

Recreational athletes and the WADA Code in 2020



Plus:

Remember the 'good news' stories

Netball Queensland and Penrith Giants win Play by the Rules Awards

Play by the Rules year in review

2019 Diversity and Inclusion in Sport Forum videos release

New videos highlight the crucial role MPIOs play

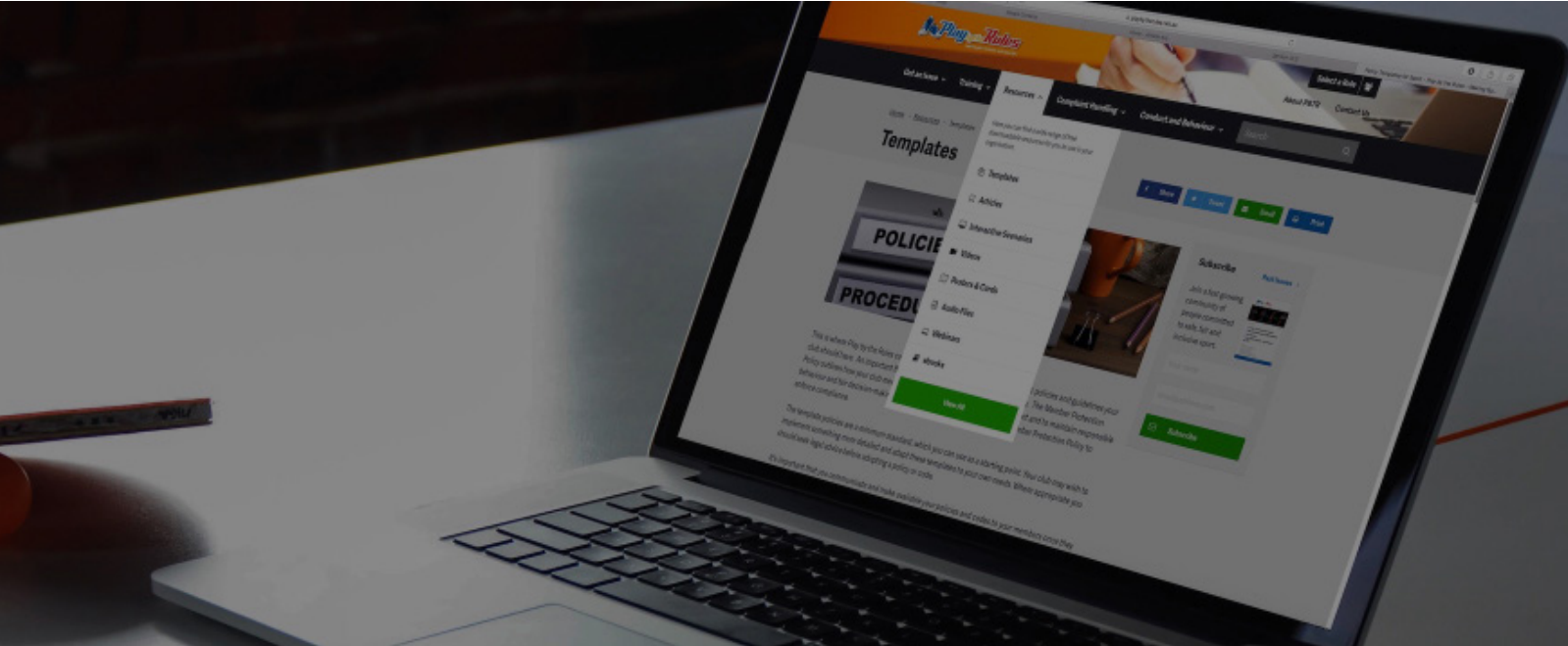


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THE EDITOR

As we approach the end of the year, I'd like to take the opportunity to thank all our subscribers (over 110,000 of you) and friends who have supported Play by the Rules this year. We continue to grow, as you'll see in our year in review article in this magazine. Play by the Rules is unique in Australian sport—a collaboration of 19 federal and state government partners coming together to help keep sport safe, fair and inclusive. Ultimately, your support and engagement are what maintains Play by the Rules and helps it grow. So, on behalf of all partners, thank you for your commitment to improving grassroots sport.

