

EDUCATION PROGRAM

A guide to anti- doping
education and doping
prevention

Created by the Estonian Centre for
Integrity in Sport
2023

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1. Education as a priority

Introduction

The ESTCIS is more than an anti-doping agency. It also serves as the Center of Integrity in Sport, demonstrating a broader vision and mission beyond solely educating against doping. Preserving the integrity of sports includes preventing match-fixing and safeguarding concerns, thus emphasizing the importance of promoting clean values in sports.

The education program focuses primarily on anti-doping topics, but the values promoted in anti-doping align with other clean sport values. Therefore, the provided document covers all aspects of the organization to some extent. The main goal of anti-doping education in ESTCIS is to ensure fair play and sportsmanship in Estonia. ESTCIS's anti-doping education, in line with the International Standard for Education by WADA, ensures that athletes are first exposed to anti-doping through education, rather than doping control.

The ESTCIS antidoping Education Program considers the following:

- Education is based on the values.
- Education is an athlete's right.
- Education has a long-term effect, not only to change behaviour, but to develop critical thinking, problem solving and ethical and responsible decision-making.
- Education is for each person included in sports: athletes and athlete sport personnel (ASP)
- In-person education is delivered by trained and authorized educators.
- Education must be structured and must follow the athlete's pathway. Education according to the target group, age and level of the athlete or ASP. Message, topics must be in accordance with the position in sport.
- Education should be in cooperation with the stakeholders, and international community (Government, National Olympic Committee, Ministry of Culture, Sports Federations, WADA).

1.1. ESTCIS vision

To educate individuals who embody the values of fair play, ethical behaviour, and safety in sports. By promoting integrity in education, we are contributing to the broader vision of Estonian sport being fair, ethical, and safe. We believe that educating athletes, coaches, and the wider community about the dangers of doping and the importance of clean sport is crucial to achieving this goal.

1.2. Mission

The aim of the ESTCIS is to promote fair, clean ethical and safe sport in Estonia.

The purpose of the document is to develop a clear education plan for ESTCIS including the mutual understanding of values associated with sport and protecting these values. The education program helps to develop, implement, monitor, and evaluate a clean education plan for sports community in

Estonia including the assessment of the current situation, establishing an education pool, and specify the clear objectives in antidoping education.

This document uses the evidence-based research and other information to develop the education activities and material, education curriculum, and information for educators to improve and deliver the required knowledge.

The ESTCIS development plan until 2030 has defined the following strategic objectives:

- Collaborate with sports federations and other sports organizations to offer training activities for various target groups such as top athletes, young athletes, coaches, other support staff, medical staff, recreational athletes, exercise enthusiasts, and students.
- Provide high-quality anti-doping training to different audiences, including contact training and e-learning.
- Offer modern and attractive educational materials, including both printed materials and e-environments, to target groups.
- Expand the network of anti-doping educators in collaboration with sports federations.
- Improve the quality and quantity of anti-doping outreach by utilizing online and social media channels.
- Collect the feedback to evaluate the effectiveness of the program.

1.3 Implementation of the 2021 Code and International Standard for Education

The foundation of the anti-doping education program is the International Standard for Education (ISE) and Guidelines by WADA, which came into force in 2021. The Code and ISE mandate national anti-doping organizations (NADOs) to provide education programs for athletes and athlete support personnel (ASP). According to the WADA antidoping code, education is defined as *"the process of learning to instill values and develop behaviors that foster and protect the spirit of sport, and to prevent intentional and unintentional doping."* ESTCIS is a signatory of the Code, which entails the responsibility of developing, implementing, monitoring, and evaluating education programs. The education policy of ESTCIS is formulated in accordance with the Code, International Standards, Guidelines, and Athletes' Doping Rights Act.

1.3.1 The four components of education

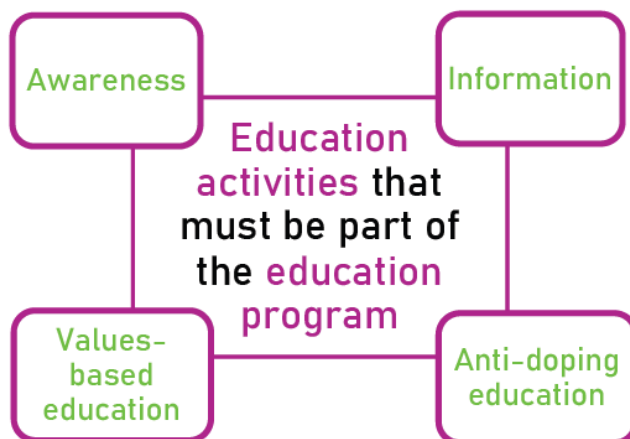


Figure 1. Conducted by WADA (ISE, 2021) From International Standard of Education

Education activities are an integral part of the ESTCIS education program, which aims to provide value-based anti-doping education that includes reliable information sharing and awareness-raising. The program highlights the primary and more complex topics and issues related to clean sport. Prevention refers to interventions undertaken to stop doping from occurring. There are four key interrelated strategies to prevention: education, deterrence, detection, and enforcement.

