



International Aikido Federation

Anti-Doping Education Plan

2023 - 2024



Introduction

The International Aikido Federation (IAF) represents Aikido and the Global Aikido Family within the Global Association of International Sports Federations (GAISF) and the Alliance of Independent Members of Sport (AIMS).

IAF is a signatory of WADA (World Anti-doping Agency), contributing to the image of clean martial arts. Compliance with the WADA anti-doping code requires certain activities and procedures as part of the world-wide work against doping in sports. Doping is an unethical as well as health hazardous method to improve in sports achievements - not only competition - especially if young athletes are manipulated into its use. Therefore the sports community, including the martial arts, must be joined to firmly act against its spread.

The work against doping is an important one in which the whole world-community of sports participates through their international as well as national federations. The situation for Aikido, lacking any kind of competition, is different from the case in all other disciplines of sports, but the IAF and its member federations are committed to join in the anti-doping work.

The IAF WADA Working Group

This working group is responsible for enforcing the WADA Code and ensuring organizational compliance, testing and sanctioning of those who violate the code, and for the provision, evaluation and monitoring of the IAF Anti-Doping Education Plan.

Due to the total absence of competitions in Aikido, Aikido events are exempted for Out-Of-Competition-Testing. In-Event Testing is limited and carried out during the IAF Summit, which is held once in four years in Japan for the category of international participants in the demonstration part of the program of the Summit.

Working Group members:

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|----------------------------------|---------------------------------|
| 1. Frederic Heylbroeck (Belgium) | IAF Directing Committee Member |
| 2. Dorin Marchis (Romania) | IAF Secretary General |
| 3. Corrie Human (South Africa) | IAF Assistant Secretary General |
| 4. Irina Gaspar (Romania) | IAF Media Officer |

“Sporting system” of Aikido

Aikido is a modern Martial Art created by the Founder, Morihei Ueshiba. The Aikikai Foundation is an association that was established in order to support inheritance of Aikido created by the Founder, to train body and mind through Aikido and to promote Aikido.

Aikido has become established in 140 countries around the world. Aikido Hombu Dojo was built in 1931. The International Aikido Federation (IAF) is the federation of national aikido organizations, which are directly affiliated with the "motherhouse" of Aikido as a Budo (the Aikikai Hombu) in Japan.



In Aikido, there are both physical and mental aspects of training. The physical training in Aikido is diverse, covering both general physical fitness and conditioning, as well as specific techniques.

Aikido practitioners generally progress by promotion through a series of kyū grades, followed by a series of dan grades, pursuant to formal testing procedures.

Aikido is distinguished from other martial arts and combat sports by the following concepts Budo, Balance and Harmony, Lifelong practise, Personal Excellence by Cooperation, Body-Mind Fitness. These concepts are in line with the work of WADA, which we support.

In the context of Anti-Doping Education, the range of individuals and organisations that can support and/or influence Aikido practitioners include:

- Parents and Schools
- Clubs and Instructors
- National Federations
- NOC (in some countries)
- National Event Organisers
- International Event Organisers (IAF Summit)
- Multi-Sport Event Organisers (SportAccord World Combat Games, World Games)

National and International Context

The IAF currently consists of member federations from 80 different countries, some members comprising various Aikido groups that participate in umbrella formations to represent a specific country as one entity in the IAF.

This approach ensures that the largest number of possible participants within each country are practicing Aikido in a structure that is either directly or indirectly related to the IAF, thereby falling under the IAF jurisdiction and organizational control for IAF-organized events. This comes in addition to local and national anti-doping rules and policies that may be applicable in Aikido in each country. Oversight and organizational compliance over the maximum amount of Aikido practitioners in each member country are thereby achieved, ensuring that testing and sanctioning of those who violate the code are maximized, and that the provision, evaluation and monitoring of the IAF Anti-Doping Education Plan are effectively disseminated amongst the majority of Aikido practitioners globally.

IAF Anti-Doping Education Priorities

IAF has identified the following priorities, which are realistic and within available budget:

- Awareness of doping risks to health
- Awareness of anti-doping rules, rule violations and sanctions
- Testing procedures, including urine, blood and ABP
- Rights & responsibilities in relation to Anti-Doping
- Where to find help and whistleblowing

Main Target Groups

The IAF Working Group has defined 6 categories of international participants for International Events in which the IAF is Participating as a Martial Art and/or demonstration Sport (Combat Games, World Games, World Martial Arts Masterships, future Multisport Events):

- 1) International Athletes, 18-45 years, 2 - 4th dan
- 2) International Experts, 45-55 years, 5 - 6th dan
- 3) Masters, 55 years and above, 7th dan and above
- 4) Persons returning from sanctions
- 5) Youth and Young Persons
- 6) National Federations

Objectives by Category

1) International Athletes

To prepare international athletes for participation in major events and help them prevent inadvertent doping:

