

## Anti-doping Education Annual Report 2023

### UKAD Assurance Framework

Phew! A year spent getting up to speed for the anti-doping education section of UKAD Assurance Framework. We've probably reached the finishing line, but maybe not quite crossed it.

The Assurance Framework is an essential document which sets out British Powerlifting's roles and responsibilities as a National Governing Body.

the Framework is the mechanism through which British Powerlifting assures UKAD of our compliance with the policy. There are mandatory requirements and ongoing actions required to maintain compliance. Anti-doping education is a fundamental part of the Framework.

British Powerlifting must provide active and regular anti-doping education in conjunction with UKAD, to ensure that our athletes and their support personnel always have access to the latest information. Education is to strengthen our culture of clean sport, and to avoid inadvertent Anti-Doping Rule Violations, for example through taking contaminated supplements.

Athletes and support personnel are strictly liable, so should have the knowledge and resources necessary make sound decisions. training will be on anti-doping and personal values-based education. Anti-doping education is a fundamental module in our coaching structure. BP must maintain accurate records of all Anti-Doping Education

UKAD is in the vanguard of world anti-doping education. I highly recommend UKAD as a primary source of information, it has everything you need. Their courses <https://ukad.enetlearn.com/> are excellent, short and straightforward. WADA is less good. "Informed sport" lists certified supplements.

In June '22 WADA had a grant to increase anti-doping intelligence and investigation to reduce doping in sport and maximize the health benefits for youth practicing clean sport.

In the UK, contact UKAD Intelligence and Investigations Team on [Protect Your Sport | UK Anti-Doping \(ukad.org.uk\)](https://ukad.org.uk/protect-your-sport)

If UKAD approve, we slowly roll out our programme, starting with competition entries and venues having simple packs for information and feedback. Tell us what you think, no need to be polite!

If you skipped through all that, the take home message is: -

**Nutrition and anti-doping education are powerlifting's 4th discipline.**

Enjoy your lifting,

Chris Gilbert