**THE RFL ANTI-DOPING EDUCATION & TRAINING STRATEGY**

**2016-2021**

**1 INTRODUCTION**

The RFL has a responsibility to provide education and training to ensure that its Operational Rules relating to Anti-Doping are understood and complied with by the whole game. To this end it wishes to work with UK Anti-Doping to provide a complete educational package for all those involved the game at each level of Rugby League.

The RFL wishes to maintain its position as a leading governing body in the education of all players, support staff and others involved in Rugby League. The RFL acknowledges that whilst a comprehensive testing programme plays a fundamental part as a deterrent and preventative measure against doping, the RFL has a duty to provide players, support personnel and parents and carers with the appropriate information and technical advice they need to make informed and responsible choices, comply with the anti-doping regulations and protect Rugby League in the UK.

This strategy seeks to formalise RFL’s current and previous education work and ensure that there is one integrated education programme for the whole game.

The strategy runs from 1 April 2016 to 2021 in line with all other RFL strategies and will be reviewed annually in conjunction with UK Anti-Doping (UKAD).

**2 VISION**

To support the current, and create a new, generation of players who understand their anti-doping rights, responsibilities and risks, can apply this information practically and have confidence in their ability to succeed in Rugby League without the use of Prohibited Substances or Prohibited Methods.

To support the current, and create a new, generation of support personnel who understand that the players they are involved with can achieve their goals without using Prohibited Substances or Prohibited Methods, who embrace their obligations within the 100%ME principles and can provide accurate information and support to help players make good clean sport decisions and protect Rugby League in the UK.

To create and support the current, and future, generations of participants, support staff, administrators and parents and carers to understand their rights, responsibilities and risks in relation to clean sport and to protect and champion the right to compete in rugby league without the use of prohibited substances of methods.

**3 MISSION**

The RFL values the contribution that sport can make to health, self-development, social development and national pride when fostered within a strong ethical environment. The RFL identifies integrity, fairness, equity and respect as values essential to meaningful success in sport. Fundamental to sport being enjoyed by all is sporting conduct and the way sport is played, the RFL commits to playing its part in ensuring that standards are set for fair play and a clean sport.

The basic principle of the RFL’s education and training programme for anti-doping shall be to protect the spirit of sport from being undermined by doping and to establish an environment which promotes and reinforces doping-free behaviour among participants and support staff. The RFL acknowledges that whilst a comprehensive testing programme plays a fundamental part as a deterrent and preventative measure against doping, the RFL has a duty to provide players, support personnel and parents and carers with the appropriate information and technical advice they need to make informed and responsible choices, comply with the anti-doping regulations and protect Rugby League in the UK.

The RFL is committed to communicating and implementing the policies, procedures and messaging developed and communicated by both the World Anti-Doping Agency (WADA) and UK Anti-Doping (UKAD) to all its members, players, support staff and administrators to ensure both consistency and accuracy with the required regulations.

**4 OBJECTIVES**

The RFL is committed to implementing, monitoring and evaluating this long-term education and information strategy so that successive generations of players and support staff understand their rights, responsibilities and anti-doping risks and can practically apply this information and education in their day-to-day lives. The RFL are committed to working with UK Anti-Doping, WADA, the RLEF and the RLIF to ensure each of the audiences identified above understand how they can protect both themselves and Rugby League in the UK.

The RFL has identified the following objectives to enable our vision to become a reality:

* 1. Establish a generation of young players who have confidence in their own ability to succeed in rugby league without doping
  2. Provide a range of relevant and accurate information and education to enable players to understand the importance of remaining doping free, to make informed and responsible decisions, to minimise their risk of inadvertent doping and to comply with the RFL’s anti-doping regulations.
  3. Provide education and relevant and accurate information to support personnel (coaching and medical) to ensure they understand the importance of doping free sport and empower them to help the players they work with to make informed and responsible decisions so they do not misuse Prohibited Substances or Prohibited Methods.
  4. Promote doping free behaviour to positively influence player beliefs and increase the understanding of the value of anti-doping for players to make well informed and positive choices.
  5. Raise awareness of the RFL’s education programme and effectively deliver key messages through a range of communication channels.

**5 TARGET GROUPS**

The RFL will provide information that can be accessed by all in Rugby League but will target the groups set out below.

5.1 Players – all levels of players in the professional and community game including representative groups.

5.2 Support Personnel – including coaches, physios, conditioners, doctors, physios, nutritionists, Player Welfare Managers and Heads of Youth in the professional game and coaches, physios, first aiders and Club Welfare Officers in the Community game.

