

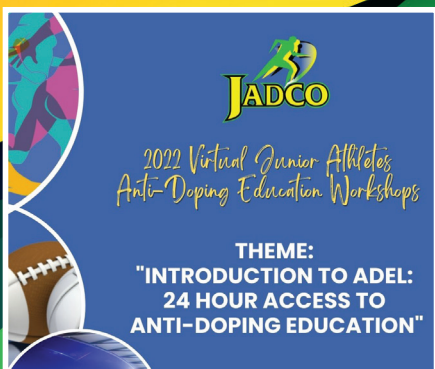
JADCO INTRODUCES JUNIOR ATHLETES TO ADEL



June Spence Jarrett, Executive Director, Jamaica Anti-Doping Commission (JADCO) delivers the Welcome and Opening Remarks at the first in the series of the 2022 Virtual Junior Athletes Anti-Doping Education Workshops on Wednesday, October 5, 2022 at the office of the Jamaica Anti-Doping Commission.



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The month of October is an important time of year for the Jamaica Anti-Doping Commission. During this period, we focus our attention on educating junior athletes and their support personnel throughout the island and October 2022 will be no exception. We look forward to sharing with this target audience through our virtual Junior Athletes Anti-Doping Education Workshops which will be held for a different region on every Wednesday, during the month of October. We have many prizes and surprises in store for our junior athletes and we look

forward to having an exceptional turn out at this year's staging of the event. We have more information on this in this edition of the True Spirit. We will also introduce you to ADEL, the E-Learning platform created by the World Anti-Doping Agency (WADA), provide you with nutrition tips for footballers and inform athletes and their support personnel of the steps to follow when filing whereabouts information. If you have queries or wish to share your feedback on this publication, send an email to truespirit@jadco.gov.jm.

2022 VIRTUAL JUNIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOPS

During October 2022, the Junior Athletes Anti-Doping Education Workshops is being held for the 9th consecutive year. This year the event is being held for the third time virtually.

The first workshop of the 2022 series was held on October 5, for secondary schools within the parishes of Kingston and St. Andrew, St. Thomas and St. Catherine. The second of the series was held on October 12, for secondary schools within the parishes of Clarendon, Manchester and St. Elizabeth. The third of the series will be held on October 19, for the secondary schools within the parishes of Westmoreland, Hanover, St. James and sections of Trelawny and the final in the series will be held on October 26, for secondary schools within St. Ann, St. Mary, Portland and sections of Trelawny. At these workshops participants will be provided with values-based education, they will also be provided with information on the functions and responsibilities of JADCO, the social consequences of doping, the doping control process and they will be introduced to ADEL, an E-Learning platform created by the World Anti-Doping Agency (WADA).

Over the last two years the workshops were virtually held due to the Coronavirus (Covid-19) pandemic. As a result, we presented 250 Samsung Galaxy tablets to student athletes from secondary and primary schools across the island. The schools were presented with tablets for outstanding participation in the 2020 series of Junior

Athletes Anti-Doping Education Workshops which were held virtually. The secondary schools that were presented with Samsung Galaxy tablets were Guy's Hill High School, Foga Road High School, Holland High School, Ocho Rios High School and Montego Bay High School for Girls. In addition, a total of 130 Samsung Galaxy tablets were presented to several primary schools as part of our outreach activities. The devices were presented to primary schools that demonstrated a need for the tablets to facilitate the continuation of online learning during the pandemic.

The distribution of technological devices continued in 2022, when JADCO presented 23 laptops to six secondary schools and two laptops to two primary schools. The secondary schools were presented with the laptops for outstanding participation in the 2021 series of Junior Athletes Anti-Doping Education Workshops which were held virtually. The secondary schools which were presented with laptops included Guy's Hill High School, Glenmuir High School, Foga Road High School, Alphansus Davis High School, Petersfield High School and Ocho Rios High School. The laptop computers were presented to the primary schools as part of JADCO's outreach programme.

The Jamaica Anti-Doping Commission hosted the inaugural Junior Athletes Anti-Doping Education Workshop for athletes and athlete support personnel at the Jamaica Conference Centre (JCC) on Wednesday, February 12, 2014.



