

A RESOURCE FOR THE  
**WINTER YOUTH  
OLYMPIC GAMES  
GANGWON 2024**



**NOC**  
**CLEAN SPORT  
EDUCATION  
GUIDE**

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# WELCOME! HWANGYONG HAMNIDA (환영합니다)!

As a National Olympic Committee (NOC), you are a Signatory of the World Anti-Doping Code (Code), which means that within the scope of your responsibility, and in cooperation with other Signatories, you have a responsibility to plan, implement, monitor, evaluate and promote clean sport education for athletes and Athlete Support Personnel (ASP) prior to them attending a Major Event.

NOC responsibilities in clean sport education, as defined in the International Standard for Education (ISE) 7.5, are to:

- Cooperate with the National Anti-Doping Organisation (NADO) to ensure that athletes and ASP selected to participate in the Olympic Games shall receive education prior to the event.
- Require National Federations (NFs) to conduct education in coordination with the NADO.
- Be the authority on education where a NADO does not exist.

The International Olympic Committee (IOC) has delegated the anti-doping program for the Winter Youth Olympic Games Gangwon 2024 to the International Testing Agency (ITA), and this includes education. This guide is therefore designed to encourage and support you to educate your athletes and their entourage prior to the Winter Youth Olympic Games Gangwon 2024.

Education is a vital prevention strategy for both intentional and unintentional doping in sport, and it is a fundamental component of any anti-doping program. Education supports the preservation of the spirit of sport and helps foster a clean sport environment. Let's all do our part to protect athletes and protect sport!

.....

The ITA is an independent international organisation that manages comprehensive and independent anti-doping programs. It leads its activities in compliance with the World Anti-Doping Code without any real or perceived conflict of interest following its main objective to protect the integrity of sport and athletes all over the world. The IOC has delegated its entire anti-doping program to the ITA in 2018.

## **Find out more about the ITA:**

[What is the ITA?](#)

# COLLABORATION AND COOPERATION ON THIS GUIDE

Collaboration and cooperation are vital for clean sport. The ITA would like to thank the expert contributors and advisors for their input and review of this guide:

## World Anti-Doping Agency (WADA)



## National Anti-Doping Organisations (NADOs)



## Regional Anti-Doping Organisations (RADOs)



## CONTACT THE ITA EDUCATION TEAM

If you have any questions about this guide or clean sport education in general, you can contact us at:

[education@ita.sport](mailto:education@ita.sport)

IN COLLABORATION  
WITH THE INTERNATIONAL  
OLYMPIC COMMITTEE



# HOW TO USE THIS GUIDE

This NOC Clean Sport Education Guide for Youth Athletes is designed to provide signposts to resources and inspiration for your pre-Games clean sport education for this target group. It is a complementary resource to the NOC Anti-Doping Education Guidebook developed in collaboration with the IOC and with the support of the WADA for the Olympic Winter Games Beijing 2022 and provides information and resources to develop a clean sport education program. An update to this Guidebook for the Olympic Games Paris 2024 will be available early 2024.

Resources in this guide are in line with the Code and ISE. To make the application of the Code and ISE as practical as possible, each resource is introduced with a set of icons that highlight key information.

-  Type of resource
-  Cost
-  Target groups
-  Languages
-  Monitoring tools
-  Education components

A MESSAGE FROM ITA EDUCATION MANAGER, MAIRI IRVINE  
ON HOW TO USE THIS GUIDE



Not sure what education components are?

[Check out page 10 of the NOC Anti-Doping Education Guidebook](#)



# An athlete's **first experience** with anti-doping should be through Education rather than Doping Control

INTERNATIONAL STANDARD FOR EDUCATION

# THE IMPORTANCE OF EDUCATION

The ISE states that all athletes and ASP selected to participate in an Olympic Games should receive education prior to the event. This requirement applies to the Winter Youth Olympic Games Gangwon 2024, but beyond being an obligation, it is simply the right thing to do.

**Hear from former athletes, who are advocates for clean sport, about their perspectives on the importance of education:**

ANA JELUŠIĆ, OLY  
ITA EDUCATION AMBASSADOR



CLARE EGAN, OLY  
WADA AC MEMBER



RANDOLPH ODUBER  
ITA EDUCATION AMBASSADOR



[ITA Education Ambassadors](#) will be onsite at the Games in the Athlete365 space delivering clean sport activities in collaboration with the WADA's Athlete Engagement Team and the Korea Anti-Doping Agency (KADA). Encourage your athletes and their ASP to come and say hi, complete a fun clean sport education activity and ask any questions!