5.3 Parents/Carers – for junior players (U18) the RFL will provide information to parents where possible.

**6 AMBASSADORS**

The RFL has a representative on the UK Anti-Doping Athletes’ Committee, Jon Wilkin, but does not intend to have any Anti-Doping Ambassadors.

**7 COMMUNICATION**

The RFL keeps up to date information on its website including links to relevant organisations for more detailed information.

**8 MONITORING & EVALUATION**

The Strategy will be overseen by the Welfare Director with supporting advice and expertise from the Compliance Manager and, where appropriate, UKAD.

The RFL will monitor the Strategy against the objectives, measuring the success of each of the sections of the Operational Plan, against its intentions. This will be undertaken in August each year in time to make any necessary changes, including supporting amendments, to the Operational Rules for the following year. This monitoring and review will include details of which groups have received training and/or education during the year and approximate numbers.

**9 OPERATIONAL PLAN Red – not started Amber – in progress – Green - complete**

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| **Professional Game** | | | | | |
| **Who** | **What** | **How** | **By Whom** | **When** | **Notes** |
| NRTP | Induction | Face to face | UKAD & the RFL Compliance Manager | When enter group |  |
| All professional players (First Team, Reserves, Academy U19 & Academy U16) | Annual education workshops for all squads required by Operational Rules | RFL, UKAD approved Educators | Welfare Department to initiate & police | Annually | Need to find ways of keeping workshop interesting & different |
| All professionals | Anti-Doping Booklet | Mail shot to home address annually | Compliance Manager produce, UKAD sign off, Welfare Department to circulate | Sent annually with PPG |  |
| All professionals | Professional Players Guide (PPG) articles | Each PPG to carry an anti-doping article | Welfare Department | Annually | Every year since 2012 – will soon go online |
| England U18 & 16 squads | Education workshop | UK Educators | RFL & Performance | Annually |  |
| Clubs CEOs & Chairmen | Reminder of their responsibilities | Meetings &/or by circular | Legal & Ops Director | Annually at appropriate meeting |  |
| RFL Performance staff | UKAD Advisors | Online | Relevant individuals to be identified by Performance Director | Updates as required by UKAD |  |
| Support Staff (conditioners, physios, PWMs, HOYs) | Required to be UKAD Advisors | Online course | By individuals, Welfare Department to monitor | Updates as required by UKAD | Regular updates required from UKAD |
| Support Staff (doctors & physios) | Medical Standards | Include information in Medical Standards | Welfare Department to include information in Medical Standards | Produced annually |  |
| Support Staff (doctors & physios) | CPD | Presentation at CPD events | UKAD Educators | CPD events | To be at appropriate level |
| All | Share UKAD App | Send link | RFL | As soon as customised |  |
| **COMMUNITY GAME** | | | | | |
| **Who** | **What** | **How** | **By Whom** | **When** | **Notes** |
| Clubs & coaches | Provide Information to clubs  Encourage UKAD Advisors | Include in Community Game First Aid Standards | Welfare Department | Reviewed & circulated annually |  |
| Clubs & coaches | I&PED | Talks at clubs | Public Health | To be offered as part of CWO conference talk |  |
| Coaches | Education & information | Section in L2 coaching badge | Rugby League Learning | Ongoing | Done |
| Coaches | Licence requirements | Look to include UKAD advisor | Rugby League Learning | Not agreed yet | Would replace above |
| Players | Website Page | Information & links | Welfare & DMU | April 2016 | New site up but needs editing |
| Embed the Pathway staff | UKAD advisors | Online course | By individuals, Welfare Department to monitor | Updates as required by UKAD | Regular updates required from UKAD |
| Players – Embed the Pathway c2500 players | UKAD App | Promote with ETP materials | RFL ETP staff | As part of ETP days |  |
| Players – Embed the Pathway c2500 players across 72 ETP days | UKAD DVD education | Make part of material to be delivered | RFL ETP staff | As part of ETP days |  |
| Players – Category 3 Academies | Anti-doing workshop | Talks at the colleges | RFL UKAD Advisors | Annually |  |
| Club Welfare Officers | Education sessions | Talk at each Safeguarding Conference | Welfare Department | Annually |  |
| Parents | Embed the Pathway | In presentations & online resource | Performance | Ongoing | In place |
| All | Share UKAD App | Send link | RFL | As soon as customised |  |

RFL Anti-Doping Team :

Advisors

Educators

How many and the plan for deployment

Working Group – how often do they meet, is there a link to the Board to share updates, who is on the group?