

Example of anti-doping education questionnaire

A. Below are a list of questions about anti-doping rules and best practices. Please answer each question to the best of your ability.

1. Which of the below is the definition of strict liability?

<input type="checkbox"/>	Anyone over the age of 18 is responsible for any banned substance found in their system despite whether there was an intention to cheat or not
<input type="checkbox"/>	A governing body is solely responsible if one of their athletes is found to have taken a banned substance they use, regardless of how it got there
<input type="checkbox"/>	An athlete is solely responsible for any banned substance they use regardless of how it got there and whether there was an intention to cheat or not
<input type="checkbox"/>	An athlete who can demonstrate receiving misinformation from a coach will not receive anti-doping rule violation if the presence of a banned substance can be found

2. How many anti-doping rule violations are there?

- 2 5 10 20

3. Only an athlete can fail an anti-doping rule violation?

- True False

4. An athlete can be drug tested any place, anytime, anywhere?

- True False

5. What should an athlete do before taking medication? Select one:

<input type="checkbox"/>	Ensure they have been given medication from a qualified doctor or pharmacist
<input type="checkbox"/>	Check their medication is free from banned substance using Global DRO
<input type="checkbox"/>	Use the informed Sport website to check the medication is safe to take
<input type="checkbox"/>	Ask their GP or Team Doctor to check the medication is free from banned substances

6. If an athlete uses Informed Sport to check their supplement, they can be certain it is safe to use?

- True False

B. Below is a scenario describing a **hypothetical** situation that athletes could encounter in their sporting career. Imagine that you are in this hypothetical situation and respond to the question that follows, as **honestly** as possible.

It's two weeks before the most important competition of the season. You really want to take part. However, two months ago, you sustained a knee injury, and you know you need at least one more month to recover. You recently learn about a new banned and undetectable performance enhancing substance that can help you recover faster than usual from the knee injury.

If you were in this **hypothetical** situation, and there was **no chance** that you would be caught...

1. How likely is it that you would use the banned substance?						
1 not at all likely	2	3	4 somewhat likely	5	6	7 very likely

C. The following questions relate to the use of sport supplements (e.g. Lucozade, protein shakes, multi-vitamins), which **are not banned** in sport

Do you use sport supplements? <input type="checkbox"/> Yes <input type="checkbox"/> No
If yes, please tick which supplements you use: <input type="checkbox"/> β -Alanine <input type="checkbox"/> Caffeine <input type="checkbox"/> Creatine <input type="checkbox"/> Energy drinks <input type="checkbox"/> Protein shakes <input type="checkbox"/> Vitamins and minerals <input type="checkbox"/>
Other.....
How often do you use sport supplements? <input type="checkbox"/> Never <input type="checkbox"/> Monthly <input type="checkbox"/> Weekly <input type="checkbox"/> Daily

D. Please indicate the extent to which you agree with the statement below:

Over the next three months, I intend to use sport supplements						
1 Strongly disagree	2	3	4 Neutral	5	6	7 Strongly agree

Whether or not you use sport supplements, please each read statement below and specific your level of agreement of your beliefs about sport supplements.

	Strongly Disagree		Neutral			Strongly Agree	
1. Supplements improve my performance	1	2	3	4	5	6	7
2. Supplements are necessary for me to be competitive	1	2	3	4	5	6	7
3. Supplements improve my confidence	1	2	3	4	5	6	7
4. My chances of winning improve when I use supplements	1	2	3	4	5	6	7
5. Supplements help me realise my potential	1	2	3	4	5	6	7
6. Supplements improve the quality of my training	1	2	3	4	5	6	7

Copy of Phillip