



ALL EUROPE TAEKWON-DO FEDERATION

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AETF Anti-Doping & Health Promotion Committee - Terms of Reference

1. Introduction

The **AETF Anti-Doping & Health Promotion Committee** is responsible for ensuring that all AETF athletes compete in a fair and clean environment while prioritising their physical and mental well-being. This committee works to **combat doping, promote athlete health, and implement preventive strategies** to enhance performance in a safe and ethical manner.

The growth of ITF Taekwon-Do at a competitive level demands a stronger focus on health, well-being, and anti-doping measures to protect athletes and maintain their integrity .

2. Roles and Responsibilities

The Anti-Doping & Health Promotion Committee will:

- Develop **educational resources** on anti-doping policies and prohibited substances.
 - Organise **athlete health and wellness programs** to promote injury prevention and overall well-being.
 - Implement **mental health training** to improve psychological resilience in athletes and coaches.
 - Ensure **compliance with international anti-doping regulations** through proper testing and monitoring.
 - **Promote a culture of "clean sport,"** ensuring that all athletes understand the dangers of doping and the importance of fair competition.
 - **Work closely with medical and sports science professionals** to optimize athlete performance through safe and ethical training practices.
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3. Implementation Plan

- Establish **anti-doping educational programs** for athletes, coaches, and officials.
 - Promote the creation of a **medical support network** for AETF athletes.
 - Develop **resources on injury prevention, rehabilitation, and sports nutrition**.
 - **Introduce research-driven training methodologies** to enhance athlete longevity and reduce injury risks.
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4. Collaboration & Reporting

- **Reports to:** AETF Board of Directors.
 - **Works closely with:** Athletes Committee, Coaches Committee, Medical Experts, Anti-Doping Agencies, ITF Anti-Doping Committee.
 - **External Partners:** WADA (World Anti-Doping Agency), Sports Psychologists, Physiotherapists.
 - **Reporting Frequency:** Quarterly reports on health and anti-doping initiatives.
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5. Conclusion

The **Anti-Doping & Health Promotion Committee** plays a critical role in ensuring **fair play and the physical and mental well-being of all AETF athletes**. By focusing on education, prevention, and professional support, the committee helps create a competitive environment where athletes can reach their full potential safely and ethically.