



State of play of the implementation, methodology and structure

1. Introduction and project overview

“Get the Health Power” (GHP) is a 24-month Erasmus+ Sport Small-scale Partnership. The project aims to **prevent doping in grassroots sport** and to promote **healthy lifestyles** among children, young people and adults, with a special focus on people with fewer opportunities or living in vulnerable contexts.

The partnership involves:

- **ASD Dojo Karate Pyros** (Italy, coordinator)
- **FISR - Italian Roller Sports Federation** (Italy)
- **Gymnastics Club Zagreb** (Croatia)
- **EGSK - Edremit Gençlik ve Spor Kulübü** (Türkiye).

The overall strategy combines education, sport practice and tailored support services, implemented through similar approaches in all three partner countries to ensure a **coherent and comparable methodology**.

2. State of play of the implementation - first project year (January-December 2025)

2.1 Overall progress

During the first project year, GHP has moved from the preparatory phase to full implementation. The partnership has:

- completed a **cross-country needs analysis**;

- launched the **training course for coaches** (full version in Italy, reduced versions in Croatia and Türkiye);
- started **sport activities** with children and young people with fewer opportunities in all countries;
- activated **information and support services** (help-desks and information points);
- organised a wide range of **awareness-raising actions, seminars and events** at local, regional and national level.

2.2 Preparatory phase (January-July 2025)

Kick-off meeting

The kick-off meeting was held **in May 2025 in Milan**, at the premises of the **Regional Committee of the Italian National Olympic Committee (CONI Lombardia)**, with the participation of all partners. The meeting focused on planning the activities, preparing the documentation needed to start the project, defining roles and responsibilities, choosing the most suitable communication tools and agreeing on the topics and lecturers for the training courses and events, including the organisation of the first Play True Day.

Needs analysis and mapping of training needs

From **January to March 2025**, a structured analysis of the starting situation and training needs was carried out:

- In **Italy**, 12 Regional Committees of different sports federations were involved. Questionnaires were administered both to the general public and to people working in sport, in order to assess their level of knowledge of doping-related issues.
- In **Türkiye**, the analysis involved **three schools** and around **ten sports organisations**.
- In **Croatia**, the work focused on the partner organisation and a collaborating gymnastics club. Questionnaires were administered to athletes and coaches of both organisations.

At the same time, the project activities were publicised, registrations were collected and local activities were structured.

Inter-institutional promotion and recruitment of participants

In **Italy**, an extensive inter-institutional promotion campaign was launched. Approximately **10 schools, 4 sports federations and sport for all organisations, about 30 sports associations**, high-level athletes (including Olympians and Paralympians), professionals and organisations from different areas of the sports system were contacted.

By mid-year, around **40 schools and associations** had been engaged across the partnership, forming the initial pool of participants and collaborating organisations.

Play True Day (April 2025)

For **Play True Day 2025**, the partners organised a **multisport event** involving around **70 children and young people**. Paralympic athlete **Angela Procida** took part in the initiative, sharing her experience and contributing to the promotion of fair play and clean sport.

Web presence and communication channels

A **dedicated project webpage** was created and hosted on the coordinator's website, and **Facebook and Instagram pages** specifically dedicated to GHP were launched. In addition, the partners' own communication channels started to disseminate information on the project. This marked the beginning of a continuous communication effort that accompanies all project activities.

Information and training materials

In the first semester, the consortium produced a set of **informative and educational materials** to support training, awareness-raising and dissemination:

- brochures presenting the project and its objectives;
- a series of **comics**, one for each sport practised by the associations that requested project actions;
- a leaflet promoting **healthy lifestyles**;
- an **anti-doping vademecum** for adults;
- presentation **slides** for the training components.

These materials were distributed during events and meetings with adults and sports organisations and are used as a common reference in all partner countries.

Launch seminar / masterclass

On 28 May 2025, a first high-profile launch event was organised in San Giovanni a Piro (SA, Italy), in the form of a masterclass presenting the project, its approach and its main contents to coaches, managers and parents.

On this occasion, before the masterclass, a practical training session was held for coaches and athletes, with the participation of four sports clubs from the province of Salerno. The session was led by **Luigi Busà**, Olympic gold medallist in karate at the Tokyo 2020 Games. Drawing on his experience as a top-level athlete, member of the CONI Athletes' Commission and ambassador for the Milano-Cortina 2026 Olympic Games, as well as his work as a trainer and motivational speaker, Busà not only ran the technical training but also spoke about what it means to become a champion in sport **without taking shortcuts**, how to resist the temptation of doping, and how to take care of athletes' mental health. He also shared his personal commitment to promoting sport and its core values with the young participants, their families and the local community.