2022 Virtual Junior Athletes Anti-Doping Education Workshops

THEME:
**"INTRODUCTION TO ADEL:
24 HOUR ACCESS TO
ANTI-DOPING EDUCATION"**



WEBINAR SERIES

Region 1

-Wednesday, October 5, 2022 at 10:00 a.m.

Region 2

-Wednesday, October 12, 2022 at 10:00 a.m.

Region 3

-Wednesday, October 19, 2022 at 10:00 a.m.

Region 4

-Wednesday, October 26, 2022 at 10:00 a.m.

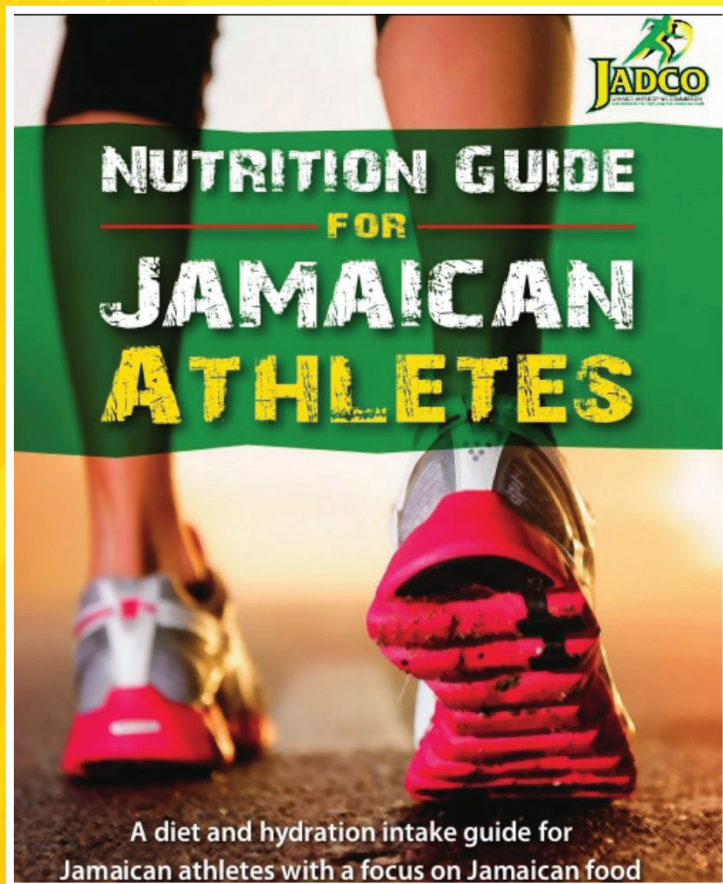
PARTICIPANTS WILL INCREASE THEIR KNOWLEDGE OF:

- The Functions and Responsibilities of JADCO
- The World Anti-Doping Agency (WADA)
- The Doping Control Process
- The Social Consequences of Doping
- Fair Play and Ethical Practices in Sport

WHO SHOULD ATTEND?