# A REMINDER ON CLEAN SPORT EDUCATION TOPICS

The World Anti-Doping Code Article 18.2 and ISE Article 5.2 outline the topics that must be included in an Anti-Doping Organisation's (ADO's) education program and, at minimum, on the ADO's website.

These are:

- Principles and values associated with clean sport;
- Athletes', ASP and other groups' rights and responsibilities under the Code;
- The principle of Strict Liability;
- Consequences of doping (e.g., physical and mental health, social and economic effects, and sanctions);
- Anti-Doping Rule Violations (ADRVs);
- Substances and methods on the Prohibited List (List);
- Risks of supplement use;
- Use of medications and Therapeutic Use Exemptions (TUEs);
- Testing procedures, including urine, blood and the Athlete Biological Passport (ABP);
- Requirements of the Registered Testing Pool (RTP), including Whereabouts and the use of ADAMS; and
- Speaking up to share concerns about doping.

## **Need support to implement these topics in your clean sport education program?**

The NOC Anti-Doping Education Guidebook includes a set of slide decks that cover these topics and NOC website guidelines.

[Find these resources here.](#)

# ADDITIONAL KEY EDUCATION TOPICS FOR MAJOR EVENTS

In addition to the compulsory topics, Games-specific education must be tailored to provide detailed information regarding the Event's anti-doping rules, procedures and requirements. This includes:

- Key dates, including the period of the Games/championship and when jurisdiction changes.
- In-competition and out-of-competition periods.
- Rules, including the List and any sport-specific additions.
- TUEs – what to do beforehand and how to get one if needed during the competition.
- Whereabouts requirements (for athletes in a testing pool).
- Testing – the process, who can test, types of testing, testing equipment.
- Where to report intelligence or suspicions of doping.
- What happens if anti-doping rules are broken and potential consequences, including any specific consequences for team events.

## **You should also consider adding advice about:**

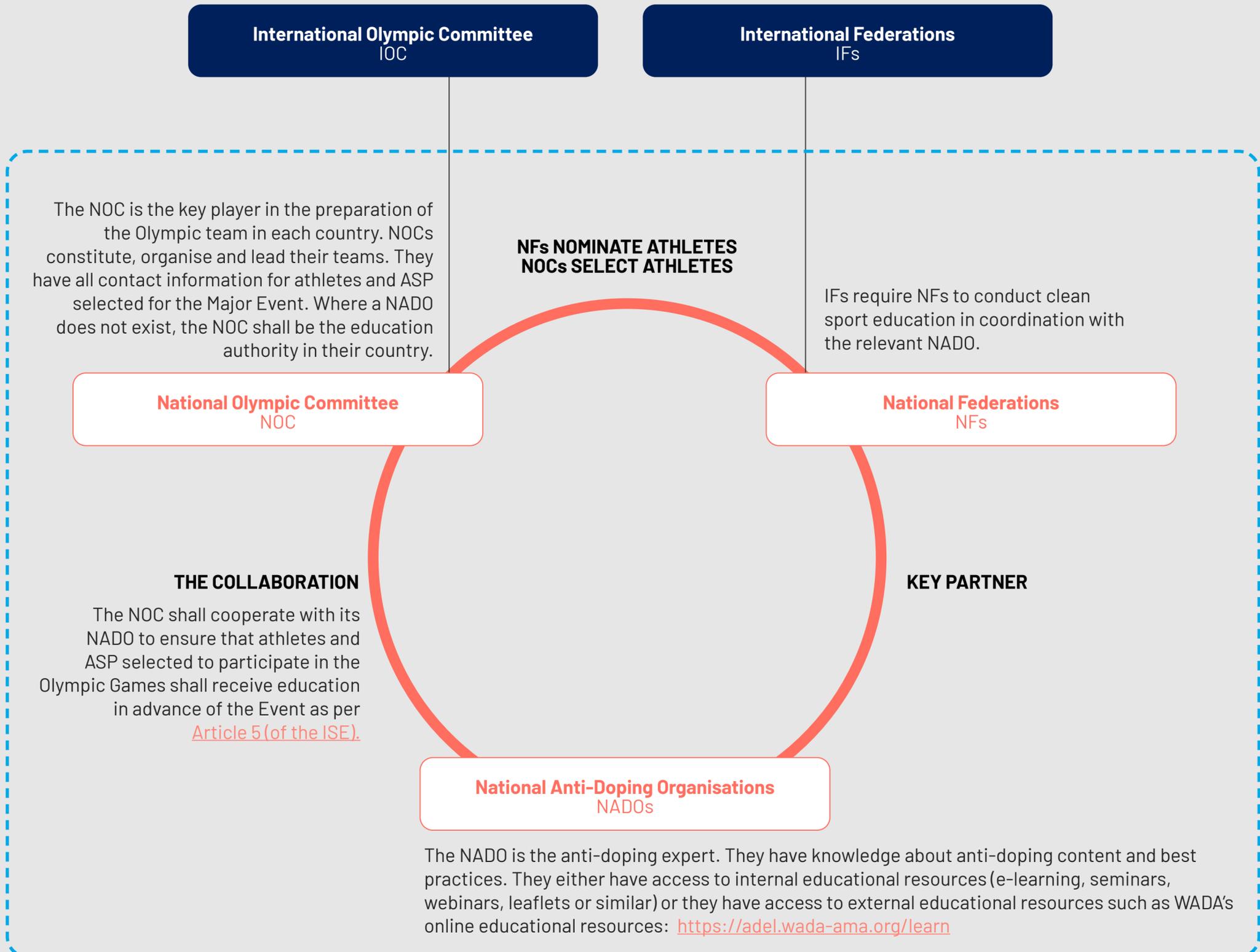
- Celebratory activities and substances of abuse to help remind athletes that they must still adhere to the anti-doping rules and that they are role models.
- Values, such as winning with integrity.