Training courses for coaches

The main **training course for coaches in Italy** (24 hours in total) was delivered **online from 10 September to 12 October 2025**, with **62 participants**.

Reduced versions of the course were delivered to partners:

- in **Croatia**, an **8-hour online course** with **16 participants**;
- in **Türkiye**, an **8-hour online course** with **12 participants**.

Five Turkish participants subsequently took part in the “**Clean Sports Education for All**” programme promoted by the **Turkish Anti-Doping Commission** under the aegis of the **Turkish National Olympic Committee** and received a certificate after successfully passing the final exam.

Start of sport activities with people with fewer opportunities

Sport activities for **children and young people with fewer opportunities** started already in **April 2025** in all partner countries. Children and young people from **5 years of age onwards**, with no upper age limit, have been included in the activities. By the end of 2025, around **200 individual participations** had been recorded.

2.3 Implementation phase (August-December 2025)

Analysis of questionnaires and monitoring

The questionnaires collected in the first semester were analysed between September and October 2025, providing an overview of knowledge and attitudes towards doping among different target groups in the three countries. These data are used to refine messages and training contents and to monitor the first phase of implementation.

In parallel, the coordinator held regular online coordination meetings with the partners to review progress, address any operational issues and collect information needed for interim reporting, ensuring that implementation remained consistent with the original work plan.

Activation of help-desks and information points

Information and support services were activated in all partner countries:

- in **Türkiye**, a **physical help-desk**;
- in **Croatia**, an **information point**;
- in **Italy**, a **virtual help-desk** managed by an expert in anti-doping.

These services are **free of charge** and are available to individuals and grassroots sports organisations seeking information or support on doping, health, nutrition and related issues.

3. Local actions (sport and education) carried out by partners

3.1 Croatia

In **Croatia**, Gymnastics Club Zagreb has developed a **communication plan** aimed at **young athletes**, with particular attention to those who have the potential to reach high-level competitions. The plan includes the involvement of coaches specifically trained through the **WADA ADEL (Anti-Doping Education and Learning)** platform.

The organisation has also **welcomed, free of charge, young people at risk of addiction to soft drugs**, offering them the opportunity to take part in sports activities and to collaborate in project actions. Through this approach, GHP combines prevention of doping with broader support for young people facing vulnerabilities.

A series of **local awareness-raising activities** has been implemented, including:

- a **workshop in Koprivnica**, led by Parkour Club Zagreb, focusing on physical activity, healthy habits and mental well-being in sport. Participants explored the basics of parkour and discussed how balanced training and mental health influence performance;
- the production of **short informative videos** on critical aspects of sport such as nutrition, training, parental support and the holistic benefits of sports participation;
- local events for young athletes of Zagreb associations, with the distribution of information kits and age-appropriate training activities.

These actions help to embed the GHP messages in the daily life of clubs and young athletes.

3.2 Türkiye

In **Türkiye**, EGSK has implemented a set of coordinated actions combining **training, school-based work and community outreach**.

- **12 multipliers** were trained using the materials provided by FISR. They then collaborated with schools to disseminate the key principles of anti-doping - with a special focus on the **fight against addictions** - among pupils.
- The same multipliers worked with sports associations in the provinces of **Güre** and **Canakkale**, delivering **free training sessions for coaches and athletes**.
- In the schools and associations that collaborated with the partner, **afternoon sports courses** were organised specifically for children and young people with **socio-economic disadvantages**.

Several **awareness-raising events** were held, including:

- two events in a **lower secondary school in Canakkale**;
- one event in a **primary school in Canakkale**;
- a meeting with **young athletes**;
- a seminar for **athletes' families**;
- an important seminar at the **Juventus Academy Edremit Football School**, dealing with clean sport and healthy nutrition, with the participation of coaches and athletes.

Through these actions, the Turkish partner has reached schools, clubs, families and local communities, linking doping prevention with broader health-promotion and educational goals.

3.3 Italy

In **Italy**, ASD Dojo Karate Pyros and FISR have worked closely together to bring GHP activities into **high-visibility contexts** and into the daily work of grassroots associations, using major events as platforms for education on clean sport and healthy lifestyles.

Giffoni Film Festival 2025 (55th edition)

GHP was present at the **Giffoni Film Festival**, a major international film festival for children and young people held every year in July in **Giffoni Valle Piana (Salerno)**, which gathers children and teenagers from all over Italy and from abroad. The 2025 edition involved **over 5,500 registered participants** (jury members and workshop participants). Within the **Giffoni Multimedia Valley**, a **multi-federation sports area** was set up with the involvement of several national federations. GHP contributed by offering roller sports and other disciplines, together with **three information points** dedicated to the project. Over the ten days of presence:

- **more than 3,000 GHP information kits** were distributed;
- **around 1,000 children and young people** practised sports with the technical instructors collaborating with the two Italian partners.