- Secondary School Athletes
- Support Personnel for Secondary School Athletes

JADCO'S NUTRITION CORNER - NUTRITION TIPS FOR FOOTBALLERS

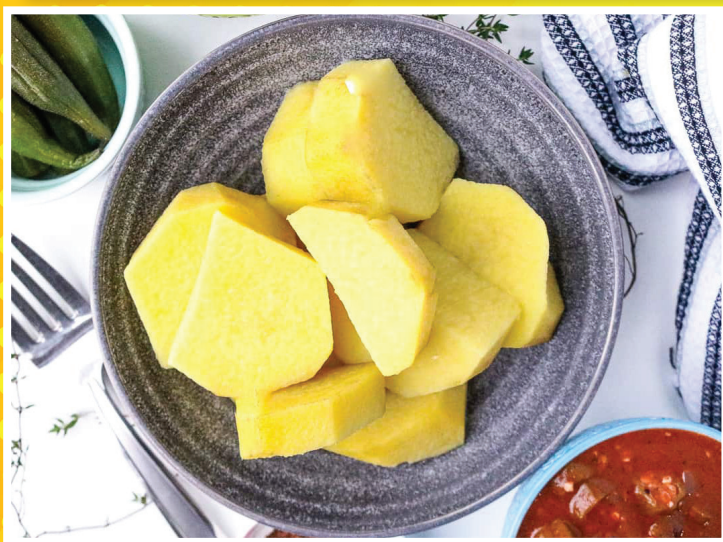


Football is a team sport which is usually played between two teams with 11 players on a field. Football players display great agility during the match as they change speed or direction every 4 to 5 seconds. The kicking of the ball requires swiftness, endurance, responsiveness and the ability to endure heat. The Jamaica Anti-Doping Commission's Nutrition Guide for Jamaican Athletes provides nutrition tips for footballers to achieve the alertness, velocity and fortitude which is required of them.

JADCO's Nutrition Guide recommends that the diet of a footballer should consist mostly of carbohydrate. On intense training days, the athlete should eat between 2.3 to 3.2 grams of carbohydrate per pound of body weight per day. The athlete's diet should also consist of protein. All choices for fat should be healthy fats. On less intense training days or when side-lined by injury, the athlete should eat between 1.4 to 2.3 grams of carbohydrate per pound.

Get more information about this from the JADCO Nutrition Guide for Jamaican Athletes which can be accessed on the JADCO website:

jadco.gov.jm.



Filing Whereabouts Information

Whereabouts is provided from athletes in both the Registered Testing Pool (RTP) and Lower Testing Pool (LTP). Whereabouts information is also provided by the association for athletes in the Team Testing Pool (TTP). This information indicates the location of athletes at specific times. Athletes are required to file their whereabouts information quarterly. This information provides accurate and complete information about the athlete's whereabouts during the quarter. This includes identifying where he or she will be living, training and competing during that quarter, so that he or she can be located for testing at any time during that quarter.

An athlete will be notified by the Anti-Doping Administration and Management System (ADAMS) of the information he or she provided. ADAMS is an online database management system on which the whereabouts information is entered each quarter.

- Athletes in JADCO's Registered Testing Pool are required to identify one 60-minute time slot between the hours of 5:00 a.m. and 11:00 p.m. when he or she will be available at a specified location for testing. They are also required to submit the following information when filing their whereabouts information:
- Full address of the place where he or she will be staying overnight (e.g. home, hotel, temporary lodgings).
- The name and address of the place where he or she will be training, working or conducting any other regular activities.
- The dates and venues where he or she is scheduled to compete during the upcoming quarter.
- Current email address, telephone numbers at home and work and cellular numbers.

Athletes included in the JADCO's RTP are also required to submit whereabouts information by the following deadlines:

- For Quarter 1 which is the period January 1 to March 31, the deadline is December 15.

- For Quarter 2 which is the period April 1 to June 30, the deadline is March 15.
- For Quarter 3 which is the period July 1 to September 30, the deadline is June 15.
- For Quarter 4 which is the period October 1 to December 31, the deadline is September 15.



Athletes have the option of filing their whereabouts information on their own or assigning a representative to assist them. An athlete may choose to delegate the task of filing their whereabouts information to a third party, such as a coach, manager, or a National Federation. If the third party agrees to this, the athlete will need to notify JADCO in writing of this arrangement. However, it is important to note that even if an athlete delegates the responsibility of filing of their whereabouts information to a third party, the onus is on them to ensure accurate and timely filing of the information submitted. Filing whereabouts information is very important for athletes and there are consequences for consistently failing to submit or update your information before the deadline or failing to be at the location specified in the information provided.

These consequences, include a filing failure, which is failure to file by the deadline or providing incomplete or misleading information and a missed test which is not being at the location specified in your 60-minute slot when a Doping Control Officer comes to test you. Please be reminded that three filing failures and or missed tests in a 12 month period may result in an Anti-Doping Rule Violation, punishable by a maximum period of 2 years ineligibility from sport.

Get more information about this from the JADCO website which can be accessed in the Publications section of the website at <https://jadco.gov.jm/whereabouts/>

Anti-Doping Education and Learning Platform

The World Anti-Doping Agency (WADA) launched its Anti-Doping Education and Learning platform (ADEL), during January 2018.

WADA uses ADEL to provide education and learning opportunities for the anti-doping community worldwide. This includes athletes, coaches, parents, medical professionals and more. The platform also provides anti-doping practitioners with resources to support the development of their anti-doping programmes.