**A slide deck that covers these topics for the Winter Youth Olympic Games Gangwon 2024 is available as a resource.**

**[Find it here.](#)**

# WHERE TO START...

Collaboration and cooperation are vital for clean sport. As a starting point you should work with your NADO and the NFs within your country to implement clean sport education initiatives.



# COLLABORATION AND COOPERATION

## AN EXAMPLE FROM NOC DENMARK AND ANTI-DOPING DANMARK

With three guiding words ('Collaboration, Contacts and Content'), Anti Doping Danmark (ADD) works with the Chef de Mission of NOC Denmark (NOC DEN) and the Danish Olympic Secretariat. The approach is to partner and combine ADD's expertise and resources in anti-doping with NOC DEN's access to Olympic participants. The goal is to support all athletes and their ASP with the relevant knowledge about anti-doping in preparation for a Major Event.



NOC DEN and ADD have collaborated for years. In the beginning, ADD contributed to the National Olympic Handbook with information about anti-doping for Olympic participants. However, there was no reporting or feedback mechanism to establish how NFs, athletes and ASP used or learned from the information. In light of this, the collaboration has expanded in recent years to the implementation of mandatory e-learning for all participants in any Olympic Event. In addition, ADD educates youth athletes in face-to-face sessions and contributes with short sessions on anti-doping at the seminar for Olympic and Paralympic Athletes preparing for the Olympic and Paralympic Games (blended learning).

ADD continually informs NOC DEN about the status of completion of e-learning and the NOC DEN continually follows up with the NFs regarding who still needs to complete e-learning. In this circular way they reach goals together.

The positive outcomes are:

- Both organisations ensure that athletes and their ASP selected to participate in the Olympic/ Paralympic Games have received relevant clean sport education in advance.
- Together, they can achieve more than what each organisation can accomplish on its own, targeting education to the specific needs of each target group.
- This supports athletes to compete clean by giving them the right knowledge and the right tools in the right way.

The collaboration is based on a high degree of trust. It is crucial to have a clear collaboration agreement, including guidelines for roles, responsibilities, and potential outcomes of the collaboration. Regular communication and evaluations can help address any issues that may arise during the collaboration and ensure its success.

# 01

## RESOURCES

TO SUPPORT YOUR PRE-GAMES  
CLEAN SPORT EDUCATION

Resources in this section are in line with the World Anti-Doping Code and ISE. They are freely available to ensure your delegation is supported in being educated prior to the start of the Winter Youth Olympic Games Gangwon 2024.

- 1.1 ADEL for Talented athletes competing at Major Events
- 1.2 ITA Winter Youth Olympic Games Gangwon 2024 webpage
- 1.3 ITA public webinars
- 1.4 ITA Athlete Hub
- 1.5 Social media resources
- 1.6 Athlete365
- 1.7 Educating the Athlete Entourage

# 1.1

## ADEL FOR TALENTED ATHLETES COMPETING AT MAJOR EVENTS



E-learning



Free



Athletes and ASP



Different languages available and options to translate to use for future events



Monitoring rates with a Power User account



Anti-doping education Information provision

### RESOURCES TO SUPPORT YOUR PRE-GAMES CLEAN SPORT EDUCATION

This course has been designed for talented-level athletes competing at a Major Event. By taking this course, athletes will learn about the anti-doping rules, why some medications are prohibited in sport and the testing process.

