



Clean Sport Education Plan

2021 - 2024

Introduction

The Clean Sport Education Plan underpins sections 2 - 4 of the Clean Sport Strategy and models itself on the requirements of UK Anti-Doping's (UKAD) Assurance Framework and Education Strategy Minimum Standards.

The World Anti-Doping Code, Article 20.3.13, sets out that International Federations require National Federations to conduct Education in coordination with the applicable National Anti-Doping Organization (UKAD) and as such, shall be engaged as a key partner and supported in this function. British Rowing, Scottish Rowing and Welsh Rowing are committed to the delivery of Education and Information and work together to collectively support athletes and athlete support personnel in rowing.

This document sets out an overview of the Clean Sport Education Plan across all home nations. British Rowing, Scottish Rowing and Welsh Rowing will have some variations in their own education plans but all plans have been designed to align in order to ensure a seamless and consistent experience of clean sport education across rowing in Britain. This Education Plan is underpinned by an internal implementation plan which is reviewed and shared with UK Anti-Doping on a regular basis.

We agree that an Athlete's first experience with Anti-Doping should be Education rather than Doping Control. This Education Plan will set the means by which this will be achieved.

Objectives

The objectives of the Education Plan are:

Short Term

All Athletes and Athlete Support Personnel (ASP)* in the Performance Pathway are empowered and able to apply their anti-doping responsibilities daily.

Medium Term

*Athlete Support Personnel refers to coaches, trainers, managers, agents, team staff, officials, medical/paramedical personnel, parents or any other Person working with, treating or assisting an Athlete participating in or preparing for sports Competition.

This list is not exhaustive and may change from time to time.



Performance athlete representatives and youth panels will collaborate with their Rowing NGB to share their ideas and contributions will help shape clean sport education.

Long Term

A robust network of regional and club clean sport leads who will be supported by British Rowing, Scottish Rowing or Welsh Rowing will act as another person athletes can go to for advice and information.

Education Pools

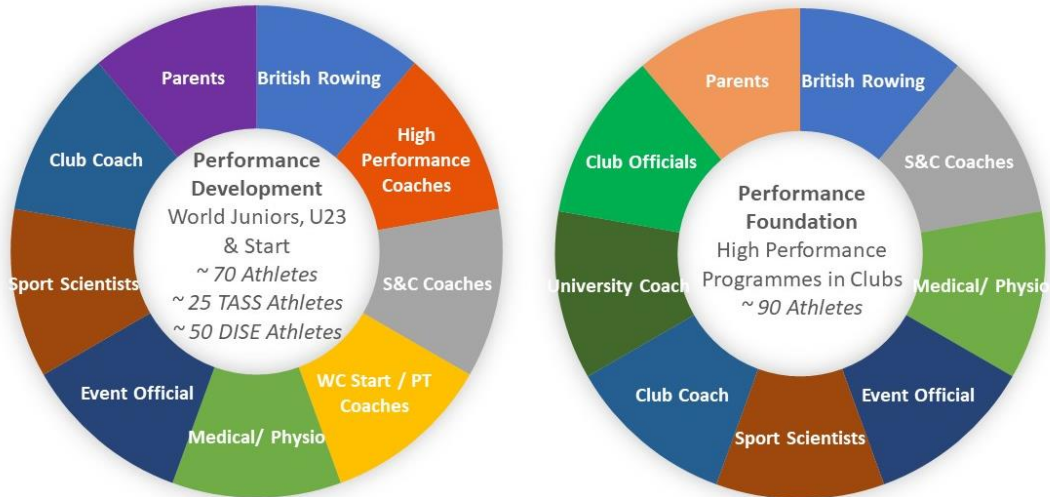
We will work together with affiliate organisations to, at a minimum, raise awareness of Clean Sport across all members and participants in rowing. The education pools identify types of athletes according to their level of engagement in rowing and the groups of ASP that typically support that pool.



The WCPP Education Pool consists of approximately 90 athletes with 40 on a National, Domestic or International Registered Testing Pool. Surrounding these athletes are a range of support personnel from British Rowing, and English Institute of Sport (EIS).



