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International Life Saving Federation Education Plan

Introduction

The **International Life Saving Federation** (ILS) is composed of national aquatic lifesaving organisations (known as **Member Federation/Organisations**) from around the world.

Through its own work and that of member federations/organisations efforts ILS leads the global efforts reduce injury and death in, on, or around the water.

ILS accomplishes this by assisting existing national lifesaving federations/organisations; facilitating and developing a global exchange of drowning prevention and lifesaving information and of best lifesaving practices; helping establish lifesaving federations/organisations in areas of the world where they are needed, but do not exist; acting as the International Federation for lifesaving sport; and cooperating with other international bodies with shared goals.

ILS is committed to the eradication of doping from sport and to provide a clean, safe, and fair environment for all participants.

To this end ILS requires itself and its member federations/organisations to adhere to the World Anti-Doping Agency (WADA) standards. For ILS member federations/organisations and its individual participant members this may usually be achieved by compliance with their WADA compliant National Anti-Doping Organisation (NADO).

To achieve this ILS has in place anti-doping rules that are consistent with the World Anti-Doping Agency (WADA) **standards**. ILS also provides comprehensive **anti-doping information** to its members via its website.

In addition, education of those engaged in ILS Sport is identified as a key to protecting the integrity of sport. To this end ILS has developed an Education Plan with the objective of mitigating and managing doping threats in order to provide a safe and fair environment for participants in ILS sport.

The ILS Education Plan has been developed to be consistent with WADA's World Anti-Doping Code International Standard for Education (ISE) and compels delivery through its member federations/organisations that participate in lifesaving sport.

The ILS Plan outlines the required and recommended education involvements for all ILS members to facilitate compliance with their national anti-doping/integrity policies and procedures (NADOs) and the ISE against its overall guiding purpose to support the preservation of the spirit of sport as outlined in the WADA Code (Code) to help foster a clean sport environment.

ILS (and its member federations/organisations) will also consult with and refer to other relevant WADA signatories when managing its clean sport anti-doping principles (including breaches of the WADA Anti-Doping Code) as well as education recognition from such signatories. For ILS competition the kindred sports specifically include Aquatics, Canoeing, Athletics, Rowing and Fin Swimming but may also extend to other International Federations.

Anti-Doping

Under the WADA ISE, ILS has a responsibility for it and its member federations/organisations to ensure identified sports people (including minors and inclusive participants) have access to and receive anti-doping education. This can be achieved either by online or face-to-face education.

A key principle of the ISE is that the first encounter with clean sport and anti-doping should be for athletes to be educated before being tested.

The following are the ILS target groups to access to and receive anti-doping education:

- National team athletes and support personnel* competing or involved in International events, championships, or ILS sanctioned competitions;
- Any athlete and/or support personnel* returning from an Anti-Doping Rule Violation sanction;
- Individual athletes and support personnel* competing or involved with domestic championships, or other registered competitions conducted by an ILS member federation/organisation;
- Individual athletes and support personnel* competing or involved in leagues or events subject to user-pay testing;
- ILS member federations/organisations engaged in sport activities.

* **Note:** Support personnel may include coaches, trainers, managers, team staff and officials, medical and paramedical personnel, parents/carers, and any other person working with, treating, or assisting an athlete participating in or preparing for ILS competition.

Access to ISE anti-doping standards and resources is via the WADA website located at:

<https://www.wada-ama.org/en/resources/world-anti-doping-code-and-international-standards/international-standard-education-ise>

Specific on-line learning for ILS members whose national federations/organisation does not have access to specific WADA compliant education through their NADO, is available via WADA Anti-Doping Education and Learning (ADEL) platform at:

<https://adel.wada-ama.org/learn>

Less formal anti-doping Education can also be delivered by ILS and its member federations/organisations through:

- Reminders of clean sport and anti-doping requirements on the ILS, Lifesaving World Championship (LWC) and NADO websites, Facebook, and other social media.
- Inclusion of clean sport and anti-doping requirements in in competition entry and other event circulars.
- Inclusion of messages and reminders in athlete, coach, team manager, officials and other pre event briefings etc.
- Establishment of booths and distribution of educational material at competitions and conferences, etc.

Education Standards

The topics outlined in this Education Plan provide a structured approach to educating members and key stakeholders about WADA's anti-doping policies and procedures.

ILS is responsible to ensure that availability to anti-doping educational resources is accessible to its member federations/organisations for their specific sport participants in order that they become familiar with their obligations.

The type of anti-doping education for the target groups based on their participation in sport and detailed in this plan is detailed in Annexure 1.

When ILS is delivering formal face to face or webinar education, it is committed to ensuring that will be trained and certified training educators will be engaged as required by the ISE.

