

## Good Clean Sport School Toolkit 2021

# Lesson 4

### The Testing Process 'doping control'

Using virtual reality



**Lesson duration**  
30 minutes



**Equipment** Electronic device,  
VR Headset (if available), pen



**Learning objectives**

To increase awareness of the doping control process

To develop an understanding of the anti-doping rights and responsibilities of athletes



**Key Lesson Guidelines**

Using a unique, interactive learning method, this lesson places students in a doping control station to experience drug testing as their sporting heroes do. This use of life skills training (Botvin et al., 1995) opens with athlete voice to create connections between the individual and the prospect of doping control which few would otherwise interact with. This hands-on learning method places the student at the centre of their learning for enhanced connections to be made to the content in a real-life setting.

# Lesson 4

Year 7 - 13

## The Testing Process 'doping control'

Using virtual reality

In this lesson, students can virtually experience doping control (drug testing) first hand. DFSNZ have developed a virtual reality (VR) learning experience to walk students through the doping control process which replicates what athletes go through when tested.

This is a fun and informative learning experience and a great way to introduce young athletes to doping control. The doping control process can be daunting for young athletes therefore early awareness and preparation is key.

### Lesson Plan | Year 7 - 13

#### > Video

This lesson opens with **Dame Valerie Adams** talking about clean sport and the importance of testing to ensure everyone competes on an even playing field.



**WATCH VIDEO**

#### > Activity

##### Virtual Reality Doping Control Process

Students access the **Virtual Reality testing process**. Students can use a mobile device, tablet, computer or their own virtual reality goggles to go through the process.

After completing the VR doping control process, students complete the worksheet provided (answers are included in Teachers pack)

**START**

# Lesson 4

Year 7 - 13

## The Testing Process 'doping control'

### Worksheet

Please answer these questions once you have completed the doping control experience.

- 1. You must remain in sight of who throughout the doping control process?** Chaperone.
- 2. In the real world, what will you be asked to show?** Identification.
- 3. What if you don't need to go to the toilet?** There will be sealed drinks at the doping control station to help you hydrate so you can pass a sample.
- 4. First things first - you need to:** Wash and dry your hands - interestingly this is to be without soap.
- 5. Should an athlete under 16 take a representative with them if they are being tested?** YES, if an athlete under 16 is selected for doping control, they must have a representative of their choosing with them.
- 6. How many testing kits were on the table for the athlete to choose from?** Three (there will always be a minimum of three to choose from).
- 7. Where do you write any concerns if something doesn't feel right or you are not happy with the sample collection process?** On the testing paperwork (or electronic version) or you can contact DFSNZ anytime.
- 8. Write some words that describe how athletes may feel when selected for testing and why?**  
Students may note a selection of words i.e, scared, nervous, embarrassed, proud etc. \*\* We encourage teachers to acknowledge all feelings and provide reassurance to students that it's completely natural to experience a range of emotions in this situation. Our DFSNZ Sample Collection Personnel are all trained to be empathetic and understand this and where possible put athletes at ease. The doping control process is however important to clean sport.