To make information provision readily available, ESTCIS provides accurate and up-to-date content related to clean sport. The organization also delivers value-based education, emphasizing the development of personal values and principles. This approach builds the learner's capacity to make ethical decisions.

Education is correlated with all other departments, including Testing, Science and Research, Legal, Investigations, Intelligence, and Communications. The education manager of ESTCIS is responsible for education coordination. However, departments such as Testing, Intelligence and Investigation, and Research are intertwined with education. All parties of ESTCIS give their input to ensure better delivery of anti-doping education.

Education activities

As previously mentioned, the ESTCIS according to ISE has identified four components of education that require anti-doping education programs. The activities offered by ESTCIS are divided into these four components:

1. AWARENESS

- Outreach booths
- Sharing information on social media (with plans to be more active in social media campaigns)
- Offering a tool called "Sports guard" to the sports community for reporting suspicious or malicious activities to ESTCIS
- Promotional items

2. INFORMATION

- Active website
- Offering a database for drug search
- Conferences
- TV, radio, and news interviews

3. VALUES-BASED EDUCATION

- Providing workshops and training
- Giving lectures at schools
- Including the topic of anti-doping in the coaching license exam (in the making)

4. ANTI-DOPING EDUCATION

- eLearning
- Workshops
- Event-based education
- Face-to-face and online training sessions for different target groups
- E-learning courses in Estonian, English, and Russian
- Social science research in cooperation with universities.

2. Mapping out ESTCIS sport system in antidoping

To explain how the sports system in ESTCIS works, we need to identify the stakeholders in Estonia that are related to ESTCIS's function and work.

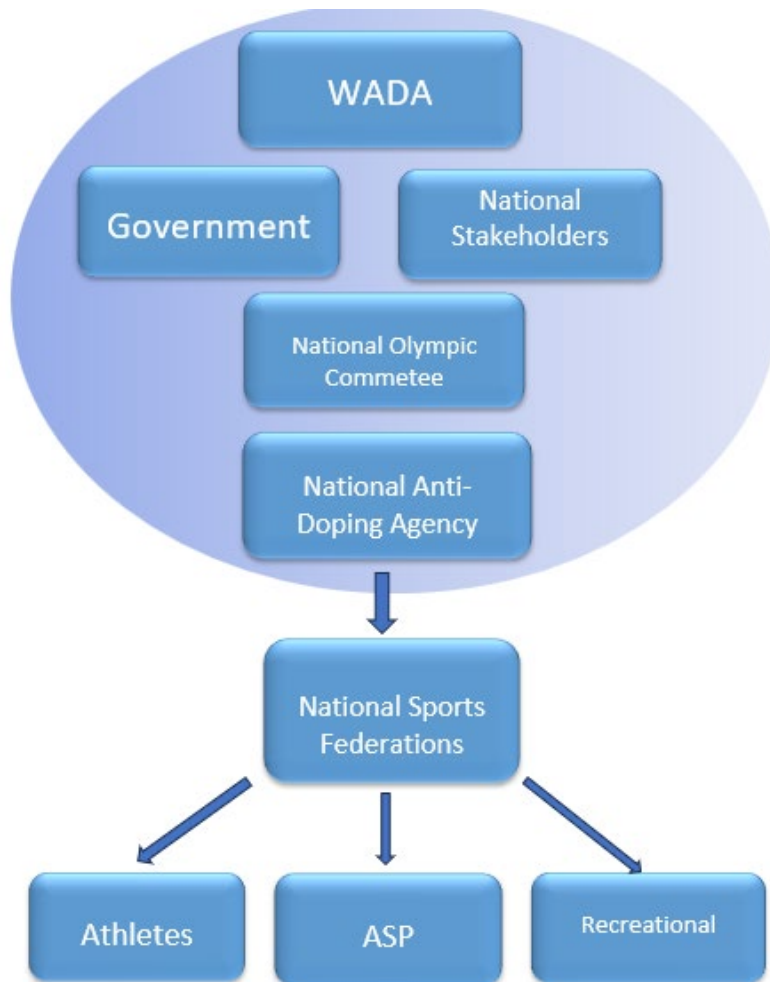


Figure 2. Identifying the sporting system of Estonian NADO (ESTCIS)

ESTCIS, The Foundation, has been established by the Estonian Olympic Committee and is guided by the laws and legal acts of the Republic of Estonia, along with international conventions and this statute, with the aim of serving the public interest. To deliver education to a needed target group ESTCIS has the support from Estonian Olympic Committee, National and International Sports Federations.

3. ESTCIS Education target groups, and athlete pathway

The athlete pathway is designed to identify various stages of development in sports for athletes. It identifies the ESTCIS target groups and has its own level of education for each stage. At the early stage of the athlete's pathway, the focus is on installing sports values, while at the end, more complex anti-doping information is provided, which is relevant to international level athletes.