When ILS National Federations/organisations deliver formal face to face or webinar education, ILS will require, by this document, that trained and certified training educators be involved as required by the ISE.

ILS financial resources are extremely limited and operates primarily with volunteers (e.g. development of this plan) of which delivery will be required through National Lifesaving Federations/Organisations (NLFOs), many of which are also made up primarily by volunteers. Many ILS NLFOs have access to their NADOs and to free on-line anti-doping education. ILS would expect that this is base line for national teams. For those ILS NLFOs that do not have access to NADOs or are not recognised by their National Olympic Federation (NOF), ILS will direct them to advise their athletes to access the WADA free on-line anti-doping education that is offered in many languages.

The education material (e.g. social media messaging) is developed by volunteers based on WADA and NADO messaging and posted to ILS and event Facebook pages, websites, Entry Systems, and the like.

Where formal education is delivered at competitions appropriate material will be provided and courses delivered by accredited educators. The costs for such will be either user pays or met by organisers and/or via event entry fees.

Commitment

WADA has provided access to a suite of resources to promote education including a range of free education materials and online courses.

Many national governments through their NADOs are committed to the integrity of sport and have also developed similar and WADA compliant resources for its sporting associations including ILS member federations/organisations and their individual members. NADOs may also assist member federations/organisations with the provision of eLearning completion reports consistent with the detail provided in Annexure 1. Certification of completion of such courses are to be submitted to ILS via email where requested (ils.hq@telenet.be).

ILS will be responsible for Implementing and communicating the promotion and completion of education requirements (or NADO equivalents) as detailed in **Annexure 1**. In addition, ILS, ILS will be responsible for interactions with WADA for the ongoing development maintenance, reporting, and review of this Education Plan.

Education Plan Compliance

WADA will ensure compliance by ILS with its anti-doping agreement including its Education Plan and by undertaking the compulsory audits and with ILS conducting its own annual internal reviews (refer Annexure 2 for the skeleton Evaluation Report).

ILS will seek to communicate its plan and expectations with its member federations/organisations via formal communiqués, emails, newsletters, social media posts, and educational opportunities at Life Saving World Championships (conducted each two years).

In addition, as part of sanctioning of competitions (usually conducted by ILS regions or member federations/organisations), ILS will require communication of clean sport and anti-doping information for participants.

ILS will also seek to communicate effectively and efficiently with WADA to develop and implement this plan.

Conclusion

This Education Plan is a partnership between ILS and its member federations/organisations.

ILS is responsible for implementing, monitoring, and reviewing this plan within its sport and supporting compliance of its ILS member federations/organisations that are engaged in Lifesaving sport activities.

WADA is responsible to support ILS and this plan through the provision of education resources and interventions.

Both parties are to work together to uphold the integrity of sport and to provide a safe, fair, and healthy environment to reduce the incidence of deliberate or inadvertent anti-doping rule violations.

Further information

Please contact ILS at hq@ilsf.org.

ILS Signatory

WADA Signatory

Dated

Dated

1 July 2024
Education Plan Review Date

Annexure 1 – Education Plan Implementation

The target groups to receive anti-doping educational activities, either through ILS or their national member federation/organisation, include:

- National team athletes and support personnel* competing or involved in International events, championships, or ILS sanctioned competitions;
- Any athlete and/or support personnel* returning from an Anti-Doping Rule Violation sanction;
- Individual athletes and support personnel* competing or involved with domestic championships, or other registered competitions conducted by an ILS member federations/organisation;
- Individual athletes and support personnel* competing or involved in leagues or events subject to user-pay testing;
- ILS member federations/organisations engaged in sport activities.

* **Note:** Support personnel may include coaches, trainers, managers, team staff and officials, medical and paramedical personnel, parents/carers, and any other person working with, treating, or assisting an athlete participating in or preparing for ILS competition.

Please also note:

- NADOs are committed to the integrity of sport and have also developed similar and WADA compliant resources for its sporting associations including ILS member federations/organisations. These educational learning platforms may also be used by the target groups with certification submitted to ILS where required.
- An ILS member who has completed WADA or equivalent NADO or anti-doping education for another sporting federation is not required to repeat the same training for ILS. However, a copy of applicable certification is to be submitted to ILS where required.

The relevant training for each of the WADA target groups is detailed in this Annexure.

1) International Level Athlete Education Programme:

ILS Interpretation: ILS member athletes who have been selected by their federation/organisation to represent their nation at ILS LWCs, World Games, and other ILS conducted or sanctioned international lifesaving sporting competitions.

Note: It is expected that ensuring such education is the responsibility of ILS member federations/organisations through their NADO or WADA but compliance checks for participation approval at ILS international events is managed by ILS.

