



Κολυμβητική  
Ομοσπονδία  
Ελλάδας

Hellenic  
Swimming  
Federation

swimming  
κολύμβηση

water polo  
υδατοσφαίριση

synchro  
συγχρονισμένη

diving  
καταδύσεις

finswimming  
τεχνική κολύμβηση

open water  
μεγάλες αποστάσεις

Αθήνα, 31 Ιανουαρίου 2023

Αριθ. Πρωτ.: .....607.../Ε

**Προς:**  
ΣΩΜΑΤΕΙΑ ΤΕΧΝΙΚΗΣ ΚΟΛΥΜΒΗΣΗΣ

**ΘΕΜΑ: Υποχρεωτικό εκπαιδευτικό πρόγραμμα Anti Doping**

Κύριε Πρόεδρε,

Σας γνωστοποιούμε ότι η Παγκόσμια Ομοσπονδία CMAS, στο πλαίσιο της πληροφόρησης και της ευαισθητοποίησης των αθλητών για τις διαδικασίες καταπολέμησης Ντόπινγκ και βάσει του άρθρου 20.3.13 του World Anti-Doping Code, έχει καθιερώσει την υποχρεωτική παρακολούθηση και Εκπαίδευση "E Learning WADA's Anti-Doping Education course ADEL" από τους αθλητές που πρόκειται να συμμετέχουν σε διοργανώσεις της CMAS.

Στην ιστοσελίδα της Παγκόσμιας Ομοσπονδίας <https://www.cmas.org/finswimming/anti-doping>, μπορείτε να βρείτε σχετικές πληροφορίες.

Παρακαλούμε να ενημερώσετε σχετικά τους αθλητές-τριες του Σωματείου σας.

Με τιμή,

ΓΕΝΙΚΟΣ ΓΡΑΜΜΑΤΕΑΣ

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2023, January 25<sup>th</sup>



To All National Federations  
Affiliated to Sports Committee

Medical and Anti-Doping Department &  
Sports Committee

Followed by Dr M. LEGLISE, M. GAUNARD

## Education requirements for National Federations under the CMAS's Anti-Doping Rules

Dear National Federations,

Anti-doping education is a crucial way of protecting sport. As a prevention strategy, education seeks to help prevent athletes and others from doping and promote behaviours in line with the values of clean sport. The World Anti-Doping Code binds the CMAS to plan, implement and promote education, and in turn, National Federations also have obligations regarding anti-doping education.

The International Standard for Education (ISE), published by WADA in 2021, outlines the mandatory education standards and is supported by a set of accompanying guidelines. The ISE states, "A key underlying principle of the International Standard for Education is that an Athlete's first experience with anti-doping should be through Education rather than Doping Control". We must all work together to support this.

We are writing to outline the support available in anti-doping education to help you fulfil these responsibilities. Through our partnership and investment with the International Testing Agency (ITA) and our own additional activities, you and your sporting communities can naturally take advantage of these initiatives too. These include:

### 1. The ITA Monthly Webinar Series

Every month the ITA hosts a 60-minute webinar on a key anti-doping topic for athletes and athlete support personnel (past sessions include "Supplements and Informed Decision-Making", "Parents & Guardians: A Guide to Clean Sport" and "Therapeutic Use Exemptions – An Athlete Guide"). The sessions are delivered in English, with simultaneous translation in Arabic, French, Russian and Spanish. As a partner of the ITA, we receive this information directly, which we then communicate to you. **We urge you to disseminate this to your athletes and athlete support personnel by email or posting the social media banners prepared for you.** This is an efficient and easy way to have 12 anti-doping "touch points" with your communities in 2023. Recordings of previous sessions can be found [here](#).

### 2. The IF Webinar Series

The series consists of five webinars covering the compulsory education topics set out in the WADA Code and the ISE. The sessions are delivered in English, with simultaneous translation in Arabic, French, Mandarin Chinese, Russian and Spanish. Each webinar will feature both the subject experts and elite athletes who will share their experiences and points of view on a diverse and important range of themes in the anti-doping world.

The webinars are designed to be engaging and interactive, with a poll, Q&A and chat options enabled for all participants. **We will be in touch in 2023 with full details and dates, and ask you to please invite your sporting communities to attend upon receipt of the information.**

### **3. The ITA Athlete's Hub**

This webpage provides information on various topics, including checking medications, and supplements, applying for a Therapeutic Use Exemption, Athlete FAQs and video tutorials.

WADA's Anti-Doping Education and Learning platform (ADEL) hosts a range of e-learning courses, many available in multiple languages. Please, encourage athletes, coaches and medical personnel to take advantage of this resource – they simply need to register for a free account.

*See on the website all the CMAS activities in terms of education.*

Furthermore, the CMAS requests that athletes complete education activities before they participate in all CMAS events as a condition of such participation.

We also ask you to work with your National Anti-Doping Organisation on educational programs for your athletes, a requirement per Article 20.3.13 of the World Anti-Doping Code. This Article requires you to conduct anti-doping Education in coordination with the applicable National Anti-Doping Organization.

Please feel free to contact for any further information [cmas@cmas.org](mailto:cmas@cmas.org)

We hope this information is helpful, and we thank you for your commitment to clean sport.

Kind regards,

**Medical Anti-Doping Director**

Michel LEGLISE

**President Sports Committee**

Michel GAUNARD