National



Performance Development and Performance Foundation encompasses approximately 235 athletes who are supported by British Rowing personnel, university staff, volunteers who are experts in their fields, and their own club coaches and officers. At these levels we would also anticipate a degree of support from parents.

Talented



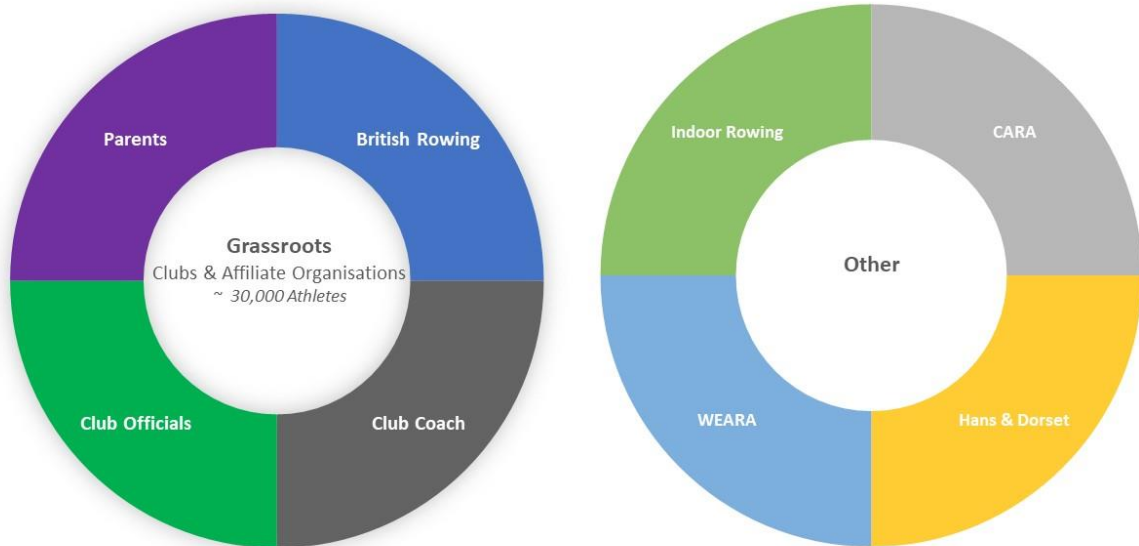
Competitive



At Performance Talent and Club Talent level there are estimated to be approximately 10,200 athletes, for which key ASP are club or university based.



Recreational



Grassroots describes athletes taking part in club based activity but they may be competitive at some events throughout the year. This is expected to include club athletes, masters rowers and non competitive club participants.

Whilst they sit outside the direct jurisdiction of British Rowing, Scottish Rowing or Welsh Rowing, Coastal Rowing organisations are affiliated to their NGB and therefore expected to meet the required governance standards, so it's important we include them in an education pool to support these organisations with education. Similarly there is no formal governance of indoor rowing, but with a regular competition calendar and events that are run in accordance with anti-doping rules, it is important to consider them in a pool of education as well.



Education Delivery Resources	Grassroots & Affiliate	Club Talent	Performance Talent	Performance Foundation & Development	BR Staff and Volunteers	Performance (BR led)
Social Media	✓	✓	✓	✓	✓	✓
BR Webpage	✓	✓	✓	✓	✓	✓
Member Newsletter	✓	✓	✓	✓	✓	✓
RowHow Portal	✓	✓	✓	✓	✓	✓
Event-based Education	✓	✓	✓	✓	✓	✓
UKAD Advisor Certificate	✓	✓	✓*	✓*	✓*	✓*
UKAD Coach Clean	✓	✓	✓*	✓*	✓*	✓*
iRowClean Online Modules	✓	✓	✓	✓	✓	✓
iRow Clean Webinars	✓	✓	✓	✓	✓	✓
iRowClean 1		✓	✓	✓*	✓*	✓*
iRowClean 2						✓*
UKAD Clean Games						✓*

*indicates a mandatory requirement to complete the requisite Clean Sport Education

In collaboration with World Rowing, we will ensure all Athletes and ASP who compete in World Championships outside of the Performance Programmes, such as World Masters, World Indoors, World Coastal, and World Beach Sprints are also prioritised for access to sufficient education and information.

