

PHILIPPINE NATIONAL ANTI-DOPING ORGANIZATION

ANTI-DOPING EDUCATION

REPORT 2022

OVERVIEW:

For the year 2022, events are foreseen in different social, economic and political contexts across regions. Until today, our education activities consisted mainly of “information provision” about the concept of anti-doping, the doping control process, therapeutic use exemption and prohibited list through power point presentations addressed to athletes and athlete support personnel during in-competition seasons, as a compliance to requirements from international competitions and federations. The current pandemic also has severely impacted the possibility of in-person interactions and activities for anti-doping, which make reaching out to technologically challenged areas and teams difficult.

Due to the restrictions of COVID 19 government policies, virtual and online means would be the most practical, convenient, and efficient choice of program implementation. Maximizing existing platforms such as AdEL, Google suite, teleconferencing applications and social media would be the most cost-efficient choice of implementation of activities and programs. Teaching and interaction to teams would also require knowledge and competency in accessing and utilizing technology during activities. With the ever-changing concerns of COVID, the methods for anti-doping education must expand to new horizons to cater to different levels of understanding and accessibility. Exploration of current COVID situation involves baseline factors to consider. There is a need to identify gaps and problems brought by the pandemic to help forecast a better future state of sport and environment. This will guide the strategies for programs and desired outcomes for antidoping education over the next 1-5 years.

In total, 13 anti-doping education activities were conducted for 2022:

- 6 team-based workshops: 4 teams on the RTP list were given one-on-one sessions for a more personalized, strategic interaction with the anti-doping team.
- 1 major conference for the year was conducted for authority stakeholders as well as athletes. The PNADC gathered sport leaders, athletes and support personnel who convened on important matters related to the 2021 Code and compliance measures.
- 4 major event-based activities were given 1 month prior to the games to ensure proper requirements were completed and complied with prior to competing.
- 1 youth games outreach program
- 1 academic partnership program

A total of 1,533 participants were recorded in all activities with the following breakdown per role:

- 404 Athletes
- 643 Athlete support personnel

Below are the targeted and accomplished anti-doping education activities as of December 2022.

Target Participants	Overall aim	Program Objective	Content/ Topics	Component Target	Education Activities	Monitoring and Evaluation Procedures	Remarks
International and Olympic level	To prepare athletes for participation in major events and help prevent inadvertent doping.	<ul style="list-style-type: none"> • 100% of athletes on RTP and TP and attending international events for 2022 will successfully complete the ADEL for international level athletes' education module by December 2022 • 100% of athletes on RTP and TP and attending international and national events for 2022 will be fully aware and will have understood the 2021 WADA Code contents. • 100% of athletes on RTP and TP and attending international and national events for 2022 will have attended at least 2 anti-doping event-based webinars 	<ul style="list-style-type: none"> • Doping Control Process • TUE application process and checking medications and banned substances • The principle of strict liability • Whereabouts requirements • Principles and values associated with clean sport • ADRV's • Prohibited List and the risk of supplement use • Athlete's rights and responsibilities • Consequences of doping 	Values-Based Education	<ul style="list-style-type: none"> • Incorporate sports and values in discussions • Case analysis in courses 	<ul style="list-style-type: none"> • E-learning: number of completions , module success rate and ADEL tracking statistics • Webinars: pre- and post- event quizzes and event feedback evaluation forms • Workshops: use of assessment tools (rubrics, checklists and grading sheets) and event feedback evaluation forms • Communication 	International and national athletes went hand in hand with the 2022 anti-doping programs as various national athletes are chosen for a variety of international competitions. 100% of RTP and TP athletes were able to attend the required education sessions and have completed the ADEL module for international level athletes. Pre- and post- test scores were indicated improvements in knowledge and hypothetical case analysis following an education session. Although test scores were inconsistent due to the low post-
				Awareness Raising	<ul style="list-style-type: none"> • Communication campaign • Event outreach • Play True Quiz 		
				Information Provision	<ul style="list-style-type: none"> • PHI-NADO website materials • Webinars and communication campaign • Athlete's Guide to the 2021 Code 		
				Anti-Doping Education	<ul style="list-style-type: none"> • E-learning: ADEL for international level athletes education • Event-based education • Webinar • CISPs 		

						Campaign: complete database setup, monitoring of posts, likes, shares and comments	test completions after a session. On average, completed tests scores were 50% correct for the pre-test and increased to 80% for the post-test. For the pre-test, majority of athletes scored lowest in questions related to the therapeutic use exemption and doping control while highest scores were noted in values based and prohibited list questions. For the post test, lowest scores were still found in TUE-related questions, while doping control related questions and values education scored the highest. A breakdown of feedback and evaluation of sessions, sample
National-Level	To prepare athletes for participation in major events and help prevent inadvertent doping.	<ul style="list-style-type: none"> • 100% of athletes on RTP and TP and attending international events for 2022 will successfully complete the ADEL for international level athletes' education module by December 2022 • 100% of athletes on RTP and TP and attending international and national events for 2022 will be fully aware and will have understood the 2021 WADA Code contents. • 100% of athletes on RTP and TP and attending 	<ul style="list-style-type: none"> • Doping Control Process • TUE application process and checking medications and banned substances • The principle of strict liability • Whereabouts requirements • Principles and values associated with clean sport • ADRV's • Prohibited List and the risk of supplement use • Athlete's rights and responsibilities • Consequences of doping 	Values-Based Education	<ul style="list-style-type: none"> • Incorporate sports and values in discussions • Case analysis in courses • Athlete sharing from international level play 	<ol style="list-style-type: none"> 1. E-learning: number of completions, module success rate and ADEL tracking statistics 2. Webinars: pre- and post- event quizzes and event feedback evaluation forms 3. Workshops: use of assessment tools (rubrics, checklists and grading sheets) and 	
				Awareness Raising	<ul style="list-style-type: none"> • Communication campaign • Event outreach • Play True Quiz 		
				Information Provision	<ul style="list-style-type: none"> • PHI-NADO website materials • Webinars and communication campaign • Athlete's Guide to the 2021 Code 		
				Anti-Doping Education	<ul style="list-style-type: none"> • E-learning: ADEL for international level athletes education • Event-based education 		