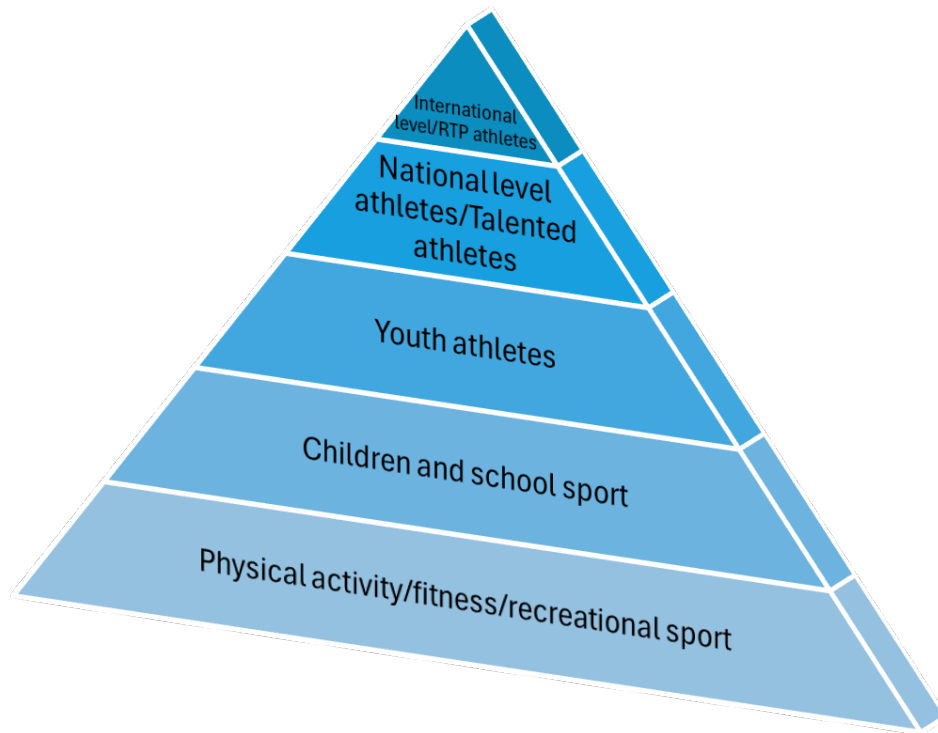


Figure 3. Athlete pathway created by ESTCIS on the example of WADA Education Athlete pathway 2021.

ESTCIS provides education on anti-doping mainly through group sessions. ESTCIS' education program covers the topics that are outlined in the WADA Code (Article 18.2) and the International Standard of Education. The content of educational sessions is customized according to the needs of the target group and is outlined in ESTCIS' education program.

I Education Pool

Education activities are focused on different target groups. The core target groups in (elite) sports are:

1. Registered Testing Pool athletes
2. International level athletes
3. National level athletes/talented athletes
4. Youth athletes
5. Coaches
6. Other sports' club personnel (medical personnel, employees)

In addition to the core target groups, there are several other target groups that we wish to educate but will not be pointed out in full detail. Other target groups:

1. School students and teachers – ESTCIS conducts educational sessions for school students and teachers every year within the European Week of Sport.
2. Recreational athletes – ESTCIS has developed online resources for named target group (www.spordinpuhtalt.ee). In cooperation with Erasmus+ partners, ESTCIS has developed online resources for recreational level athletes (www.mindfulmuscles.org).
3. Parents of different level athletes – ESTCIS will develop resources and educational sessions content in near future.

II Level of the educational sessions

ESTCIS has divided its educational materials into three groups based on the level of the athletes according to the [Canadian Long-Term Athlete Development \(LTAD\) model](#). Such an approach is used, for example, by the Doping Authority Netherlands and named model is also wide known in Estonian sports. LTAD model is taught at the institute of Sports Sciences and Physiotherapy at the University of Tartu in a specific subject called Long-Term Development of an athlete, which align with the athlete's pathway.

Tabel 1. Level of educational sessions according to the LTAD model

LTAD model	Age	Level of Athletes	Level of educational sessions
Train to Train	11-15	youth athletes, national-level athletes	Bronze
Train to Compete	14-23	national level/international level athletes	Silver
Train to Win	18+*	international level athletes, RTP athletes	Gold

*Age 14-16+ in terms of sports specifics and early specialization

Bronze and Silver level athletes

Bronze and Silver level athletes are the main target groups for face-to-face sessions. ESTCIS conducts educational 2 academic-hour sessions for Bronze level (youth) athletes taking into account the level of the athletes and sports specifics. ESTCIS strongly recommends that sports federations must provide

educational sessions for Silver level (talented and national level) athletes who are actively competing and qualifying for international competitions. Also, ESTCIS has an online e-learning programme Triagonal, and many federations have made it mandatory for their athletes to complete the named e-learning. Athletes are required to renew their course certificate (complete the course) in every 2 years.

Gold level athletes

Despite many sports federations have few elite (Gold level) athletes, it is difficult to invite them all together to have a face-to-face educational session. Group sessions for Gold level athletes are conducted for example in sports like athletics, soccer, basketball, skiing. Therefore, all RTP athletes are required in cooperation with Estonian Olympic Committee to complete WADA ADeL e-learning courses “*ADeL for International Level Athletes*” and “*ADeL for Registered Testing Pool Athletes.*” Athletes are required to renew their International-Level Athletes course certificate (complete the course) in every 2 years. In addition, athletes who are qualified for the Olympic Games must complete the specific course for Olympics. ESTCIS’ Education Manager has a power-user account on ADeL platform and regularly checks the completion of the courses. Previously named ADeL courses are mandatory for athletes who are provided with financial support by the Estonian Olympic Committee.

