



An Overview

Education is one prevention strategy highlighted in the World Anti-Doping Code (WAD Code), that seeks to promote behaviours in line with clean sport and to prevent athletes from doping. Effective education provides us with an opportunity to promote positive values and ethical behaviours, protect clean athletes and preserve the spirit of sport.

This set of 14 resources has been developed to support the delivery of BTEC Nationals and Advanced Apprenticeships in sports and fitness related courses for identified content. However aspects of this resource can also be transferred into the delivery of physical education related GCSEs and A-Levels through the differentiation of the activities provided.

Using the Resources

Each resource is based on the UKAD Clean Sport Curriculum and aims to contain five elements:

- Topic Overviews
- Supportive Online Links (Quick Links)
- Image Based Resources
- Topic Related Activities
- Differentiated Assessment Outcomes

Teaching and learning styles vary for different tutors and students so this resources is presented to be used in a way which best supports a student's development. A tutor's knowledge of their students will allow for the differentiated delivery of activities to support the needs of all learners, with the ultimate aim being to broaden student's knowledge and application of anti-doping. More anti-doping information is available at www.ukad.org.uk.

Safeguarding

Always follow your establishment's Safeguarding Policy when delivering anti-doping education. *"Safeguarding and promoting the welfare of children is everyone's responsibility"* (Keeping Children Safe in Education September 2020).

Make sure your students understand their responsibilities and yours and don't encourage students to disclose sensitive information in group settings. In order to maintain a safe learning environment consider the points below:

- Establish ground rules around discussions
- Use appropriate language
- Be sensitive to the needs of individuals
- Provide opportunities for small group and whole class discussion
- Provide access to balanced information
- Signpost support as necessary

Resource Index:

1. Global & National Anti-Doping Governance
2. Principles of 100% me
3. The Prohibited List
4. Checking Medications
5. TUEs
6. Food First / Supplements
7. Report Doping In Sport
8. Testing Procedures for Blood & Urine
9. Whereabouts Requirements & ADAMS
10. Results Management Process
11. ADRVs
12. Consequences of Doping
13. IPEDs & IVs
14. Psychoactive Drugs

Acronym Buster:

- AAF** - Adverse Analytical Finding
ABP - Athlete Biological Passport
ADAMS - Anti-Doping Administration & Management System
ADRV - Anti-Doping Rule Violation
ASP - Athlete Support Personnel
BCO - Blood Collection Officer
CBD - Cannabidiol
DCO - Doping Control Officer
HIV - Human Immunodeficiency Virus
IF - International Federation
IPED - Image & Performancing Enhancing Drugs
IV - Intravenous Infusion
MDMA - Methylenedioxy-methamphetamine
NADO - National Anti-Doping Organisation
NGB - National Governing Body
THC - Tetrahydrocannabinol
TUE - Therapeutic Use Exemption
TUEC - TUE Committee
UKAD - UK Anti-Doping
WADA - World Anti-Doping Agency



The tables below provide a quick reference of the [BTEC Level 3 National in Sport](#) (2019) qualifications unit(s) and learning aim(s) that the UKAD resource supports. Please use these in conjunction with the qualification specification.

BTEC Level 3: Sport & Outdoor Activities	
Unit B B2	Illegal Drugs
Unit 4 C1	UKAD Section
Unit 4 C2	UKAD Section
Unit 4 C3	UKAD Section
Unit 13 A2	Supplements
Unit 15 A2	Ethical Values
Unit 15 A1	Illegal Drugs
Unit 15 B2	Role Models
Unit 15 C1	Ethical Values
Unit 15 C3	100% me

BTEC Level 3: Sport, Fitness & Personal Training	
Unit B B2	Illegal Drugs
Unit 4 C1	UKAD Section
Unit 4 C3	UKAD Section
Unit 4 C2	UKAD Section
Unit 15 A2	Ethical Values
Unit 15 A1	Illegal Drugs
Unit 15 B2	Role Models
Unit 15 C1	Ethical Values
Unit 15 C3	100% me
Unit 17 A3	Ethical Values

BTEC Level 3: Sports Excellence & Performance	
Unit B B2	Illegal Drugs
Unit C3 D1	Illegal Drugs
Unit 4 C1	UKAD Section
Unit 4 C2	UKAD Section
Unit 4 C3	UKAD Section
Unit 11 B1	Rules
Unit 13 A2	Supplements
Unit 15 A2	Ethical Values
Unit 15 A1	Illegal Drugs
Unit 15 B2	Role Models
Unit 15 C1	Ethical Values
Unit 15 C3	100% me
Unit 17 A3	Ethical Values
Unit 22 C2	Governance

BTEC Level 3: Sports Coaching & Development	
Unit B B2	Illegal Drugs
Unit 4 C1	UKAD Section
Unit 4 C2	UKAD Section
Unit 4 C3	UKAD Section
Unit 11 B1	Rules
Unit 13 A2	Supplements
Unit 15 A2	Ethical Values
Unit 15 A1	Illegal Drugs
Unit 15 B2	Role Models
Unit 15 C1	Ethical Values
Unit 15 C3	100% me
Unit 17 A3	Ethical Values