

Intermediate Coaching General Principles

Worksheet 13 – Anti-doping in sport

1. List four	r things a coach can do to assist in preventing doping in sport.
i.	
ii.	
iii.	
iv.	
2. How car	n you find out which substances are banned in sport?
3. How do	I check the status of medications?
	nlete needs to take a medication that contains a banned substance for a medica what process should they follow?
5. Can ath	letes under the age of 18 years be drug tested?
6. Are coad	ches subject to anti-doping rules, or do they only apply to athletes?
7. Describe	e the purpose of an anti-doping policy.
8. List two	Anti-Doping Rule Violations.
i.	
ii.	

9. What steps could a coach take if they suspect an athlete is using prohibited substances?
10. When working with developing athletes who are not subject to doping control, what can the coach do to assist in educating the athlete regarding anti-doping?