



2024 Anti Doping Year End Update

World Sailing is the global governing body for the sport of sailing. As an international federation the sailors and support personnel within the target groups are global. We therefore anticipate that any Anti-Doping education will be delivered in English with translation into Arabic, Chinese, French, and Spanish if required. Given current political climate, currently we are not anticipating translation into Russian but if Russian and Belarussian athletes, coaches and officials return to international competition then Russian language translation will be made available.

Sailing is an Olympic Sport and has featured at every edition of the Olympic Games of the modern era. In Paris 2024, the events listed below took place. These events are all confirmed for inclusion at the next edition of the Olympic Games to be held in Los Angeles, USA in 2028:

Women's in the following Classes:

One Person Dinghy

ILCA 6

Skiff 49er FX

Windsurfer- Iqfoil

Kiteboarding

Men's in the following Classes

One Person Dinghy

ILCA 7

Skiff 49er

Windsurfer- Iqfoil

Kiteboarding

Mixed in the following Classes

Mixed Multihull – Nacra 17 Foiling

Mixed Two Person Dinghy – 470

We have found that the majority of the sailing community is able to access education online and that in particular app based solutions are particularly welcomed and accessed.

Overall aims of the education programme

The use of doping substances or doping methods to enhance performance in sailing is fundamentally wrong and is detrimental to the values of World Sailing. The Aim of the World Sailing education programme is to promote positive values and ethical behaviours and to protect clean athletes and

preserve the spirit and integrity of sport. Integrity is one of the Values of World Sailing and one of the Goals of the organisation is to educate sailors on anti-doping and maintain Sailing's excellent record of zero positive tests at the Olympic Games.

The programme will therefore involve educational activities which emphasise the development of an individual's personal values and principles, in order to build the learner's capacity to make decisions to behave ethically.

In accordance with the programme and learning objectives of the WADA curriculum we are seeking to ensure those who attend education:

Our Programme Objectives are linked to the learning objectives set out in the WADA curriculums - To summarise we are seeking to ensure those who attend education:

- Know and understand the principles and values associated with clean sport.
- Know and understand the Anti-Doping Charter of Athlete Rights.
- Know and understand what the principle of Strict Liability is.
- Know and understand the consequences of doping, for example, physical and mental health, social and economic effects, and sanctions.
- Know and understand the eleven (11) Anti-Doping Rule Violations (ADRVs).
- Know and understand the purpose, structure and substances/methods listed in the Prohibited List. Where to find the List and note that it is updated every year.
- Know and understand the risks of supplement use.
- Know and understand how to check the status of their medications.
- Know and understand the use of medications and whether such method is prohibited.
- Know and understand how to apply for a Therapeutic Use Exemptions (TUE).
- Know and understand the requirements of the Registered Testing Pool (RTP) and Testing Pool (TP) including whereabouts and the use of ADAMS.
- Know and understand how and where they can speak up to share concerns about doping.
- Know and understand the key steps of Doping Control and the rights and responsibilities of the Athlete during this process and the Athlete Biological Passport where relevant.

TARGET GROUPS

The Education Pool has been created following a risk assessment, noting that sailing is a low risk sport, (Tier 2) and currently has no athletes sanctioned and returning into competition the focus will therefore be on any athletes new to the Registered Testing Pool (RTP) RTP =18 Athletes) and the Testing Pool (TP) (TP =14 Athletes), Para Classes (Athletes, Athlete support personnel, coaches number competing in Inclusion World Championship to be confirmed but approximately 150-170 persons) and Youth Classes (Athletes, Athlete support personnel, coaches, parents, carers or guardians number to be confirmed for those attending Youth Championships in Portugal but approximately 300-400 persons).

World Sailing will use staff within our organisation as educators, Integrity Manager and Director of Legal and Governance and will work with and develop partnerships and contacts at various NADOs. We are also in discussions with the ITA and other providers to partner to deliver further education. The RTP and TP athletes are nationals from countries where there are excellent NADO's (Eg GBR, USA, FRA, SWE, SUI, ESP) it is therefore anticipated that many in the Olympic Classes will already have had some anti-doping education. We will target those new to the RTP or TP.

For each Youth Championships World Sailing will seek to install and operate Anti-Doping educational outreach booths. We will seek to operate these in conjunction with the host NADO, WADA and/or trained staff and volunteers from World Sailing.

All athletes and support personnel competing in Paris 2024 completed a compulsory online education course on the WADA e-learning platform (ADEL). In the past World Sailing has requested all athletes and support personnel to complete an online education course directly on the WADA e-learning platform (ADEL). We will request all RTP and TP athletes and those competing at the Valencia Test Event in 2025 to complete this education if they have not already done so. We have also formally required all our Members to conduct education in cooperation with their respective NADO or any other organization.

