

Tug of War Ireland

Anti-Doping Education Plan

ANTI-DOPING POLICY

Tug of War Ireland has adopted the Anti-Doping Rules which are compliant with the World Anti-Doping Code.

Tug of War Ireland condemns the use of banned substances and unethical methods to improve the performance of athletes in sport. We support a fair and equitable competition environment and doping does not promote the good health and safe welfare of athletes.

We believe that any illegal substances and methods are against the spirit of sport and will bring the Sport of Tug of War into disrepute and accordingly have zero tolerance for such practices.

AIM OF ANTI-DOPING EDUCATION PLAN

The basic principle of Tug of War Ireland information and education programme for anti-doping shall be to protect the spirit of Tug of War from being undermined by doping and to establish an environment which influences doping-free behaviour among participants.

While a comprehensive testing programme plays a fundamental part as a deterrent and preventative measure against doping. Tug of War Ireland acknowledges that it has a duty to provide clubs and athletes with the information and technical advice, they need to make informed and responsible choices in compliance with the anti-doping regulations.

TUG OF WAR IRELAND ANTI-DOPING EDUCATION PLAN 2026

ACTION PLAN

Based on an overview and assessment of the current situation the following education activities are clearly outlined and linked to target groups.

TARGET GROUPS

This section breaks down different stakeholders of Tug of War Ireland into distinct target groups. The primary objective of this section is to outline all groups that may be subject to clean sport education. By identifying these target groups, TOWI also acknowledges that each group has different learning needs.

1. Registered Testing Pool (RTP) :

Any athlete who is a registered member of the Tug of War High Performance for the 2026 competitive year. This will include all competitors and ASP.

2. Programme Objectives:

The objectives of the programme will be to educate our athletes on current WADA procedures and continually educate them on updates. This will be carried through the WADA ADEL E-learning course.

3. Mandatory Content:

The following will be covered as part of the training:

- Values in Sport
- ADVRs
- Prohibited List
- Sanctions
- Testing Process
- Medication Checks
- Athletes Rights
- Reporting

4. Learning Objectives:

All athletes will be confident knowing how to check medications and supplements.

- They will know their testing rights.
- All ASP will also understand their responsibilities.
- Full into clean sport.

5. Education Activities:

The 2026 Education Plan will be carried out by our members completing the WADA ADEL E-learning programme. It is also planned to have a face-to-face session with our members later in the year.

6. Timeframe:

All members must have the E-Learning course completed before competing in the 2026 World Championships.

7. Delivery:

Delivered through WADA ADEL E-Learning.

8. Monitoring/Evaluation Procedures:

All members of the HPU must send a copy of their certificate to Tug of War Irelands ADO for filing.

ACTION:

Action	Target Group	Description
Regularly email anti-doping information & resources	All	Circulate anti-doping information to all affiliated members Circulate updates to rules etc as advised by WADA, TWIF etc
Take advantage of ADEL as a free and effective anti-doping education resource.	All	Actively promote the various modules available on ADEL.
Complete Sport Ireland Anti-Doping E-Learning Course	RTP International Squad Athletes Athlete Support Personnel	Certificate of completion to be emailed to and filed by Anti-Doping Officer Mandatory for selection for Irish Squad
At event information session	All	Face to face information presented by informed body, e.g. Sport Ireland Anti-Doping
Update Tug of War Ireland Website	All	Ensure website to kept up to date with relevant and current Anti-Doping information and resources.

EVALUATION

An evaluation form will be completed by athletes to assess the information gained by athletes from the above actions, identify areas for improvement and facilitate feedback from all stakeholders.