		international and national events for 2022 will have attended at least 2 anti-doping event-based webinars			<ul style="list-style-type: none"> • Webinar • CISPs 	<p>event feedback evaluation forms</p> <p>4. Communication Campaign: complete database setup, monitoring of posts, likes, shares and comments</p> <p>5. Online event outreach: monitoring of posts, likes, shares and comments</p>	<p>analytics for pre- and post-testing are attached below this table (see appendices).</p> <p>International level anti-doping education programs are listed below:</p> <p>Kurash 1 on 1 PNADC 2022 SEA Games World Games Birmingham ASEAN Paragames Weightlifting 1 on 1 RTP Workshop Floorball 1 on 1 Soft Tennis 1 on 1 Wushu 1 on 1</p>
Talented athletes	To develop clean values and prepare athletes for clean competition and training.	<ul style="list-style-type: none"> • At least 80% of athletes will successfully complete the ADEL for talented athletes' education module by December 2022 • At least 80% of athletes will have attended at least 1 	<ul style="list-style-type: none"> • Doping Control Process • The principle of strict liability • Principles and values associated with clean sport • ADRV's 	Values-Based Education	<ul style="list-style-type: none"> • Incorporate sports and values in discussions • Case analysis in courses <p>Athlete sharing from national and international level play</p>	<p>1. E-learning: number of completions, module success rate and ADEL tracking statistics</p> <p>2. Webinars: pre- and post- event quizzes and event feedback evaluation forms</p>	<p>Collegiate athletes have also been included in awareness sessions this year. Exposures in the University of Santo Tomas swimming and badminton teams. Athletes were introduced to the</p>
				Awareness Raising	<ul style="list-style-type: none"> • Communication campaign 		