- Understanding of concepts of fair play and clean sport
- Awareness of doping risks, Prohibited list, and TUEs
- Testing procedures, including urine, blood and ABP
- Understanding of Strict Liability and the risks of supplement use
- Anti-doping rule violations and sanctions
- Athletes Rights & responsibilities
- Whistleblowing

2) International Experts and 3) Masters

As these senior level experts and masters are the teachers and role models for international athletes and other participants in Aikido, they hold a similar position to the Athlete Support Personnel (ASP) in other sports. It is therefore essential that they have awareness of their role in supporting and protecting international athletes and other participants in Aikido, and that they have a good understanding of the issues:

- Knowledgeable about anti-doping policies and rules
- Testing procedures, including urine, blood and ABP
- Know where to find information and support
- Understand need to comply with rules and policies
- Understanding of Strict Liability and the risks of supplement use
- RTP requirements, including whereabouts and use of ADAMS
- Anti-doping rule violations and sanctions
- ASP Rights & responsibilities
- Whistleblowing
- Use their influence on Athlete values and behaviours to foster anti-doping attitudes

4) Persons returning from sanctions

Same as International Athletes above, plus:

- Requirements for return to training and participation in international events
- Understand the consequences of further ADRVs
- Where to seek advice and support

5) Youth and Young People

To develop values and ethical sporting conduct in children and youth athletes:

- Understanding of concepts of fair play and clean sport
- Understanding the importance of health and fitness
- Risks of taking supplements and medicines

6) National Federations

Awareness of their responsibilities in supporting and protecting athletes, and in monitoring the activity of participants.

No-competition

Aikido is by essence non-competitive.

The IAF is determined to uphold that founding principle, which is also the basis for the agreements entered between the IAF with WADA.

IAF has identified countries at risk in that regard (i.e. countries in which due to pressure from the governments, Aikido federations/groups are asked to create/adopt some form of competition). IAF provides support in these cases by educating the governmental counterparts to the specificity of Aikido and by clarifying that any inclusion of competition by one of its members on a national level may not only lead to sanction for the member but also result in IAF losing its status as a compliant WADA Signatory.

Countries currently identified as “countries at risk” are:

- Russia and former Russian Soviet States
- Countries within Europe, in which Aikido has not yet been accepted as Discipline of Sports (because not having Competition): Spain, Greece

Budget

Whilst a priority, IAF budget for Anti-Doping Education is limited, hence utilization of WADA ADeL and Resources. Seminars and training events will be planned to take place at major events, and will be supplemented with online training sessions.

Available Resources

WADA	ADeL: eLearning Resources for athletes Resources for athlete support personnel Quizzes, Videos, Webinars Prohibited List WADA Code
IAF	IAF Anti-Doping Rules IAF Event Rules
Third-party	ITA online webinars

Actions

Focus	Specific Target	Measurable – Number involved	Achievable Results by...?	Responsible	Time Frame
Education program via ADeL	International Athletes participating in World Combat Games 2023	80	30 September 2023	IAF WADA Working Group	May - September 2023
Drafting IAF Anti-Doping Rules	All national member federations and their athletes	4	30 September 2024	IAF WADA Working Group	May 2023 – September 2024
Drafting IAF Event Rules	All participants to IAF events and their instructors	4	31 December 2023	IAF WADA Working Group	January - December 2023
Attending ITA online webinars	IAF WADA Working Group	1-4	31 December 2023	IAF WADA Working Group Chair	January - December 2023

Persons involved

- | | |
|----------------------------------|---------------------------------|
| 1. Frederic Heylbroeck (Belgium) | IAF Directing Committee Member |
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IAF has also entered into an agreement with ITA to access further support, resource, and material.

Additional Target Groups

The international federation does not, at this time, include the following target groups due to very limited contact with these categories of person:

- Teachers and University staff
- Commercial sponsors
- Media personnel

Evaluation and Assessment tasks

IAF will use a range of evaluation and assessment methods to evaluate confidence and value-added learning of anti-doping education priorities and objectives.

These will include, but not be limited to:

- Numbers of each target group in attendance at seminars
- Session feedback forms - IAF will collect feedback from participants in anti-doping education sessions to evaluate the learning environment and presentation skills of the educator, and whether the sessions were relevant and engaging
- Assessment of learning - IAF will also assess whether participants feel more confident in their understanding of an anti-doping topic
- Quizzes - IAF will use quizzes and questions to assess whether participants have learnt from the education activity
- Enrolment and completion of ADeL courses
- Downloading of materials from IAF websites
- Numbers accessing articles and resources on IAF websites

Review

The IAF Anti-Doping Working Group will monitor actions, evaluate learning, review the plan and update throughout this period.

Questions & Communications

Any questions on this plan, ideas for improvement or requests for anti-doping seminars should be addressed to IAF WADA Working group, c/o Frederic Heylbroeck (Belgium) - IAF Directing Committee Member (heylbroeck@aikido-international.org).

Last updated April 6, 2023