

## EDUCATION TOOLS

**The promise of the IFBB is inspired by the WADA's:**

“I am an athlete who has the right to participate in clean sport. I will embrace the spirit of sport, respect my competitors, my sport and all those involved in my sporting endeavors. I will Play True and Say No! To Doping.”

Effective prevention and clean sport values-based education programs are important to create a strong doping-free culture. WADA has developed resources for athletes, coaches, doctors and any other person who wishes to know more about anti-doping.

### **ALPHA - ELEARNING TOOL FOR ATHLETES**

**ALPHA** was developed by WADA with the input of eLearning specialists, athletes, anti-doping specialists and social scientists. It is currently available in 7 languages. The aim of this tool is to modify attitudes and have an impact on intentions to dope. It provides factual information about anti-doping (Ethical Reasons not to Dope, Medical Reasons not to Dope, the Doping Control Process, Rights and Responsibilities, TUEs, Whereabouts) and values based activities.

### **PLAY TRUE QUIZ**

**WADA's Play True Quiz** is an interactive computer game that tests athletes and their entourage's knowledge about anti-doping. It is currently available in 36 languages. As an integral element of its Outreach Program, WADA devoted considerable resources to the development of this interactive computer game which has been showcased at major events including the Olympic Games, Paralympic Games and many international events.

## **PLAY TRUE - YOUTH VERSION**

**The Youth Quiz** was developed to target a younger audience by providing them core anti-doping information that better suits their level. This interactive tool has been featured at the Youth Olympic Games and other youth events. The Youth Quiz is currently available in 34 languages.

## **COACHTRUE**

**CoachTrue** is an online learning tool that enables coaches to learn more about the fight against doping, and thus to be more effective in preventing it. This software was developed by WADA. It provides separate platforms for elite athlete coaches and recreational sport coaches.

## **COACH'S TOOL KITT**

**The Coach's Took Kit** provides anti-doping organizations, coaching associations and universities with material that can be integrated directly into existing coach education curricula or used as a stand-alone workshop.

## **SPORT PHYSICIAN'S TOOL KIT (SPTK) - DOWNLOAD VERSION / ONLINE VERSION**

**The SPTK** is designed to inform sport physicians and team doctors of their specific responsibilities relating to anti-doping to ensure they are fully informed and understand issues specific to them. It also includes information on specific policies relating to Major Games such as needle policies, bringing and prescribing medication at Games.