Coaches and other support personnel (ASP)

ESTCIS provides 2-academic-hour educational sessions for sports organisations’ coaches in different level. Other support personnel (sport organisation’s employees, medical personnel) usually take part in it as well. In the future, ESTCIS aims that international level and RTP athletes’ coaches are also required to complete the ADeL course for coaches or ESTCIS’ Triagonal course. ESTCIS aims to organise at least once a year an informative lecture about nutrition supplements for coaches and medical personnel.

4. Education Program

Implementation of the Education Program

Every two years, ESTCIS holds meetings with national sports federations (44 meetings in 2022) to discuss the implementation of educational programs and plan activities for the upcoming years. This involves analysing the structure of the sports federation and discussing which level of education is suitable for athletes, coaches, and other support personnel. Educational sessions are scheduled alongside the competition calendar to ensure that athletes and coaches receive training before international competitions. ESTCIS has a list of planned educational sessions with specific details such as sport organization, lecturer, topic, contact persons, duration, target group, and the number of participants. The agreements on trainings are based on the level of the athlete (Bronze, Silver, Gold).

Evaluation process

The evaluation system of ESTCIS requires improvement to ensure systematic and structured assessment. While two research papers, both quantitative and qualitative, have been conducted to evaluate the previous experience of athletes and obtain their recommendations to improve anti-doping education, a more comprehensive evaluation system is necessary to monitor the achievement of learning objectives.

Currently, ESTCIS has achieved stability and successfully covered the primary target groups. However, it is recommended that ESTCIS broaden its programs to include public and recreational sports, as well as increase anti-doping education in schools. Additionally, it is essential to prioritize the needs of para-athletes and consider them as a separate target group.

It is noteworthy that seven athletes are presently banned from competitions due to Anti-Doping Rule Violations (ADRV). Nonetheless, the fact that the latest sentence was given in 2020 implies that the education efforts of ESTCIS have been effective in the past three years. As of 2023, no ADRV has been reported in ESTCIS. However, in 2022, one athlete was sentenced for ADRV.

As follows the Table 1 of ESTCIS education program, with the assessment of the current situation and establishing an education pool to develop the education plan. The colour codes for the upcoming table are:

- Blue:** Sets an overall aim
- Green:** Sets program objectives
- Red:** Defines topics for each target group
- Pink:** Sets learning objectives
- Orange:** Plans Education activities
- Navy:** Monitoring and evaluation procedures

Education Program of ESTCIS

Aim: to prepare all athletes within the education pool to train and compete clean in sport					
Target group	Program Objectives	Topics	Learning Objectives	Education activities	Monitoring and evaluation procedures
Students (Primary school)	<ul style="list-style-type: none"> To visit at least 15 schools in Estonia during the European Sports week to introduce values in sports 	<p>fair play, values, and the principles of sport ethics, fun and joy in sports, character and education, teamwork, commitment, sports community</p>	<p>Students can:</p> <ul style="list-style-type: none"> name the rules of fair play introduce basic concepts of anti-doping and clean sport promote the ideals of fair play, integrity, and honesty in young athletes can demonstrate a respectful attitude in playful activities. 	<p>Group lectures, including interactive games or active games. During the workshops, the lecturer starts a discussion with the group (e.g., what does fair play, doping, etc.) mean?</p>	<ul style="list-style-type: none"> Monitoring during discussions (what they learned, what students remember from the session) Digital solutions, kahoot game, feedback quiz
Secondary students/ Youth athletes	<ul style="list-style-type: none"> To visit at least 15 schools in Estonia during the European Sports week to introduce values in sports, and antidoping basic knowledge At least 3 trainings for youth athlete's parents 	<p>Principles and values associated with clean sport, concept of fair play, the concept of antidoping, rules, consequences, sanctions, doping control procedure, critical thinking</p>	<p>Students can:</p> <ul style="list-style-type: none"> acquire knowledge of the principles of fair play, anti-doping (values, rules, consequences, sanctions) know the doping control procedure understand the consequences of breaking the rules of fair play The basic knowledge of supplement use Athlete knows how to use Drug Search and how to act when TUE is needed 	<p>Group lectures, including interactive games or active games during the workshops, the lecturer starts a discussion with the group (e.g. what does fair play, doping, etc.) mean? Playing through the doping control procedure (with one of the students).</p>	<ul style="list-style-type: none"> Kahoot game at the end of the educational session. Feedback quiz Verbal reflection of the session

