



**CAMBODIA ANTI-DOPING AGENCY**  
**(CADA)**

**CADA Educational Plan**  
**Annual Report**  
**2023**

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## **I. Introduction**

As a signatory to the World Anti-Doping Code, the Cambodia Anti-Doping Agency is required to fully execute the Code's provisions. This includes developing and adjusting an annual education plan tailored to the country's context to ensure compliance among all athletes and stakeholders, including National Coaches, Sports Officers, National Athletes, Youth Athletes, and others.

In 2023, Cambodia hosted both the 32nd SEA Games and the 12th ASEAN Para Games. In response to these significant events, the Cambodian Anti-Doping Agency formulated an Outreach Education Plan aimed at athletes and participants from the Southeast Asian region countries participating in the 32nd SEA Games and the 12th ASEAN Para Games.

## **II. The Cambodia Anti-Doping Agency's annual schedule**

1. On January 19, 2023, a seminar was conducted regarding "Anti-Doping Courses and e-Learning Guidelines in ADEL-ASP" specifically tailored for National Coaches and Sports Officers.
  - Participant:
    - Total Participants: 90 individuals
    - Composition: 45 coaches and 45 sports officials from the National Sports Federation.
  - Outcomes:
    - Course Duration: 4 hours
    - Key Learnings: Participants gained insights into anti-doping measures, understood the consequences of doping, and were enabled to enroll in the eLearning system through ADEL-ASP.
    - Outcome: By the end of the session, 80% of the participants demonstrated accurate responses to the survey questions. However, the remaining 20% were unable to answer correctly due to literacy limitations.
  - Challenges Encountered:
    - Language Barrier: Some coaches lack proficiency in English, hindering their comprehension.
    - Limited Technological Proficiency: Participants faced difficulties in navigating electronic devices or lacked familiarity with using them.
    - Lack of Commitment: Certain individuals exhibited a lack of dedication towards self-study or engaging with the materials provided.

2. On February 10, 2023, a workshop focused on "Dangers of Doping, Risk of Supplements Use and e-Learning Guidelines in ADEL-ILA" for ITF Taekwondo Athletes.
  - Participant Count:
    - Total Participants: 37 individuals affiliated with the ITF Taekwondo Federation.
  - Outcomes:
    - Duration: 4-hour course
    - Key Achievements: Participants gained an understanding of the risks associated with doping and successfully enrolled in the e-learning system via ADEL-ILA.
    - Results: By the end of the session, all 37 participants displayed the ability to answer the survey questions within the ADEL-ILA system and received an "ADEL-ILA Certificate" as recognition.
  - Challenges Encountered:
    - Time Constraints: Despite the brief duration of the courses, they yielded successful outcomes.
3. On February 23, 2023, a Workshop was conducted focusing on the "Athletes Whereabouts, Sample Collection Process and e-Learning Guidelines in ADEL-ILA" for Dance Sports Athletes.
  - Participant:
    - Total Participants: 27 individuals associated with the Cambodian Dance Sport Federation.
  - Outcomes:
    - Duration: 4-hour session
    - Achievements: Participants gained comprehension of the sample collection process and successfully registered for the e-learning system via ADEL-ILA.
    - Results: By the end of the session, 80% of the participants correctly answered the survey questions and accessed the ADEL-ILA system accurately. Due to initial inaccuracies, the remaining 20% required another attempt to be completed accurately.
  - Challenges Encountered:
    - Time Constraints: lack of time.
    - Language Barrier: Some participants faced difficulties due to a lack of English proficiency.
    - Commitment Issues: Certain individuals exhibited a lack of dedication towards self-study, affecting their performance.
4. On March 3, 2023, a Workshop was held titled "Therapeutic Use Exemption, Prohibited List 2023 and e-Learning Guidelines in ADEL-ILA" for the Sports Team (Gymnastic Athletes).
  - Participant:
    - Total Participants: 45 individuals from the Gymnastic Federation.

