

sportswales
chwaraeon a chwarae

Hwyl
Gyflawni



Fun
Fulfilment



connect to Wales Squash and Racketball



LIKE US on facebook
search for Squash Wales



TWEET US on twitter
search for @sqwales



SUBSCRIBE on youtube
search for Welsh Squash

UKAD / Wales Squash & Racketball

3 Year Education Strategy



WALES
SQUASH AND
RACKETBALL

UKAD
protecting sport

Hwyl
Gyflawni



Fun^{to}
Fulfilment



Introduction

- Wales Squash & Racketball (WSRB) is committed to promoting and supporting Clean Sport within Squash and Racketball.
- WSRB is bound by the UK Anti-Doping (UKAD) regulations ensuring compliance with the World Anti-Doping Agency code (WADA); the principle of which is to protect the right of athletes to compete in doping-free sport.

Vision

- To lead Wales Squash & Racketball to the forefront of the global game whilst ensuring players at all levels take a positive and clean approach to anti-doping.

Mission

- Wales Squash and Racketball recognises its role in defining Wales and appreciates the role it plays in bringing communities together.

Strategy

- Wales Squash and Racketball will educate the Squash community within Wales to protect and enhance the spirit of Sport.
- Wales Squash and Racketball is devoted to providing anti-doping education to its players and their support personnel to empower them to make informed decisions and be confident in their own ability to succeed in Squash without the need to use prohibited substances.



Education Strategy & Core Principals

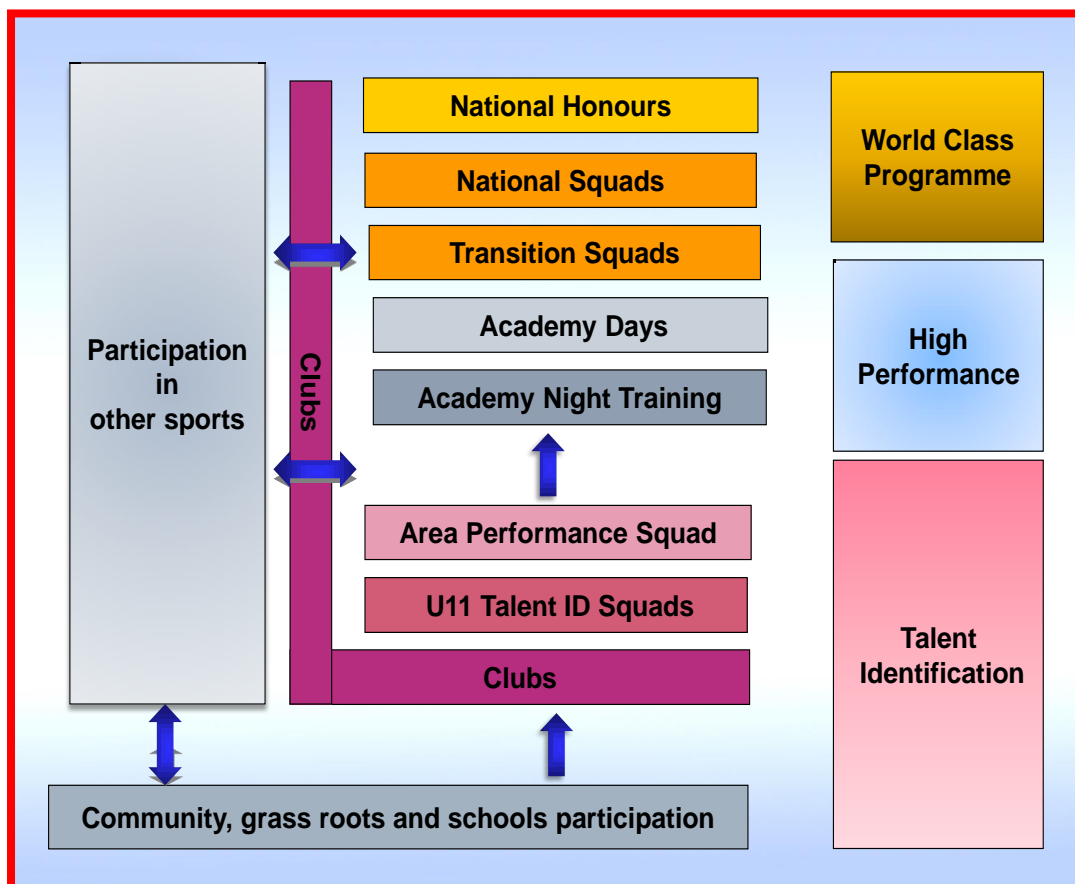
- WSRB is committed to providing a tailored Clean Sport education strategy to all participation levels within Squash. WSRB will operate in conjunction with Sport Wales to actively engage with the Squash community in numerous anti-doping initiatives.
- The core principles that underpin the strategy are as follows;
 - Positive and systematic approach to anti-doping education
 - Increase the knowledge and understanding throughout the Squash family within Wales.
 - Athlete focused programme which is tailored to the level at which the squash player competes.
 - An integrated anti-doping development pathway throughout the levels of competition.
 - To empower squash clubs in Wales with knowledge and resources to ensure their members are educated accurately.
 - To reduce the likelihood of unintentional doping through education.
- To help achieve the above WSRB will train employees within different areas of squash to become Educators, as recognised by UKAD, and deploy these throughout Wales to actively engage with the squash community.