<p>National level athletes/talented athletes</p>	<ul style="list-style-type: none"> • At least 30 face- to face workshops will be delivered to talented athletes/ national level athletes of the 8 high priority sports • At least 15 trainings will be delivered by at least 5 new educators (pilot project educating educators, 3 high priority sports federations provide at least one educator who will educate inside their own federation) •100% of talented/youth athletes in Sports School of Estonia will be educated face-to face at least once per year. 	<ul style="list-style-type: none"> •fair play and the principles of sport ethics •athletes' rights and responsibilities, •strict liability, •anti-doping rules (ADRVs) and consequences of doping (physical and mental health, social and economic effects, and sanctions •WADA prohibited substances list, drug search, risk of supplements uses, •TUE •doping control procedures (urine, blood, DBS and the Athlete Biological Passport) •Speaking up to share concerns about doping 	<ul style="list-style-type: none"> • Athletes acquire knowledge of the principles of fair play and anti-doping (rules, consequences, sanctions) • Athletes can make the right choice in decision-making by aligning their actions with the values of sports. • The athlete knows what the doping control procedure looks like and his/hers rights and obligations • knows the doping control procedure • understands the consequences of breaking the rules of fair play •The basic knowledge of supplement use •Athlete knows how to use Drug Search and how to act when TUE is needed 	<ul style="list-style-type: none"> •Group lectures (same activities as youth athletes). •Tasks for critical thinking •WADA ADeL e-learning "ADEL for National-Level Athletes". •WADA quiz 	<ul style="list-style-type: none"> •Group discussions in-between sessions. Group ideas presentations. Feedback quiz
<p>International level athletes</p>	<p>Before international competitions, all international level athletes are required to</p>	<ul style="list-style-type: none"> •fair play and the principles of sport ethics •athletes' rights and responsibilities, 	<p>International level athletes are able to :</p> <ul style="list-style-type: none"> •Follow the anti-doping rules, and 	<ul style="list-style-type: none"> •Face-to- face sessions, e learning WADA ADeL e-learning: 	<p>Group discussions in-between sessions. Group ideas</p>

	<p>complete anti-doping education (online or face-to-face, from international sport federation, ESTCIS or WADA/ADEL).</p>	<ul style="list-style-type: none"> •strict liability, •anti-doping rules (ADRVs) and consequences of doping(physical and mental health, social and economic effects, and sanctions •WADA prohibited substances list, drug search, risk of supplements use, •TUE •doping control procedures (urine, blood, DBS and the Athlete Biological Passport) •Speaking up to share concerns about doping 	<p>name and outline the sanctions for the 11 ADRVs</p> <ul style="list-style-type: none"> •Apply their rights during the testing process •Assess the risk of supplement use •Check medication against the List •Obtain a TUE form •Use ADAMS to complete whereabouts requirements 	<ul style="list-style-type: none"> •International-Level Athletes Education Program • ADEL for Registered Testing Pool athletes •Estonian Anti-doping eLearning <p>Information provision in social media</p> <ul style="list-style-type: none"> •Case studies and discussions (problem solving situations, critical thinking, teamwork) • In the case of group lectures, the specifics of sport disciplines are taken into account, and the content of the lectures is demonstrated with examples based on the sport 	<p>presentations. Feedback quiz</p>
<p>Registered testing pool athletes (RTP)</p>	<ul style="list-style-type: none"> • 100% of athletes will complete a clean sport ADEL course once they enter an RTP. • 100% athlete support from NADO (reachable at any time) •Once a year online seminar 	<ul style="list-style-type: none"> •All previously mentioned topics more in details •Requirements of the RTP, including whereabouts and the use of ADAMS •Speaking up to share concerns about doping 	<p>RTP athletes knows:</p> <ul style="list-style-type: none"> •the concept of anti-doping (rules, consequences, sanctions) and can determine when an ADRV should be applied in sports scenarios. • knows what the doping 	<ul style="list-style-type: none"> • ADEL for Registered Testing Pool athletes •Estonian Anti-doping eLearning <p>Information provision in social media</p> <ul style="list-style-type: none"> •Case studies and discussions 	<p>Group discussions in-between sessions. Group ideas presentations. Feedback quiz. Checking the completion of ADEL courses.</p> <p>Feedback at the end of the year (how to improve</p>

	(Q and A)+ questionnaire feedback		<p>control procedure and his/hers rights and obligations</p> <ul style="list-style-type: none"> • how to use the Drug Search and how to act when TUE is needed, what is retroactive TUE • Updates considering the Prohibited List, reminders about the changes • The athlete is aware of the RTP athletes' obligation and the obligation to use ADAMS • 100% of RTP athletes will be able to file their whereabouts information to ADAMS 	<p>(problem solving situations, critical thinking, teamwork)</p> <ul style="list-style-type: none"> • In the case of group lectures, the specifics of sport disciplines are taken into account, and the content of the lectures is demonstrated with examples based on the sport • Phone calls from ESTCIS for feedback and updates • eLearning possibilities on AD education from international federations 	education in ESTCIS)
ASP (Athlete Support Personnel)	<ul style="list-style-type: none"> • 100% of support personnel travelling with national teams will have completed the eLearning course for anti-doping • All ASP within the education pool will have access to anti-doping information on all mandatory topics in Code Article 18.2 via our website. 	<ul style="list-style-type: none"> • fair play and the principles of sport ethics • athletes' rights and responsibilities, • strict liability, • anti-doping rules, consequences of doping, • sanctions, • WADA prohibited list, drug search, supplements, • TUE, • doping control procedures, antidoping legal basis 	<ul style="list-style-type: none"> • ASP has knowledge of the principles of fair play and anti-doping (rules, consequences, sanctions) • ASP knows what the doping control procedure looks like and athletes' rights and obligations • ASP knows what TUE is and knows how to submit the TUE. 	<p>Group lectures, coaches who are financed by National Olympic Committee are required to complete ADeL e-learning for Coaches.</p>	<p>Group discussions in-between sessions. Group ideas presentations. Feedback quiz. Checking the completion of ADeL courses.</p>