When requiring persons under World Sailing jurisdiction to complete education programmes we will acknowledge the education programmes of other Signatories in order to avoid duplication of efforts. We will request Team Leaders to collate certificates and self-certify to World Sailing that the relevant athletes, coaches and support personnel have completed a recognised education programme.

Update

We continue to utilise our own branded Anti-Doping banners at our outreach booths and education sessions. See picture attached.

We attended the Sailing Youth World Championships in Brazil 2023 and delivered an Anti-Doping session to sailors and operated an educational outreach booth. See picture attached

We attended the Sailing Youth World Championships in Garda, Italy in July 2024. We delivered two Anti-Doping Sessions - one to the Emerging Nations Program sailors and the other to the youth sailors competing in the championships and support staff. We operated an educational/outreach booth in the expo area as well as in the dining hall. See pictures attached

We delivered an Anti Doping education session to the World Sailing IOC Solidarity Scholarship students in September 2024. See picture attached

We attended the RS Venture Connect Para Inclusive Championships in Rutland, UK in September 2024 and delivered an anti-doping session to the para sailors. This was in the place of the Para Inclusive World Champs that was due to take place in Weymouth but was cancelled. See picture attached

We continue to use our own branded materials to hand out at our outreach booth and anti-doping sessions. They are printed in English and Spanish – See attached. We will possibly look at printing in French too in future.

The ITA held an International Federation educational webinar series on our behalf, that was attended by athletes, coaches, administrators and medical personnel. The webinar series covered Introduction to anti-doping; The Doping Control Process; Medications, Supplements, Prohibited List and TUEs; Values, consequences and reporting and Out-of-Competition Testing.

TUE Applications

5 TUE Applications were made in 2024. These 5 applications were all approved by the Medical Commission and certificates granted.