Learning Course(s) and Other Education	Course Description	Outcome and Comments	Planned Time Line and Detail
<p>Registered NADO Courses or WADA equivalent i.e.,</p> <ul style="list-style-type: none"> - ADEL For International Level Athletes - Athletes Guide to the 2021 Code - ILS and Member Federation Education, Messaging and Reminders 	<p>The WADA and equivalent NADO ADEL Education programs are tailored to international (national team) level athletes. It includes the ADEL for International level athletes.</p> <p>The e learning includes a number of modules focusing some specific topics related to anti-doping and clean sport and also a separate course relating to the athletes guide to the 2021 Code.</p> <p>ILS to issue LWC Anti-doping information, bulletins, reminders, messages and advised to LWC competition participants.</p> <p>Note: Member Federations may also deliver face to face education and instruction to national Team athletes as part of team member induction and training camps.</p>	<p>By completing the education activity 100% of participants will be:</p> <ul style="list-style-type: none"> - Aware of anti-doping and clean sport objectives and processes. - Aware of the Anti-Doping Administration and Management System (ADAMS). - Athletes Guide to the 2021 Code. - Aware of Whereabouts requirements. - Where required, will be able to file their first quarter whereabouts information. <p>NADO Link: Refer the relative national federation/organisation.</p> <p>WADA Training Link: https://adel.wada-ama.org/learn/learning-plans/1/international-level-athletes-education-program-english</p> <p>A certificate will generate after the athlete completes both the course, guide, and successfully completes the compulsory quiz relating to the course undertaken.</p> <p>ILS may request the provision of a certificate as part of athlete eligibility at its events.</p>	<p>1 August 2024 Mandatory: WADA or equivalent NADO ADEL Education programs to be completed for LWC2024 by the top two national open and youth team athlete members (based on the LWC 2022 national teams point score results). Highly Recommended: For teams who placed three to five. Recommended: All members of other national team members to complete WADA or equivalent NADO ADEL Education programs prior to participating in the ILS LWC 2024. Mandatory: ILS and the LWC 2024 organisers to alert all participants in ILS LWC and/or sectioned international competitions of the ILS commitment to clean sport and anti-doping, as well as reference links to education via:</p> <ul style="list-style-type: none"> - bulletins * - website information * - social media messaging * - briefings - Education Conferences (if held) <p>* Refer attached template at the bottom of this annexure.</p> <p>1 July 2025 Mandatory: WADA or equivalent NADO ADEL Education programs to be completed by all athletes participating in the WGs.</p> <p>1 July 2026 Mandatory: WADA or equivalent NADO ADEL Education programs to be completed for LWC2026 by the top eight open and youth national team athlete members based on the LWC 2024 national teams point score results. Recommended: All members of other national team athlete members to complete WADA or equivalent NADO ADEL Education programs prior to participating in the ILS LWC 2026.</p> <p>1 July 2028 Mandatory: WADA or equivalent NADO ADEL Education programs to be completed for LWC2028 by all open and youth national team athlete members based on the LWC 2026 national teams point score results.</p> <p>Note 1: ILS is aware that a number of member federations/organisations already are working with their NADOs and have anti-doping programmes and information in place. Further, in some instances federations/organisations have already made it mandatory for their open and youth National Team Members and supporting personnel to have undertaken this training.</p> <p>Note 2: ILS will also accept certifications from participants completing education via other WADA recognised international federations.</p>

2) Registered Training Pool (RTP) and Testing Pool (TP) Athletes' Education

ILS Interpretation: These are (currently) a small number of ILS member athletes who are at the absolute pinnacle within ILS sport (e.g. multiple world champions in their events) and are selected by ILS in consultation with their federation/organisation to be selected in a specific Testing Pool.

Note 1: This pool will also include returning athletes from an anti-doping infraction. There are also additional obligations on these athletes.

Note 2: It is expected that ensuring such education is the responsibility of ILS member federations/organisations through their NADO or WADA but compliance checks for participation approval at ILS international events is managed by ILS.