To close the year out we have news of the 2019 Play by the Rules Awards winners; Clyde Rathbone reminds us that there are good news stories in sport; Andy Gibson highlights the relevance of the WADA Code for recreational athletes, and we point you in the direction of the Diversity and Inclusion in Sport Forum presentation videos that will be published over the next few weeks. This is a rich video library on diversity and inclusion issues.

We have big plans for 2020 and are looking forward to working with you once more to keep sport safe, fair and inclusive.



Peter Downs
Manager - Play by the Rules

News:

Netball Queensland and Penrith Giants win Play by the Rules Awards

The 2019 winners of the Play by the Rules Awards for safe, fair and inclusive sport were announced at the Diversity and Inclusion in Sport Forum in October. Dr Niki Vincent, Play by the Rules Management Committee member and South Australian Equal Opportunity Commissioner, presented Netball Queensland with the State Association Award, and Penrith Giants Junior AFL with the Club Award.

Netball Queensland's Diamond Spirit program manager Lee Wilson was in Sydney to receive the Award.

'Sport has the power to change lives and the Diamond Spirit program, an inclusive program that supports Aboriginal and Torres Strait Islander women and girls living in remote and regional communities by encouraging greater participation in regular physical activity, is doing just that,' he said.

'We know that sport not only supports healthy bodies, but it also contributes to the social fabric of our communities. Diamond Spirit will also drive the continued growth of netball in the remote regions of far north Queensland, providing sporting opportunities for women and girls,' he said.



Julie Chard from the Penrith Giants was also at the Forum to receive the Club Award for their Kickability program.

This innovative program helps children on the autism spectrum get involved in AFL by using visuals, including AUSLAN and social stories.

'Winning this award means that we're doing something right. We're in the right direction. It also means that we are going to get recognition and more children will be able to join in. The greatest award is when you have a parent that approaches you and says "I never thought they could do this. I never thought they could join in team sports. They've just got best and fairest. It's amazing. It's just the best".

To learn more about the Netball Queensland and Penrith Giants programs, go to <https://www.playbytherules.net.au/pbtr-award>



News:

Play by the Rules year in review

It has been a huge year for Play by the Rules! A big thank you to all our supporters, subscribers and friends for your support in 2019. The positive feedback we get throughout the year is a key motivating factor in our drive to make sport safe, fair and inclusive at the community level.

While data does not tell the entire story, here is a summary of our year in numbers from 1 January to 1 December 2019. We'll update this data for the full year in early 2020.

There were over **40,000** online course completions in 2019, an increase of **11%** over the previous year. This includes over **17,000 Child Protection** course completions and over **11,000 Harassment and Discrimination** course completions (an increase of around **10%**).

'The online course was a fantastic reminder to all our staff. We actually had a sensitive child-related issue that we dealt with efficiently and very effectively. I believe our response and action was due to our sitting the online course.'

Of the 3,481 survey responses, **99.17%** say they have a better understanding of child protection as a result of completing the course. Importantly, **68.37%** of 413 respondents have taken action to address child safety proceeding the course. Similarly, **98.94%** of 2,246 survey respondents say they have a better understanding of harassment and discrimination issues following the course and **63.72%** of 426 respondents have taken action to address these issues.