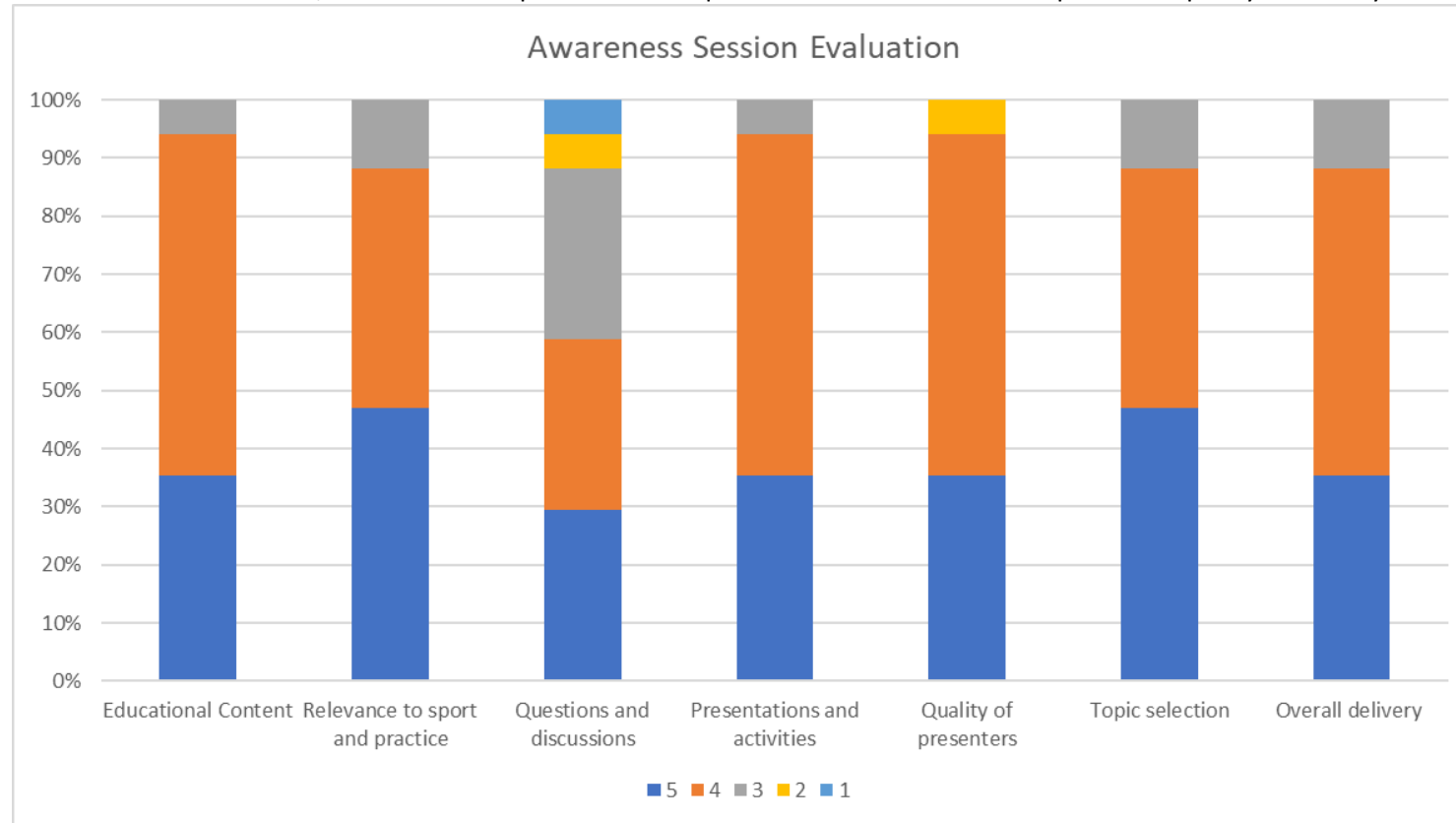
		anti-doping webinar	<ul style="list-style-type: none"> Prohibited List, the risk of supplement use and TUE Consequences of doping 		<ul style="list-style-type: none"> Event outreach Play True Quiz Infographics and videos 	<ol style="list-style-type: none"> Workshops: use of assessment tools (rubrics, checklists and grading sheets) Communication Campaign: monitoring of posts, likes, shares and comments Online event outreach: monitoring of posts, likes, shares and comments 	Talented athletes program in ADEL.
				Information Provision	<ul style="list-style-type: none"> PHI-NADO website materials Webinars and communication campaign Athlete's Guide to the 2021 Code 		
				Anti-Doping Education	<ul style="list-style-type: none"> E-learning: ADEL for talented athletes education Event-based education Webinar CISPs 		
Youth and children	To develop clean values and ethical sports conduct	<ul style="list-style-type: none"> 50% of athletes in the National Academy of Sport will successfully complete the Sports Values webinar by PHI-NADO WADA's Sport Values in Every Classroom course will be completed and integrated in physical education 	<ul style="list-style-type: none"> Values associated with Sport: respect, equity and inclusion Consequences of doping, physical and mental health, social and economic effects and sanctions 	Values-Based Education	<ul style="list-style-type: none"> Incorporate sports and values in classes and courses Incorporate values in sport and life Gamification activities – incorporate values through games 	<ol style="list-style-type: none"> Webinar workshop: use of assessment tools (rubrics, checklists and grading sheets) Course development: completed course syllabus and use of assessment tools (rubrics, checklists and grading sheets) 	Youth games began late 2022. Through the Batang pinoy, young athletes resumed sport games in a hybrid format. A total of 1850 participants composing of 80 % athletes, 15 % coaches and teachers and 5 % others (parents, administrative personnel, medics).
				Awareness Raising	<ul style="list-style-type: none"> Communication campaign Event outreach Play True Youth Quiz 		

		curriculums by 2023			Infographics and videos	3. Communication Campaign: monitoring of posts, likes, shares and comments 4. Online event outreach: monitoring of posts, likes, shares and comments	The establishment of the National Academy of Sports also began collaborative efforts however due to the restructuring of the institution, this was moved to next year (2023).
				Information Provision	<ul style="list-style-type: none"> • PHI-NADO website materials • Webinars and communication campaign Infographics and videos		
				Anti-Doping Education	<ul style="list-style-type: none"> • E-learning incorporated in school curriculum • Event-based education • Webinar on vulnerability, health consequences, decision making and sport values 		
Athlete support personnel (ASP)	To prepare ASP to train and compete clean in sport	<ul style="list-style-type: none"> • 80% of national teams will have representative coaches who will successfully complete the ADEL for high performance coaches' education module by December 2022 	<ul style="list-style-type: none"> • Substances and Methods on the Prohibited List. • Risks of supplement use. • Risks and consequences that doping has on the health of athletes. • The sanctions provided for in the 	Values-Based Education	<ul style="list-style-type: none"> • Incorporate sports and values in discussions Case analysis in courses	1. E-learning: number of completions, module success rate and ADEL tracking statistics 2. Webinars: pre- and post- event quizzes and event feedback evaluation forms	A total of 643 athlete support personnel attended international level to national level-related programs. These composed of
				Awareness Raising	<ul style="list-style-type: none"> • Communication campaign • Event outreach • Play True Quiz Email info drive		
				Information Provision	<ul style="list-style-type: none"> • PHI-NADO website materials 		

		<ul style="list-style-type: none"> • 80% of national teams will have representative medical or allied health personnel who will successfully complete the ADEL for medical professionals at major games' education module by December 2022 • 80% of national teams will have representatives who will be fully aware and will have understood the 2021 WADA Code contents. • 80% of national teams will have representatives who will have attended at least 2 anti-doping event-based webinars 	<p>event of doping use.</p> <ul style="list-style-type: none"> • Right means of communication to communicate with athletes. • Use of medications and TUEs. <p>Doping control procedures, including urine, blood and the ABP</p>		<ul style="list-style-type: none"> • Webinars and communication campaign Athlete Support Personnel Guide to the 2021 Code • E-learning: ADEL for high performance coaches' education • E-learning: ADEL for medical professionals at major games • Event-based education • Webinar • CISPs 	<ol style="list-style-type: none"> 3. Workshops: use of assessment tools (rubrics, checklists and grading sheets) and event feedback evaluation forms 4. Communication Campaign: complete database setup, monitoring of posts, likes, shares and comments 5. Online event outreach: monitoring of posts, likes, shares and comments 	
				Anti-Doping Education			