Learning Course(s) and Other Education	Course Description	Outcome and Comments	Planned Time Line and Detail
<p>Registered NADO Courses or WADA equivalent i.e.,</p> <ul style="list-style-type: none"> - ADEL For International Level Athletes - Athletes Guide to the 2021 Code - ILS and Member Federation Education, Bulletins, Messaging and Reminders 	<p>The WADA and equivalent NADO ADEL Education programs are tailored for RTP and TP athletes and includes whereabouts essentials.</p> <p>The e learning includes a number of modules focusing some specific topics related to anti-doping and clean sport and also a separate course relating to the athletes guide to the 2021 Code.</p> <p>In addition, there are two factsheets:</p> <ul style="list-style-type: none"> - Glucocorticoid (GCC) by injection. - Dried blood spot (DBS) testing basics. <p>Note: Accessible PDF versions of the factsheets are available for download in the File repository area.</p> <p>ILS to issue LWC Anti-doping information, bulletins, reminders, messages and advised to LWC competition participants.</p> <p>Note: Member Federations may also deliver additional face to face education and instruction to national Team athletes as part of team member induction and training camps.</p>	<p>By completing the education activity 100% of participants will be:</p> <ul style="list-style-type: none"> - Aware of anti-doping and clean sport objectives and processes. - Aware of the Anti-Doping Administration and Management System (ADAMS). - Athletes Guide to the 2021 Code. - Aware of Whereabouts requirements. - Provided fact sheets for Glucocorticoid (GCC) by injection and also dried blood spot (DBS) testing basics. - RTP and TP athletes will be able to file their first quarter whereabouts information. <p>This course is for RTP athlete and includes whereabouts Essentials.</p> <p>The course also has a final quiz (mandatory) – and a score of 80 or above is required to meet the course completion requirement.</p> <p>Two factsheets for athletes and Athlete Support Personnel - Glucocorticoid (GCC) by injection, and Dried blood spot (DBS) testing basics.</p> <p>Note: Accessible PDF versions of the factsheets are available for download in the File repository area.</p> <p>Link: https://adel.wada-ama.org/learn/courses/10/adel-for-registered-testing-pool-athletes-english</p>	<p>Immediate: Any athlete returning to ILS competition after an anti-doping infraction.</p> <p>1 August 2024 Mandatory: WADA or equivalent NADO ADEL Education programs to be completed for LWC2024 by RTP and TP athletes. Mandatory: ILS and the LWC 2024 organisers to alert all participants in ILS LWC and/or sectioned international competitions of the ILS commitment to clean sport and anti-doping, as well as reference links to education via:</p> <ul style="list-style-type: none"> - bulletins * - website information * - social media messaging * - briefings - Education Conferences (if held) <p>* Refer attached template at the bottom of this annexure.</p> <p>1 July 2025 Mandatory: WADA or equivalent NADO ADEL Education programs to be completed by all by RTP and TP athletes participating in the WGs.</p> <p>1 July 2026 Mandatory: WADA or equivalent NADO ADEL Education programs to be completed for LWC2026 by RTP and TP athletes.</p> <p>1 July 2028 Mandatory: WADA or equivalent NADO ADEL Education programs to be completed for LWC2028 by all by RTP and TP athletes.</p> <p>Note 1: ILS is aware that a number of member federations/organisations already are working with their NADOs and have anti-doping programmes and information in place. Further, in some instances federations/organisations have already made it mandatory for their RTP and TP athletes and supporting personnel to have undertaken this training.</p> <p>Note 2: ILS will also accept certifications from participants completing education via other WADA recognised international federations.</p>

3) Coaches of High Performance Education:

ILS Interpretation: ILS member Team Coaches and Managers selected by their federation/organisation to represent their nation at ILS LWCs, World Games, and other ILS conducted or sanctioned international lifesaving sporting competitions.

Note: It is expected that ensuring such education is the responsibility of ILS member federations/organisations through their NADO or WADA but compliance checks for participation approval at ILS international events is managed by ILS.

