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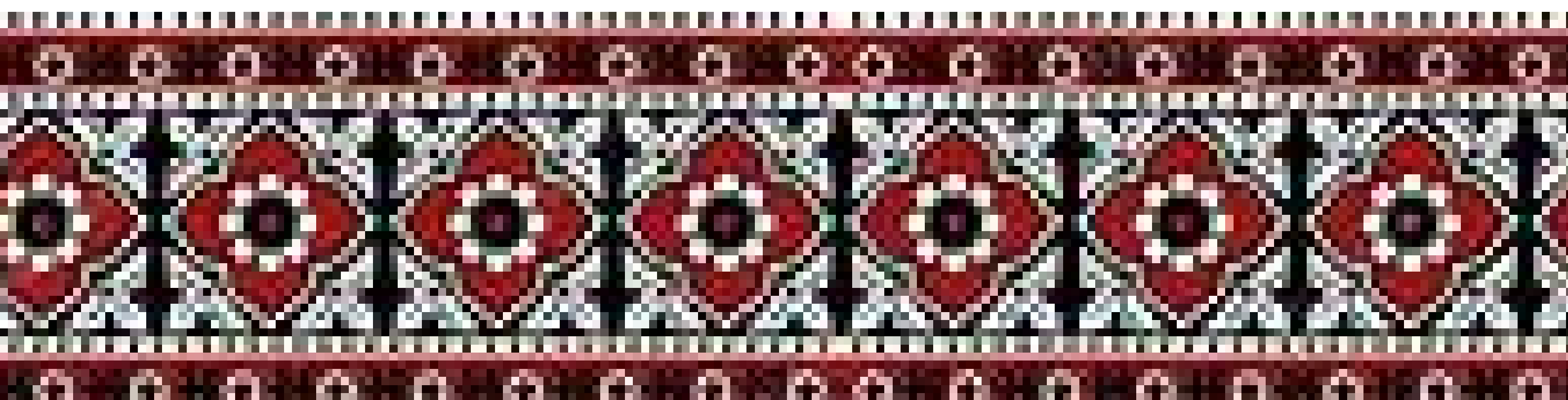
NATIONAL

GAMES - 2025

INTEGRITY LEARNING MATERIAL

INTEGRITY LEARNING MATERIAL THEME

- Harassment and Abuse
- Olympic Value
- Anti Doping
- Prevention Manipulation Competition



Harassment and Abuse

1.What is a key purpose of raising awareness about abuse and harassment in sports?

- a) To increase participation in sports
- b) To promote competition among athletes
- c) To foster a safe, respectful, and inclusive sporting environment
- d) To prioritize winning above all

2.Which of the following is an example of physical abuse in sports?

- a) Injuries caused by excessive force
- b) Encouraging healthy competition
- c) Providing proper coaching
- d) Praising athletes for their effort

3.How can abuse negatively impact athletes?

- a) Improve their performance and well-being
- b) Cause long-term trauma and affect their mental health
- c) Strengthen their trust in coaches
- d) Build their resilience

Harassment and Abuse

4. What are potential signs of harassment in sports?

- a) Unwelcome conduct based on gender, race, or disability
- b) Supportive coaching relationships
- c) Fair play and equal opportunities
- d) Regular team bonding activities

5. What is a key strategy for safeguarding against abuse and harassment in sports?

- a) ignoring minor incidents
- b) Focusing only on physical training
- c) Prioritizing competition over well-being
- d) Fostering a culture of respect, education, and transparency

6. What does harassment and abuse in sport generally involve?

- a) Encouragement and feedback
- b) Behavior that harms dignity, safety, or well-being
- c) Fair coaching techniques
- d) Regular training sessions

Harassment and Abuse

7.Can harassment occur online as well as in person?

- a) No, only face-to-face
- b) Yes, it can happen online
- c) Only in competitions
- d) Only during travel

8.Who can be a perpetrator of harassment in sport?

- a) Only coaches
- b) Coaches, teammates, staff, or spectators
- c) Only older athletes
- d) Only fans

9.Which of the following is NOT a type of harassment in sport?