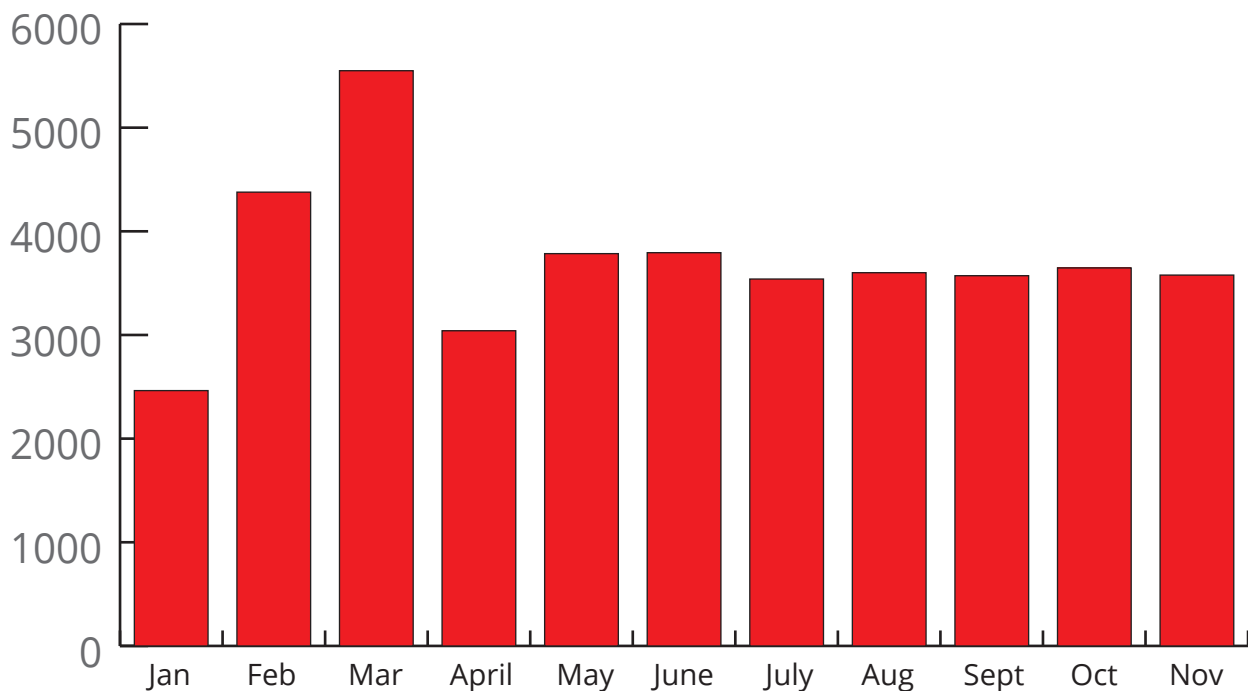
The Interactive Scenarios continue to be a popular resource. Of the 4,443 survey respondents, **91%** say the information gained during the scenario was useful in their role. Of the 4,438 respondents, **90%** per cent say the scenario improved their understanding of the issue.

We currently have **111,591** subscribers (**up 32%**) and had over **250,000 platform visitors** in the year with **700,000 page views**.

The third Play by the Rules Awards were announced in October at the Diversity and Inclusion in Sport Forum in Sydney. Congratulations to Netball Queensland and Penrith Giants Junior AFL club for winning the State and Club Awards respectively.

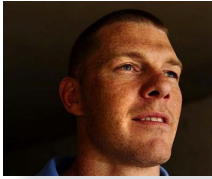
The Awards generated 15 new case studies that will be published on Play by the Rules in the months ahead. Interestingly, over the three years and of the 128 nominations for the Awards, **40% have been for disability inclusion projects, 15% for governance reform projects and 12% for child safety projects.**

Play by the Rules Online Course Completions 2019
Total 41,131 (Jan - Nov)



Feature article:

Remember the 'good news' stories



Clyde Rathbone

As the Israel Folau saga finally drew to an end this week, I took some time to reflect on the role and impact that media has on sport.

When Australian Rugby Union maintained that it was absolutely confident in its legal position, I had to wonder why they decided to settle the Folau case before it went to the courts. Why fork out funds to settle a case that one is likely to win? I believe the answer

to this question reveals a lot about the way the modern media machine functions.