Learning Course(s) and Other Education	Course Description	Outcome and Comments	Planned Time Line and Detail
<p>Registered NADO Courses or WADA equivalent i.e.,</p> <ul style="list-style-type: none"> - ADEL For Coaches of High Performance Athletes - Athlete Support Personnel (ASP) Guide to the 2021 Code - Seminar at LWCs - ILS and Member Federation Education, Bulletins, Messaging and Reminders 	<p>The WADA and equivalent NADO ADEL Education programs are tailored for coaches and team managers of national teams.</p> <p>The e learning includes a number of modules focusing some specific topics related to anti-doping and clean sport and also a separate course relating to the athletes guide to the 2021 Code.</p> <p>Note: ILS or Organisers may also deliver face to face seminars for national Team coaches and management at ILS events such as LWCs.</p> <p>ILS to issue LWC Anti-doping information, bulletins, reminders, messages and advised to LWC competition participants.</p>	<p>By completing the education activity 100% of participants will be:</p> <ul style="list-style-type: none"> - Aware of anti-doping and clean sport objectives and processes. - Aware of the Anti-Doping Administration and Management System (ADAMS). - Athletes Guide to the 2021 Code. - Aware of Whereabouts requirements. <p>NADO Link: Refer the relative national federation/organisation.</p> <p>WADA Training Link:</p> <p>Link: https://adel.wada-ama.org/learn/learning-plans/7/coaches-of-high-performance-education-program-english</p> <p>A certificate will generate after the coach/manager completes both the course, guide, and successfully completes the compulsory quiz relating to the course undertaken.</p> <p>ILS may request the provision of a certificate as part of coach/manager eligibility at its events.</p>	<p>1 August 2024</p> <p>Mandatory: WADA or equivalent NADO ADEL Education programs to be completed for LWC2024 by the coaches and team managers of the top two national open and youth teams based on LWC 2022 national teams point score result.</p> <p>Recommended: All coaches and managers of other national teams to complete WADA or equivalent NADO ADEL Education programs prior to participating in the ILS LWC 2024.</p> <p>Mandatory: ILS and the LWC 2024 organisers to alert all participants in ILS LWC and/or sectioned international competitions of the ILS commitment to clean sport and anti-doping, as well as reference links to education via:</p> <ul style="list-style-type: none"> - bulletins * - website information * - social media messaging * - briefings - Education Conferences (if held) <p>* Refer attached template at the bottom of this annexure.</p> <p>1 July 2025</p> <p>Mandatory: WADA or equivalent NADO ADEL Education programs to be completed by all athletes participating in the WGs.</p> <p>1 July 2026</p> <p>Mandatory: WADA or equivalent NADO ADEL Education programs to be completed for LWC2026 by the coaches and managers of the top eight national teams based on the open and youth LWC 2024 national teams point score result.</p> <p>Recommended: for all other coaches and managers of national teams participating in the ILS LWC 2024.</p> <p>1 July 2028</p> <p>Mandatory: WADA or equivalent NADO ADEL Education programs to be completed for LWC2028 by the coaches and managers of all open and youth national teams based on LWC 2026 national teams point score result.</p> <p>Note: ILS is aware that a number of member federations/organisations already are working with their NADOs and have anti-doping programmes and information in place. Further, ins some instances federations/organisations have already made it mandatory for all their open and youth National Team Members and supporting personnel to have undertaken this training.</p> <p>Note 2: ILS will also accept certifications from participants completing education via other WADA recognised international federations.</p>

4) Medical Professionals' Education:

ILS Interpretation: ILS member medical professionals who have been selected by their federation/organisation to assist their national teams at ILS LWCs, World Games, and other ILS conducted or sanctioned international lifesaving sporting competitions.

Note 1: Medical professionals may also be assisting with national level athletes and clubs.

Note 2: It is expected that ensuring such education is the responsibility of ILS member federations/organisations through their NADO or WADA but compliance checks for participation approval at ILS international events is managed by ILS.

Learning Course(s) and Other Education	Course Description	Outcome and Comments	Planned Time Line and Detail
<p>Registered NADO Courses or WADA equivalent i.e.:</p> <ul style="list-style-type: none"> - ADEL For Medical Professionals - Athlete Support Personnel (ASP) Guide to the 2021 Code - ADEL For Medical Professionals at Major Games (if applicable) - Education, Bulletins, Messaging and Reminders 	<p>The WADA and equivalent NADO ADEL Education programs are essential for medical professionals and includes all the required learning.</p> <p>This guide provides athlete support personnel with information on the significant changes to the 2021 Code.</p> <p>Note: An accessible PDF version of the guide is available for download in the File repository area.</p> <p>The e learning includes a number of modules focusing some specific topics related to anti-doping and clean sport and also a separate course relating to the athletes guide to the 2021 Code.</p> <p>ILS and National federations/organisations are to issue anti-doping information, bulletins, reminders, messages and advised to competition participants.</p> <p>Note: ILS and Member Federations may also deliver face to face education and instruction to talented athletes as part of training, conferences, and events.</p>	<p>By completing the education activity 100% of participants will be:</p> <ul style="list-style-type: none"> - Aware of anti-doping and clean sport objectives and processes. - Aware of the Anti-Doping Administration and Management System (ADAMS). - Provided fact sheets for Glucocorticoid (GCC) by injection and also dried blood spot (DBS) testing basics. - ASP guide to the 2021 Code . <p>NADO Link: Refer the relative national federation/organisation.</p> <p>WADA Training Link: https://adel.wada-ama.org/learn/learning-plans/13/medical-professionals-education-program-english</p>	<p>1 August 2024 if not already in place ILS member federations/organisations it is highly recommended that education be implemented as required by their NADO for medical professionals supporting national teams.</p> <p>Mandatory: ILS to have it in their procedures to alert medical professionals of the ILS commitment to clean sport and anti-doping, as well as reference links to education via:</p> <ul style="list-style-type: none"> - bulletins * - website information * - social media messaging * - briefings - Education Conferences ((via training, conferences, and events) <p>* Refer attached template at the bottom of this annexure.</p> <p>1 July 2025 ILS to seek update on progress with member federations/organisations.</p> <p>1 July 2026 ILS to seek update on progress with member federations/organisations.</p> <p>Note: ILS is aware that a number of member federations/organisations already are working with their NADOs and have anti-doping programmes and information in place.</p>

5) Talented Athletes' Education (managed by National Federations/Organisations):

ILS Interpretation: ILS member athletes selected their federation to participate in their federation/organisation's talented athlete development programs. Such member may, or may not be members of their federation/organisation's national teams at their time of selection.

