



IFI Education Plan 2023

Since its inception the International Federation Icestocksport focused on a very strong education programme next to its testing programme established in the Anti-Doping Programme Plan as a fundamental principle of Icestocksports' fight against Doping. The idea is that athletes and players of all categories should know about all requirements before they are able to obey the rules which are imposed on them as part of the IFI strict zero tolerance policy with regards to Doping.

Doping is fundamentally against the Ethics of Sport. An important part of the IFI education programme is looking for every athlete and player who would start in an IFI international competition to be fully capable to understand, operate and practice due diligence as per the WADA World Anti-Doping Code and its international standards and the IFI Anti-Doping rules.

This does not only serve as paramount part of IFI's WADA code compliance but is a stepstone to all athlete support personnel to understand and follow the rules, too. Players who simply "Say NO to Doping" because they have the knowledge on the health and social consequences of Doping and are convinced that Doping is unacceptable cheating – this is what IFI as an international Federation wants because it is the right thing to do.

The IFI education programme targets now for the first time not only players who are competing internationally but also national competitions on the highest level. The programme is dedicated to the support of the IFI member National Federations seeking a common ground of our play. The IFI Medical and Anti-Doping Committee is here to answer any question you might have on the education programme at any time under: office@icestocksport.com.

In accordance with WADA Code, Article 18.1 and 2, IFI has established an Education Plan, which is delivered to all National Federations. The primary goal of this plan is prevention. The intentional or unintentional use by athletes of prohibited substances or prohibited methods should be avoided. IFI is in an ongoing exchange of ideas and information with other IFs in this regard.

IFI's Education Plan shall supply Athletes and their Entourage with accurate information on the following issues:

- Substances and methods on the Prohibited List
- Anti-doping rule violations
- Consequences of doping
- Doping Control procedures
- Athletes' and Athlete Support Personnel's rights and responsibilities
- TUEs
- Avoiding risks of nutritional supplements, such as methylhexanamin.
- Harm of doping to the spirit of sport
- Relevant whereabouts requirements
- Questions concerning the spirit of sport, such as fairness and courtesy

IFI provides for all its stakeholders (NFs) educational materials in written and electronic form.

IFI collaborates in addition to that with different NADOS (NADA Austria, NADA Germany), whose experts lecture on different anti-doping issues within trainings courses. IFI's website provides for athletes, coaches and the entourage suitable information, that are consistently reviewed. Booklets are given all those prior to attend an IFI – Event. The educational work of IFI shall promote the spirit of sport in order to establish an environment, that is strongly conducive to doping free sport.

For the IFI Executive Board

Dr. Andreas Mohr
IFI Medical Commission, chair



ANALYSIS OF THE CURRENT SITUATION

Overview:

- new requirements for anti-doping organisations, education mandatory
- other prevention strategies are expensive and have proved not to be effective enough (testing)
- existing need of anti-doping education
- protecting clean athletes
- utilize theoretical frameworks as well as the different WADA guidelines and follow the requirements of the World Anti-Doping Code
- take other prevention strategies such as testing in Icestocksport into consideration and evaluate the risk of doping in the sport
- gather and analyse the opinions from the athletes who are the main target group
- develop the IFI Anti-Doping Education Program based on the above-mentioned data and input.

The Anti-Doping education is a preventive strategy and requirement for international sport federations that are emphasized in the World Anti-Doping Code that came into force on January 1st, 2021.

IFI also investigated the recent social science research and frameworks in the field of Anti-Doping and then looked into the specifics of Icestocksport and the history of doping in the sport. Participatory education is utilized as the theoretical framework for developing the IFI Anti-Doping Education Program.

The aim is to develop the best possible Anti-Doping Education Program for the main target group, the athletes entering the IFI sanctioned events.

Main steps:

- participatory education planning
- involving the athletes in the process
- aims: to collect valuable input and to get the buy-in from the athletes

The national anti-doping organizations in co-operation with the IFI member national federations, should be a complementary source for delivering Anti-Doping Education.

IFI shall concentrate its own education sessions on delivering online education in the pre-event phase or face to face education during the IFI events.

New IFI Member countries should be targeted and countries without close cooperation with the national anti-doping organization.

The athletes' entourage such as the team managers, coaches, team doctors and other team staff should also receive anti-doping education and information. Anti-doping awareness campaigns should be directed towards a wide audience such as athletes, fans, spectators and media. Addressing the range of topics, including a variety of anti-doping topics, but also other more values-based topics related to fair play and the spirit of sport, should be emphasized.

It is also essential for the athletes to understand that there can be both health and social consequences when using doping. Education should at least include information about the Prohibited List, about the risks associated with using nutrition supplements, testing, therapeutic use exemptions, sanctions, the athletes' rights and athletes' responsibilities.



