



ANTIDOPING
NORWAY

CLEAN FITNESS CENTRES IN NORWAY

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Different tools in different arenas



Clean Fitness Centre

- Around 1300 centres in Norway
- 642 is part of the programme «Rent Senter»
- Self-financed programme
 - 7900 NOK/687 EUR
 - 3350 NOK/291 EUR





gives your employees competence to prevent doping and the centre the opportunity to carry out doping controls



Gain knowledge

Offer employees and members world-leading anti-doping training, as well as access a range of courses, specialist articles and resources on anti-doping work.



Prevent doping

Get access to a large preventive toolbox. This includes, among other things, information material, digital content, lectures, information stands and direct access to an adviser at Antidoping Norway for advice and guidance.



Take doping tests

As a certified Clean Centre, you get the opportunity to carry out doping checks at the training centre.



Show social responsibility

Send a clear signal that the center will promote healthy and good exercise habits. Clean Centres are listed on Antidoping Norway's website and are included in campaigns carried out by ADNO.

How to become a Clean Centre?



The Clean Centre Program

AGREEMENT

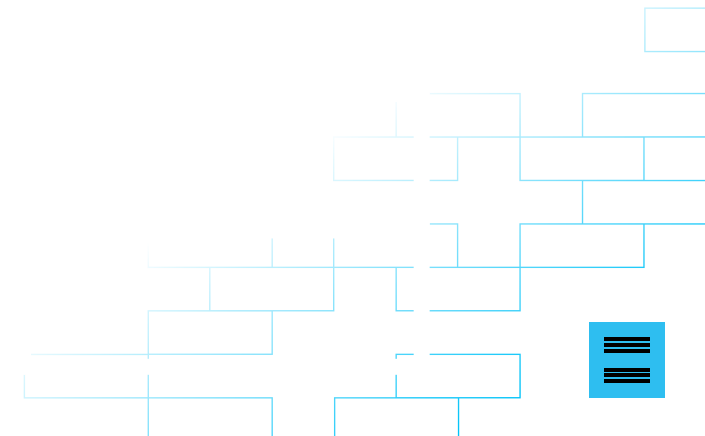
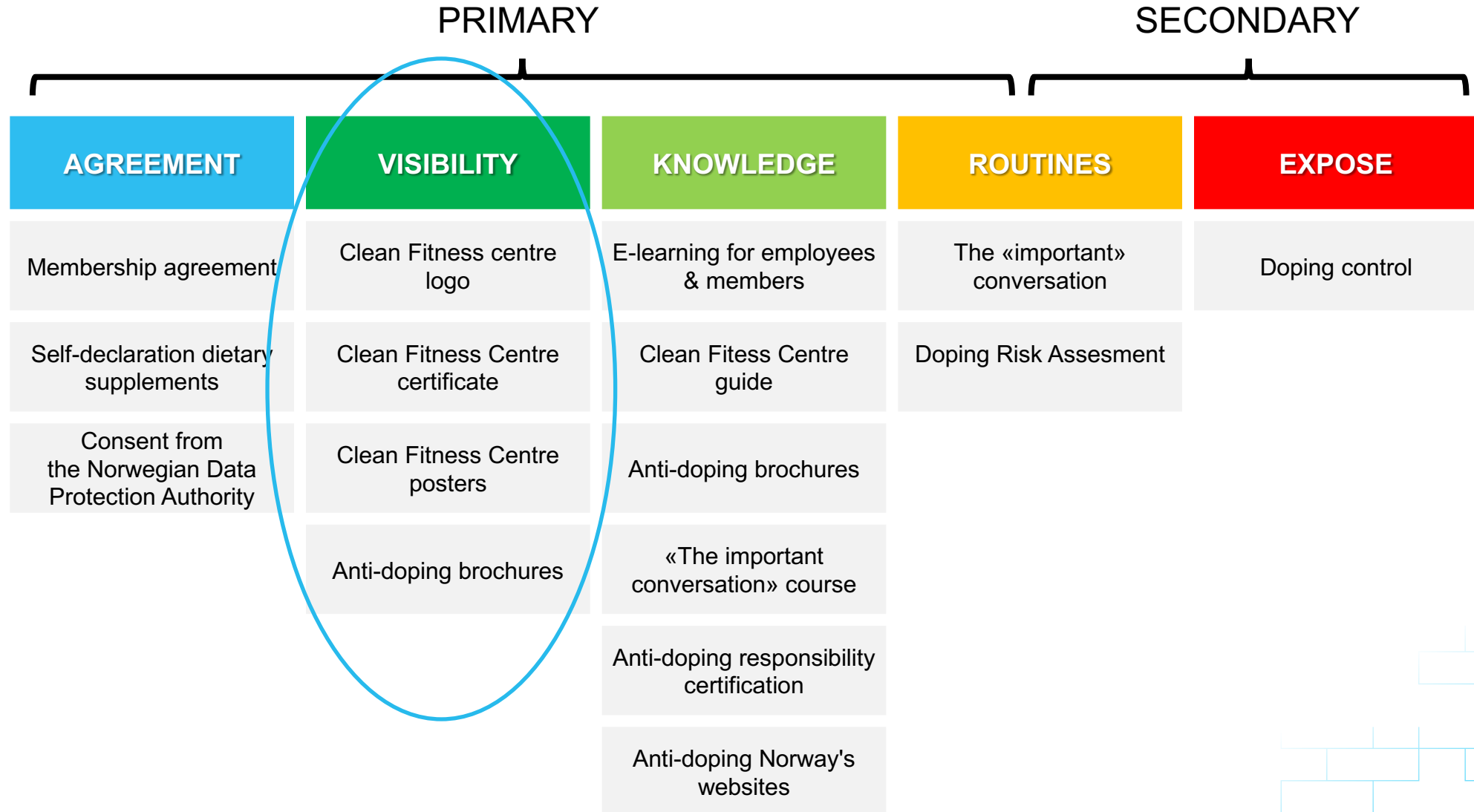
Membership agreement

