

ANTI-DOPING EDUCATION - WORKSHOP REQUEST FORM

Please read this document carefully.
Only page three should be returned to us.

Q HOW DO I GO ABOUT REQUESTING A WORKSHOP ON ANTI-DOPING?

A Contact Dr. Amanda Claassen-Smithers, Education Manager for The SA Institute for Drug-Free Sport (SAIDS) by e-mail at amanda@suids.org.za and copy tatum@suids.org.za or call the SAIDS office on 021 686 1634 or Cell phone: 060 997 3191.

Q HOW DO I CHOOSE THE DATES & TIMES FOR A WORKSHOP TO BE PRESENTED?

A Dates & times are to be determined by you in collaboration with the Education Team, led by Dr. Amanda Claassen-Smithers. We will do everything in our power to give you your first choice but please give us at least THREE dates to choose from.

Q WHO SHOULD ATTEND THESE WORKSHOPS?

A Anyone interested really. Although it is recommended that the most important persons are your top tier athletes (of any sport code), your sports administrators and your coaching personnel.

Q IS THERE A MAXIMUM NUMBER OF PEOPLE NEEDED FOR THE WORKSHOP?

A In order for the workshops to have maximum impact, the maximum number of participants is ± 50 (venue permitting and provided there is good audio/visual facilities). It is more ideal to have smaller groups as it allows for better interaction, interactive activities and discussions.

Q WHAT IS THE LENGTH OF A FULL ANTI-DOPING WORKSHOP?

A The workshop is two hours long, covering all the important aspects and inclusive of audio/video media, interactive activities, discussions, group work and question time. (Also see workshop content below). This format offers the most comprehensive and effective learning experience.

Q WHAT IF WE DON'T HAVE ENOUGH TIME TO DO THE FULL WORKSHOP?

A The workshop could be tailored to a 60 – 90 minute format, bearing in mind that it then compromises some of the interactivity and detailed coverage of the content.

Shorter than 60 minutes changes the format to more of a talk with some allowance for question and answer time. The content of the talk will then be based on either a brief overview of topics or only focusing on a select few topics.

If you prefer going the route of a shortened workshop or talk, then we advise that you schedule at least two workshops (or talks) – an introductory and a follow-up workshop(s) or talk(s) during the course of season / year to allow for a more comprehensive and effective anti-doping education / learning experience.

Q WHAT DOES IT COST TO HAVE A WORKSHOP PRESENTED?

A There is no cost for these workshops. All costs are borne by SAIDS including the following:

- ▶ Workshop facilitators
- ▶ All workshop literature / education material
- ▶ All “give-aways” – branded merchandise used as “prizes” for participant interaction
- ▶ Facilitators’ travel & accommodation expenses

Q WHAT DO I HAVE TO PROVIDE / DO IN ORDER FOR THE WORKSHOP TO BE PRESENTED?

A You would have to do the following, please:

- ▶ Provide the contact details of the liaison/contact person - e-mail and telephone number;
- ▶ Organize and make sure your participants are present on the date and time agreed upon by yourselves and the SAIDS Education Team;
- ▶ Let us know who the audience will be and the number of participants we need to prepare for;
- ▶ Organize a venue that has AUDIO/VISUAL facilities (at the very least a data projector with a screen and speakers, or a television with sound) as there is a PowerPoint presentation as well as video material that need to be played;
- ▶ A Public Address (PA) system inclusive of a microphone especially if it is a large group of people;
- ▶ Snacks for your participants (optional)

Q WHAT IS THE ACTUAL CONTENT OF THE WORKSHOP?

A At the conclusion of the workshop, participants should:

- ▶ Understand who the SA Institute for Drug-Free Sport (SAIDS) is;
- ▶ Understand the context within which SAIDS works; who WADA is, the CODE and the PROHIBITED LIST;
- ▶ Understand the spirit and ethics of sport;
- ▶ Understand the campaign: "I PLAY FAIR. SAY NO TO DOPING";
- ▶ Understand how the anti-doping code applies to their sport code as athlete/coach/manager/parent;
- ▶ Understand what are banned substances and permitted substances in sport;
- ▶ Understand doping control and its procedures – rights and responsibilities;
- ▶ Understand the concept of strict liability;
- ▶ Understand the consequences of doping;
- ▶ Understand the risks of prohibited substances (including recreational drugs);
- ▶ Understand the risks of dietary / sport supplements and SAIDS and WADA's position on supplement-use;
- ▶ Understand Therapeutic Use Exemptions;
- ▶ Understand the Registered Testing pool (RTP) and athletes whereabouts
- ▶ Understand how to deal with substance abusers;
- ▶ Understand where to go should participants need help with doping issues;
- ▶ Ask questions
- ▶ PLEASE NOTE: There will also be a session for group work to discuss the doping issues, questions & recommendations per group

Sincerely,

Dr. Amanda Claassen-Smithers

SAIDS Anti-Doping Education Manager

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Cell: 060 997 3191

SAIDS Anti-Doping Workshop Request

(fill in and email to SAIDS)

NAME OF YOUR ORGANIZATION:	
ADDRESS:	
EVENT ORGANISER / CONTACT PERSON(s):	
CONTACT TELEPHONE NUMBER(s):	
E-MAIL ADDRESS(s):	
WHO THE WORKSHOP IS FOR: <i>(who will be the audience / participants?)</i>	
NUMBER OF PARTICIPANTS (50 Max.):	
3 POSSIBLE DATES AND TIMES FOR WORKSHOP (or talk): <i>*Note the explanation of the time needed to do a workshop (page 1)</i>	Option 1:
	Option 2:
	Option 3:
ADDRESS / VENUE FOR THE WORKSHOP:	
(Please Select with an "X") YES, we are able to provide all the facilities as requested on page one above.
 NO, we are not able to provide all the facilities as requested on page one above.

ANY SPECIAL REQUESTS: