

## Clean sport

Clean sport is about athletes respecting themselves, their health, their competitors and their sport.

It is also about respect for the anti-doping rules that help to protect the integrity of sport competitions.

And what underpins clean sport is an athlete's values and the values of those around them, values such as integrity, fairness, equity, joy, inclusion, resiliency and perseverance.

## *Lesson 1*

### What to expect from this module

In this module you will learn about ...

- What clean sport means
- How values play a big part about who you are
- How values influence behavior
- How this connects to anti-doping

This module will help you think about **why clean sport matters** and **how it protects** your experience and opportunities in sport, and how you can **act as an advocate** for clean sport!

### Learning objectives

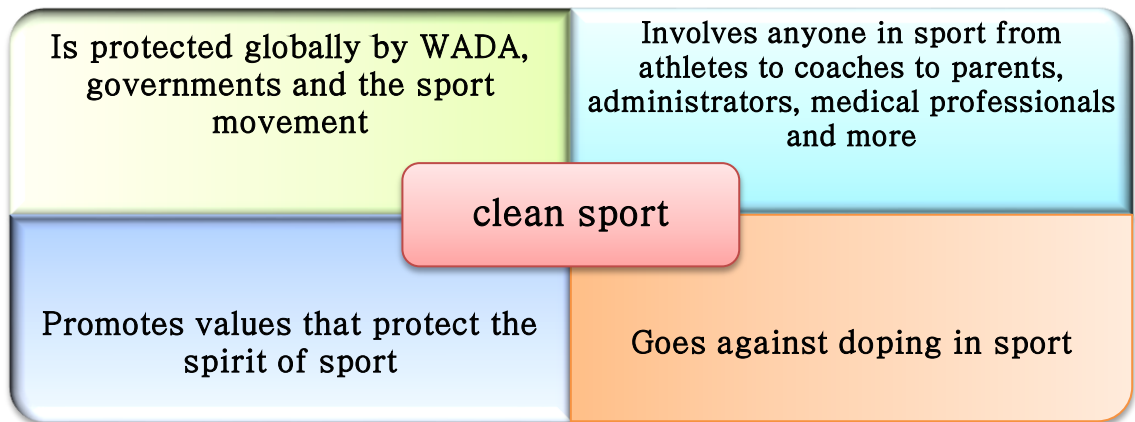
By the end of this module you should be able to:

1. Explain the concept of clean sport and what it means to compete clean.
2. Identify values and behaviors associated with clean and name your own values too.
3. Consider how your personal values to values associated with clean sport.
4. Examine how clean sport is impacted by the values of athletes, Athlete Support Personnel (ASP) and others.
5. Explain how anti-doping practices and requirements are values-based.

Our aim is to help you **demonstrate values and behaviors** associated with clean sport.

## *Lesson 2*

### So, what is clean sport?



### When you are part of clean sport you...

- Respect yourself, others and your sport.
- Participate and compete with integrity.
- Reach your potential through discipline, training, rest, recovery and appropriate nutrition practices.
- Uphold your values and principles.
- Are educated on all things anti-doping.
- Seek help and information when needed.
- Abide by the anti-doping rules.
- Advocate for your rights and perform your anti-doping responsibilities.
- Speak up to share concerns about doping.

**What does clean sport mean to you?**

**What does clean sport mean to those around you?**

### *Lesson 3*

## Let's talk about values

### What are values?

Values are what **guide and influence** you as you make decisions in life.

So, for example, if you value sport, you will likely make choice that allow you to participate in or engage with sport, like joining a gym, eating healthy, watching matches on TV, cheering on a local team, playing a game with friends, and so on. Values **impact your behavior**.

Can you name some of your values?

### Why are values important?

Values are important because they are the basis for everything you do. What you value matters. And because you are part of various communities, your values and the choices you make as a result of those values impact and influence other people too.

So, if you are an athlete who values inclusion, you will be encouraging of others to participate and will want them to have an equal opportunity to succeed. If you are an athlete who values commitment, you will dedicate yourself to your sport and will expect your teammates and coaches to do the same.

And the reverse is also true. The values of those around you have an impact on you too. If a coach or parent values effort and fun, you will compete with those values in mind, enjoying your sporting experience while performing to the best of your ability. But, if a coach or parent values winning above all, you will likely look at your upcoming competition in a very different way.

So, how do you pick which values to live by?

Your experiences, the people who have influenced you and the interactions you have had in your life have helped develop your values. Taking part in sport has played a role too.

So, let's think about the role sport has played in developing your personal values.

These inherent values of sport (the words highlighted in pink in the list above) are likely what attracted you to sport in the first place. And they may also be the values you discovered were important to you.

Whatever your first sporting experience was like, the values you developed through sport are as important now as they were at the beginning.

But, new experiences, people, and the choices you make can influence and change the values you've grown up with and cause you to adopt new ones.

Here are some examples.

Which values resonate with you? Choose 5 that mean the most to you

**Honesty**

Being honest, being truthful, having integrity

**Commitment**

Sticking to your passion or seeing through a task to the end despite challenges or adversity

**Work ethic**

Being disciplined and focused on a task, job or career

### Humility

Having a modest view of your successes and achievement. Acknowledging and having gratitude for the effort you and others put in to see that success.

### Patience

Being able to wait, remain calm and have self-control.

### Perseverance

Pushing through challenges in order to reach your goal.

### Resilience

Being able to adapt and bounce a back after a setback.

### Effort

Being determined to achieve your goal.

### Accountability

Taking responsibility for your actions.

### Community

Enjoying being and working with others. Supporting them and appreciating their help.

### Growth

Reflecting on past experiences, accepting criticism and feedback, and learning from mistakes. Doing what is best for your personal development.

### Health

Taking time to put your health first. Focusing on your physical wellbeing by eating well, hydrating, exercising and resting and focusing on your mental wellbeing, meditating, relaxing and taking breaks.

### Service

Giving back. Volunteering or offering your time, energy and wisdom to others.

### Self-reliance

Being able to take care of yourself and your needs.

### Positivity

Having a positive outlook, even when times are challenging. Finding the good in each situation.

### Preparedness

Being ready, planning ahead.

### Self-control

Being able to regulate your behavior and emotions. Having willpower, being able to resist temptation.

### Happiness

Being happy, enjoying experiences and the company of others who are happy too.

### Empathy

Understanding how someone else is feeling. Being able to put yourself in their place and reflect what their experience may be like.

### Inclusion

Being welcoming of others, regardless of differences.

### Equity

Wanting what is fair, even if it is not equal, for everyone.

## Respect

Respect for self: Caring for yourself  
Respect for others: Caring for others and showing them kindness  
Respect for rules: Honoring, accepting and following the rules

## Fairness

Wanting what is just for all.

## Openness

Being willing to listen to, participate in and accept new ideas, new cultures and new customs. Being willing to collaborate with others.

## Balance

Being able to take for different things and focus on what is important in the moment.

**Now, think of those around you.**

What are your friends' values?

What are your parents' values?

What are your coaches' values?

What are your partner's values?

**Your values, and the values of those around you, matter. Values are also the **foundation for clean sport**.**



## Lesson 4

### How values connect to clean sport

You began this module by learning that WADA, along with governments and the sport movement, protect clean sport. They, as well as you, should always encourage the development of values that can help protect the spirit of sport.

As you find out more about anti-doping, you will learn that WADA has a Code, called the World Anti-Doping Code. The Code sets out all the anti-doping rules and procedures. It's an internationally agreed Code (same rules for all) and its fundamental purpose is to protect athletes' health.

**The Code is underpinned by these values:**

**Fun and  
joy**

- Clean sport promotes fun and joy by creating an environment where you can participate on a level playing field, be involved, engage with others, and see success.

**Fair play  
and  
honesty**

- Clean sport promotes fair play and honesty by asking you to participate with integrity (doing the right thing even when no one is watching).

