

33- Anti-Doping Education Program for the International Pencak Silat Federation (IPSF)

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Program Title: Clean Sport, Fair Play: Anti-Doping Education for Pencak Silat Athletes

Program Purpose:

To educate athletes, coaches, and officials about anti-doping rules, the importance of clean sport, the health risks associated with doping, and the consequences of violations.

Program Overview

Duration: 4 hours

Target Audience: Athletes, coaches, officials, and support staff

Delivery Method: Blended learning (virtual and in-person sessions)

Program Structure

1. Introduction to Anti-Doping (30 minutes)

- Definition of doping and its implications for athletes and the sport.
- Overview of the World Anti-Doping Agency (WADA) and the International Pencak Silat Federation's role in anti-doping.

2. The Prohibited List (45 minutes)

- Discussion of the current WADA Prohibited List:
 - Categories of prohibited substances (e.g., anabolic agents, stimulants, hormones).
 - Explanation of substances commonly found in supplements.
- Interactive quiz: Identify which substances are on the prohibited list.

3. Health Risks Associated with Doping (30 minutes)

- Overview of the physical, psychological, and ethical impacts of doping.
- Personal testimonies from athletes who faced health and career repercussions due to doping.

4. Therapeutic Use Exemptions (TUE) (30 minutes)

- What is a TUE? Explain criteria and application process.
- Scenarios where athletes might need a TUE.

5. Detection and Consequences (30 minutes)

- Explanation of testing procedures (in-competition and out-of-competition).
- Discussion of sanctions for positive tests and violation of anti-doping rules.

6. Reporting and Whistleblowing (30 minutes)

- Importance of reporting suspected doping practices.
- Overview of reporting mechanisms (anonymity, protection for whistleblowers).

7. Group Activities and Discussions (30 minutes)

- Breakout groups to discuss case studies of doping violations in sports.
- Develop action plans to promote clean sport within their teams.

8. Closing and Q&A (30 minutes)

- Summary of key points.
- Open floor for questions and discussions.
- Distribution of educational materials (brochures, informational pamphlets).

Program Materials

1. **Presentation Slides:** Covering all topics with visuals.
2. **Handouts:** Summary of key information, including the Prohibited List and TUE application guidelines.
3. **Quiz Materials:** Interactive tools to test knowledge.
4. **Feedback Forms:** To gather participant feedback for continuous improvement.
5. **Resource List:** Access to further reading materials and online resources.

Implementation Steps

1. **Schedule Sessions:** Plan dates and locations for in-person or virtual sessions.
2. **Invite Speakers:** Engage experts, such as anti-doping officials or former athletes, to present.
3. **Promote the Program:** Use IPSF communication channels (social media, newsletters) to inform members.
4. **Follow-Up:** Conduct evaluations and follow-up surveys after the program to assess its impact.

Conclusion

The "Clean Sport, Fair Play" anti-doping education program aims to create a culture of integrity and responsibility within the IPSF community. By educating athletes and all stakeholders about the significance of clean sport, we can enhance the competitive spirit and preserve the values of Pencak Silat.

This structure can be adjusted based on specific needs and the duration of each session. Let me know if you would like any additional details or modifications!