- **What is ADEL?**



ADEL is a global platform that provides 24 hour access to education and learning opportunities for those who wish to learn about anti-doping.

If you are an athlete, coach, parent, medical practitioner or play another role in supporting athletes, then ADEL is for you. If you are an anti-doping practitioner, ADEL provides learning opportunities and resources for you too. Whether you have an interest in being educated or want to find resources to help you develop your anti-doping programmes, ADEL can help you with that too. It is important to note that individuals who complete ADEL courses will also receive a certificate from the World Anti-Doping Agency (WADA).

- **Athletes**

From participating in school sport to international Games, ADEL has educational programmes for athletes of all levels to help them play their part in keeping sport clean.

- **Athlete Support Personnel**

Anyone supporting or working with athletes, or children involved in sport has a duty to instill and reinforce the values of clean sport. Whether you are a coach, medic, parent or even an agent for an athlete you need to be aware of the anti-doping rules, policies and procedures to help keep sport clean. ADEL can help you gain confidence with your anti-doping responsibilities.

- **Teachers**

Sport is a great teaching tool that can support the development of values in young people. Development of ethical behavior is the foundation we want all future potential athletes to have and ADEL offers resources for teachers that can help enhance their education curriculum.

- **Medical Professionals**

ADEL offers several courses for medical professionals. It targets sport physicians or any other professional involved in the diagnosis, treatment or rehabilitation of athletes, such as, physiotherapists, general practitioners, sport nutritionists and pharmacists. Recognising the important role, medical professionals play in protecting clean sport, the courses outline how they can operate effectively in line with the anti-doping rules. The platform also highlights how they can support athletes in meeting their responsibilities under the World Anti-Doping Code.

- **Anti-Doping Practitioners**

ADEL offers anti-doping practitioners and those working in sport a range of resources to support the development of anti-doping programmes and the implementation of the World Anti-Doping Code and International Standards.



- **What's on ADEL?**

ADEL offers a range of education courses and resources that can be used to support the delivery of an education programme.

The platform offers the following:

- Learning on the go with the option to complete the courses offline via the ADEL by WADA mobile app.
- Personalized learning plans per role and/ or stage of development.
- Gamification concept, including digital badges and points to collect as users learn.
- Centralized ADEL Academy for all education offerings.
- Community learning by exchanging questions and answers with people working in anti-doping.
- Simple reporting dashboard and customized reports function for Anti-Doping Organisations administrators.

- A dedicated ADEL Helpdesk page with articles to help users solve common issues as well as a dedicated place for Anti-Doping Organisations to request translations of resources.

- **How to access ADEL:**

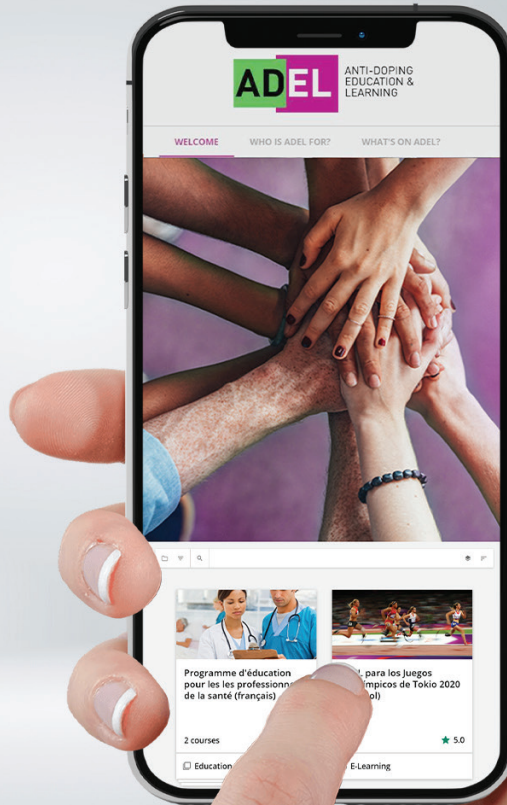
- Existing users must activate their accounts upon receipt of an e-mail from: adel@wada-ama.org; and
- New users can simply register on the new platform at adel.wada-ama.org

The Mobile App 'ADEL by WADA' is available on the Apple or Google Play stores.