Ambassador

- WSRB will appoint a current playing member of the National Squad as an ambassador for the programme.

Tailored Education

- WSRB is committed to tailoring the education platform to the squash player pathway (see below) in the most effective manner, whilst involving and educating the player support structure at each level.



WSRB Player Pathway

The player pathway is predominantly funded by Wales Squash and Racketball in order that juniors from all regions in Wales receive 'back to basics' specialised coaching on a regular basis regionally and Nationally.

- **National Honours- Elite Cymru** – world class coaching & competition programme
- **National squads** – 13/15 17/19 Snr men/ladies
- **Academy Squads** - Regional Squads for all age groups
- **Academy Night** - Localised weekly regional training night
- **Area Performance Squads** – Localised squads
- **Talent ID squad- North/South /West** squads including Fun series



Player Pathway-Breakdown

	ELITE CYMRU	SNR NATIONAL SQUADS	JNR NATIONAL SQUADS	ACADEMY SQUADS	AREA PERFORMANCE	U11 TALENT ID SQUADS
ADAMS	X	X				
Whereabouts	X	X				
Testing Procedures	X	X	X	X	X	
Rule Violations & Consequences	X	X	X	X	X	
Rights & Responsibilities	X	X	X	X	X	
Prohibited List	X	X	X	X	X	
TUE	X	X	X	X	X	
Checking Medication	X	X	X	X	X	
Risk of Supplements	X	X	X	X	X	
Alternative to Doping	X	X	X	X	X	
Case Management Process	X	X	X	X	X	
Importance or Fair Play	X	X	X	X	X	X



Club/Teams Structure in Wales

- Anti-Doping Education will be tailored through the WSRB Leagues. WSRB recognises the need to educate and keep clubs informed of the latest anti-doping news.

COUNTY	TEAMS	Team Total
GWENT	12 South Wales League + 21 County League	Total 33
SOUTH GLAM	19 South Wales League + 21 County League	Total 40
MID GLAM	12 South Wales League = 17 County League	Total 39
WEST GLAM	15 South Wales League + 9 County League	Total 24
PEMBROKE		Total 18
NORTH EAST WALES		Total 24
ERYRI		Total 24
Powys		Total 8

ADAMS	X
Whereabouts	X
Testing Procedures	X
Rule Violations & Consequences	X
Rights & Responsibilities	X
Prohibited List	X
TUE	X
Checking Medication	X
Risk of Supplements	X
Alternative to Doping	X
Case Management Process	X
Importance or Fair Play	X



Objectives

Annual

- Deliver an annual Anti-Doping squad session with men's and ladies National Squad, U19/U17, U15 ,U13 junior national squads as well as **each Club team**.
- Hold an annual Anti-Doping session with Team Management/ coaches of county teams.
- Tailor and distribute Anti-Doping Education material to all Clubs/teams.
- Distribute Anti-Doping Rule changes and news to all Clubs/teams.
- Meet with Elite Cymru players to ensure they are comfortable and remind them of their obligations.
- In addition to the Annual objectives the following objectives have been set for years 1-3.

Year 1

- Create a designated Anti-Doping area on WSRB Website- including downloadable substance/ drug factsheets.
- Enrol employees of the WSRB / Regions on the UKAD Educator Training Course. These will then be used educate within Welsh Clubs which will become an annual objective.
- Hold an Anti-Doping road show at a flagship events- junior and senior National Championships. In Collaboration with UKAD.
- Objective for all Counties to have one member UKAD Advisor trained

Year 2

- Role out education sessions to all South Wales League teams which will become an annual objective.
- Engage with parents at junior and senior championships where Anti-Doping advice is provided. To be held annually herein after.
- To hold an Anti-Doping forum where team managers within Wales are invited



Year 3

- Regional & National Squads
- Role out education sessions to all county league teams which will become an annual objective.

Evaluate

Wales Squash and Racketball will continually evaluate the Anti-Doping strategy through the following means;

- Monitor number of participants through registers
- Record the types of education received against the person
- Monitor participant feedback through questionnaires from all parties involved at all participation levels.
- Discuss at length within any persons who test positively for a substance to evaluate the education they received and identify any areas of improvement.
- At each Anti-Doping forum an exchange of information will be encouraged regularly review and update the Education Strategy