	<ul style="list-style-type: none"> • Sport Values in Every Classroom will be delivered as training for teachers in 5 the largest estonian public schools. 	<ul style="list-style-type: none"> • High-performance coaches: RTP athletes' responsibilities including ADAMS • Speaking up to share concerns about doping 	<p>Knows, how to check medication and how to use "Drug Search" database.</p> <ul style="list-style-type: none"> • ASP keeps up to date with WADA regulations and knows where to find information on anti-doping regulations. • The ASP is aware of the RTP athletes' obligation and the obligation to use ADAMS 		
Athletes returning from a sanction	<p>100% of athletes returning from a sanction will be given a refresher e-course on mandatory topics.</p> <p>In last two years we have no athletes returning from sanction.</p>				

Table 1. Monitoring and evaluating the education program of ESTCIS (2023)

5. Anti-doping curriculum

ESTCIS anti-doping education covers mandatory 18.2 (ISE) topics such as:

- Principles and values associated with clean sport.
- Athletes,' ASP's and other groups' rights and responsibilities under the Code
- The principle of strict liability
- Consequences of doping, for example, physical and mental health, social and economic effects, and sanctions
- ADRVs
- Substances and methods on the List
- Risks of supplement use
- Use of medications and TUEs (organizational processes and procedures)
- Testing procedures, including urine, blood, and the Athlete Biological Passport (ABP)
- Requirements of the RTP, including whereabouts and the use of ADAMS
- Speaking up to share concerns about doping.

Learning objectives, program objectives and education activities for each target group were mentioned previously in the table above (Table 1. Monitoring and evaluation).

6. Educators

All anti-doping educators who are approved by ESTCIS follow the guidelines of ISE. Currently, there are three authorized ESTCIS members who can lead anti-doping education sessions in three languages. Most of Estonia's athletes speak Estonian, while some also speak Russian or English. Therefore, the ESTCIS educational program is primarily designed to provide education in Estonian. However, if needed, sessions and learning solutions can be provided in all three languages.

6.1. Educator training

As part of the 2024 plan, ESTCIS intends to educate educators in larger national federations. In March 2024, a pilot program will be launched to nominate eight individuals from a national football federation. These individuals will be responsible for educating young athletes on anti-doping (bronze level). ESTCIS will provide training to these selected individuals to equip them with the necessary knowledge and skills for the task. After completing a two-day training, educators are required to take a test for authorization. The certificate they receive is valid for two years and must be renewed thereafter. This approach allows for more effective anti-doping education sessions, reaching out to a wider range of target groups.

7. Assessing the current situation

7.1 ESTCIS evaluation of educational outreach in 2022

In the year 2022, there were a total of 63 training sessions conducted. Out of these, 41 sessions focused on anti-doping measures, 21 sessions focused on safeguarding, and one session was dedicated to match-fixing training for coaches, athletes, and other support staff. 40 trainings were provided to Estonian national sports federations. At the anti-doping training, the athletes and sports staff were informed about WADA's latest updates on prohibited substances and methods. In addition, 6 training sessions were held for Estonian regional sports federations (Tallinn Sports Federation 2x, Pärnumaa Sports Federation 2x, Võrumaa Sports Federation, Saaremaa Sports Federation) and 2 training sessions for sports associations (Association Sport for All, Estonian Sports Journalists Association).

ESTCIS participates in the European Week of Sport annually by conducting guest classes in public schools throughout Estonia. This year, a total of 12 trainings took place for the event between September 23rd and 30th. Students from 7th to 12th grade were taught about fair play and how to prevent modern sports-related issues such as doping and manipulation of competitions. Additionally, three more training sessions were delivered for other specific groups (such as Pärnu Rotary Club, Estonian Physical Education Teachers' Association, and Väärikate University).

In the abovementioned trainings, 2872 persons participated, including 568 athletes, 850 coaches, and 175 other sports personnel (sports managers, medical personnel). The number of participants is also increasing in online training courses (WADA e-learning platform ADeL, EADSE triangular course). In addition, 1057 students of public schools, 78 teachers, and 144 other interested parties (Väärikate University, Rotarians, parents, sports journalists).