Note: Such education is the responsibility of ILS member federations/organisations.

Learning Course(s) and Other Education	Course Description	Outcome and Comments	Planned Time Line and Detail
<p>Registered NADO Courses or WADA equivalent i.e.:</p> <ul style="list-style-type: none"> - ADEL For Talented Athletes - Athletes Guide to the 2021 Code - Education, Bulletins, Messaging and Reminders 	<p>The WADA and equivalent NADO ADEL Education programs are tailored to talented athletes who are identified and managed by their federation.</p> <p>The e learning includes a number of modules focusing some specific topics related to anti-doping and clean sport and also a separate course relating to the athletes guide to the 2021 Code.</p> <p>National federations/organisations are to issue anti-doping information, bulletins, reminders, messages and advised to competition participants.</p> <p>Note: Member Federations may also deliver face to face education and instruction to talented athletes as part of training, conferences, and events.</p>	<p>By completing the education activity 100% of participants will be:</p> <ul style="list-style-type: none"> - Aware of anti-doping and clean sport objectives and processes. - Aware of the Anti-Doping Administration and Management System (ADAMS). - Athletes Guide to the 2021 Code. - Aware of Whereabouts requirements. - Where required, will be able to file their first quarter whereabouts information. <p>NADO Link: Refer the relative national federation/organisation.</p> <p>WADA Training Link: https://adel.wada-ama.org/learn/courses/10/adel-for-registered-testing-pool-athletes-english</p> <p>A certificate will generate after the athlete completes both the course, guide, and successfully completes the compulsory quiz relating to the course undertaken.</p>	<p>1 August 2024 if not already in place ILS member federations/organisations it is recommended that education be implemented as required by their NADO talented athlete programmes.</p> <p>1 July 2025 ILS to seek update on progress with member federations/organisations.</p> <p>ILS member federations/organisations to have it in their procedures to alert talented participants of the ILS commitment to clean sport and anti-doping, as well as reference links to education via:</p> <ul style="list-style-type: none"> - bulletins * - website information * - social media messaging * - briefings - Education (via training, conferences, and events) <p>* Refer attached template at the bottom of this annexure.</p> <p>1 July 2026 ILS to seek update on progress with member federations/organisations.</p> <p>Note: ILS is aware that a number of member federations/organisations already are working with their NADOs and have anti-doping programmes and information in place.</p> <p>Note 2: ILS national federations will also accept certifications from participants completing education via other WADA or NADO recognised federations.</p>

6) National Level Athletes Education Programme (managed by National Federations/Organisations):

ILS Interpretation: Member athletes selected by their club to participate in their federation/organisation's National Championships. Member athletes who qualify to participate in their federation/organisation's high performance sporting competitions.

Note: Such education is the responsibility of ILS member federations/organisations.

Learning Course(s) and Other Education	Course Description	Outcome and Comments	Planned Time Line and Detail
<p>Registered NADO Courses or WADA equivalent i.e.:</p> <ul style="list-style-type: none"> - ADEL For National Level Athletes - Athletes Guide to the 2021 Code - Education, Bulletins, Messaging and Reminders 	<p>The WADA and equivalent NADO ADEL Education programs are tailored to national level athletes who are managed by their federation.</p> <p>The e learning includes a number of modules focusing some specific topics related to anti-doping and clean sport and also a separate course relating to the athletes guide to the 2021 Code.</p> <p>National federations/organisations are to issue anti-doping information, bulletins, reminders, messages and advised to competition participants.</p> <p>Note: Member Federations may also deliver additional face to face education and instruction to national athletes as part of training, conferences, and events.</p>	<p>By completing the education activity 100% of participants will be:</p> <ul style="list-style-type: none"> - Aware of anti-doping and clean sport objectives and processes. - Aware of the Anti-Doping Administration and Management System (ADAMS). - Aware of Whereabouts requirements. - Where required, will be able to file their first quarter whereabouts information. <p>NADO Link: Refer the relative national federation/organisation.</p> <p>WADA Training Link: https://adel.wada-ama.org/learn/learning-plans/2/national-level-athletes-education-program-english</p> <p>A certificate will generate after the athlete completes both the course, guide, and successfully completes the compulsory quiz relating to the course undertaken.</p>	<p>1 August 2024 if not already in place ILS member federations/organisations to implement and manage education as required by their NADO for selected athletes and national competition.</p> <p>1 July 2025 ILS to seek update on progress with member federations/organisations.</p> <p>ILS member federations/organisations to have it in their procedures to alert participants in national level competitions of the ILS commitment to clean sport and anti-doping, as well as reference links to education via:</p> <ul style="list-style-type: none"> - bulletins * - website information * - social media messaging * - briefings - Education Conferences (if held) <p>* Refer attached template at the bottom of this annexure that may be modified for ILS member federations/organisations.</p> <p>1 July 2026 ILS to seek update on progress with member federations/organisations.</p> <p>Note: ILS is aware that a number of member federations/organisations already are working with their NADOs and have anti-doping programmes and information in place.</p> <p>Note 2: ILS national federations will also accept certifications from participants completing education via other WADA or NADO recognised federations.</p>