**Character  
and  
education**

- Clean sport promotes character development and the importance of education by encouraging you to grow and develop so you can always train and compete clean, in line with the spirit of sport.

Respect for  
self, others,  
rules and  
laws

- Clean sport promotes respect by asking you to be considerate of yourself (physically and emotionally) and of others and to follow the rules so all athletes can be successful based on their own merit.

Health

- Clean sport promotes health by allowing you to reach your potential through effective training, healthy habits and nutrition strategies, and, importantly, by banning the use of substances in sport that are harmful to health.

Teamwork

- Clean sport promotes teamwork by encouraging everyone to work together to keep sport clean. Everyone has a role to play!

Dedication  
and  
commitment

- clean sport supports your dedication and commitment by creating an environment where effort, hard work and determination is valued and is what leads to success.

Excellence  
in  
performance

- Clean sport promotes excellence in performance by highlighting what sport is – your personal endeavor to be the best you can at what you choose to do.

## Ethics

- Clean sport promotes ethics by asking you and those around you to display sportspersonship at all times and to always behave in line with the morals needed to keep sport honest.

## Courage

- Clean sport promotes courage by asking stick to your values even when you feel vulnerable and to be an advocate for clean sport and the anti-doping rules, including speaking up when you have concerns about doping.

## Community and solidarity

- Clean sport promotes community and solidarity by giving us a shared goal, bringing those in sport together to play their part keeping sport healthy, safe, fun and fair.

Like you, Anti-Doping Organizations (ADOs) such as National Anti-Doping Organizations (NADOs), Regional Anti-Doping Organizations (RADOs), International Federations (IFs), National Federations (NFs), and Major Event Organizations (MEOs) are looking to keep sport clean by upholding values that protect the spirit of sport.

Everything they do and require you to do should align with values associated with clean sport and the Code.

For example, ADOs are required to have an education program – this supports the value of character and education; maybe you have been tested

or will be one day – testing helps support the value of honesty and fair play; and, the value of courage is supported by WADA and some ADOs who have systems in place that allow you to share concerns about doping activity anonymously to keep sport fair for all.

**As you learn about different parts of the anti-doping system and the responsibilities you have, consider what values these policies support and how they promote clean sport.**

**And as you participate and compete in sport, consider how you can demonstrate behaviors that align with these values so that you can do your part to protect the spirit of sport.**

## *Lesson 5*

### **Demonstrating values**

So, what can you do to demonstrate the values associated with clean sport?

You can show excellence in performance by being mentally and physically strong and by giving a performance everyone can believe in.

Whatever your choices, however you demonstrate your values, remember that they impact you and those around you.

## *Lesson 6*

### **How everyone is impacted**

As an athlete your values and behaviors matter.

The choices you make have an impact on the sport system – the competitors, teammates, coaches and medical professionals you interact with; your parents; the integrity of your sport; the pride of your nation; the team selection process and more.

So, before you act, before you make decisions, **think about how others will be impacted.**

**And what about your coaches' values? Or those of your peers, competitors, parents, or others who support you?**

They matter too! The values and behaviors of the people who surround you, like your coaches, your parents, your trainers, your doctors and your peers, have an impact on you and can influence you for better or for worse.

So it is important to think about how you are influenced by the people closest to you and reflect on how this may affect your judgement and decision making.

It is also important to think about how you are influenced by other things too, like the media or what you see on social media.

Always ask yourself, **what do these people or groups value and how do they demonstrate these values?**

Because everyone has values and these values might align with yours, or they might not. And they might result in behaviors that are questionable to you, or make you feel uncomfortable.

It is important to **trust your instincts** and **be true to yourself** and your own values. Behave with integrity, even if those around you do not.

## **A final word**

Athletes often start in sport for the fun of participating and thrill of competing. We are here to help you continue to enjoy your experience and participate with integrity, upholding the values that protect the spirit of sport.

You are in control. It is up to you to **make choices that align with clean sport**.

One of the best ways to help yourself is to get educated, so check out what's next for you on ADEL and help us keep sport clean by playing your part and staying true to who you are.