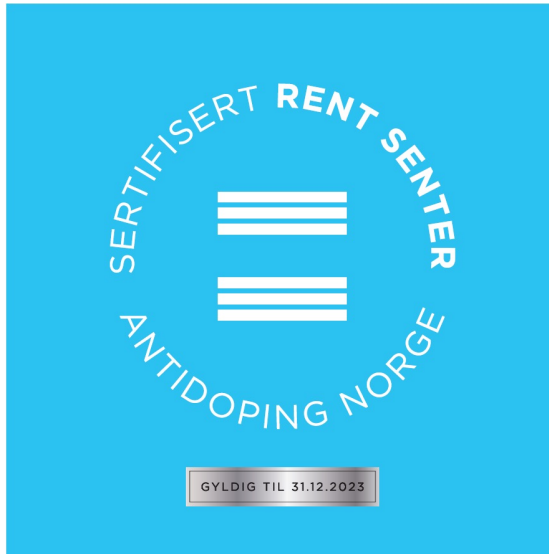
Self-declaration dietary
supplements

Consent from
the Norwegian Data
Protection Authority

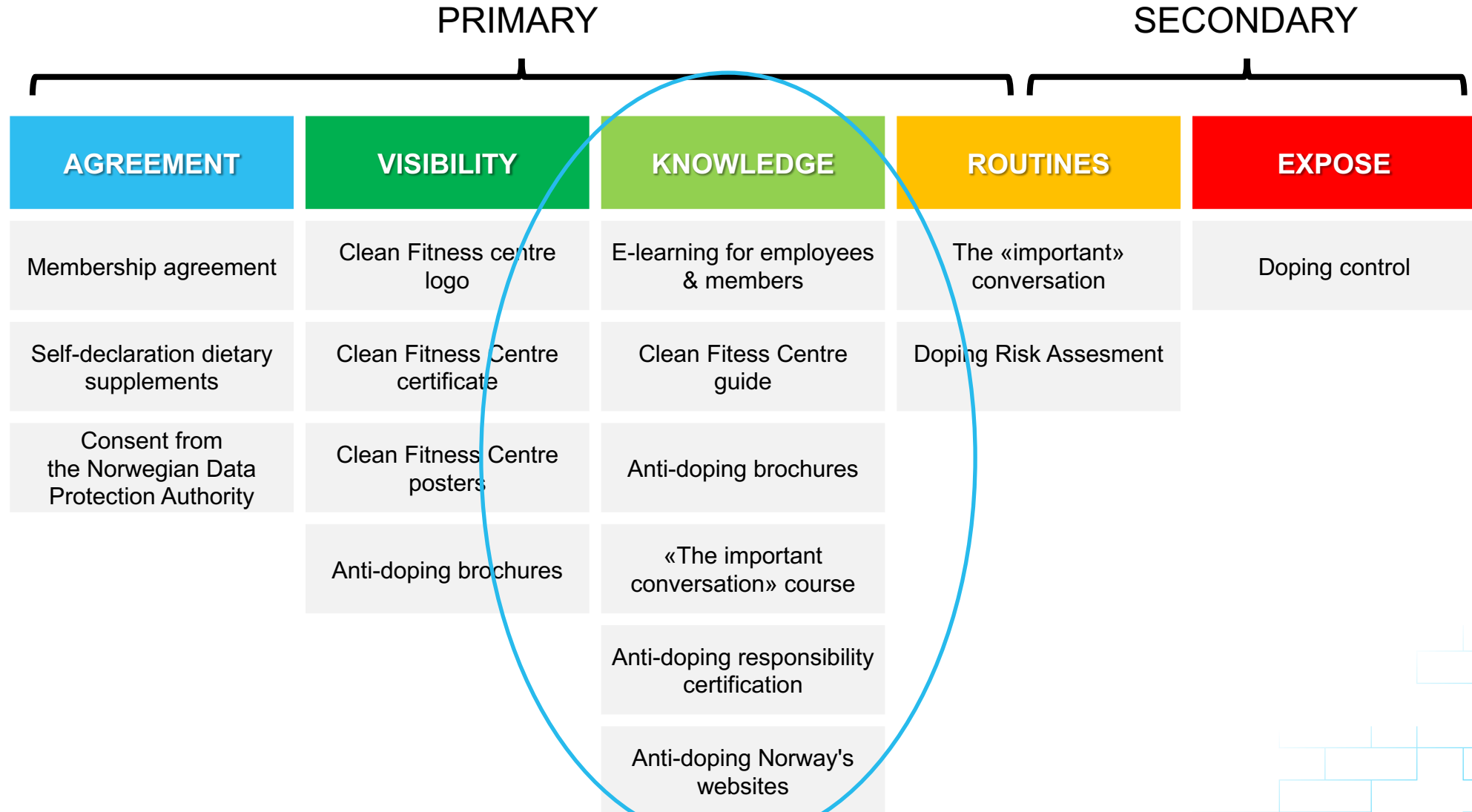


The Clean Centre Program





The Clean Centre Program



CLEAN CENTER

E-LEARNING



ANTI-DOPING RULES



SIGNS AND METHODS



HEALTH CONSEQUENCES



TEST



DIPLOMA



RESOURCES



PREVENTIVE MEASURES



THE DOPING CONTROL



DIETARY SUPPLEMENTS





Approved Lifelong Learning

Stiftelsen Antidoping Norge

Title:

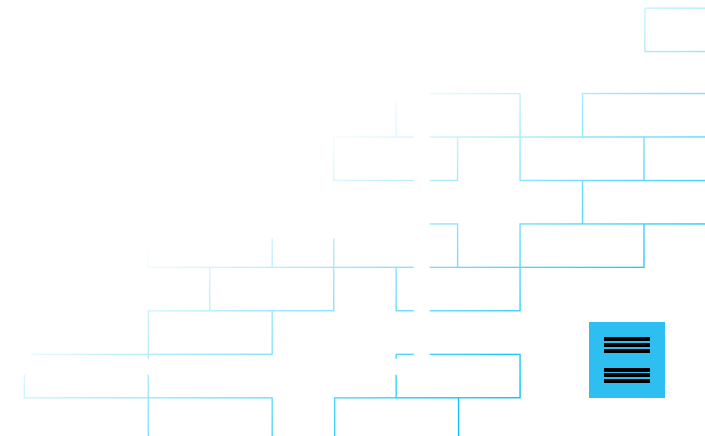
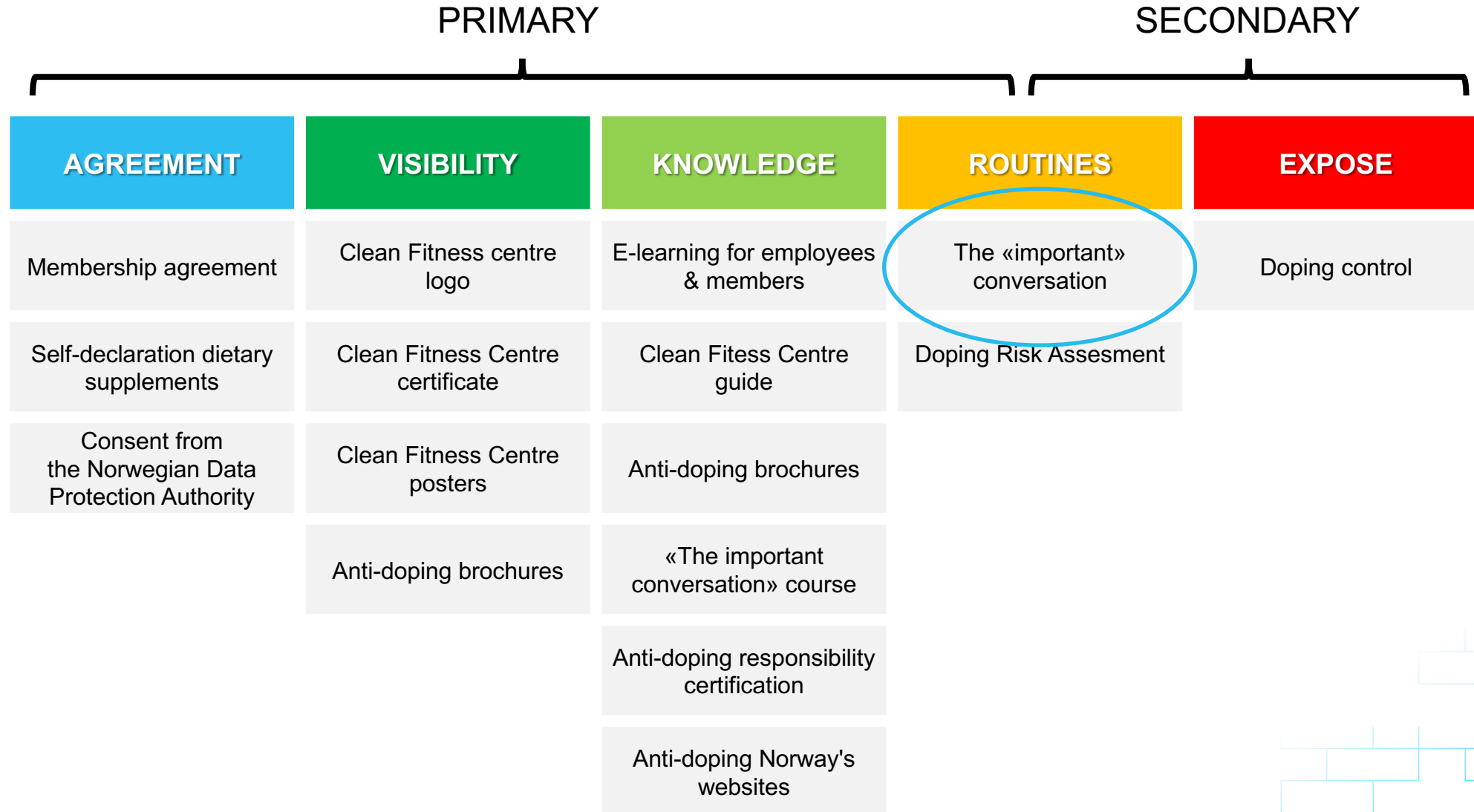
Anti Doping Officer - Certification course for fitness center employees

Description:

Certification course – Anti-doping officer

The fitness industry has the potential to play an important role in public health work in the future. Fitness center employees are regarded as role models when it comes to health and physical activity in society. It is important that this image is managed in a good way. As a role model there is a responsibility to be aware of one's own position as a preventer of doping. In line with the demands of the health authorities, it is crucial that professional groups working with public health communicate quality-assured information and carry out documented methods.