ADEL is available through a [web browser](#), as well as via the mobile app that can be downloaded from the [Apple](#) and [Google Play](#) stores.

For information on how to monitor ADEL course completion rates via Power User status (ADO Signatories to the Code can request this special account and will go through a validation process) see p22 of the [NOC Anti-Doping Education Guidebook Beijing 2022](#).

A MODULE DESIGNED FOR TALENTED ATHLETES  
AND COACHES COMPETING AT MAJOR EVENTS



## TRANSLATION

ADO Signatories to the Code can make a request to translate an existing ADEL education program or information resource. The translation process is a collaboration between NOCs, ADOs and WADA and is free. To understand the steps of the ADEL translation process, check out p21 of the [NOC Anti-Doping Education Guidebook 2022](#).

CLICK TO ENROL IN ADEL FOR TALENTED  
ATHLETES COMPETING AT MAJOR EVENTS:

ENGLISH



FRENCH



SPANISH



# 1.2 ITA WINTER YOUTH OLYMPIC GAMES GANGWON 2024 WEBPAGE



Free



Athletes and ASP



English



Information provision

This webpage is for athletes and ASP at the Winter Youth Olympic Games Gangwon 2024. It answers key questions and provides information on anti-doping for the Games, including:

- How can I prepare to fulfil my anti-doping responsibilities?
- What should I expect if I am tested?
- What should I do if I need a TUE during the Games?
- What can I do to protect my sport from doping?



[Visit the webpage](#)

The ITA is leading an independent anti-doping program for the Winter Youth Olympic Games Gangwon 2024. If you have any questions about the program, please do not hesitate to contact the ITA: [education@ita.sport](mailto:education@ita.sport)

# 1.3 ITA PUBLIC WEBINARS



Webinar education



Free



Athletes, ASP, administrators



Arabic, English, French  
Russian, Spanish



Monitoring and Evaluating data  
available upon request



All education component levels

Diverse and current topics from the anti-doping world are discussed monthly with leading experts, complemented by the experiences of athlete guests. The webinars are free and anyone can join. The interactive series makes information accessible for athletes and ASP, as they are available in English, with simultaneous translation to four additional languages (Arabic, French, Russian and Spanish), and participants can ask the experts questions.

## UPCOMING WEBINARS:

NOV



REGISTER  
NOW

### WHAT YOU NEED TO KNOW FOR 2024

Wednesday 29 November, 14:00 CET  
PANELLISTS

Mark Stuart *ITA Operations Development Senior Manager*  
David Healy *WADA Manager, Medical, Science and Medicine*

DEC



REGISTER  
NOW

### GANGWON WEBINAR

Tuesday 12 December, 14:00 CET  
PANELLISTS

Marc Mundell, OLY *ITA Education Ambassador*  
Randolph Oduber *ITA Education Ambassador*  
Clare Egan, OLY *WADA AC Member*

**Tune in** every month to enhance your own knowledge and level of expertise.

**Promote** these webinars on your organisation's website and social media to encourage all athletes and ASP to participate. You can simply re-post the promotional banners that will be available on ITA platforms approximately two weeks before each webinar.

ATHLETE HUB



INSTAGRAM



FACEBOOK



TWITTER



# 1.4

## ITA ATHLETE HUB

The ITA Athlete Hub supports athletes in understanding their anti-doping rights and responsibilities and provides practical advice. This includes guidance on how to check the Prohibited List for substances prohibited in sport and support for administrative tasks, such as how to apply for a TUE. The Athlete Hub is a dynamic collection of resources and information to assist athletes in keeping up to date with the latest in clean sport news and developments from the ITA Education Team.