- a) Physical
- b) Psychological
- c) Nutritional
- d) Sexual

Harassment and Abuse

10. Neglect in sport means:

- a) Ignoring injuries or providing unsafe equipment
- b) Giving too many medals
- c) Offering extra practice sessions
- d) Praising athletes unfairly

11. True or False: Only adults can be victims of harassment in sport.

- a) True
- b) False
- c) Sometimes true
- d) Depends on the sport

12. Which of these is a “Do” in the Code of Conduct?

- a) Respect everyone and protect others’ dignity
- b) Use offensive language
- c) Ignore unsafe behavior
- d) Share private photos online

Harassment and Abuse

13. What should you do if you witness unsafe behavior?

- a) Stay quiet
- b) Post it on social media
- c) Report it through official safeguarding channels
- d) Ignore it

14. Where can a safeguarding concern be reported during games?

- a) Hotel staff
- b) NOC or Safeguarding Officer/ Official website
- c) Spectators
- d) Security guards only

15. Why is safeguarding important in sports?

- a) To improve fitness only
- b) To make games more competitive
- c) To keep sport safe, fair, and fun
- d) To avoid rules

Harassment and Abuse

16. Which action is a form of verbal harassment?

- a) Clapping
- b) Insulting comments
- c) Silent support
- d) Asking questions

17. Harassment can occur:

- a) From opponents only
- b) Between anyone in sport
- c) Only during matches
- d) Only in locker rooms

18. A sign of emotional harassment is:

- a) Encouragement
- b) Extra training time
- c) Frequent humiliation
- d) High performance

Harassment and Abuse

19. Unwanted touching is considered:

- a) Motivation
- b) Team bonding
- c) Physical harassment
- d) Coaching technique

20. Athletes who experience harassment may:

- a) Improve quickly
- b) Lose confidence
- c) Gain strength
- d) Avoid rest

21. A safe team environment requires:

- a) Competition only
- b) Respectful behavior
- c) Strict silence
- d) Limited communication

Harassment and Abuse

22. Sexual harassment includes:

- a) Coaching advice
- b) Unwelcome sexual remarks
- c) Fitness checks
- d) Warm-up routines

23. Which is NOT harassment?

- a) Constructive feedback
- b) Name-calling
- c) Threats
- d) Touching without consent

24. Bystanders should:

- a) Stay silent
- b) Report unsafe behavior
- c) Join the harassment
- d) Ignore victims

Harassment and Abuse

25. Online harassment includes:

- a) Public info posts
- b) Threatening messages
- c) Match updates
- d) Training videos

26. A coach shows respect by:

- a) Yelling constantly
- b) Ignoring athletes
- c) Using professional language
- d) Giving punishments

27. Harassment based on gender is called:

- a) Physical abuse
- b) Injury management
- c) Gender-based harassment
- d) Fair coaching

Harassment and Abuse

28. Repeated unwanted jokes about someone's identity is:

- a) Motivation
- b) Team building
- c) Harassment
- d) Fitness advice

29. What should an athlete do after experiencing harassment?

- a) Keep quiet
- b) Fight back
- c) Inform a trusted official
- d) Quit the team

30. Power imbalance can lead to:

- a) Teamwork
- b) Abuse of authority
- c) Team safety
- d) Equal treatment

Harassment and Abuse

31. Threatening an athlete is a form of:

- a) Celebration
- b) Training
- c) Psychological harassment
- d) Encouragement

32. A safe reporting environment must be:

- a) Confusing
- b) Confidential
- c) Public
- d) Delayed

33. Spreading false rumors is:

- a) Good communication
- b) A type of harassment
- c) Leadership
- d) Healthy feedback

Harassment and Abuse

34. Ignoring harassment makes it:

- a) Disappear
- b) Worse**
- c) Safe
- d) Normal

35. Teasing about body shape is:

- a) Normal coaching
- b) Body shaming harassment**
- c) Fair criticism
- d) Medical advice

36. A proper response from staff includes:

- a) Denying the report
- b) Listening and taking action**
- c) Blaming the athlete
- d) Delaying help

Harassment and Abuse

37. Harassment can affect:

- a) Only performance
- b) Mental and physical health
- c) Only training
- d) Only coaches