- Outcomes:
    - Duration: 4-hour workshop
    - Achievements: Participants gained an understanding of therapeutic medicine usage and successfully enrolled in the e-learning system via ADEL-ILA.
    - Results: By the end of the session, 80% of the participants correctly answered the survey questions and accessed the ADEL-ILA system accurately. Due to initial inaccuracies, the remaining 20% required another attempt to be completed accurately.
  - Challenges Encountered:
    - Time Constraints: lack of time.
    - Language Barrier: Some participants faced challenges due to a lack of English language proficiency.
    - Commitment Issues: Certain individuals exhibited a lack of dedication towards self-study, impacting their performance.
5. On March 20, 2023, a workshop was conducted focusing on "Athletes Whereabouts, Anti-Doping Rules Violation and e-Learning Guidelines in ADEL-ILA" for Boxing Athletes.
- Participant:
    - Total Participants: 22 individuals affiliated with the Global Boxing Federation.
  - Outcomes:
    - Duration: 4-hour course
    - Achievements: Participants acquired knowledge about athlete whereabouts and successfully registered in the e-Learning system via ADEL-ILA.
    - Results: By the end of the session, 80% of the participants correctly answered the survey questions and accessed the ADEL-ILA system accurately. Due to initial inaccuracies, the remaining 20% required another attempt to be completed accurately."
  - Challenges Encountered:
    - Time Constraints: lack of time.
    - Language Barrier: Some participants encountered difficulties due to a lack of English proficiency.
    - Commitment Issues: Certain individuals displayed a lack of dedication towards self-study, impacting their performance.
6. On April 27, 2023, a workshop was organized by the National Sport Training Center (NSTC) focusing on educating 557 Cambodian athletes before the SEA Games. The workshop covered four lessons: "Risk of Supplements Use, Anti-Doping Rules Violations, Doping Control Process, and e-Learning Guidelines in ADEL-ILA".
- Participant:
    - Total Participants: 352 individuals from the National Sports Federation.
  - Outcomes:
    - Duration: Full-days course.

- Achievements: Participants gained an understanding of the risks associated with food, substance abuse, doping, and the sampling process. They successfully enrolled in the e-learning system via ADEL-ILA.
- Results: By the end of the session, 60% of the participants correctly answered the survey questions and accessed the ADEL-ILA system accurately. Due to initial inaccuracies, the remaining 40% required another attempt to be completed accurately.
- Challenges Encountered:
  - Time Constraints: The course duration was insufficient given the large number of participants.
  - Participant Volume: The large number of participants posed a challenge to the effectiveness of the course.
  - Language Barrier: Some participants faced difficulties due to language barriers and lacked English proficiency.
  - Commitment Issues: Certain individuals showed a lack of commitment to self-study, affecting their performance.

## 7. Outreach Programs to Junior Athletes

- A.** Primary School student sports competition held from 12<sup>th</sup> August to 21<sup>st</sup> August 2023. The CADA team conducted outreach education for three days.
- Participant:
    - Total Participants: 145 individuals from 25 provinces and 10 sports, aged under 12 years old.
  - Outcomes:
    - Duration: 3-day outreach program
    - Achievements: Participants gained a basic understanding of doping but demonstrated varied success in answering survey questions, with 50% accuracy.
  - Challenges Encountered:
    - Lack of Prior Knowledge: Participants lacked prior knowledge about doping due to limited resources and time for outreach by CADA.
    - Resource and Time Constraints: CADA faced limitations in human resources and time for conducting comprehensive outreach activities within the given timeframe.
- B.** High school and university sports competitions for students aged 15 to 27, held from 2<sup>nd</sup> September to 11<sup>th</sup> September 2023, the Cambodia Anti-Doping Agency (CADA) conducted outreach education for three days.
- Participant:
    - Total Participants: 190 individuals from 25 provinces across 12 participating sports.
  - Outcomes:
    - Duration: 2-day educational program

- Achievements: Participants gained some understanding of doping but showed varying success rates in answering research questions, with 60% accuracy.
- Challenges Encountered:
  - Lack of Prior Knowledge: Participants had limited exposure to doping education before this program due to CADA's constraints in human resources and time for conducting comprehensive outreach.
  - Resource and Time Constraints: CADA faced limitations in both human resources and time, resulting in a limited duration of educational activities despite the significant number of participants across various regions and sports.

### **III. Outreach Programs**

Outreach programs Plan for the 32nd SEA Games and the 12th ASEAN Para Games aimed at athletes and participants from Southeast Asian countries.

1. The 32nd SEA Games, held from May 5<sup>th</sup> to May 17<sup>th</sup>, 2023, included 6310 athletes from 11 Southeast Asian countries competing in 36 sports.
  - Educational Booth Participation:
    - Total Participants: 3800 individuals engaged with the educational booth.
  - Outcomes:
    - Duration: 13 days of educational activities
    - Activities: Participants took part in the WADA Quiz and received prizes (Gifts) from the CADA Team. Additionally, various informational leaflets were distributed.
    - Achievements: By the end of the 13-day period, participants displayed an improved understanding of doping, with 80% to 100% success rates in answering the WADA Quiz questions.
  - Challenges Encountered:
    - Participation Issues: Some athletes did not engage or participate in the educational booth activities.
  
