

IMMAF is committed to the health and safety of the sport of MMA and to zero tolerance of cheating.

IMMAF's Anti-Doping Education Policy aims to ensure all athletes, coaches and administrators have access to relevant values-based education about:

Doping is cheating, importance of health and safety in MMA
Staying within the rules, doping vulnerabilities, strict liability
Understanding and managing medications (TUE), prohibited list, supplements
Whereabouts, RTP, testing requirements, preparation for Doping Control
Consequences of doping, benefits of fairness and integrity of sport

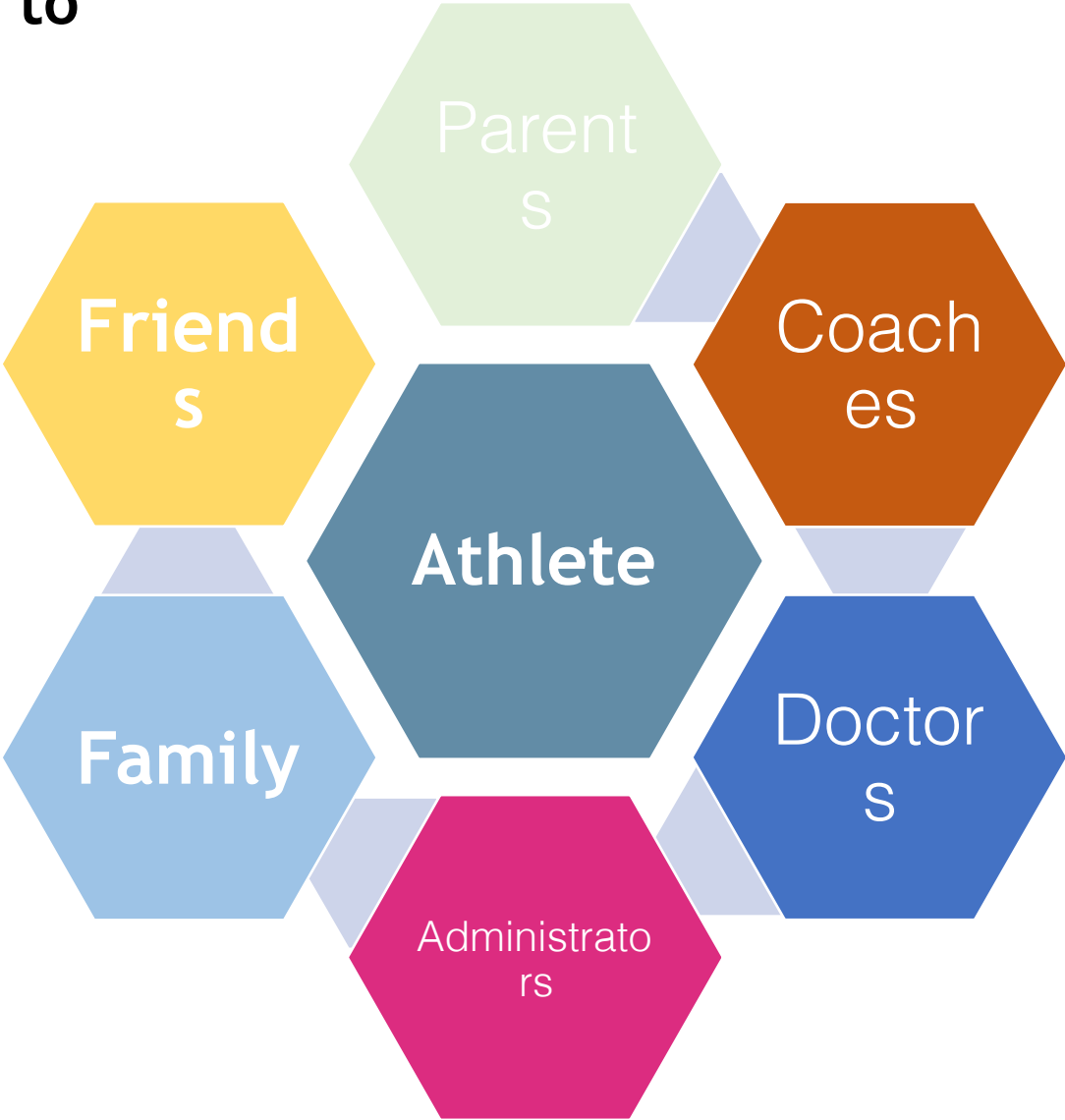
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Educate
Deter
Detect

- **CLEAN MMA** is based on the principle that an Athlete's first experience of anti-doping should be through Education rather than Testing.
- IMMAF requires National Federations (working in conjunction with their National Anti-Doping Organisation) to implement key anti-doping education and awareness, prior to testing at national level.

ANTI-DOPING EDUCATION PLAN 2021 ONWARDS

WHO	INTERNATIONAL LEVEL ATHLETES, COACHES, MEDICAL, ADMINISTRATORS, PARENTS	ANTI-DOPING EDUCATION ACTIVITIES IMMAF Education Pool Education Programme Event based-pre/ at/ post ADEL Implementation IMMAF Resources
WHAT	AWARENESS, INFORMATION, EDUCATION (Values & Competencies)	
WHEN	ANNUALLY (NEW RTP ATHLETES), AT EVENTS (REINFORCE), ANY TIME (ONLINE)	
WHERE	AT TRAINING SESSIONS, EVENTS, ANYTIME (ONLINE)	
HOW	ON-LINE/IN-PERSON, GROUP SESSIONS WITH EDUCATORS/ COACHES	
WHY	Educate, (education first, deter, detect), prevention, values of clean sport, promote integrity of MMA, reduce risk of doping	

Influencers integral to education



ANTI-DOPING EDUCATION

E-Learning
Resources

Face 2 Face

Educator
Led

Outreach

WHEN ongoing

scheduled

scheduled

event based

WHO all

athletes/coaches

all

Championships

EVALUATE ANTI- DOPING EDUCATION SESSION



Education topics

Principles & values associated with clean sport

Speaking up to share concerns about doping

Athlete welfare and safeguarding

Consequences of doping (physical & mental health, social & economic effects)

- *Athletes', Athlete Support Personnel, Officials rights and responsibilities under the Code/IMMAF Policy*
- *Prohibited List Substances & Methods*
- *Use of Medications & Therapeutic Use Exemptions*
- *Risks of Supplement Use*
- *Testing procedures, including urine, blood and Athlete Biological Passport (ABP)*
- *Requirements of the Registered Testing (RTP), including whereabouts and the use of ADAMS*
- *The Principle of Strict Liability*
- *Sanctions/Anti-Doping Rule Violations*