plan includes a series of objectives with the overall goal of ensuring that different target groups receive a proportionate amount of effective high-quality anti-doping education.

7.2 All education activities are clearly outlined and grouped by objectives. Activities are linked to target groups, accompanied by timelines and clear monitoring tools.

7.3 Below are some examples of activities that are included in the action plan:

a) Anti-Doping Webinars: The ITA will host a series of weekly webinars for IFAF, addressing all mandatory topics outlined in the WADA Code. Additionally, a custom sport-specific webinar is planned and will be delivered for a key IFAF audience by ITA.

b) ADEL E-learning courses and NADO equivalents: IFAF will continue to take advantage of ADEL as a free and effective anti-doping education resource available to all members of the IFAF community. A letter will be sent to all RTP/TP Athletes and Athletes returning from sanction explaining they must complete ADEL, NADO e-learning or NADO in-person workshops and provide confirmation of attendance to IFAF.

c) Event-Based Education: Event-based education – in the form of presentations and a clean sport information booth – will be delivered in person at selected events.

d) Social Media channels: A plan is being developed by IFAF to deliver consistent anti-doping messages and to promote IFAF clean sport efforts on the Federation's website and social media channels.

## Future Considerations

8.1 This Education Plan is meant to continuously evolve and adapt to the realities of the Federation and to the sport specifics of American Football.

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