High-level athletes from other sports disciplines also tried roller sports and shared their personal experiences with participants, explaining their journey to becoming good athletes and fair, responsible people.

Campo LibHero

GHP took part in **Campo LibHero**, an initiative involving **ten national sports federations**, organised in the province of Caserta in one of the largest properties in Southern Italy confiscated from the mafia. The area is located in a strongly deprived context. Thanks to project activities, for **three months** children and young people from culturally and economically disadvantaged families were able to:

- practise **sports and recreational activities** free of charge;
- take part in sessions dedicated to **healthy lifestyles**, the **fight against addictions**, and **legality as a means of achieving one's goals**.

“Villaggio dell’Esercito” - Naples, 14-16 November 2025

ASD Dojo Karate Pyros and FISR also participated in the event organised by the **Italian Army**, the “**Villaggio dell’Esercito**”, held on the **Caracciolo seafront and at Rotonda Diaz in Naples** from 14 to 16 November 2025, to celebrate the 2,500 years of the city and the oath of the Nunziatella Military School.

The **GHP information point** was located at the very beginning of the visitors’ route. Over the three days it was possible to:

- distribute **around 1,000 information kits**;
- offer sports activities to **about 500 children and young people**;
- present the project and its messages to families and visitors.

Italian Beach Wrestling Championship (FIJLKAM)

ASD Dojo Karate Pyros and FISR also took part, as social partners, in the **Italian Beach Wrestling Championship** organised by **FIJLKAM**. This high-level national event was used as an additional opportunity to promote GHP messages on **clean sport and healthy lifestyles** among athletes, coaches and families attending the competition.

Pilot action in Cutro (Calabria, Italy)

In November and December 2025 a pilot action was carried out in Cutro, a town in Calabria (province of Crotone), involving the three classes of the local lower secondary school. Over about one month, the project team worked together with the physical education teachers to integrate GHP contents into regular PE lessons, combining motor activities with short educational moments on healthy lifestyles, fair play and the long-term risks connected with doping. The aim was to help pupils reflect on their choices, their relationship with sport and the pressure to "perform", using simple and age-appropriate language.

On 18 December 2025, a final event was organised at the school to conclude the action. Thanks to the active participation of students and teachers, a combined motor and educational plan was presented, designed to support pupils in making healthier choices in their future lives. All participating students received a medal bearing the project logo and the Skate Italia (FISR) logo, in order to reinforce the perception that high-level sport is genuinely interested in young people's well-being and in their engagement with key social issues such as mental health, psycho-physical well-being, anti-doping and the promotion of sport values among the new generations.

Seminars and thematic events

Several seminars and round tables were organised in Italy during 2025, including:

- the training seminar **“La scienza del doping e i suoi effetti”** (“The science of doping and its effects”), **8 May 2025**, San Giovanni a Piro (SA), addressed to coaches, managers and parents;
- the round table **“Legalità e Doping nello sport giovanile”** (“Legality and doping in youth sport”), **13 September 2025**, Roccagloriosa (SA), with three judges and three lawyers as speakers;
- the seminar **“Prevenzione del doping: ruoli e responsabilità condivise”** (“Prevention of doping: shared roles and responsibilities”), **28 November 2025** in Rome, organised with the **Lazio Regional Committee of the Italian Canoe and Kayak Federation**, targeting high-level coaches.

Courses and activities with grassroots associations

Throughout the year, **free courses** were activated in numerous grassroots sports associations in several Italian regions (Friuli Venezia Giulia, Lazio, Puglia and Campania), extending the project’s reach. Many associations explicitly requested to be included in GHP in order to benefit from training sessions and sports activities for their athletes.

3.4 Transnational meeting and national information days

A **second transnational meeting** was held in **September 2025 in Gure (Türkiye)**, focusing on mid-term results, exchange of experiences and verification of the materials produced and the first applications by trained coaches.

Each partner country organised **one national information day** in 2025, open to the general public and local stakeholders:

- in **Croatia**, in a sports club in **Zagreb**;
- in **Türkiye**, in a school in **Gure**, during the **European Week of Sport**, with the presence of all project partners;
- in **Italy**, in a central square in **Benevento**, also during the **European Week of Sport**.

These events combined sport activities, information sessions and the distribution of GHP materials, and acted as important multipliers for the project's messages at local level.

4. Methodology and structure - elements useful for other bodies

The experience of GHP in its first year highlights several methodological and organisational elements that may be useful for other bodies wishing to develop similar initiatives.

