



February 16, 2026

To: IOF Member Federations

RE: EDUCATION REQUIREMENTS FOR NATIONAL FEDERATIONS UNDER THE INTERNATIONAL ORIENTEERING FEDERATION (IOF)'S ANTI-DOPING RULES

Dear Member Federations,

The International Standard for Education, adopted by the World Anti-Doping Agency (WADA) in 2021, states that “an Athlete’s first experience with anti-doping should be through Education rather than Doping Control.”

Clean sport education is essential to protect athletes and the integrity of our sport. As part of the global anti-doping movement led by [WADA](#), the IOF is committed to promoting education that empowers athletes and their support teams to compete clean.

The IOF delivers a clean sport education program through the [International Testing Agency](#) (ITA). In turn, these education initiatives are also available to you and your athletes. Some of these are listed below, and the IOF will keep you informed of **2026 Clean Sport Education activities** throughout the year and need your support in communicating these activities with your athletes and Athlete Support Personnel.

Under the World Anti-Doping Code, the IOF also requires its National Federations (NFs) to “conduct education in coordination with the applicable National Anti-Doping Organisation (NADO)” (Code 20.3.13). We ask that you work with your NADO on educating your athlete and Athlete Support Personnel.

You can find the list of NADOs [here](#).

ITA Resources available to support you in educating your athletes and Athlete Support Personnel:

Monthly Webinars

In addition to the the IOF-specific education activities with the ITA, the ITA offers **monthly webinars on key topics designed for athletes and Athlete Support Personnel**. The sessions are delivered in English, with simultaneous translation in Arabic, French, Russian, and Spanish, with automated translated captions enabled. You can:

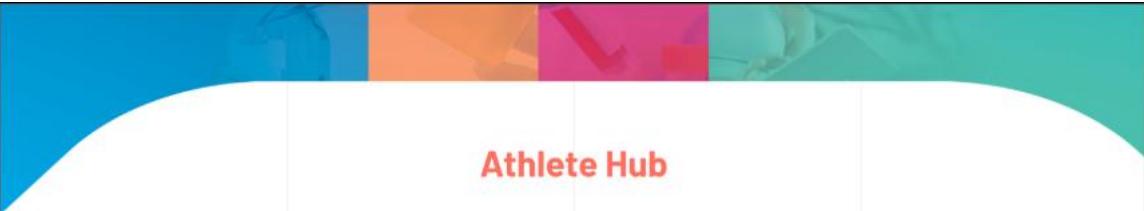
- [Subscribe to the ITA Newsletter](#) to receive information on these monthly webinars and promote them to your athletes and Athlete Support Personnel, and
- [Visit the ITA's YouTube channel](#) to recordings of previous sessions.

We strongly encourage you to disseminate this information to your athletes and Athlete Support Personnel by email or at a minimum by posting the social media banners we will send you on a monthly basis.



The ITA Athlete Hub

The [ITA Athlete Hub](#) helps athletes and Athlete Support Personnel understand their rights and responsibilities, supports them with important administrative tasks such as submitting a TUE or retirement form, and provides access to a comprehensive collection of resources. Each key anti-doping topic is introduced and has an FAQ section where commonly asked questions have been answered by subject-matter experts.



Athlete Hub

TRAIN HARD. COMPETE CLEAN.

Being the first to the finish line is just part of what it takes. As an athlete, fair play and integrity are just as important as muscle strength, skills or speed.

We know that your reputation matters as much as your sparkling achievements. Competing clean is a priority, and we are here to work alongside you to help you navigate all the complexities related to anti-doping.

The ITA Athlete Hub helps you understand your rights and responsibilities, supports you with important administrative tasks such as submitting a TUE or a retirement form, and gives you access to a comprehensive collection of resources. Check in with our posts to keep up to date with the latest on anti-doping news and developments from our Education Team.

PROHIBITED LIST 

MEDICATIONS 

TUE 

SUPPLEMENTS 

TESTING 

WADA's Anti-Doping Education and Learning (ADEL) Platform

[WADA's ADEL](#) is free and available to anyone and offers a range of e-learning courses, many available in multiple languages. Please encourage athletes, coaches, medical personnel, and other support persons to take advantage of this resource – they simply need to register for a free account.



International-Level
Athletes Education
Program (English)

| 2 cours

 Programmes d'éducation



Athlete and Athlete
Support Personnel Guide
to the List 2025 (English)

★ 5.0

 E-learning



ADEL Refresher Course for
Coaches of High
Performance

★ 5.0

 E-learning

Throughout 2026, the IOF will be working closely with the ITA to prepare for the changes in the [2027 International Standard for Education](#), which will take effect on 01 January 2027.

Finally, a kind reminder that the 2026 Prohibited List came into force starting 1 January 2026 and can be accessed [HERE](#). Please be sure to remind your athletes and Athlete Support Personnel of the importance of checking the 2026 Prohibited List.



INTERNATIONAL ORIENTEERING FEDERATION



Please feel free to contact IOF Secretary General Sondre Gullord on sondre.gullord@orienteering.sport for any further information.

We hope this information is helpful and thank you for your commitment to clean sport.

Best regards,

Sondre Gullord

IOF Secretary General