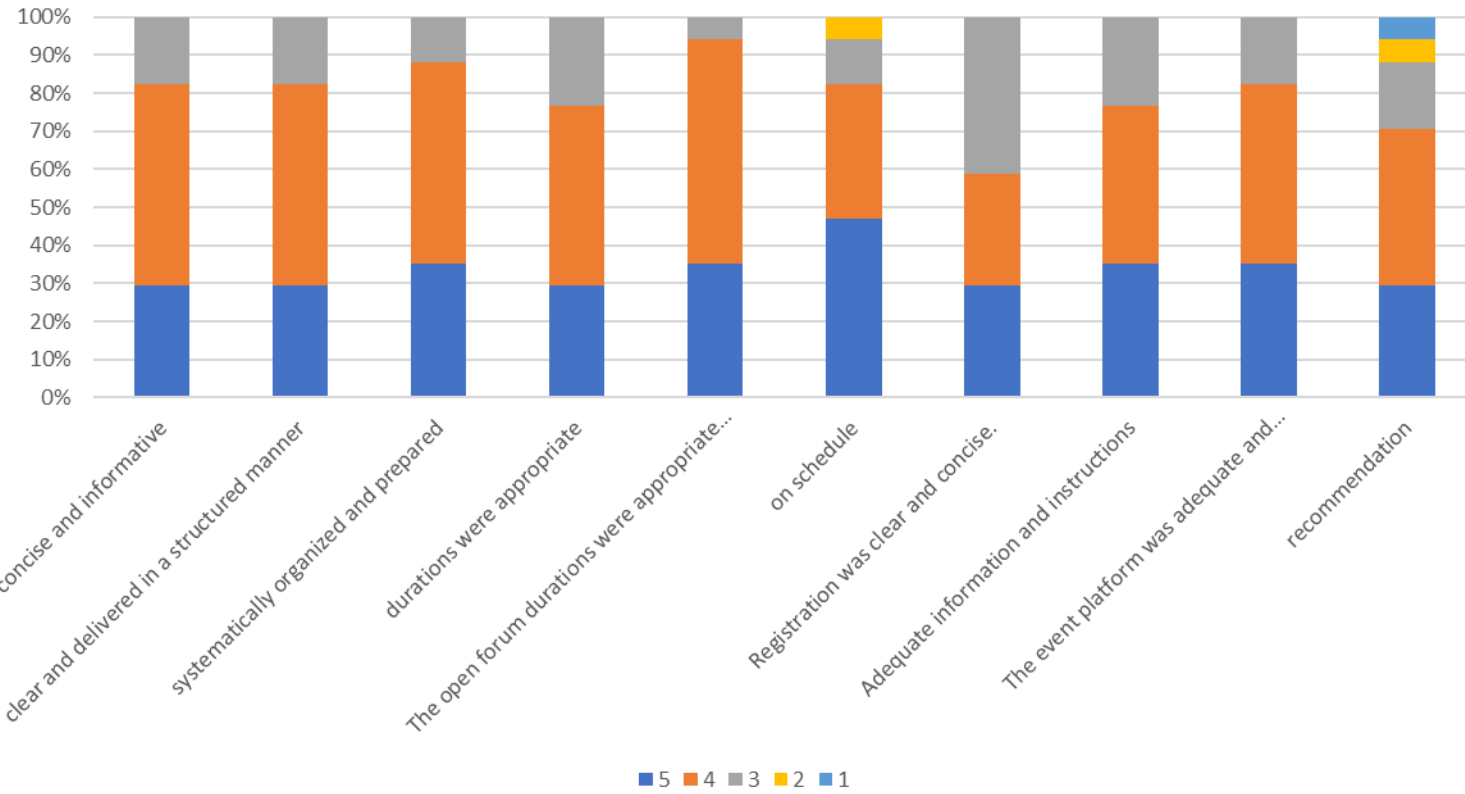
Appendix 1. Session Evaluation

Evaluation feedback taken after sessions rated the content of the session relative to context, relevance to practice and sports, questions and discussions initiated during the sessions, presentations and activities conducted, quality of presenters and presentations given, chosen topics for discussion and the overall delivery of the sessions. A Likert scale indicating an excellent score of 5 and a poor score of 1 was tabulated based on participants' scores. On average, about 20-30% of the total participants return the evaluation forms completely after the session. Overall, participants are satisfied with the session contents of the education sessions, with areas of improvement for questions and discussions and presenter quality. Summary of scores are presented below:



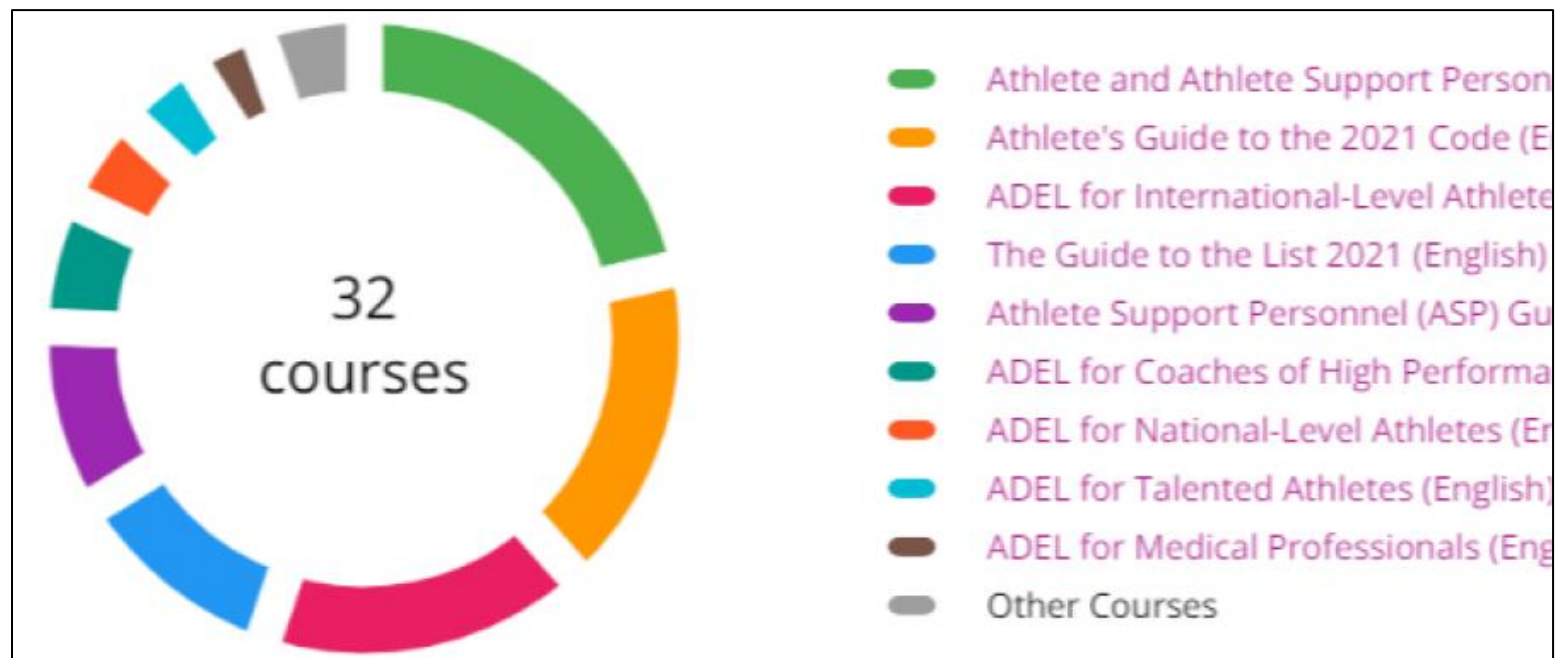
Feedback was also recorded based on presenter's performance of delivering their chosen topic. This feedback form reflected conciseness and amount of information given in a session, clarity and structure of delivery, preparedness and organization of presentation, durations of topic, open forum moderation, punctuality of topics, registration and instruction processes for activities, event platform and area as well as recommendations participants may give to fellow athletes or athlete support personnel. Results show that the presentation of information sessions were satisfactory, especially the facilitation of open forums and structure of each topic, while areas of improvement include punctuality of discussions and overall appeal to audience to be a recommendable activity for other teams, populations and events. The presentation evaluation summary can be seen below:

Presentation Evaluations

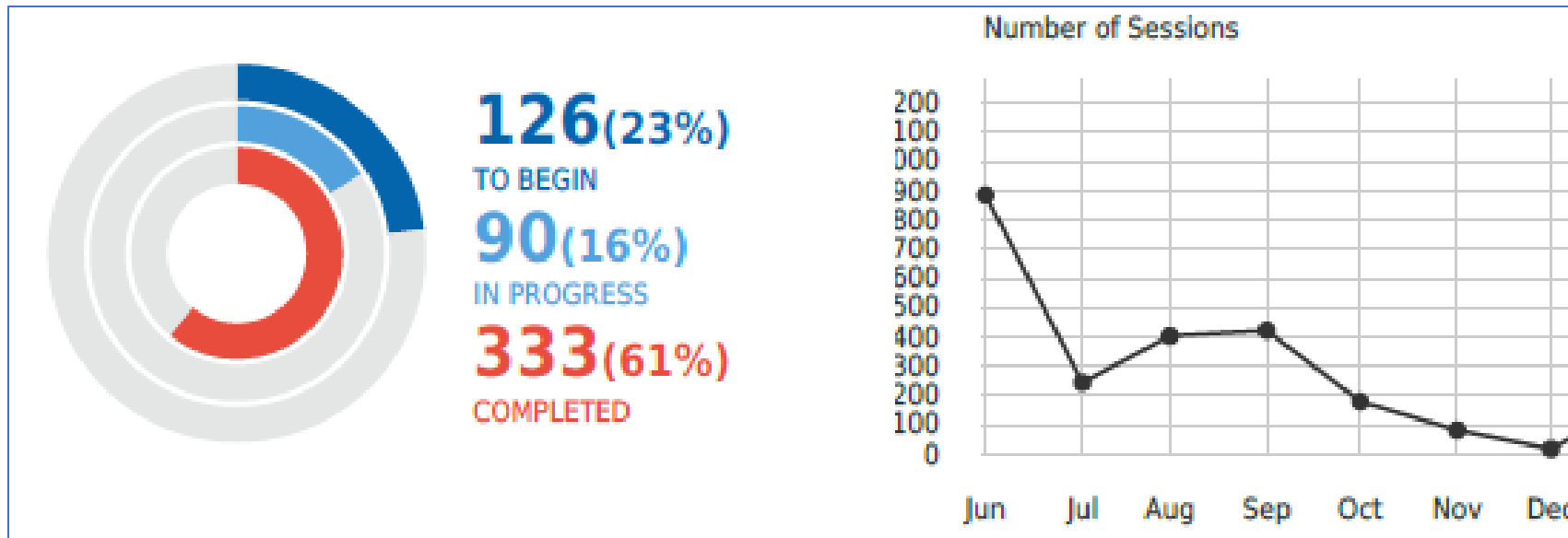


Appendix 2. Anti-Doping E-Learning (ADEL) Platform

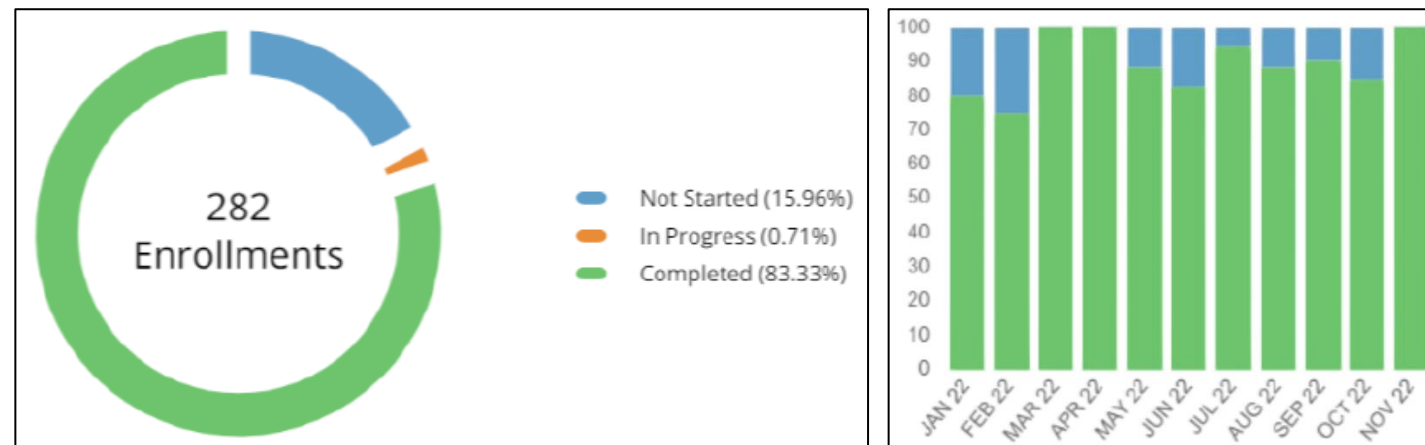
The anti-doping e-learning platform has been an active material for education and information support since 2021. To date, there 1544 enrollments – 769 courses that have been completed, 129 courses in progress and 646 that have yet to start. A majority of the enrolled courses come from the Athlete and Athlete Support Personnel Guide, the Athlete’s Guide to the 2021 Code and ADEL for International-Level Athlete (see figure below).



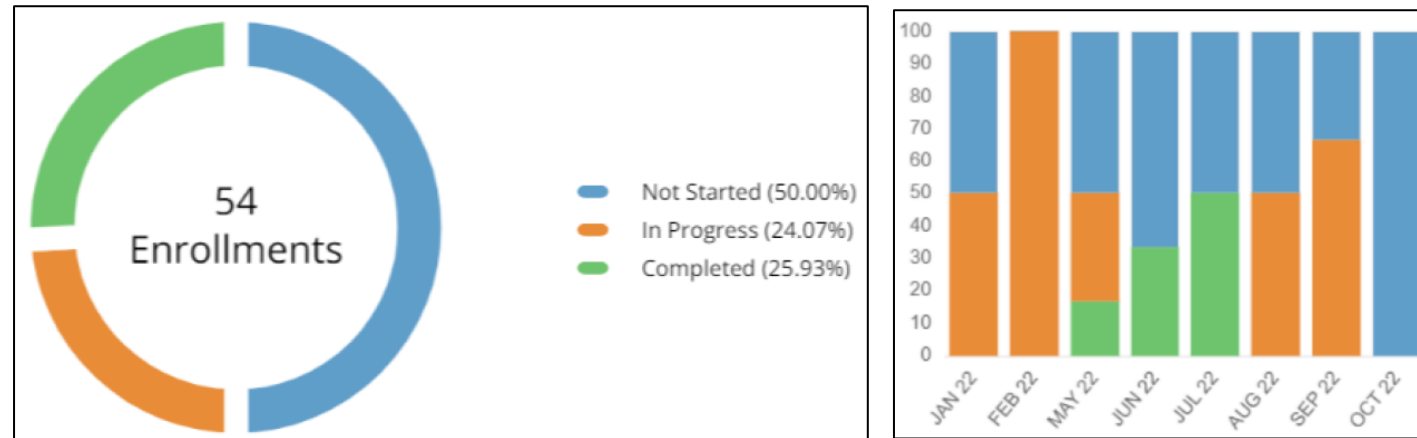
ADEL programs have been published into Tagalog for 3 modules, namely: ADEL for the Registered Testing Pool, ADEL for International-Level Athletes, ADEL for National-Level Athletes. Finalization of translation and editing for publication is being done on 2 modules – the Athlete’s Guide to the 2021 Code and ADEL for Coaches of High Performance. To date, the ADEL for international level athletes has 549 enrolled users, with 61% of enrollees completed, 16% in progress and 23% to start (see figure below).