2. The 12th ASEAN Para Games, occurring from June 3<sup>rd</sup> to June 9<sup>th</sup>, 2023, hosted 1453 participants from 11 Southeast Asian nations participating in 12 sports.
  - Booth Participation:
    - Total Participants: 790 individuals engaged with the booth activities.
  - Outcomes:
    - Duration: 7 days of educational activities.
    - Activities: Participants took part in the WADA Quiz and received prizes (Gifts) from the CADA Team. Additionally, various informational leaflets were distributed.

- Achievements: After the 7-day period, participants displayed an improved understanding of doping, with 80% to 100% success rates in answering the WADA Quiz questions.
- Challenges Encountered:
  - Similar to the SEA Games, some athletes did not actively participate in the booth activities during the ASEAN Para Games, impacting their engagement with the educational initiatives.

## IV. Evaluation

### 1. Strengths and Progress:

- **Educational Efforts:** The Cambodian Anti-Doping Agency showed dedication to educating athletes across various sporting events, ensuring awareness of the consequences of doping, be it intentional or unintentional. Efforts have been directed toward imparting a comprehensive understanding of doping, highlighting its consequences be it legal, health-related, financial, or social impacts
- **Recognition and Trust:** The agency gained recognition and trust from multi-national athletes during the 32nd SEA Games and the 12th ASEAN Para Games. Athletes actively engaged with the agency's doping education booth, participated in the WADA Quiz and received valuable information, advice, and gifts from the CADA's team.

### 2. Weaknesses:

- **Lack of understanding:** There exists a small subset of Cambodian athletes, both at national and sub-national levels, who lack an adequate understanding of doping. This deficiency in comprehension is attributed to their lack of commitment towards self-study and research regarding anti-doping measures.

### 3. Challenges:

- **Inadequate Interest:** Some Cambodian athletes do not possess the "ADEL Certificate" as they lack interest in understanding the consequences of doping.
- **Potential Disqualifications:** Athletes face potential disqualification from competitions, medal rankings, and varying degrees of penalties—from mild to severe suspension, extending up to a lifetime ban from engaging in sports, if found guilty of doping violations.
- **Illiteracy Issues:** Some Cambodian athletes face challenges due to illiteracy, be it in Khmer or English languages, hindering their understanding of anti-doping material.
- **Lack of Commitment:** There's a segment of Cambodian athletes displaying insufficient commitment when it comes to learning about doping and its implications, impacting their knowledge of anti-doping measures.

Overall, while there have been admirable efforts by the Cambodian Anti-Doping Agency in educating athletes and fostering awareness, there remain challenges relating to athletes' comprehension, commitment, and potential disqualifications due to lack of interest or understanding of the consequences of doping. Addressing these challenges would require targeted educational programs, improved engagement strategies, and support systems for athletes to enhance their knowledge and commitment to anti-doping measures.



## **V. Feedback**

- A significant issue for the Cambodia Anti-Doping Agency (CADA) is the lack of ADEL-ILA certifications among a substantial number of athletes, as well as the absence of "ADEL– High Coaches Performance Certificates" among coaches.
- CADA is dedicated to resolving these issues by focusing on staff training. By enhancing the capabilities and qualifications of our personnel, the agency aims to address the gaps in certification among athletes and coaches. This commitment to training more staff reflects CADA's proactive approach to resolving the challenges related to certification deficiencies within the athlete and coaching communities.

The primary challenges faced by the Cambodian Anti-Doping Agency (CADA) still revolve around a shortage of staff and human resources, coupled with limitations in knowledge and experience. To address these challenges, CADA aiming to seek assistance from SEARADO (Southeast Asia Regional Anti-Doping Organization) in the following ways:

### **1. Training Support:**

Requesting SEARADO's assistance to train a sufficient number of education officers. This training aims to enhance the capabilities of CADA's workforce, ensuring better operational efficiency within the agency. By having adequately trained officers, CADA aims to overcome staffing shortages and boost its effectiveness in implementing anti-doping measures.

### **2. Participation in Sporting Events:**

Asking SEARADO to send more CADA officials to participate in various sporting events, both regionally and globally. This request is intended to provide these officials with practical exposure and work experience in handling anti-doping measures during different sports competitions. Increased participation would contribute to enhancing their expertise and competence in the field.

In conclusion, these requests highlight CADA's efforts to address staffing deficiencies and improve its operational capabilities by leveraging the support and expertise available through collaboration with SEARADO.