Online courses: WADA e-learning program ADeL

Registered Testing Pool athletes, i.e., elite athletes, must complete the WADA ADeL course "ADeL for Registered Testing Pool athletes." 74 participants completed the program during the 2021-2022 year. "Athlete and Athlete Support Personnel Guide to the List 2021 (in English)" - was passed 437 times. In addition, it is important to note that several national sports federations mandate the completion of mandatory anti-doping e-training (also known as international sports federation training or ADeL) for individuals applying for a license or athletes participating in international title competitions. These include the Estonian Roller Skating Association, Estonian Cycling Association, Estonian Shooting Association, Estonian Indoor Hockey Association, Estonian Volleyball Federation, and Estonian Skating Union.

Estonian anti-doping e-course Triagonal

It is highly recommended by ESTCIS that national sports federations make it mandatory for young athletes who take part in international title competitions to finish the e-course. In the year 2022, a total of 155 users have completed the course, which includes 91 athletes, 43 coaches, 8 medical personnel, 10 sports workers, and 2 parents. A new safeguarding course is currently in development and is expected to be ready by the year 2023.

Information sharing on the ESTCIS website and Facebook:

- Number of posts

In 2022, there were 32 news on the ESTCIS website and 67 posts on the ESTCIS Facebook page (2021 – more than in the previous year).

- Distribution of webpage news/FB posts by fields of activity:

Anti-doping: 14/37

Safeguarding: 16/07

Match-fixing: 3/4

Other (ESTCIS staff introduction, Erasmus+): 8/10

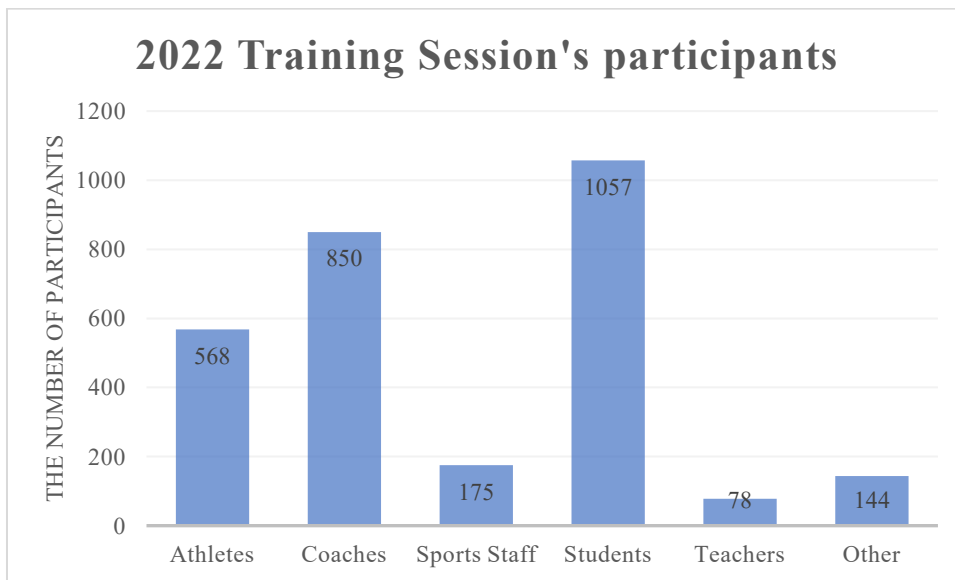


Table 2. The number of trainings conducted by ESTCIS in 2022

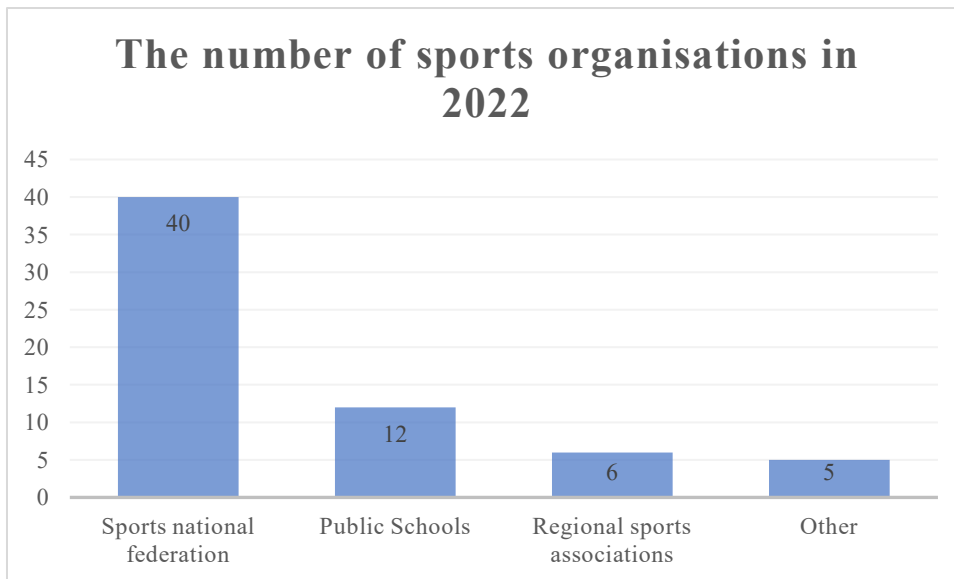


Table 3. The number of sports organisations attending the trainings in 2022.