Free



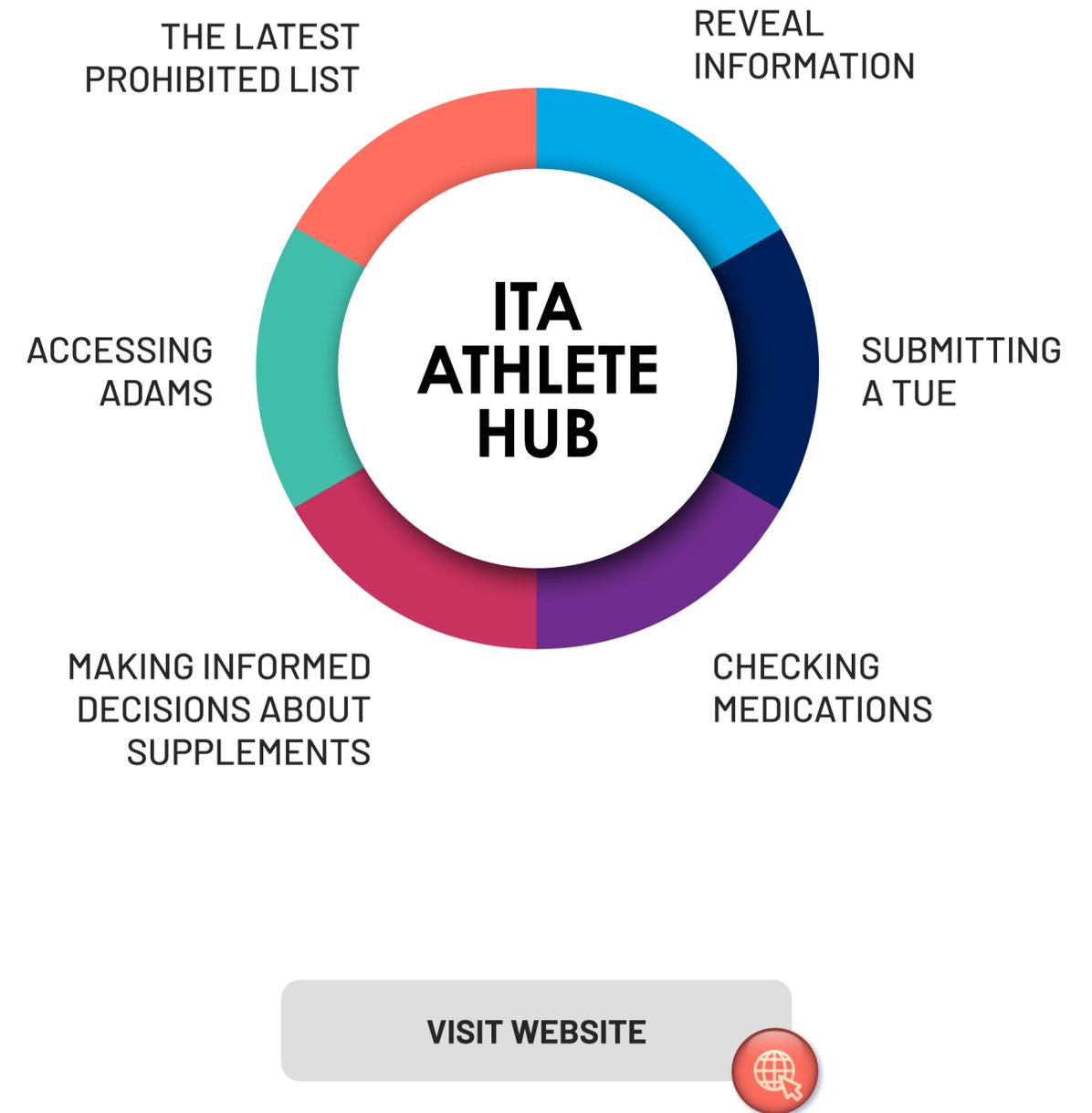
Athletes, ASP, administrators



English



Information provision  
Anti-doping education  
Awareness raising



# 1.5 SOCIAL MEDIA RESOURCES



Social media post template



Free



All your stakeholders



English, translation may be required



Monitoring post views, likes, shares, etc.



Information provision  
Awareness raising

Clean sport social media posts are an effective way to reach athletes and ASP and are a recommended communication tool in the ISE.

Generation Z (those aged between 13 to 28 years as of 2023) spends more time online than any other generation and social media can raise awareness and provide information to athletes in a format that is accessible to them.

## HERE ARE A FEW QUICK AND EASY THINGS YOU CAN DO

### 1. REPOST AND SHARE EXISTING CONTENT

THE ITA COMMUNICATION CHANNELS CAN BE A GREAT PLACE TO START

WEBSITE	
INSTAGRAM	
FACEBOOK	
TWITTER	

WADA COMMUNICATION CHANNELS

WEBSITE	
INSTAGRAM	
FACEBOOK	
TWITTER	

### 2. CREATE YOUR OWN CONTENT

We have prepared social media posts for you for this purpose. All you need to do is copy, paste and post!