38. Laughing at an athlete's mistake repeatedly is:

- a) Encouragement
- b) Bullying behavior
- c) Normal coaching
- d) Safe practice

39. Respect in sport means:

- a) Winning at any cost
- b) Ignoring others
- c) Treating everyone with dignity
- d) Shouting for motivation

Harassment and Abuse

40.. Harassment in sport often starts with:

- a) Fair criticism
- b) Friendly jokes
- c) Unwanted behavior
- d) Team instructions

Olympic Value

1. Excellence in Olympic spirit means:

- a) Always winning gold medals
- b) Breaking rules for success
- c) Giving your best effort in training and competition
- d) Competing only with weak opponents

2. Which Olympic value encourages unity across cultures?

- a) Power
- b) Excellence
- c) Friendship
- d) Rivalry

3. Which is an example of Excellence?

- a) Quitting when losing
- b) Playing only easy matches
- c) Constantly improving performance regardless of results
- d) Refusing to train hard

Olympic Value

4.. Respect also includes:

- a) Ignoring diversity
- b) Winning at all costs
- c) Respecting opponents, officials, and the environment
- d) Playing only in home grounds

5. Friendship as an Olympic value means:

- a) Celebrating only national teams
- b) Building understanding and harmony through sport
- c) Ignoring other athletes
- d) Limiting cooperation to club members

6.How can you bring your team together and build friendship?

- a) By only talking to people from your own culture
- b) By encouraging everyone to talk openly and appreciate each other's
- c) By focusing only on training and not talking to anyone
- d) By sticking to your own group and ignoring others

Olympic Value

7.How can you promote fairness and stop doping?

- a) By ignoring it to avoid trouble
- b) By confronting them angrily
- c) By reporting it to the right authorities and teaching your team
- d) By encouraging others to do the same to get better results

8.How can you show the Olympic spirit of solidarity?

- a) By refusing to help because they are your competitor
- b) By offering to help and showing kindness
- c) By helping only if it benefits your team
- d) By ignoring them and focusing on your own performance

9.How can you promote the safety and well-being of athletes?

- a) By telling athletes to listen to their bodies and put health first
- b) By agreeing with the coach to make sure you win
- c) By ignoring the problem because it's not your responsibility
- d) By encouraging athletes to compete even if they are injured

Olympic Value

10. How can you stay true to your values and play fairly?

- a) By looking for shortcuts or cheating to win
- b) By reminding your team to play by the rules and stay honest
- c) By ignoring the pressure and not trying your best
- d) By focusing only on winning, even if it means breaking the rules

11. What are “values” in sport?

- a) Rules created by referees
- b) Beliefs we live by, such as honesty, respect, and fairness
- c) Achievements measured by medals
- d) Physical abilities developed through training

12. What are “ethics” in sport?

- a) The number of games a player wins
- b) Applying our values in real-life sporting decisions
- c) Following only the coach’s instructions
- d) Avoiding mistakes during competition

Olympic Value

13. Which of the following is not one of the three core Olympic values?

- A) Excellence
- B) Friendship
- C) Discipline
- D) Respect

14. Why are ethics important in sport?

- a) They help players get sponsorships
- b) They protect the integrity of the game and build trust
- c) They ensure faster athletic performance
- d) They make the game more competitive

15. What does the value of “Excellence” mainly represent?

- a) Giving your personal best, not just winning medals
- b) Always breaking world records
- c) Defeating your opponents
- d) Focusing on team success only

Olympic Value

16. Showing respect in sport includes:

- a) Arguing with referees
- b) Being polite to coaches, teammates, and opponents
- c) Ignoring fair play rules
- d) Celebrating excessively after victory

17. What is one example of good sportsmanship?

- a) Celebrating when your opponent loses
- b) Ignoring your teammate's mistake
- c) Winning humbly and losing graciously
- d) Arguing after a referee's decision

18. Outside competition, athletes should:

- a) Focus only on their personal training
- b) Interact with others and promote inclusion and fair play
- c) Avoid communicating with other teams
- d) Show off their achievements on social media

