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BULLETIN

INTERNATIONAL LIFE SAVING (ILS)

ANTI-DOPING EDUCATION PLAN

Introduction

ILS shares the World Anti-Doping Agency (WADA) vision of a world where athletes can participate in a doping-free sporting environment.

ILS has committed itself and its member federations/organisations to adhere to the WADA standards and seeks to provide a clean, safe, and fair sporting environment.

To this end ILS has in place anti-doping arrangements that are consistent with the World Anti-Doping Agency (WADA) [standards](#). ILS also provides comprehensive [anti-doping information](#) to its members via its website.

A key principle of WADA's World Anti-Doping Code International Standard for Education (ISE) is that the first encounter with clean sport and anti-doping should be for athletes to be educated before being tested.

Against this background, and at WADA's instruction, ILS has now developed an Anti-Doping Education Plan.

The Plan requires delivery of anti-doping education by its member federations/organisations (NLFOs) that participate in lifesaving sport and has been endorsed by the ILS Sport Commission. ILS is required to maintain an overarching responsibility to WADA.

The Plan is accessed via the ILS web page that details its [Anti-Doping regulations](#).

ILS education performance will be audited by WADA as will most ILS NLFOs by their National Anti-Drug Organisation (NADO).

ILS has also determined that it will create a formal Anti-Doping Committee to assist in the delivery of a clean, safe, and fair ILS sporting environment. This Committee will consist of experts in key areas and will be appointed by the ILS Board General when it meets at the ILS Life Saving World Championships in August 2024.

Introduction of the ILS Education Plan

The ILS Education Plan takes effect on Monday, 1 July 2024.

The introduction is initially conservative and firstly focusses on those participating in National Teams competitions but also extends to Inter Club competitions by detailing the required and

recommended education involvements for all ILS members (athletes, coaches, managers, support personnel, etc.) to facilitate compliance with the WADA ISE.

For ILS member federations/organisations and its individual participant members this may usually be achieved by compliance with their WADA compliant National Anti-Doping Organisation (NADO).

For those ILS member federations/organisations that do not have easy access to their national anti-doping/integrity policies and procedures (NADOs), [WADA also provides on-line learning](#) that may be undertaken by participants in ILS Sport.

It is strongly recommended that all participants including, youth, open, and master age competitors, team coaches, team, medical personnel, and parents/carers as well as officials and administrators review the sport integrity information and, as appropriate to their role, complete their equivalent National Anti-Drug Organisation (NADO) or WADA online training relevant to their role in sport.

Note: ILS and its National Lifesaving Federations/Organisations (NLFOs) will also recognise accept certifications from participants completing education via other WADA recognised international federations.

The ILS Education Plan

The ILS Education Plan may be accessed on the ILS Website [here](#).

The plan provides for the following to access and undertake anti-doping education through their NLFO or directly through WADA including:

- **International Level Athletes** - Athletes who have been selected by their NLFO to represent their nation at ILS LWCs, World Games, and other ILS conducted or sanctioned international lifesaving sporting competitions.
- **Registered Training Pool (RTP) and Testing Pool (TP) Athletes** - NLFO athletes who are at the absolute pinnacle within ILS sport (e.g. multiple world champions in their events) and are selected by ILS in consultation with their federation/organisation to be selected in a specific Testing Pool.
- **Coaches of High Performance Athletes** - Coaches and Managers selected by their NLFO to represent their nation at ILS LWCs, World Games, and other ILS conducted or sanctioned international lifesaving sporting competitions.
- **Medical Professionals** - Medical Professionals who have been selected by their NLFO to assist their national teams at ILS LWCs, World Games, and other ILS conducted or sanctioned international lifesaving sporting competitions.
- **Talented Athletes** - Athletes selected to participate by their NLFO in their federation/organisation's talented athlete development programs. Such member may, or may not be members of their federation/organisation's national teams at their identification.
- **National Level Athletes** - athletes selected by their club to participate in their NLFO National Championships and/or their high performance sporting competitions.
- **Parents of High Performance Athletes** - Parents/Carers/Athlete Support (ASPs) Personnel of high performance athletes as selected by their NLFO.
- **Other** - WADA, NADO and ILS Clean Sport and Anti-Doping education for all members involved and/or interested in ILS sport (including athletes, coaches, managers, medical professionals, officials, and administrators).
- **Past Offenders** - Any athlete and/or support personnel returning from an Anti-Doping Rule Violation sanction;

Details of the anti-doping education is contained in the ILS Plan and varies from mandatory to recommended dependent level of engagement in ILS Sport. For example:

National Teams: For LWC2024 ILS requires the top two Open and Youth National Team Athletes, Coaches and Team Managers top two ranked nations to have undertaken compulsory formal anti-Doping education. In addition, there is a strong recommendation for Nationals Teams ranked 3 to 5, and a recommendation for all other National Teams to also undertake the education prior to LWC2024

For the 2025 World Games the ILS Plan requires all athletes to have undertaken the education.

For LWC 2026 the ILS Plan requires the top eight Open and Youth National Teams from LWC 2024 to have undertaken formal anti-doping education with a recommendation for all other National Teams to also undertake the education.

For LWC2028 the ILS Plan requires all Open and Youth National Teams from LWC 2022 to have undertaken the education.

Interclub Team Athletes and ASPs* The current focus for Interclub athletes (including Masters, IRBs and Others) is on education through anti-doping awareness. ILS will publish advices, messages etc and liaise with liaison with member federations/organisations to work with their NADOs to implement anti-doping education.

Note: ASPs include coaches, trainers, managers, team staff and officials, medical and paramedical personnel, parents/carers, and any other person working with, treating, or assisting an athlete participating in or preparing for competition.

With NLFO and member support ILS can exceed these target plans (initially commencing for LWC2024). This it would be a significant step in protecting the integrity of sport as outlined in the WADA Code (Code) and to provide a safe, clean, and fair environment for all participants in ILS sport.

Further Information

For further information or assistance please contact the ILS Anti-Doping Administrator at: hq@ilsf.org.

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