

1. Policy Statement

The Irish Amateur Wrestling Association (I.A.W.A.) is committed to promoting clean sport and ensuring that young wrestlers receive appropriate anti-doping education throughout their sporting development.

The I.A.W.A. recognises the importance of introducing anti-doping awareness at an early age through age-appropriate education, with additional requirements for athletes progressing to national and international competition.

This policy establishes a structured education pathway for wrestlers under 18 years of age.

2. Anti-Doping Education Pathway

Stage 1 – Club and Development Wrestlers (Ages 11–15)

Recommended Course: WADA ADEL for Youth Athletes.

This introductory programme is designed to help young athletes understand fair play, healthy sporting choices and the importance of clean sport.

The I.A.W.A. encourages affiliated clubs to introduce this education to young wrestlers as part of their ongoing athlete development programmes.

Stage 2 – Developing and Competitive Wrestlers (Ages 16–17)

Recommended Course: WADA ADEL for Talented Athletes.

This programme provides more detailed education on anti-doping rules and responsibilities, prohibited substances, medication use, supplements and the importance of protecting clean sport.

The I.A.W.A. proposes that completion of this course become mandatory for under-18 athletes selected for designated national development squads.

Stage 3 – International Representation (All Ages Under 18)

Mandatory Course: WADA ADEL for National-Level Athletes.

All under-18 wrestlers selected to represent Ireland at international competitions must complete the National-Level Athletes Education Programme, unless an alternative programme is expressly approved by the I.A.W.A. in accordance with applicable competition requirements.

This requirement applies regardless of whether the wrestler has previously completed the Youth or Talented Athletes programmes.

Anti-Doping Education Policy for Under-18 Athletes

Athletes must complete the course and submit their certificate before the applicable international competition registration deadline.

Additional education may be required by United World Wrestling or the relevant event organiser.

3. Parental and Guardian Responsibilities

The I.A.W.A. encourages parents and guardians of young wrestlers to develop an understanding of anti-doping rules and the responsibilities of young athletes.

Parents of athletes progressing towards national or international competition are encouraged to complete WADA's ADEL for Parents of High Performance Athletes.

Parents should support their children in understanding medication checks, supplement risks, fair play and the importance of complying with anti-doping rules.

4. Coaches' Responsibilities

Coaches working with under-18 wrestlers should promote clean sport values and ensure that athletes receive appropriate anti-doping education.

Coaches selected for international representation must complete the anti-doping education required by the I.A.W.A. for their role.

Coaches should also assist young athletes and their parents in accessing official anti-doping information and referring medical or medication questions to qualified professionals or Sport Ireland.

5. Certificates and Record Keeping

Athletes required to complete mandatory anti-doping education must:

- Successfully complete the assigned programme.
- Obtain a certificate of completion.
- Retain a copy for their own records.
- Submit the certificate to the I.A.W.A. Anti-Doping Officer when requested or required for international selection.

Certificates for international representation must be emailed to: iawa.antidoping@gmail.com

The I.A.W.A. may maintain a record of completed education for selection and compliance purposes, subject to applicable data protection requirements.

6. Compliance with Anti-Doping Rules

All young wrestlers participating in activities governed by the Irish Anti-Doping Rules must comply with the rules applicable to them.

Under-18 athletes may be selected for anti-doping testing.

Athletes, parents and coaches should familiarise themselves with the special procedures and protections that apply when minors are tested.

Education does not replace an athlete's responsibility to comply with anti-doping rules.

7. Educational Resources

WADA ADEL Education Platform:

<https://adel.wada-ama.org/>

Sport Ireland Anti-Doping Education:

<https://www.sportireland.ie/anti-doping-e-learning>

Irish Anti-Doping Rules:

<https://www.sportireland.ie/anti-doping-rules>

8. Policy Implementation

The I.A.W.A. Anti-Doping Officer will coordinate its implementation and communicate the relevant education requirements to clubs, athletes, coaches and parents.

The policy will be reviewed periodically to reflect changes in WADA, Sport Ireland and United World Wrestling education requirements.

Clean Sport Starts with Education.