

GOOD
CLEAN
SPORT

North

Guide for the sporting community
and how to become involved

drugfreesport.org.nz

To the NZ sporting community,

The sporting environment is changing rapidly and becoming more complex. It is increasingly apparent that there is a need to better prepare young athletes for the sporting environment they are entering. Collectively, we need to do everything possible to ensure that the knowledge and tools necessary to help young athletes make good choices are available.

To that end a group of New Zealand's peak sporting organisations have collaborated on how this might be done most effectively in terms of ease of delivery in school programmes. We intend for Good Clean Sport – Youth to be of value and indeed an essential part of the preparation and training of young sportspeople. It is important that the specially created programme is one which schools can understand and implement with relative ease.

While the content will be specifically around doping and supplement use there will be broader guidance on how to make good decisions on a range of challenges which may confront young athletes.

A range of learning opportunities will be made available including;

- Workshops for high performing athletes and their support personnel
- E-Learning education which will both assist learning and also measure knowledge and understanding of core concepts
- Written resource materials for distribution both to sportspeople and, in particular, parents who are identified as key stakeholders in the programme.

There is agreement that better outcomes can be achieved when improved understanding of the attitudes and learning behaviours of young athletes is applied to our interventions. To that end research designed to guide and inform the project will continue in parallel.

We look forward to working together to help our young sportspeople.

Graeme Steel

Chief Executive
Drug Free Sport NZ

Garry Carnahan

Executive Director
NZ Secondary Schools Sports Council

Steve Tew

Chief Executive
New Zealand Rugby

Rob Nichol

Chief Executive Officer
New Zealand Rugby Players Association

Kereyn Smith

Chief Executive Officer and Secretary
General
New Zealand Olympic Committee

Roger Mortimer

General Manager
New Zealand Athletes Federation

Peter Miskimmin

Chief Executive
Sport New Zealand





Good Clean Sport – Youth

A free secondary school clean sport education programme is now available to support and educate young athletes and support personnel (coaches, managers, parents). This initiative to preserve our clean sporting culture into the future needs the support of schools.

Drug Free Sport New Zealand (DFSNZ) is partnering with the NZ Secondary Schools Sports Council (NZSSSC), New Zealand Rugby (NZR), NZ Rugby Players Association (NZRPA), Sport New Zealand (SportNZ), NZ Olympic Committee (NZOC) and NZ Athletes Federation (NZAF) to implement a values based clean sport education programme targeting our most talented sporting youth in high schools.

› Option One | School workshops

DFSNZ offers free face-to-face interactive workshops for athletes which will be delivered by a DFSNZ trained Educators. Educators will visit your school as per your request and deliver a 45-minute workshop. Approximately 30 athletes per workshop is ideal however we can accommodate varying numbers as required. We encourage schools to group various athletes and support personnel together to ensure workshops are delivered at optimal capacity. Workshops are underpinned by values based clean sport education and explore the concepts of cheating, the spirit of sport and the decision making process.

› Option Two | E-Learning – Anti-doping Level One

DFSNZ has a free international award winning course which provides comprehensive education to help athletes understand their responsibilities to clean sport and the risks associated with doping. Students, teachers, coaches and support personnel can log on and complete this programme in their own time and DFSNZ can provide completion reports upon request.



How to get involved

If you are interested in having DFSNZ visit your school, we encourage you to **book a workshop** via <http://drugfreesport.org.nz>

Email: education@drugfreesport.org.nz or to access E-Learning, please visit our website e-learning.dfsnz.org.nz



NZ Rugby and NZ Rugby Players Association

NZ Rugby have teamed up with **All Black Liam Messam** and leading Sports Nutritionist **Dr Richard Swinbourne** to show young players how to eat for their sport and 'get big in the kitchen' using a food first approach. If you are interested in this online module visit onlinelearning.nzrugby.co.nz



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