7.2 ESTCIS evaluation of educational outreach in 2023

There were 49 training sessions in 2023 for athletes, coaches, and sports personnel. A total of 1,911 people were educated from 30 sports federations. Of these, 396 were coaches, 200 were athletes, 949 were students, 68 were teachers, and 10 were unspecified. 50% of the training sessions were focused on antidoping and 50% on safeguarding.

ESTCIS participated in European Sports Week activities by offering three topics such as fair play values, bullying in sports, and anti-doping. 10 schools were visited during the week.

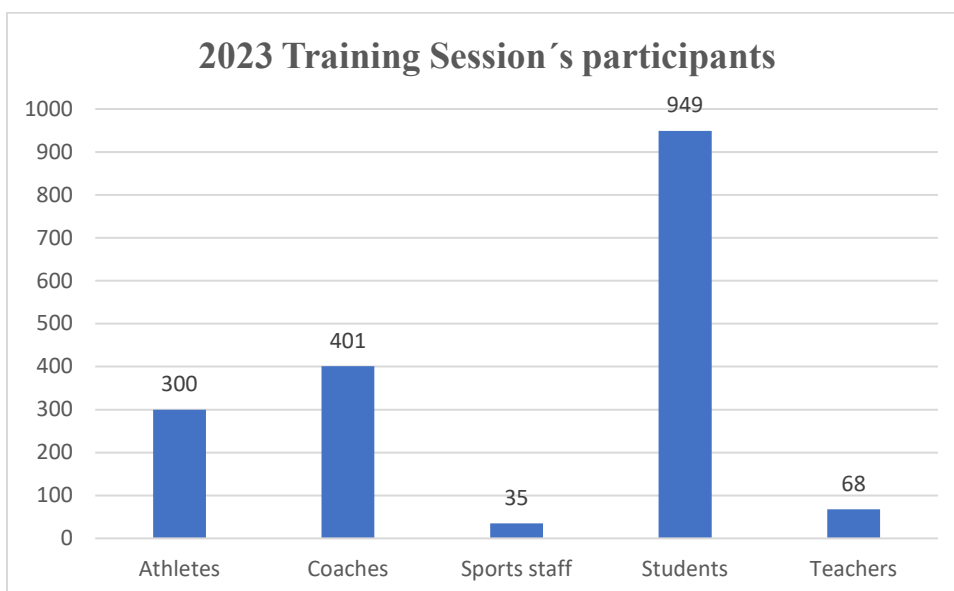


Table 4. Training session's participants in 2023

Online courses

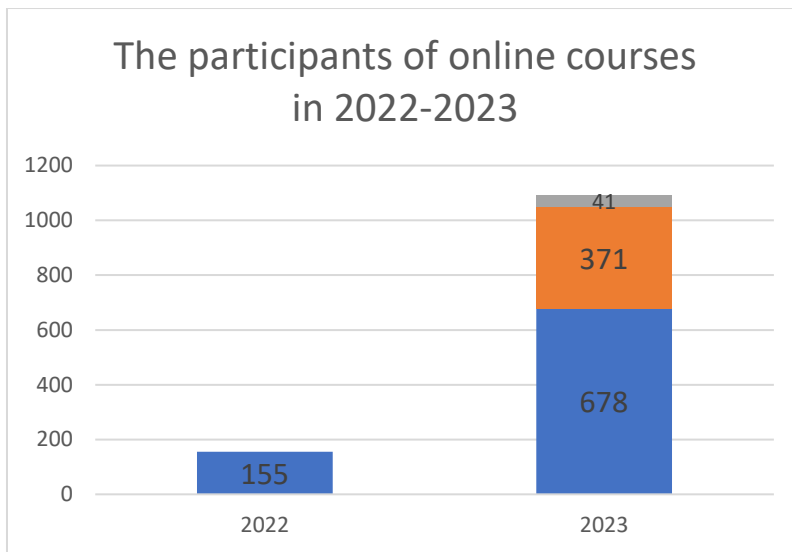


Table 5. the total amount of participants in the online courses during 2022-2023

Estonian anti-doping e-course

Out of 679 registered users (480 athletes and 153 coaches, 13 medical personnel, 29 sports staff members, 4 parents) 527 passed the anti-doping course, and got the certificate. The new safeguarding course was launched in December 2023, and now (January 08), has 35 registered users.

Online courses:

WADA e-learning program ADeL

194 enrolments were made in “Athlete’ s guide to the 2021 Code”, 149 users completed “Adel for International- Level Athletes”, 31 users completed the course “Athlete and ASP Guide to the List 2023”.

Information sharing on the ESTCIS website and Facebook:

By the end of 2023 the facebook followers number was 735. The biggest engagement post was : „Ravimid ja sport“ (2.1 thousand), „Ausa spordi eeskujuks“ (8.2 thousand).

- Number of posts

In 2023, there were 28 news on the ESTCIS website and 56 posts were posted in the ESTCIS Facebook page.

- Distribution of webpage news/FB posts by fields of activity:

Anti-doping: 10/24

Safeguarding: 10/16

Match-fixing: 4/9

Other (ESTCIS staff introduction): 4/10