As is often the case, following the money is the best way to figure out what motivates for-profit businesses. Despite claims to provide us with fair and balanced news which accurately reflects current events, the media is primarily driven by its controlling stakeholders, who view media companies as income-generating businesses, rather than truth broadcasting platforms.

Controversial news stories generate emotional responses such as outrage, which in turn causes us to spend more time focusing on those stories, which then



motivates the media to produce more controversial angles and narratives. This model of cycling from one controversy to the next destroys our ability to accurately establish reasonable views. The dominance of controversy as a means by which media companies judge newsworthiness creates false impressions about the world around us. If we want to know what is true, we must accept that individual stories, regardless of how scandalous they may be, are poor indicators of the big picture.

The image of rugby union in Australia illustrates the gap between perception and reality as well as any other example I can think of. While the headlines have been dominated by the ugly standoff between the ARU and Israel Folau, countless good deeds and heartwarming stories have gone unreported.

I don't doubt that the ARU decision to settle with Folau was largely driven by the knowledge that the game would be dragged into months of ongoing controversy if they proceeded through the legal process. That process and the ugly public spat between the parties would severely compromise the game's ability to generate the goodwill it needs to grow.

The truth is that sport in this country is remarkably healthy, that everyday people in our communities are helping to improve conditions with regard to safety, inclusivity

and diversity, and that good news stories are there to be highlighted. We cannot rely on media empires to promote the important work that's being done inside sport, but we can take it upon ourselves to tell and share these stories through the power of social media.

With that in mind and as we head into the holidays, the best gift we can give the sporting communities we love is the gift of storytelling. We all know unremarkable people doing truly remarkable things, but the power of their example can only be harnessed if it is shared.

Feature article:

Recreational athletes and the WADA Code in 2020

It would be unusual today to find a sport participant at any level who is unaware of the World Anti-Doping Authority (WADA) or World Anti-Doping Code (Code). And most people who participate in sport understand that the purpose of, and existence for, both WADA and the Code is to protect the health of athletes and the integrity of sport.

The Code is a core document as it provides the framework for all anti-doping policies, including the rules and regulations, within sporting organisations and among public authorities.

Its purpose is to harmonise anti-doping policies and provide a level playing field for all athletes wherever they may be competing, and it is the fundamental and universal document upon which the World Anti-Doping Program is based.

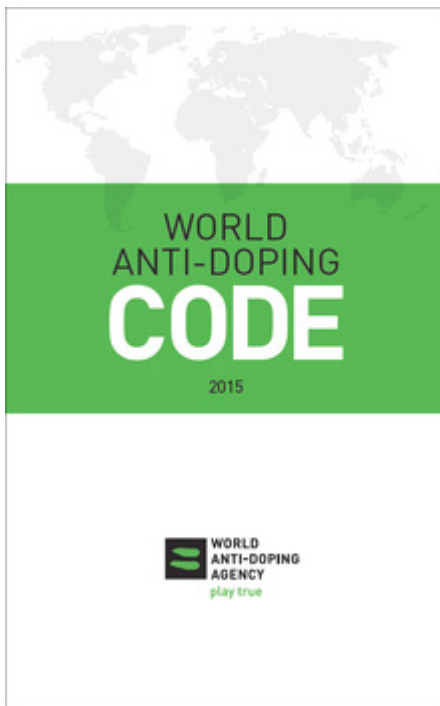
Currently the Code applies to all participating athletes whether adult or minor (a person under the age of 18), not just elite athletes. Its compliance is mandatory for all athletes and support personnel of Code signatories whose international or national sporting bodies have agreed to adopt the Code. In other words, the application of the Code is much broader than most people think or assume and is irrespective of their legal capacity or even their ability to provide informed consent.

The key word where the Code is concerned is 'all'. The athlete gets caught by reason of the fact that the club that they join will generally be part of an association. This association is often part of a state body and the state body is often a member of a national body which in turn is often a member of an international body.