British Rowing, Scottish Rowing and Welsh Rowing will recognise Clean Sport education that has been delivered by other sports and organisations and especially within the Home Nations, providing a signed register, or a certificate for the named individual can be evidenced.

Athletes or ASP returning from a sanction

Athletes or ASP suspended and sanctioned as a result of an Anti-Doping Rule Violation, will be supported through the opportunity to receive Clean Sport education either towards the end, or following the end of their period of suspension in order to enable them to return to rowing. The type of support will be agreed between their Rowing NGB and the returning Athlete and ASP to decide what best suits their situation and wishes.



British Rowing's Clean Sport Network

Key to the Education Plan is the support of advocates and influencers in rowing. ASP's can directly influence Athletes and their decision making, and therefore it is integral to Clean Sport to provide ASP's with the knowledge and support they need to guide athletes and other ASP around them.

Anti-Doping and Integrity Manager

British Rowing's Anti-Doping and Integrity Manager is responsible for the overall delivery of the Education Plan and Strategy. Liaising with UK Anti-Doping they will ensure content is produced and disseminated and an Educator team is deployed strategically to deliver education face to face, via webinar, or at events.

Over the next 2-3 years the Anti-Doping and Integrity Manager will oversee the implementation of a Clean Sport Network, bringing together and providing development opportunities or support for Educators, Clean Sport Leads and British Rowing Staff and Volunteers.

Educators

British Rowing's Clean Sport Educators are trained by UK Anti-Doping National Trainers to deliver iRowClean Workshops, (face-to-face or by webinar), and event-based education.

Educators will follow a quality assurance programme carried out by UK Anti-Doping to ensure the highest standard of delivery and be encouraged to attend regular CPD webinars and sessions provided by UK Anti-Doping.

British Rowing Educators' personal development will also be supported with annual 'in-house' opportunities to share experiences, learn from each other, and discuss anti-doping in the context of rowing.

As of 2020 British Rowing have 8 Clean Sport Educators. For effective delivery this Education Plan proposes:

- 8 -10 Educators across the Performance Programmes;
 - 2 Educators as named leads for each tier of the pathway.
 - 2 Educators as named leads for webinar and event-based education.

iRowClean Leads



As part of developing the support network British Rowing will explore the development of Regional Clean Sport Leads, and Club Clean Sport Leads who will act as a first point of contact for basic Clean Sport advice.

All Clean Sport Leads in British Rowing will be supported with regular newsletters informing them of important updates and guidance in how they can carry out their roles. They will also be invited to join British Rowing Educators and support event-based education.

Aims over the next 5 years:

- A Regional Clean Sport Lead in every region (10)
- A Performance Programme Clean Sport Lead in every performance programme (25)
- A Club Clean Sport Lead in every club (550)

Staff

British Rowing's Clean Sport programme involves collaborative working across the organisation to facilitate a consistent Clean Sport message.

All British Rowing staff will be provided with in-house training relevant to their roles so they are equipped with at least basic knowledge to be able to signpost others, and apply the practice if they also volunteer or take part in rowing.

Staff whose role involves directly supporting or coaching athletes includes the additional requirement to complete online UK Anti-Doping learning in the form of UKAD Clean Sport Advisor, or Coach Clean.

Volunteers – Competition Organisers and Officials

British Rowing's volunteers take on several roles within rowing to support athletes, whether in clubs or competitions. Support and training will be provided to Competition Organisers and Officials to enable them to ensure athletes competing in their events are aware the Anti-Doping Rules apply. Event specific Clean Sport resources will be provided, and some events will be supported with Event-Based Education delivered by Educators.

Clean Sport Ambassadors

British Rowing will recruit two Clean Sport Ambassadors from GBRT to support and help promote Clean Sport and associated messages. These ambassadors will help inspire young people in rowing who look to GBRT Athletes as role models.

In addition, British Rowing will ask these ambassadors and representatives from the Young People Panel to contribute to developing athlete-led Clean Sport education through their feedback and own ideas.



Performance (Elite) Clean Sport Programme Requirements

British Rowing's Performance Programme have specific education requirements as set out by UK Anti-Doping's Major Games Policy.