The Clean Centre Program



The important conversation - conversation guide

The conversation about doping is the most important tool we have in the anti-doping programme. We know that many people dread entering into such a conversation and that the threshold can be high, but it doesn't have to be. These are not dangerous conversations, on the contrary, most people experience having good conversations about an important topic. Practice makes perfect, so we have created a conversation tool to help you get started.



Prepare for the interview

Here you will find a conversation guide that will help you prepare for the important conversation. The guide consists of 5 steps from the approach to the end of the conversation.

[Start](#)



Start the conversation

Here is a checklist of things that must be covered in the interview situation itself. Check off point by point during the conversation to ensure you cover all the most important points.

[Start](#)

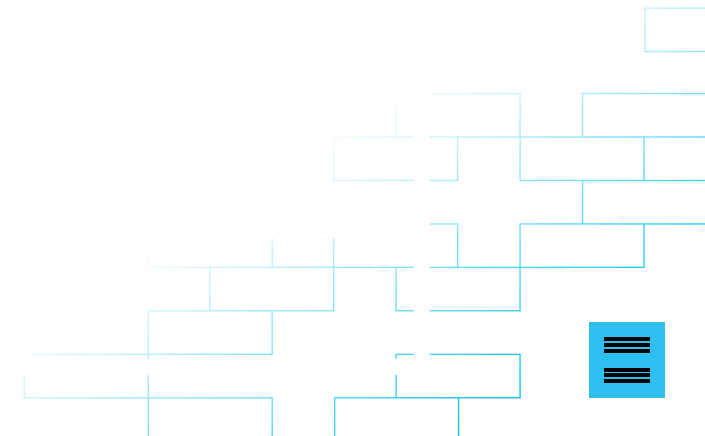
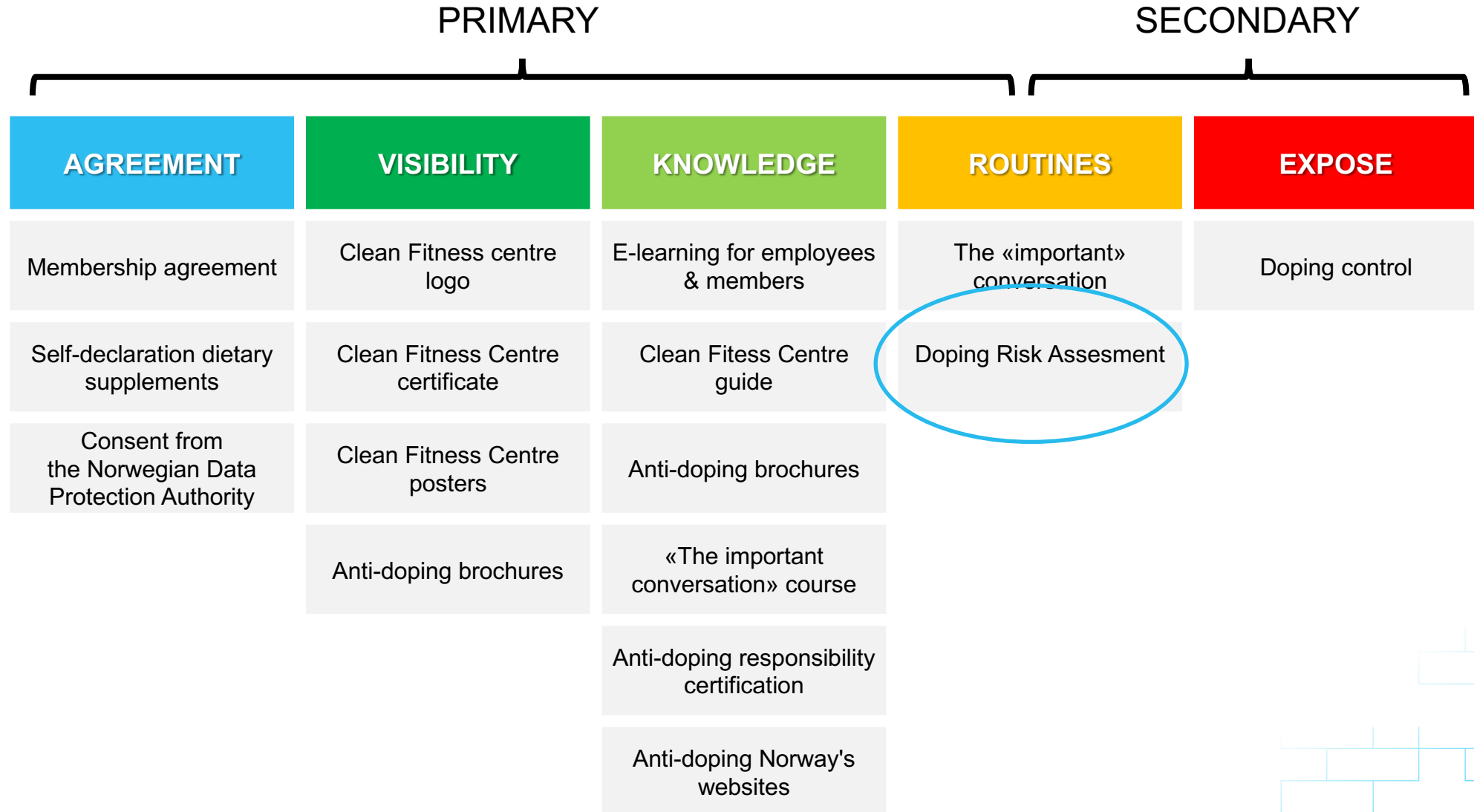