7) Parents of High Performance Athletes Education (managed by National Federations /Organisations):

ILS Interpretation: Parents/Carers/Athlete Support Personnel (ASPs*) of high performance athletes as selected by their national federation/organisation’s to assist with the understanding of anti-doping and clean sport principles and processes.

Note 1: * ASPs also includes those responsible/caring for minors and inclusive participants to ensure these cohorts are aware of and, where appropriate, receive anti-doping education.

Note 2: Such education is the responsibility of ILS member federations/organisations.

Learning Course(s) and Other Education	Course Description	Outcome and Comments	Planned Time Line and Detail
<p>Registered NADO Courses or WADA equivalent i.e.,</p> <p>- ADEL For Parents/Carers and ASP of High Performance Athletes</p> <p>- Education, Bulletins, Messaging and Reminders</p>	<p>The WADA and equivalent NADO ADEL Education programs are tailored to parents/carers and ASP of high performance athletes who are managed by their federation.</p> <p>This guide provides Athlete Support Personnel (ASP)'s with information on the 2021 Code and also the significant changes.</p> <p>National federations/organisations are to issue anti-doping information, bulletins, reminders, messages and advised to competition participants.</p> <p>Note: Member Federations may also deliver additional face to face education and instruction to parents/carers and ASP of high performance athletes as part of training, conferences, and events.</p>	<p>By completing the education activity 100% of participants will be:</p> <ul style="list-style-type: none"> - Aware of anti-doping and clean sport objectives and processes. - Aware of the Anti-Doping Administration and Management System (ADAMS). - Aware of Whereabouts requirements. - Where required, will be able to file their first quarter whereabouts information. <p>NADO Link: Refer the relative national federation/organisation.</p> <p>WADA Training Link: https://adel.wada-ama.org/learn/learning-plans/121/athlete-support-personnel-asps-guide-to-the-code-2021-education-multiple-languages</p>	<p>1 August 2024 if not already in place ILS member federations/organisations to implement and manage education as required by their NADO for parents/carers and ASP of high performance athletes.</p> <p>1 July 2025 ILS to seek update on progress with member federations/organisations.</p> <p>ILS member federations/organisations to have it in their procedures to alert participants in national level competitions of the ILS commitment to clean sport and anti-doping, as well as reference links to education via:</p> <ul style="list-style-type: none"> - bulletins * - website information * - social media messaging * - briefings - Education Conferences (if held) <p>* Refer attached template at the bottom of this annexure.</p> <p>1 July 2026 ILS to seek update on progress with member federations/organisations.</p> <p>Note: ILS is aware that a number of member federations/organisations already are working with their NADOs and have anti-doping programmes and information in place.</p>

8) Other Courses (managed by National Federations/Organisations):

ILS Interpretation: All other WADA, NADO and ILS Clean Sport and Anti-Doping for all members involved and/or interested in ILS sport (including athletes, coaches, managers, medical professionals, officials, and administrators and ASPs *).

Note 1: * ASPs also includes those responsible/caring for minors and inclusive participants.

Note 2: Such education is the responsibility of ILS member federations/organisations.

Learning Course(s)	Course Description	Outcome and Comments	Planned Time Line and Detail
At a Glance: Anti-Doping Overview	Anti-Doping Overview slide summary.	Designed to assist educators and for general information to increase awareness. Link: https://adel.wada-ama.org/learn/courses/83/At-a-Glance:%20Anti-Doping%20Overview	Ongoing: Optional but highly recommended as ongoing for all ILS member federations/organisations.
At a Glance: Therapeutic Use Exemptions (TUEs)	Therapeutic Use Exemptions (TUEs) slide summary.	Designed for all involved in sport to increase awareness. Link: https://adel.wada-ama.org/learn/courses/83/At-a-Glance:%20Anti-Doping%20Overview	Ongoing: Optional but highly recommended as ongoing for all ILS member federations/organisations.
At a Glance: Athletes Whereabouts	Athletes Whereabouts slide summary.	Designed to assist educators and for general information to increase awareness. Link: https://adel.wada-ama.org/learn/courses/83/At-a-Glance:%20Anti-Doping%20Overview	Ongoing: Optional but recommended as ongoing for all ILS member federations/organisations.
ILS Specific Web Page information	ILS anti-doping web page providing comprehensive information or all individuals involved in ILS sport.	ILS Anti-Doping Information for all ILS members engaged in sport. Link: https://www.ilsf.org/lifesaving-sport/rules/anti-doping/ .	Ongoing: Optional but highly recommended as ongoing for all ILS member federations/organisations. Status: Recommended for all individuals involved in ILS competition
ILS Specific Policy and Rules Document	ILS Anti-Doping Regulations	Policy Document detailing current formal ILS Anti-Doping Rules and the WADA relationships. Link: https://www.ilsf.org/wp-content/uploads/2023/09/2021-ILS-Anti-Doping-Rules-08.09.2023.pdf .	Ongoing: Compulsory for all ILS member federations/organisations.