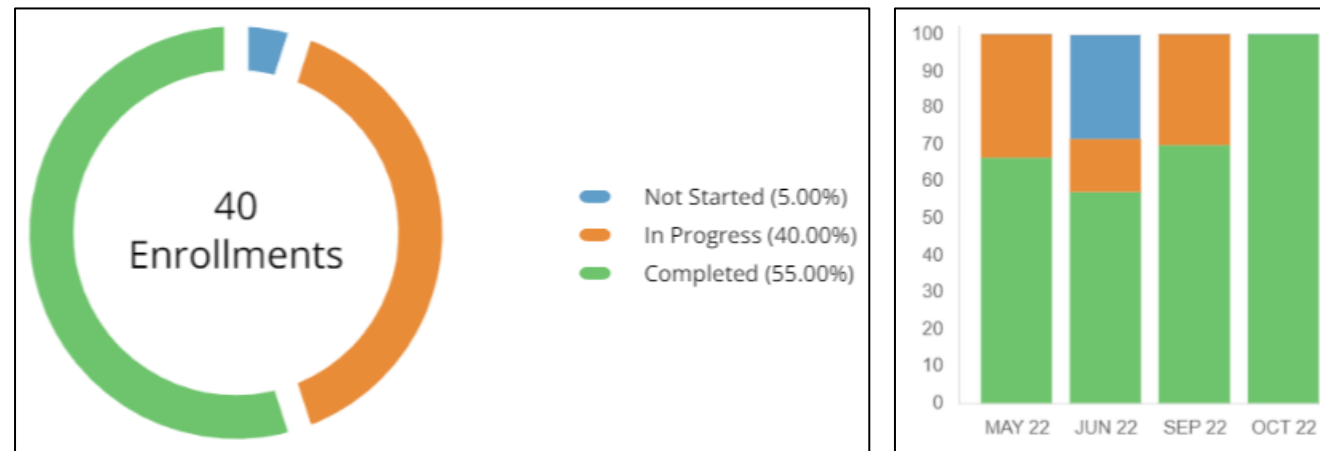
To compliment the learning of international level athlete’s module, athletes were highly encouraged to take the athlete’s guide to the 2021 Code. 282 enrollments are currently identified, with 83.33% completion, 0.71% in progress and 15.96% who have not yet started (see figures below).



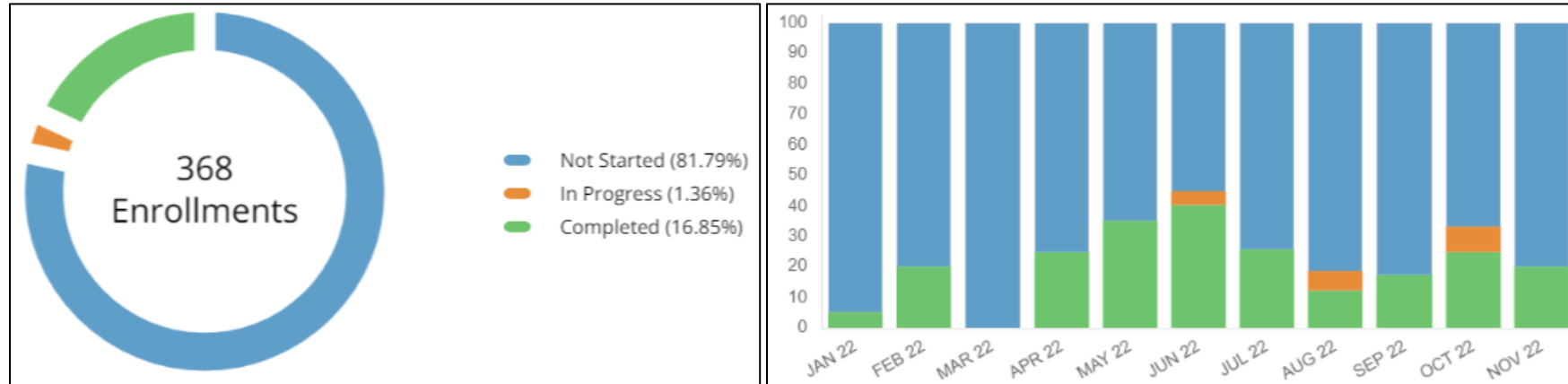
In addition to the international level athlete’s module, the national level athletes’ module was also a vital component to education. Most national players are also international players, hence the remaining players for 2022 participating in the national level enrolled for this course. Of the 54 total enrollees, 25.93% have completed the course, 24.07% are in progress and 50% have yet to complete (see figures below).