Log the conversation

Here you log the completed conversation.

[Start](#)

The Clean Centre Program

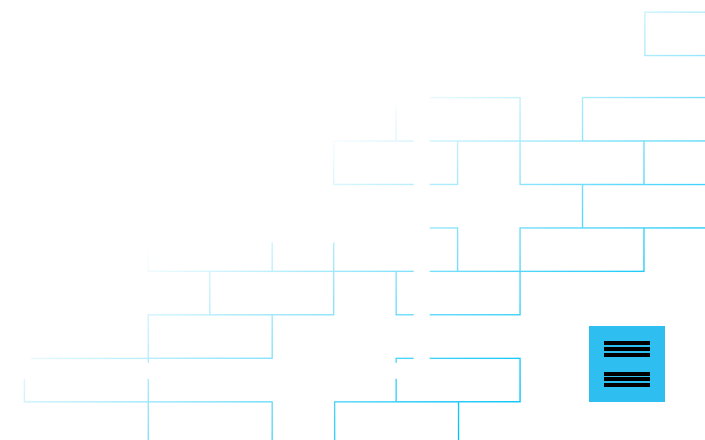
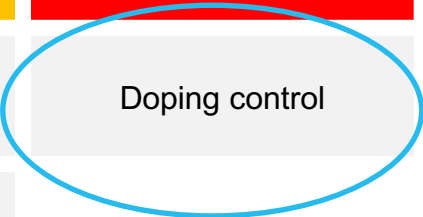
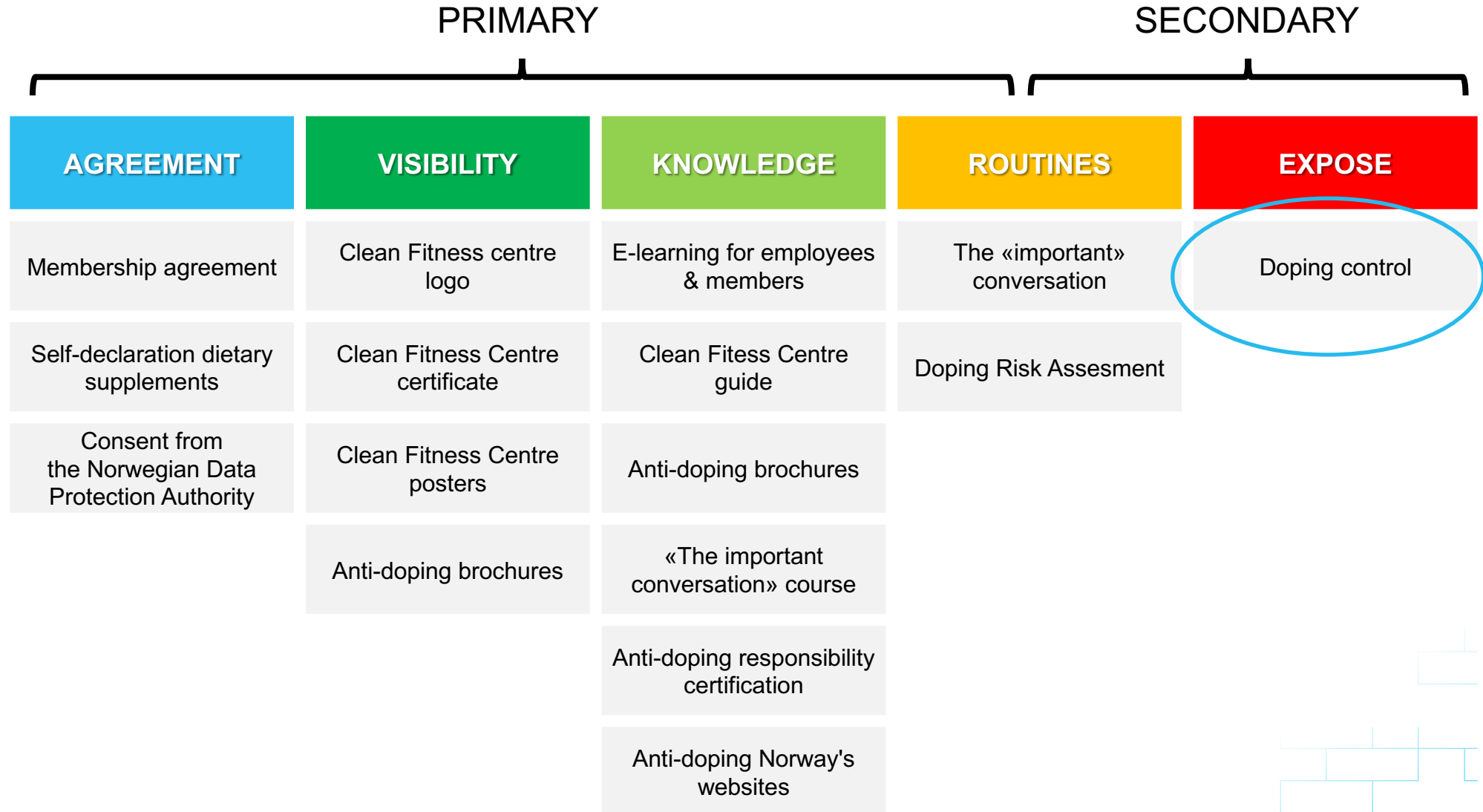


Doping Risk Assessment Form (DRAF)

- Goal:
 - Handling risk at the fitness centres
 - Improved resource utilization
- DRAF – based on SARA
- 22 risk factors
 - The employees
 - The members
 - The fitness centres' layout



The Clean Centre Program



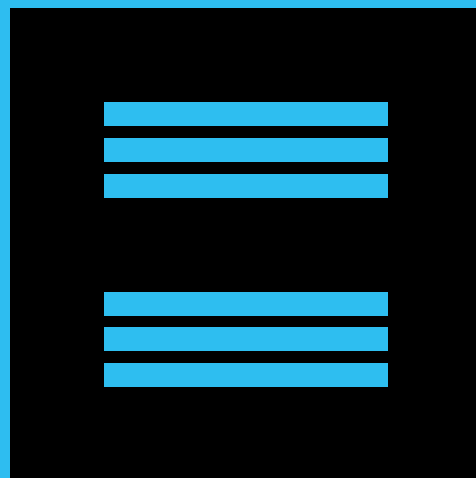
Doping test - 3 steps:

1. Signed anti-doping rules upon signing up to the fitness centre
 2. The “important” conversation where the "agreement on doping control" shall be signed by the member.
 3. If the suspicion persists, the member may be subjected to doping control.
- Dry Blood Spot (DBS)/Virtual









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Thank you!

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