Overview of anti-doping activities 2021-2022

Table Tennis Wales is firmly against drug misuse and believes that all players have the right to compete in sport knowing that they, and their competitors are clean. The use of performance-enhancing drugs and other doping behaviour severely damages the legitimacy of sport and undermines the integrity of clean athletes.

Each Year Table Tennis Wales undertakes various activities to ensure members are informed and sport is conforming to UKAD standards

1. **Anti-doping key information pack – distributed and sent to all the membership. This pack contains information on how to keep our sport clean and in line with UKAD policy. The main subject areas of focus in this pack includes:**

   - **Anti-doping roles within the organisation.**
   - **ADRVs (athletes/ASP)**
   - **Promoting 100% me**
   - **Reasons for doping/unintentional v intentional**
   - **Signs of doping**
   - **Preventing doping**
   - **Testing procedures**
   - **Contacts/websites – UKAD, WADA, Global DRO, clean sport app**

1. **Anti-Doping discussed at board meeting – 21/09/202 – agreed the Education strategy set out and discussed. Education strategy will filter down from GB Table Tennis to our Home Nations.**
2. **Club Anti-doping policy – put in place for all clubs/membership to follow and adhere to.**
3. **Anti-Doping – Policies and procedures put on Table Tennis Wales website Anti-Doping - Table Tennis Wales**
4. **National squads/Athletes receive education workshop once per year (Latest workshop 23/8/2021) outlining the key information pack, talking about Global DRO and how effectively it can be used. Educating on food groups and how food is the best form of fuel for all athletes. Talking about values and beliefs, promoting 100% me.**
5. **Webinar –New anti-doping role, assurance framework discussed**
6. **Coach clean course attended by all national coaches involved in session.**
7. **Para athletes Paul Karabadak and Thomas Matthews attending clean sport forum (12th, 13th October). Promoted to national squad players.**
8. **Promote anti-doping and clean sport week**
9. **Commonwealth Games athletes to attend anti-doping training.**