www.ilsf.org

ILS LWC Anti-Doping Statement *

“ILS shares the World Anti-Doping Agency (WADA) vision of a world where athletes can participate in a doping-free sporting environment.

ILS has committed itself and its member federations/organisations to adhere to the WADA standards and seeks to provide a clean, safe, and fair sporting environment.

A key principle of WADA’s World Anti-Doping Code International Standard for Education (ISE) is that the first encounter with clean sport and anti-doping should be for athletes to be educated before being tested.

Against this background all members participating at the Lifesaving World Championships (LWC) 2024 are reminded of their anti- doping responsibilities under ILS policies and rules.

These may be found at: <https://www.ilsf.org/lifesaving-sport/rules/anti-doping/>.

It is strongly recommended that all participants including, youth, open, and master age competitors, team coaches, team, medical personnel, and parents/carers as well as officials and administrators review the sport integrity information and, as appropriate to their role, complete their equivalent National Anti-Drug Organisation (NADO) or WADA online training relevant to their role at LWC 2024.

The WADA training may be found at: <https://adel.wada-ama.org/learn>.

Further information is available by contacting ILS at: ILS hq@ilsf.org.”

*** Note: Variations of the wording in this statement may be tailored, as appropriate for:**

- **ILS website**
- **LWC 2024 website**
- **LWC 2024 social media (e.g., Facebook, etc.)**
- **Team Manager, Officials and Coaches briefings**
- **LWC Notice Boards**
- **Member Federations/Organisations, etc.**

Annexure 2

International Lifesaving Federation (ILS) Evaluation report

Introduction

The International Lifesaving Federation (ILS) Education Plan was developed in line with the World Anti-Doping Agency (WADA) Guidelines for the International Standard for Education.

As detailed, the ILS plan is subject to continuous monitoring and regular evaluation and is consistent with WADA monitoring and evaluation components. The evaluation is to include:

Monitoring (M)	What: Collecting information and capturing data regularly and over time to see progress towards achieving program objectives. When: Monitoring happens throughout the education program, before, during and after education activities.
Evaluating Learning (EL)	What: Determining whether your education activity participants have learned something as well as gathering feedback to determine the quality of the learning experience or interaction. When: Evaluating learning happens during and at the end of education activities.
Program Evaluation (PE)	What: Focuses on asking the questions: Was it worth it? Were program objectives met? When: Program evaluation will typically happen annually on a fixed date; i.e. once all educational activities have been completed.
Determining Impact (DI)	What: Measures whether the education program has made a difference. Has it affected the behaviour of athletes and Athlete Support Personnel? Has it made an impact beyond the set program objectives? Are there objective quantification tools that can measure impact? When: At the end of each calendar year and at the end of the four-year cycle.

Final evaluation report

In the table below details the final evaluation outcome of education completed between 2024 and 2028.

Target group	Program objectives	Content	Learning objectives	Education activities	Monitoring				
					Completed	Number of participants reached.	Materials disseminated	Feedback and assessment	Education component delivered
National Team Athletes	80 - 100% of national team athletes will complete an online education before participating at the ILS Lifesaving World Championships	Mandatory content plus nutrition and supplementation issues	By the end of the online education, athletes will know mandatory information regarding antidoping program of ILS.	E learning online education	Y/N	<i>Number</i> completed from 2024 to 2028	<i>Number</i> of downloads of certificates	yes	Anti-doping education
Other Athletes and Athlete Support Personnel (ASP)	Other athletes and all ASP within the education pool will have access to anti-doping information on all mandatory topics via ILS website and social media posts.	Mandatory content plus organisation process and procedures	After seeing the social media post, the viewer will know where to find more information about the antidoping and competition program on World Championships and will know the key dates.	Web page	Y/N	<i>Number</i> of site visits in year	N/A	N/A	Awareness raising Information provision