Action Plan 2023

Target Group	<i>ATHLETES and ATHLETES SUPPORT PERSONNEL (ASP) from National Federations participating in IFI international events in team/target and distance competitions.</i>
Short-term goal	<p><i>The Athletes and Athlete Support Personnel (ASP) from the participating National Federations in such events should be able to master reasonable knowledge on all aspects of the fight against Doping, particularly on:</i></p> <ul style="list-style-type: none"> • <i>Prohibited List</i> • <i>Prohibited substances and methods</i> • <i>Harm of doping to the spirit of sport</i> • <i>Risk of supplements</i> • <i>Athletes' Rights and responsibilities</i> • <i>Whereabouts requirements</i> • <i>Therapeutic Use Exemptions (TUEs)</i> • <i>Doping control procedures</i> • <i>IFI's Anti-Doping rules</i> • <i>World Anti-Doping Code (WADC) and International Standards</i>
Long-term goal	<i>The athletes' and entourage knowledge should be strengthened in each year of participation in such competitions.</i>
Key message	<p><i>IFI operates a strict Anti-Doping policy within their rules. There is a zero tolerance regarding abuse of prohibited substances and methods. IFI will take actions against the cheaters.</i></p> <p><i>IFI manages an Anti-Doping program which is suitable to detect cheaters. Athletes taking part in IFI competitions can be tested anytime and anywhere.</i></p>
Activity	<p><i>IFI operates an Anti-Doping education programme at each of its World Championships and international events.</i></p> <p><i>The programme involves:</i></p> <ul style="list-style-type: none"> - <i>The duty of each athlete participating in IFI international events on world level to complete the WADA online education tool ADEL before the participation.</i> - <i>The conduct of education platforms during the events prepared for athletes requiring additional information.</i> - <i>The provision of education materials during the event.</i> - <i>The use of Anti-Doping seminars on-site.</i> - <i>The presence of IFI Anti-Doping and Medical staff during each event.</i>



	<p><i>Events operations 2023:</i></p> <table border="1"> <tr> <td>Europa Cup Weitenwettbewerb</td> <td>30. Juni-1. Juli 2023</td> <td>Wolfau (AUT)</td> </tr> <tr> <td>Jugend-Grand-Prix (U16) EYGP</td> <td>04.-06. August 2023</td> <td>Oberwart / Burgenland (AUT)</td> </tr> <tr> <td>Amerika Cup (Damen und Herren)</td> <td>24.-29. Juli 2023</td> <td>South Frontenac, Ontario (CAN)</td> </tr> <tr> <td>A-Schiedsrichterseminar</td> <td>22.-24. September 2023</td> <td>Salzburg (AUT)</td> </tr> <tr> <td>Europacup Vereinskraftsport Damen</td> <td>17.-19. November 2023</td> <td>Regen (GER)</td> </tr> <tr> <td>Europacup Vereinskraftsport Herren</td> <td>24.-26. November 2023</td> <td>Regen (GER)</td> </tr> </table>	Europa Cup Weitenwettbewerb	30. Juni-1. Juli 2023	Wolfau (AUT)	Jugend-Grand-Prix (U16) EYGP	04.-06. August 2023	Oberwart / Burgenland (AUT)	Amerika Cup (Damen und Herren)	24.-29. Juli 2023	South Frontenac, Ontario (CAN)	A-Schiedsrichterseminar	22.-24. September 2023	Salzburg (AUT)	Europacup Vereinskraftsport Damen	17.-19. November 2023	Regen (GER)	Europacup Vereinskraftsport Herren	24.-26. November 2023	Regen (GER)
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Time / Schedule	<ul style="list-style-type: none"> - The duty of each athlete participating in IFI sanctioned international events on world level to complete the WADA online education tool ADEL before the participation. - The conduct of education platforms during the event prepared for athletes requiring additional information. - The provision of education materials during the event. - The presence of IFI Anti-Doping and Medical staff during the event period. 																		
Responsibility	<p>Silke Bernardi, IFI Secretary General Johann Mulser, IFI Vice President</p>																		
Budget	<p>IFI Total 2023 Anti-Doping budget: 45,900 USD</p> <p>Anti-Doping education budget 3,000 USD – 1,000 USD PER EVENT.</p>																		
Current Status	<p>Each athlete participating in IFI sanctioned international events on world level to complete the WADA online education tool ADEL before the participation: ongoing.</p>																		

Evaluation

The evaluation of the implementation and outcomes of the above described activities will allow IFI to make necessary adjustments to improve its anti-doping information and education program.

It will identify the effectiveness of each activity in attaining the goals set. Evaluation criteria will include number of athletes and ASP reached and having successfully completed the ADEL tool as measurable aspect of the goals and the attendance of athletes of the on-site education programmes using respective evaluation tools like statistics, surveys, checklists and questionnaires.

The IFI SURVEY 2023 will be used as main feedback platform. In addition, all materials used for the development and implementation of the activities will be kept and classified.

Records will be used to determine if and when goals were reached and tracking purposes.

Upon completion of the evaluation process, a formal report will be submitted to the IFI EXECUTIVE BOARD, including proposals for the next action plan.

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