



INTERNATIONAL WEIGHTLIFTING FEDERATION

21 Oct 2025

Dear Member Federations,

Dear President/ General Secretary,

Dear Athletes,

Dear Coaches,

尊敬的會員聯合會、主席/秘書長、運動員、教練：

Clean sport education is a cornerstone for clean sport. As a strategy measure, education aims to empower athletes and others to play clean, and to encourage behaviours in line with the principles and values of clean sport.

廉潔體育教育是廉潔運動的基石。作為策略措施，教育旨在賦能運動員和其他人，讓他們能夠廉潔地參加比賽，並鼓勵符合道德規範的行為。

As part of IWF's commitment to clean sport, the IF Webinar Series is brought to you by the International Testing Agency (ITA), in conjunction with IWF, and IWF counts on each Member Federation to disseminate this information among all its communities.

作為 IWF 對清潔運動承諾的一部分，國際檢測機構(ITA)與 IWF 聯合辦理 IF 網路研討會系列，IWF 也盼每位成員在其社區中傳播這些資訊。

Let us remind you that one of the responsibilities under the Code is for Member Federations to conduct education, and this is a great opportunity to be proactive about fulfilling this requirement.

我們提醒您，《準則》規定的責任之一是會員聯合會進行教育。

We are pleased to provide you with access to a series of clean sport education

webinars taking place at 14:00 – 15:00 CET as follow:

我們提供一系列參與清潔體育教育網路研討會的權限，以下研討會將於歐洲中部時間 14:00 至 15:00(台灣時間下午 9 時)舉行，具體時間如下：

Title and topics covered Date and time (CET) Registration Link

Introduction to anti-doping

Overview of the Rights and Responsibilities, Anti-Doping Rule Violations, Consequences of Doping, and Proactive Reporting

Wednesday 29 October, 14:00-15:00 CET [Click here to register!](#)

The Prohibited List, Medications, TUEs and Supplements

Includes the principle of Strict Liability

Wednesday 5 November, 14:00-15:00 CET

Testing Includes the Testing Procedures and the ABP, Testing Pools, and Whereabouts

Wednesday 12 November, 14:00-15:00 CET

標題和主題 日期和時間（中歐時間） [註冊鏈接](#)

反興奮劑簡介

權利與責任概述、反興奮劑規則違規、興奮劑後果及主動舉報

星期三 10 月 29 日(台灣時間下午 9 時) 14:00-15:00 中歐時間 [點此報名！](#)

禁用清單、藥物、TUE 和補充劑包含嚴格責任原則

星期三 11 月 5 日(台灣時間下午 9 時) 14:00-15:00 中歐時間

偵測包含檢測程序及 ABP、檢測池及地點

星期三 11 月 12 日(台灣時間下午 9 時) 14:00-15:00 中歐時間

These interactive one-hour sessions for athletes and Athlete Support Personnel have been designed to cover key anti-doping topics, and anti-doping rights and responsibilities.

這些為運動員和運動員支援人員舉辦的一小時互動會議旨在涵蓋關鍵的反興奮劑主題以及反興奮劑權利和責任。

The webinars will be delivered in English, with simultaneous translation into

Arabic, French, Mandarin Chinese, Russian and Spanish, with automated translated captions enabled.

網路研討會將以英語進行，並同步翻譯成阿拉伯語、法語、**中文**、俄語和西班牙語，並啟用自動翻譯字幕。

To receive your IF Webinar Series Certificate, your communities will need to (i) attend at least one webinar live or (ii) access the recordings in the IF Webinar Series Toolkit and pass a test (the test will be added to the IF Webinar Series Toolkit following the third webinar). This requirement will be laid out in the confirmation email following registration. The test will be open for five weeks following the series, and after passing the test participants will receive their personalised certificate.

要獲得 **IF 網路研討會系列證書**，您的社群需要(i)至少參加一場網路研討會，或(ii)存取 IF 網路研討會系列工具包中的錄影並通過測試（測試將在第三次網路研討會後添加到 IF 網路研討會系列工具包中）。此要求將在註冊後的確認郵件中列出。測試將在系列**結束後開放五週**，通過測試後，參與者將獲得個人化證書。

Register now and share the registration link with your communities: Click here to register!

立即註冊並與您的社區分享註冊連結：[點擊此處註冊](#)！

Don't miss this opportunity for your athletes and Athlete Support Personnel to empower their understanding of anti-doping and access to valuable tools and resources!

不要錯過這個機會，讓您的運動員和運動員支援人員增強對反興奮劑的了解並獲得寶貴的工具和資源！

We are at your disposal should you have questions,

如果您有任何問題，我們隨時為您服務，

Kind regards,

IWF Anti-doping department

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