# 1.6

## ATHLETE365



Free



Athletes



Arabic, Chinese, English,  
French, Russian, Spanish



Information provision

### RESOURCES TO SUPPORT YOUR PRE-GAMES CLEAN SPORT EDUCATION

Athlete365 has a dedicated Winter Youth Olympic Games Gangwon 2024 web page. We recommend that you regularly visit this website and direct your athletes and Athlete Entourage to the Athlete365 social media accounts for the latest updates on the Games:

WEBSITE



INSTAGRAM



FACEBOOK



TWITTER



**1.**

**Link the Athlete365 page to your organisation's website.**

**2.**

**Include links to Athlete365 in your pre-Games communications to athletes, NFs and other stakeholders.**

**3.**

**Promote this page to athletes and ASP during pre-Games education activities.**

**4.**

**Encourage your athletes to join the Athlete365 community.**

# 1.7 EDUCATING THE ATHLETE ENTOURAGE

Seven of the 11 ADRVs apply to ASP, as well as athletes.

**“Coaches and peers having a close and trusty relationship with the athletes were considered most influential with respect to doping-related decisions.”**  
(Barkoukis, 2019)

Values and subsequent behaviours are influenced by an athlete’s environment and the people around them.

- **The entourage can facilitate doping** even unknowingly through the motivational climate they create.
- **The entourage can prevent doping.**

The Athlete Entourage should be considered as a target group for pre-Games clean sport education.

## WADA ADEL E-LEARNING FOR ATHLETE ENTOURAGE

WADA ADEL FOR PARENTS  
OF HIGH-PERFORMANCE ATHLETES



WADA ADEL FOR  
HIGH-PERFORMANCE COACHES



ADEL FOR MEDICAL  
PROFESSIONALS AT MAJOR EVENTS



WADA ADEL FOR MEDICAL  
PROFESSIONALS



ADEL is available through a [web browser](#), as well as via the mobile app that can be downloaded from the [Apple](#) and [Google Play](#) stores.

ADO Signatories to the Code can **make a request to translate an existing ADEL education program or information resource.** The translation process is a collaboration between NOCs, ADOs and WADA and is free. To understand the steps of the ADEL translation process, check out p21 of the [NOC Anti-Doping Education Guidebook Beijing 2022](#).

For information on **how to monitor ADEL course completion rates** via Power User status (ADO Signatories to the Code can request this special account and will go through a validation process) see p22 of the [NOC Anti-Doping Education Guidebook Beijing 2022](#).

# 02 EDUCATING YOUTH ATHLETES

When planning and delivering clean sport education the focus should be tailored to the needs of the target group. Generation Z has been defined as people born between the mid-1990s to early 2010s and are between 13 to 28 years old as of 2023. It is important to understand this group's learning needs: how they learn, what they consider useful in education and how to best get their attention. The educator should ensure that content and delivery are relevant and in context.

Additionally, clean sport education for youth athletes should have a focus on values, as sporting behaviours are developed at this age. Pre-Games is an opportunity to introduce or reinforce the spirit of sport values to ensure your athletes compete with integrity on the world stage!

- 2.1 Gen Z athlete perspectives on their learning needs
- 2.2 A values-based education program
- 2.3 Gamified learning
- 2.4 Implementing gamified learning

# 2.1

## GEN Z ATHLETE PERSPECTIVES ON THEIR LEARNING NEEDS

Adapted from:

Pueschel, A., Johnson, R. C., & Dhanani, L. Y. (2020) 'Putting gen Z first: Educating with a generational mind-set', *Industrial and Organizational Psychology*, 13(4), pp. 594-598. <https://doi.org/10.1017/iop.2020.103>

Powell, A., Jenkins, K., Gullede, B., & Sun, W. (2021). 'Teaching social justice and engaging gen Z students in digital classrooms during COVID-19', *Journal of the Scholarship of Teaching and Learning*, 21(4). <https://doi.org/10.14434/josotl.v21i4.32708>

### EDUCATING YOUTH ATHLETES

- 'If I see a clear connection to my sports career and my own behaviour, the more interesting the education is to me. I need to see how this is relevant to me through real-life examples and athlete stories.'
- 'The use of positive role models who I can identify with will increase my attentiveness to education. Who delivers the clean sport education or key messages is important to me.'
- 'My attention is best served by getting me actively involved in the education session. This could be done by showing me a short video or a presentation of the topic and combining it with a quiz afterwards and integrating a practical activity.'
- 'My attention span is short, so it is important that any education session is dynamic. This can be achieved by integrating different delivery methods and keeping it relevant.'
- 'I need the feeling of belonging and a possibility for social interaction. By surrounding me with a community, I could get a sense of belonging, immediate feedback from my peers and a chance for social interaction while learning. Facilitating an environment where I can interact is important to me.'
- 'Respect is important to me. Make sure you know whether I am an athlete, a rider, a player... Give me the tools so I am empowered to make informed decisions and take informed actions.'