Learn on the go!

Access courses via the ADEL app





#PLAYFAIR

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JADCO.GOV.JM

REPORT ANONYMOUSLY

JADCO AND YOU TELEVISION AND RADIO PROGRAMMES



JADCO and You, is a series of television and radio features which disseminates important information on anti-doping to the public. The feature is aired quarterly on TVJ and monthly on 13 radio stations.

The JADCO and You television programme will be aired on Television Jamaica on Wednesday, October 26, 2022 at 9:30 p.m.

JADCO and You will also be aired on the following radio stations on Thursday, October 27, 2022:

- KLAS ESPN: 5:30 a.m.
- NCU FM: 5:50 a.m.
- Hot 102 FM: 5:55 a.m.
- Mello FM: 7:15 a.m.
- Free I Radio: 11:30 a.m.
- Suncity Radio: 12:35 p.m.
- Irie FM: 1:40 p.m.
- Roots FM: 1:55 p.m.
- Music 99 FM: 2:48 p.m.
- Talk Jamaica Radio: 3:05 p.m.
- Newstalk 93 FM: 4:55 p.m.
- Love 101 FM: 9:30 p.m.
- TBC Radio: 10:00 p.m

Dope Free Creative Corner

Are you a creative writer?
Do you want to be featured in the
**DOPE FREE
CREATIVE CORNER?**

If so, write a poem, song or creative piece on anti-doping and submit via email to commed@jadco.gov.jm. Be sure to include your name and contact information in order to obtain credit for your submission.



Poem
Jingle 

JADCO OUT AND ABOUT

The Jamaica Anti-Doping Commission (JADCO) remains committed to the fight against doping in sport, as we continue to share the anti-doping message across the island. Here are highlights of some of the outreach activities that the Commission has facilitated recently.



JADCO/ Kingston College Anti-Doping Education Workshop

Tajae Smith, (right) Director of Technical Services, JADCO demonstrates the sample collection process to student athletes and support personnel at Kingston College with the assistance of Rwtomiya Emmanuel, (left) student athlete. The occasion was the anti-doping education workshop, which was held at the institution on Friday, July 1, 2022.

JADCO/ St. George's College Anti-Doping Education Workshop



Student athletes endorse the Play Fair campaign at an anti-doping education workshop which was held at St. George's College on Tuesday, July 12, 2022.

JADCO/ Jamaica Basketball Association Anti-Doping Education Workshop



Vanessa Reid-Ledford (right), Director of Communication and Education at JADCO discusses fair play with Alf Remeiki (2nd right), Coach, Mikhaela Irving (left), student athlete and Derjean Royal (2nd left), student athlete all of the Jamaica Basketball Association. The occasion was an anti-doping education workshop which was held at GC Foster College on Wednesday, July 20, 2022.

JADCO/ Jamaica Triathlon Association Anti-Doping Education Workshop



Athletes from the Jamaica Triathlon Association pose for our lens at an anti-doping education workshop which was held at the University of Technology, Jamaica on Saturday, September 17, 2022.

JADCO presents a laptop to Independence City Primary School



June Spence Jarrett (right), Executive Director, Jamaica Anti-Doping Commission (JADCO) hands over a laptop to Ann Geddes Nelson (left), Principal, Independence City Primary School. Sharing in the moment are the Hon. Alando Terrelonge (2nd right), Member of Parliament for East Central, St. Catherine and Merlene Watson Evans (2nd left) Chairman, Independence City Primary School. The laptop computer was presented to Independence City Primary School on Thursday, September 22, 2022 as part of JADCO's outreach programme.

JADCO/ University of the West Indies Anti-Doping Education Workshop







Chevauni Blair (left), Public Relations and Education Officer at JADCO discusses the doping control process with Conrad Parks (2nd left), Sports Coordinator, Kai Chang (right), student athlete and Amanda McKain (2nd right), student athlete all of the University of the West Indies, Mona. The occasion was an anti-doping education workshop which was held at the University of the West Indies, Mona on Thursday, September 29, 2022.



**Prepared by the Communication and Education Department of JADCO.
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