



REPUBLIC OF BULGARIA
ANTIDOPING CENTRE



Principles in planning, implementing and evaluating of the Antidoping Center Education-Program

The Antidoping-Center Education-Program is based on a developed system for coordination and information between stakeholders, sports federations, clubs, the Ministry of Youth and Sports, the Ministry of Education and Science, educational institutions. The aim of the program is to protect the spirits of sport, the athletes' health and their rights, as well as the provision of equal opportunities to compete in doping-free sport.

Based on the assessment of the current situation, upcoming sports events and curricula in educational institutions, the education pool is annually determined. The establishing of the target groups aims at expanding of the awareness of the participants on the main anti-doping topics, the main target groups being young athletes and athletes in Register testing pool, as well as the Athletes Support Personals (ASP).

The anti-doping education activities cover various options: in-person workshops, on-line education sessions, outreach education, campaigns during sport events, sessions in the curricula of the sport schools, anti-doping education of the ASP, anti-doping education program of sanctioned athletes, anti-doping education of physical education teachers in the secondary schools, the implementation of social awareness through projects (incl. media, visitors in fitness centers, recreational athletes).

The planning, implementation and evaluation of the program is carried out by the experts in the "Anti-Doping Programs department", and the control over these activities is performed by the Executive Director and the General Secretary of the Antidoping Centre. The sources for the implementation of the education programs are set in the organization budget.

As a part of the Education Program, the Antidoping--Centre Education--Plan is developed and updated annually, in accordance with the International Standard for Education (ISE) and the Guideline for ISE, including the following criteria:

1. Assessment of the current situation - based on the TDP, Risk Assessment, planning and ensuring the implementation of the plan;
2. Defining the target groups, the scope and the main topics of the Education plan
 - 2.1. Target groups
 - A) Athletes
 1. Beginners
 2. Athletes who have already undergone anti-doping education
 3. Athletes in the high-risk sports
 - B) Sport Physicians
 - C) Athletes Support Personals
 - D) Sport-specific education
 - E) Training of trainers
 - F) Athletes with quota for the Olympic or Paralympic events
 - I) Outreach educations – by invitation of Bulgarian and International federations
 - 2.2 Main topics in the Annual Antidoping-Education Plan:
 - Principles and values of clean sport;
 - WADA Prohibited list;
 - Doping control procedure;
 - Athletes' Rights and Obligations;
 - Anti-doping rules violations;
 - Side effects of the use of prohibited substances and methods;
 - Therapeutic Use Exemption (TUE) ;
 - Nutritional supplements;
 - Regulatory documents, sanctions and Results Management according to the World Anti-Doping Code and the Regulations on Anti-doping Activities;
 - ADAMS: whereabouts requirements;
 - "Speak up" for anti-doping doping rules violation;
 - Sport-specific anti-doping education



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3. The implementation of the plan is evaluated annually and report is prepared, based on the following:

- Number of participated Athletes, ASPs and officials from target groups (under item 2);
- Number of clean sport campaigns, event-based educations and participants (independently and in cooperation with other organizations);
- a feedback questionnaire for assessment of the educational activities, filled by the participants;
- a survey for assessment of the knowledge gained during the education sessions;
- monitoring of the anti-doping rules violations and whereabouts failures.