**TURN THE PAGE TO SEE  
HOW THESE LEARNING  
NEEDS CAN BE EMBEDDED  
IN A VALUES-BASED  
EDUCATION PROGRAM.**



# 2.2

## A VALUES-BASED EDUCATION PROGRAM

US ANTI-DOPING AGENCY (USADA)



### TRUESPORT

Instilling values and developing behaviours that foster and protect the spirit of sport, while deterring intentional and preventing unintentional doping, is vital in the education of young athletes. TrueSport and the USADA use a four-pronged approach to ensure that sport remains authentic, equitable and safe for all athletes.

#### 1.

##### Early and often

Expose young athletes to education focused on both character building and life skills, as well as on topics related to sportsmanship and clean and healthy performance. This education should be delivered based on the athlete's stage of development and level of competition, as outlined in our Education Continuum, which provides a complete life cycle of education, from the earliest stages of sport to giving back to young people upon retirement from the elite level.

Explore the TrueSport topics to help build life skills and reinforce core values for success both on and off the field of play. <https://truesport.org/teach-learn/truesport-topics/>

#### 2.

##### Influencer-based approach

Utilise those in a young athlete's circle of care (family members, parents, coaches, teachers, etc.) to help deliver the important life lessons that can be learned through sport.

Join the TrueSport Network and receive weekly articles, videos, updates for athletes, coaches and families and continue the conversation beyond the playing field.

# A VALUES- BASED EDUCATION PROGRAM

US ANTI-DOPING  
AGENCY (USADA)



## 3.

### Athlete role models

Engage high-level athletes who live and practice the values of TrueSport to share their personal journeys in sport and inspire the next generation of young athletes.

Meet our TrueSport Ambassadors: <https://truesport.org/about/ambassadors/>

## 4.

### Quality coaching

With the many hats that coaches wear – teacher, motivator, friend, therapist, disciplinarian – they are an influential element of an athlete’s sport experience. Athletes deserve coaches that have been provided basic foundational building blocks through quality educational courses to help prepare their athletes for long-term success.

Become a TrueSport certified coach! <https://store.truesport.org/truesport-coaching-certification/>

**“The commitment to fair play and the integrity of sport starts long before an athlete competes on the world stage. As we strive to shift the focus from winning at all costs, it is imperative that we support athletes, coaches, and parents with resources and programs to help them instill the character, values, and life skills that can be learned through sport. In addition, intentionally teaching concepts like accountability, sportsmanship, or preparation helps get athletes ready for success on and off the field of play, compete with integrity, and affect change where they can.”**

(Dr. Jennifer B. Royer, Sr. Director of TrueSport and Awareness)

For more information on how TrueSport fulfills these modes of delivery, and seeks to recognise, honour and celebrate the athlete voice and experience, visit [TrueSport.org](https://truesport.org).

# 2.3

## GAMIFIED LEARNING

The characteristics and needs of Gen Z align with the characteristics and experiences of gamification.

These findings make a case for increased gamification to engage, motivate and educate Gen Z.

Adapted from:

Pueschel, A., Johnson, R. C., & Dhanani, L. Y. (2020) 'Putting gen Z first: Educating with a generational mind-set', *Industrial and Organizational Psychology*, 13(4), pp. 594-598. <https://doi.org/10.1017/iop.2020.103>

Powell, A., Jenkins, K., Gullede, B., & Sun, W. (2021). 'Teaching social justice and engaging gen Z students in digital classrooms during COVID-19', *Journal of the Scholarship of Teaching and Learning*, 21(4). <https://doi.org/10.14434/josotl.v21i4.32708>