All Athletes:

- must attend Clean Sport 1 or 2 annually;
- must attend UK Anti-Doping's Clean Games session ahead of any Major Games;
- on a Registered Testing Pool must ensure they attend Whereabouts education and carry out their Whereabouts responsibilities in full.

All Coaches:

- must complete Clean Sport 1 / 2 / Games with their squad annually;
- must complete UK Anti-Doping's Coach Clean every 2 years.

All Athlete Support Personnel:

- must complete Clean Sport 1 / 2 / Games with their squad annually;
- must complete UK Anti-Doping's Clean Sport Advisor certificate every 2 years.





Clean Sport Education Programme

Our Clean Sport Education will consist of resources provided by UKAD to ensure it is current, relevant, and appropriate.

Where any resources, such as Clean Sport Education is amended, the materials will be verified through the UKAD's quality assurance process to ensure it is compliant with UKAD's Clean Games Policy.

We will utilise the following **Education Delivery Methods**:

	Description
Social Media	Appropriate media channels will raise awareness of key messages, updates and guidance
Webpage	Our Clean Sport webpages will highlight relevant information to inform visitors to the page
Member Newsletter	Regular member newsletters will include information of interest, notify members of any upcoming changes, and remind them where they can find further support
RowHow Portal	RowHow's Clean Sport Portal is a one stop location containing key documents or best practice guidance
Event-based Education	Event-based Education will be delivered at championship events. Each year this may be supplemented by additional Event-based education at events key to our strategic priorities
UKAD Clean Sport Advisor Certificate / Coach Clean	Provided by UK Anti-Doping these are resources we recommend all ASP and Coaches complete
iRowClean Online Modules	British Rowing's iRowClean Online Modules are designed to deliver sport specific online learning for Athletes and ASP and will be the main resource geared towards educating the wider rowing community
iRowClean Webinars	Use of webinars will enable us to deliver live Clean Sport Education nationally whilst minimising potential barriers of travel, cost and availability of time.



iRowClean 1	This is our first face-to-face or virtual workshop which covers all the fundamental information about Clean Sport
iRowClean 2	This is our second face-to-face or virtual workshop which is for groups that have attended Clean Sport 1 Education
Clean Games (Delivered by UK Anti-Doping)	Delivered by UK Anti-Doping in accordance with their Major Games Policy ahead of the Olympic and Paralympic Games

Topics Educators will deliver the appropriate level of knowledge as outlined on page 6 of UK Anti-Doping's Clean Sport Curriculum in cross reference with the Education Pools established in this document. Topics should include:

Governance	Substances of Abuse
100% Me Values	Supplements
Athlete and ASP rights and responsibilities	Medications and Therapeutic Use Exemptions
The principle of Strict Liability	Testing procedures
Consequences	Whereabouts Requirements, ADAMS and ABP (where appropriate)
Anti-doping Rule Violations	Reporting Doping
The Prohibited List	Where to go for further support and information

Record Keeping

Registers will be kept and shared in accordance with requirements of UK Anti-Doping, and in order to avoid duplication of Education efforts they will also be made available to World Rowing on request.

We will recognise Clean Sport Education delivered by other sports and organisations where either the training provider can produce a signed register, or a certificate for the named individual.



Monitoring and Evaluation

All Athletes and ASP who receive Clean Sport Education from British Rowing, Scottish Rowing and Welsh Rowing, will have the opportunity to complete feedback which will be collated and shared with UK Anti-Doping.

This data will be used to determine the effectiveness of the education programme and identify areas for improvement.

British Rowing members will be invited to complete an online survey to determine national level of awareness and understanding of Clean Sport in the rowing community. This annual survey will enable us to identify gaps in knowledge.

Success of the Clean Sport education programme will be determined through a combination of:

- Clean Sport education attendance;
- satisfaction levels as indicated by workshop feedback forms; and
- year on year increasing percentage of the rowing community demonstrating awareness and understanding of their roles and responsibilities.

Review

We are committed to regular review of the Clean Sport education programme. The Rowing Home Nations will convene on a biannual basis. British Rowing's Anti-Doping and Integrity Panel will convene midway between the 2021-2026 cycle, to discuss the effectiveness of the programme and report annually to British Rowing's Board. Scottish Rowing's Anti-Doping Management Group will meet quarterly and report annually back to the Scottish Rowing Board.