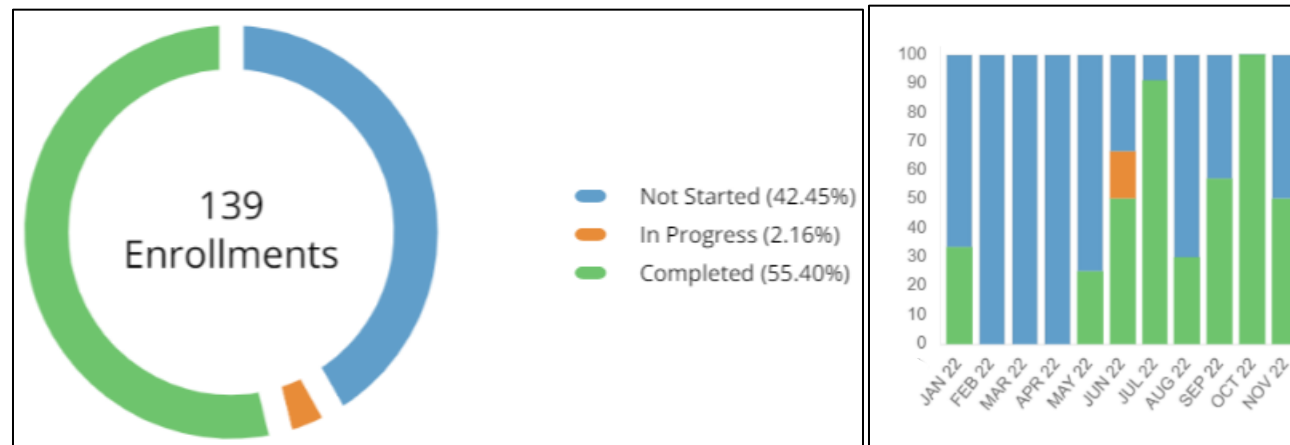
Younger athletes in the junior national teams were also encouraged to answer the ADEL for talented athletes. Of 40 enrolled athletes, 55% have completed the course, 40% are ongoing and 5% are yet to start (see figures below).



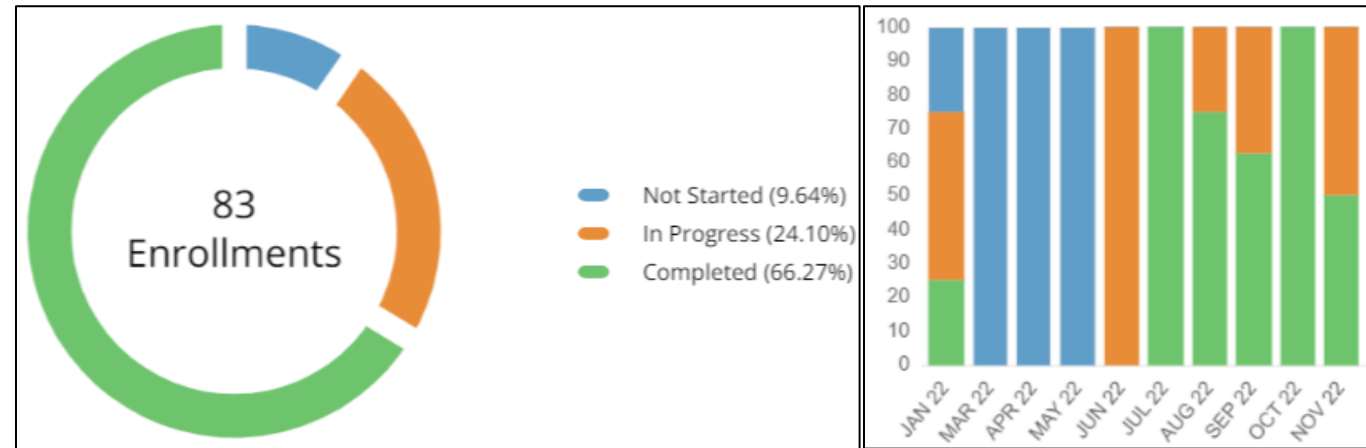
All athletes, coaches and athlete support personnel were also asked to enrol and download the guide to the 2022 prohibited list. Out of 368 enrolments, 16.85% have completed the course, 1.36% are in progress while 81.79% have yet to start, majority of which have downloaded the 2022 prohibited list through this course along with the annual webinar for the prohibited list of the year.



Athlete support personnel were also given emphasis on educational material and content in ADEL. During a major conference (PNADC 2022), athlete support personnel were encouraged to register and sign up for the course for ASP Guide to the 2021 Code. Of 139 enrolments, 55.4% have finished the course, 2.16% are currently in progress and 42.45% have yet to start on the course.



In addition to the guide for athlete support personnel, coaches and medical professionals in charge of teams were encouraged to enrol in their specific courses, particularly the high-performance coaches' module for coaches and the medical professionals' module for medics. There were 83 noted enrolments for coaches, with 66.27% completion, 24.1% in progress, and 9.64% who have yet to start (see figures below).



Gaps and Improvement points:

While 2022 was a year of return for games and live activities, there were still numerous restrictions when it came to gaining access to athlete stations and training grounds due to pandemic precautions. In addition to this, online measures for activities have also been promoted for its cost efficiency and accessibility during these times. While the percentages of reach for each activity had been limited, the completion of target activities for the primary priority target groups such as RTP, TP and international athletes were satisfactory. Moving forward, more collaborative activities and support, in terms of financial and human resources are required to ensure that activities will be successfully implemented and monitoring strategies can be improved.