GEN Z CHARACTERISTIC AND LEARNING PREFERENCES	GAMIFICATION FEATURES THAT FACILITATE GEN Z LEARNING
<p><b>Use of technology and internet</b></p>	<ul style="list-style-type: none"> <li>• Collaborative technologies (digital projectors, interactive whiteboards)</li> <li>• Online and blended learning</li> <li>• Platforms on mobile devices</li> </ul>
<p><b>Socialisation and social media</b> as communication networks</p>	<ul style="list-style-type: none"> <li>• Increase engagement and unify teams</li> <li>• Community-based evaluation system and reinforcement</li> <li>• Create statuses</li> </ul>
<p><b>Modes of communication:</b> multiple streams of information, frequent and quick interaction with content, technological and collaborative experiences</p>	<ul style="list-style-type: none"> <li>• Increased attention spans</li> <li>• Added element of fun in learning</li> <li>• Options for language independence</li> <li>• Options for adequate challenge level versus skill level</li> <li>• Points, badges and leaderboards</li> </ul>
<p><b>Entrepreneurial and self-sufficient:</b> self-driven, independent and competitive, learning through self-instruction</p>	<ul style="list-style-type: none"> <li>• Online and blended learning</li> <li>• User-friendly menu-driven</li> </ul>
<p><b>Blended learning:</b> hybrid teaching, flipped courses, YouTube</p>	<ul style="list-style-type: none"> <li>• Enables synchronous and asynchronous modes of teaching</li> <li>• Platforms allow taking up the course at an appropriate aptitude level and learning sequentially</li> </ul>
<p><b>Customisation:</b> personalising everything from Netflix shows to food choices</p>	<ul style="list-style-type: none"> <li>• Offers learner-centric and specific experience and facility</li> <li>• Capable of handling diversified learning paths and other characteristics of learners</li> </ul>
<p><b>Leisure time:</b> socialising during academic activity, may spend two-thirds of their time on nonacademic activities</p>	<ul style="list-style-type: none"> <li>• Facilitates social interaction, involvement and co-creation of experiences in the virtual world</li> </ul>
<p><b>Decreased ability to pay constant attention:</b> attention span is eight seconds: engagement with icons, imagery, and symbols. Regular and technology-enhanced learning opportunities and visually enhanced modes of teaching.</p>	<ul style="list-style-type: none"> <li>• Learning process is divided into small pieces</li> <li>• Positive reinforcements</li> <li>• Visual dimension of gamification</li> </ul>

# 2.4

## IMPLEMENTING GAMIFIED LEARNING

RESOURCES FROM THE  
PAN AMERICAN RADO

### DOPING CONTROL PROCESS SIMULATION

A resource for athletes to learn the steps of the Doping Control Process, from notification to providing a urine and/or blood sample, in a practical and fun way.

Available in English and Spanish.

DOPING CONTROL PROCESS  
SIMULATOR



### THE TRUE ATHLETE CHALLENGE

The [True Athlete Challenge](#) is a miniseries in which the objective is, through short animated scenes, to teach kids and teenagers the importance of fair play in sports.

The characters are designed so athletes can identify with them and see some of the challenges that they will have to face, doubts that may arise and situations in which they may feel tempted to use prohibited substances or methods.

The challenge invites athletes to follow William, Katherine, Sophia, Daniel and many other athletes as they try to reach the top, always keeping in mind to Play True!

[Check here to access the Educator Manual for the True Athlete Challenge!](#)

EPISODE 1



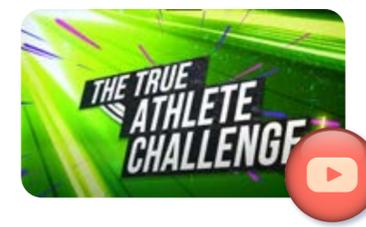
EPISODE 2



EPISODE 3



EPISODE 4



### GAMIFIED LEARNING FOR ATHLETES IS AVAILABLE IN GANGWON!

ENCOURAGE  
THE ATHLETES IN YOUR  
TEAM TO DOWNLOAD  
THE PINQUEST APP AND  
COMPLETE EDUCATIONAL  
ACTIVITIES TO COLLECT  
POINTS AND WIN PRIZES.

**WE WOULD LIKE TO THANK YOU FOR INVESTING YOUR TIME AND RESOURCES IN EDUCATING THE YOUTH ATHLETES AND ASP WHO WILL TAKE PART IN THE WINTER YOUTH OLYMPIC GAMES GANGWON 2024. WE HOPE THAT THIS NOC CLEAN SPORT EDUCATION GUIDE AND THE ACCOMPANYING RESOURCES WILL BE A SUPPORT IN KEEPING SPORT REAL.**

If you have any questions, comments or feedback, please do not hesitate to contact the **ITA Education Team** at [education@ita.sport](mailto:education@ita.sport)

# KEEPING **THE GAMES** REAL



INTERNATIONAL TESTING AGENCY

Avenue de Rhodanie 40B

1007 Lausanne

Switzerland

Tel: +41 21 612 12 12

Email: [info@ita.sport](mailto:info@ita.sport)

[www.ita.sport](http://www.ita.sport)