Most international and national sporting bodies today have adopted and implemented the Code, and most require that state and local sporting associations and member clubs agree to adopt and implement the Code as a condition of their membership.

What this means for the athlete who competes at a lower level (for example, on the weekend or during the week, and just for enjoyment of participation, what we might term the 'recreational athlete'), is that they are caught by the Code just as the elite athlete is.

The recreational athlete will often get caught because of ignorance. They might be a





recreational drug user, use steroids or take health supplements, all in the belief that they are not performance enhancing or have health benefits, or that they will not be caught because they are taking them out of competition.

But the problem is that their actions can amount to anti-doping rule violations and the strict liability standard applies. If they test positive under current strict liability doping control testing procedures, they will have committed an anti-doping violation. They could then be punished with up to a four-year ban irrespective of intention or whether it is an innocent mistake or not.

This happened in New Zealand when a 16-year-old rugby player asked a team-mate for a drink during a break. He thought he was drinking Powerade when it was actually a pre-work out supplement drink and on the Code banned list. The Sports Tribunal had to give him a four month ban! The Code doesn't differentiate in sanctions,

with lower-level athletes who test positive to a banned drug incurring the same or similar penalty as elite athletes, that is, up to four years.

But changes are coming. The 2021 Code, which has just been approved, could see leniency for substances used out of competition, but the athlete must establish that the use occurred out of competition and was unrelated to sport performance.

In such a case, the period of ineligibility is a flat three months with no argument over No Significant Fault. In some cases, bans could be cut to just a one-month sanction. But just note that recreational athletes still need to be very careful, because the 2015 Code will still apply in 2020.

Andy Gibson
ANZSLA Life Member and academic,
Southern Cross University

ANZSLA
THE SPORTS LAW ASSOCIATION

2019 Diversity and Inclusion in Sport Forum videos release

The 4th Diversity and Inclusion in Sport Forum took place in front of a packed house at the Waterview in Bicentennial Park, Sydney in October. There were 10 speakers in a TED-style event addressing issues including social media, cultural change, disability sport inclusion, member protection, mental health, inclusive governance, media messaging, gender diversity, LGBTIQ+ inclusion and multi-cultural program design.

We will be gradually releasing the presentation videos over the next few weeks, and they will be part of the growing library of diversity and inclusion forum presentations that you can view online at:

<https://www.playbytherules.net.au/got-an-issue/inclusion-and-diversity/inclusion-and-diversity-videos>.

This is a rich resource for anyone interested in diversity and inclusion in sport issues.



New videos highlight the crucial role that MPIOs play



The Office of Sport NSW has released the first video in a new series that illustrates the important role Member Protection Information Officers (MPIOs) play in sporting clubs and associations across NSW.

An MPIO is the 'go to' person to raise issues, concerns and complaints at a club or association. They play an important role in helping provide safe, fair and inclusive sport for everyone.

The videos promote the value of MPIOs in improving the experience of members, from both an MPIO and committee point of view. They are also useful as a tool to create greater awareness of MPIOs and to encourage more clubs and individuals to take up the role.

Using real-life stories, they feature personal insights into how rewarding the role can be while also giving back to sport.

Future videos will profile the role of an MPIO at a surf lifesaving club and table tennis association, so keep an eye out for them when they are released and share them with your members and among your networks.

Subscribe to Play by the Rules

Come and join the 100,000+ subscribers to Play by the Rules - it's a great way to keep up-to-date with safe, fair and inclusive sport.

Back Issues

You can access each back issue for this magazine by visiting [this page](#) on the Play by the Rules website. All the feature articles and significant news items are listed here.

Share and spread the word

One easy way to keep up to date and support safe, fair and inclusive sport is to share Play by the Rules across social media. We post every day on Facebook and Twitter and have audio files on Soundcloud and an extensive collection of videos on YouTube and Vimeo.



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To make Play by the Rules possible, we also work with