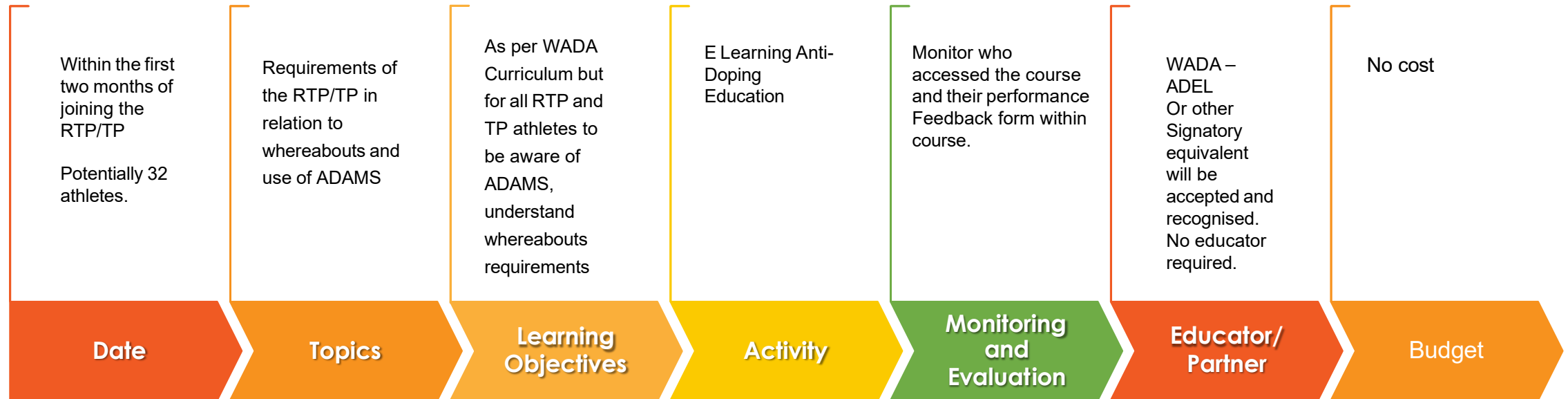
Whereabouts Filing Failures

1st filing failures – 5

2nd filing failures – 0

3rd filing failures – 0

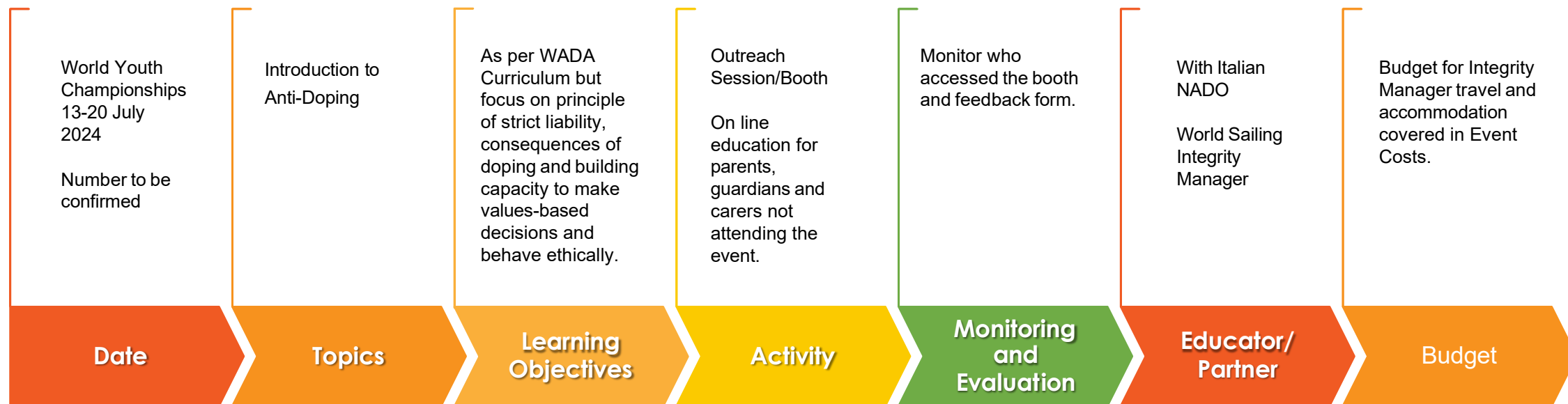
Athletes new to TP/RTP



Para Classes

Inclusion World Championship for Sailing – Weymouth UK – September 2024 Approximately 150-170 persons	Introduction to Anti Doping	As per WADA Curriculum - Snapshot of Anti Doping – Focus on Principle of Strict Liability, Consequences of Doping and building capacity to make values-based decisions and behave ethically.	Booth E Learning Anti-Doping Education Interactive platform using Ipad/tablet. Fun Wall to sign commitment to Drug Free Sailing	Monitor who accessed the booth Feedback form at the booth or within app.	In collaboration with UKAD World Sailing Integrity Manager	Cost of Integrity Manager travel and accommodation
Date Date	Topics	Learning Objectives Learning Objectives	Activity Activity	Monitoring and Evaluation Monitoring and Evaluation	Educator/ Partner/ Educator/ Partner/ Partner	Budget

Youth Athletes











Anti-Doping Booth





Tips for clean sport



Questions?
Send us an email
medical@sailing.org

Further information
on our website
www.sailing.org



Our mission is to preserve the sport's core values of fairness, integrity, and equal opportunity. Our anti-doping campaign is not a mere formality, but a testament to our dedication to clean sport. Through rigorous testing and educational initiatives we send a clear message that we stand united against the use of prohibited substances in sailing.



#ISailPure



Meat in China and Mexico can be contaminated with clenbuterol. So be careful about eating meat in those countries.

#ISailPure



Herbal teas can contain cocaine in South American countries. Oops! So watch out for herbal tea. And you certainly shouldn't drink tea with 'Coca' in the name.



1

Check all your medicines

Medicines can contain prohibited substances. So always make sure you know what medicines you are taking, what is in them, and if they are allowed. Even if they are prescribed by a doctor. Your national anti-doping organisation can help you here. The Global DRO website is also a useful tool.

2

Apply for a therapeutic use exemption if necessary

Do you need to take medicines that contain prohibited substances? Then you can apply for a therapeutic use exemption from your national anti-doping organisation or your federation. That is the way to obtain official permission to use the medicine.

3

Be careful with nutritional supplements

Dietary supplements can contain prohibited substances. You can't always tell by reading the label because the supplement may have been contaminated. That applies to vitamin pills and protein shakes as well! Some countries have their own system - such as Informed Sport - to check dietary supplements for the presence of prohibited substances. Ask your national anti-doping organisation. In addition, you should always discuss the use of nutritional supplements with an expert, such as a sports dietician or a sports physician.

4

Never refuse a doping control

Have you been selected for a doping control? Then you have to cooperate at all times. Even if that's not convenient. Do you have any reservations about the doping control process? You should note them immediately on the doping control form.

5

Do not use drugs

Drugs such as cannabis, ecstasy and cocaine are forbidden in competition. So take care! Cannabis, for example, can still be found in your urine for up to one-month after use. And if it is still found during a doping control in competition, you will test positive!

6

Report anti-doping rule violations

Detecting doping is very important for clean sports. Your information can help! You can give confidential information about possible anti-doping rule violations on the ITA's Reveal Platform. You can also do that anonymously.

7

Fill in your whereabouts correctly

Do you have to provide whereabouts information? If you do then you should do that correctly, and on time. Make sure the information is always up to date and make sure you don't commit three whereabouts failures within a period of 12 months.