The project is structured as a single work package broken down into clearly defined tasks (from transnational meetings to needs analysis, creation of materials, training, local sport activities, awareness-raising events and evaluation). This simple but coherent structure makes it easier for smaller organisations to replicate the model, adapting the intensity of each task to their own resources while keeping the overall logic unchanged.

1. A uniform, multi-country methodology

The project applies **similar strategies in all three countries**, allowing for a uniform methodology while adapting tools to each context. This includes common training contents, shared materials and comparable data collection tools.

2. Combination of observation, training and experimental practice

GHP uses three main methodological pillars: **observation, training and experimental activity** supported by a **mental coach and a sports psychologist**. During the sporting activities, an observational study is carried out to identify critical issues related to the risk of use or abuse of illegal substances in people who are vulnerable due to age or social conditions.

3. Evidence-based planning and step-by-step adjustment

The project links the initial needs analysis with ongoing monitoring of activities and results. The partnership works “step by step”, constantly comparing results between pilot sites in the same country and between countries, and applying corrective measures when needed. Where possible, **sample groups and control groups** are used to better understand the effects of the interventions.

4. Multi-level training model for coaches and multipliers

The training structure combines a **comprehensive 24-hour course** in Italy with **shorter editions (8 hours)** in Croatia and Türkiye. This “core + light” model allows smaller organisations to adopt the approach even with limited resources,

while maintaining a common conceptual framework on doping prevention, healthy lifestyles and ethical issues in sport.

5. **Integration of sport practice and educational messages**

From the outset, GHP has deliberately **integrated sport activities with educational content**, rather than separating “lessons” from training. Seminars, comics, vademecums, masterclasses and help-desks are directly connected to real sport practice, making messages on doping, addictions, nutrition and legality more concrete and meaningful for participants.

6. **Use of high-visibility events and symbolic venues**

By bringing GHP to events such as the **Giffoni Film Festival**, **Campo LibHero**, the **Villaggio dell'Esercito** and national championships, and by working in properties confiscated from organised crime, the project associates the idea of clean sport with strong social symbols (legality, youth participation, inclusion, reclaiming public spaces). Other organisations can replicate this strategy by building alliances with festivals, public institutions and community initiatives.

7. **Promoting equity between central and peripheral contexts**

A key aspect of GHP is the deliberate choice to bring the same quality of opportunities usually reserved for central areas or high-profile sports organisations into peripheral and disadvantaged contexts. By involving deprived neighbourhoods, properties confiscated from organised crime and grassroots clubs with limited resources, the project has shown that access to top-level trainers, meaningful events and high-quality educational materials does not have to be a privilege for a few, but can be extended to children and young people who are often left at the margins of the sports system. This approach has also meant **bringing high-level role models and specialised experts directly into these contexts**. On 28 May 2025, for example, Olympic champion **Luigi Busà** (gold medallist in karate at the Tokyo 2020 Games) spent the day working with children and young people in the area: in the morning he was the guest of honour at the end-of-year games at the IC *Teodoro Gaza* school in Caselle in Pittari, and later he led a technical and motivational masterclass in San Giovanni a Piro, involving coaches and athletes from four local clubs.

Throughout the first year, GHP also involved **Assunta (Susy) Scutto**, Italian judoka and 2025 world champion in the -48 kg category, who grew up in the Star Judo Club Maddaloni, a club that has been working for forty years on the social recovery of young people at risk in the Scampia district of Naples. Her story of determination and social commitment offered participants a concrete example of how elite sport can be combined with strong ethical values. In addition, activities were enriched by the contribution of **two veterinarians specialised in doping**

in competition animals, who helped explain the broader impact of doping beyond human sport; **Angelo Lioni**, physical education teacher, judo champion and personal trainer; and **Raffaele Funaro**, psychologist and head of the “Metodo Globale Autodifesa” sector of FIJLKAM Campania, who focused on mental health, self-protection and responsible behaviour in sport. Their presence in small towns, school gyms and local sports facilities helped to connect local activities with the highest levels of sport and with multidisciplinary expertise, reinforcing the idea that **clean sport, fairness and health are for everyone, regardless of where they live or which club they belong to.**

8. **Accessible help-desks and support services**

The activation of **physical, local and virtual help-desks** provides a low-threshold access point for questions related to doping and health. These services are relatively low-cost but significantly increase the **accessibility and sustainability** of prevention actions, and can easily be replicated by other bodies.

9. **Partnership between federations, clubs, schools and local actors**

GHP combines the reach and expertise of a national federation (FISR) with the proximity of local clubs, schools and community organisations. This multi-actor structure has proven effective in extending the project’s impact, ensuring local ownership and laying the foundations for **long-term continuity** beyond the project’s lifetime.

Photobook

Susy Scutto, Angela Procida and Luigi Busa'





Some events