Olympic Value

19. When representing Team at the National Games, athlete should :

- a) **Respect Rules + Regulation of the sport**
- b) Only focus on his team or individual performance
- c) Ignore Other Athlete
- d) Win at all cost

20. What does “carry pride with humility” mean for athletes?

- a) Be proud and boastful of achievements
- b) Hide your accomplishments
- c) **Represent your country proudly but stay humble and respectful**
- d) Never express pride in your nation

21. Which Olympic value encourages athletes to try their hardest?

- a) Power
- b) Strength
- c) **Excellence**
- d) Fame

Olympic Value

22. Showing respect means:

- a) Ignoring instructions
- b) Following rules
- c) Cheating
- d) Arguing

23. Which value promotes kindness between athletes?

- a) Victory
- b) Friendship
- c) Rivalry
- d) Strength

24. An athlete shows excellence by:

- a) Giving up early
- b) Skipping training
- c) Practicing regularly
- d) Only playing easy matches

Olympic Value

25. Respecting officials means:

- a) Shouting at them
- b) Ignoring decisions
- c) **Accepting fair calls**
- d) Complaining

26. Friendship in sports helps:

- a) Create enemies
- b) Build fear
- c) **Connect athletes**
- d) Reduce teamwork

27. Which of these reflects excellence?

- a) Cheating to win
- b) **Always improving**
- c) Avoiding challenges
- d) Playing carelessly

Olympic Value

28. Respect for the environment means:

- a) Littering
- b) Damaging equipment
- c) Keeping venues clean
- d) Wasting water

29. Friendship promotes:

- a) Hatred
- b) Isolation
- c) Unity
- d) Misunderstanding

30. Excellence encourages athletes to:

- a) Relax during training
- b) Train only when easy
- c) Give maximum effort
- d) Skip warm-ups

Olympic Value

31. Respect for opponents means:

- a) Mocking them
- b) Valuing fair play
- c) Fighting them
- d) Distracting them

32. Friendship helps athletes to:

- a) Avoid communication
- b) Support each other
- c) Create conflicts
- d) Stay divided

33. Excellence is shown when athletes:

- a) Focus only on winning
- b) Ignore their potential
- c) Try to improve every day
- d) Depend on shortcuts

Olympic Value

34. Showing respect includes:

- a) Breaking rules
- b) Being honest
- c) Arguing with teammates
- d) Teasing others

35. Friendship in sport teaches:

- a) Jealousy
- b) Avoiding teamwork
- c) Cooperation
- d) Disrespect

36. Excellence means aiming for:

- a) Perfection only
- b) Your personal best
- c) Cheating
- d) Easy success

Olympic Value

37. Respect for coaches includes:

- a) Ignoring advice
- b) Listening carefully
- c) Laughing at mistakes
- d) Disobeying instructions

38. Friendship helps build:

- a) Competition only
- b) Trust
- c) Laziness
- d) Misbehavior

39. An athlete shows excellence by:

- a) Giving up quickly
- b) Staying disciplined
- c) Avoiding practice
- d) Focusing only on results

Olympic Value

40. Respect, friendship, and excellence are important because they:

- a) Increase pressure
- b) Build positive sport culture**
- c) Encourage cheating
- d) Reward shortcuts

Anti Doping

1. What is the main purpose of anti-doping rules?

- a) To punish athletes
- b) To limit training
- c) To protect fairness and athlete health
- d) To reduce participation

2. Who is responsible for any substance found in an athlete's body?

- a) Coach
- b) Doctor
- c) Trainer
- d) The athlete

3. What does WADA stand for?

- a) World Athlete Department Agency
- b) World Association of Doping Athletes
- c) World Athletics and Doping Authority
- d) World Anti-Doping Agency

Anti Doping

4. What is doping?

- a) Drinking water
- b) Normal supplements
- c) Using prohibited substances or methods
- d) Wearing new equipment

5. Why are anabolic steroids banned?

- a) They taste bad
- b) They help hydration
- c) They artificially increase muscle mass
- d) They improve sleep

6. Who provides the Prohibited List each year?

- a) IOC
- b) Pakistan Sports Board
- c) WADA
- d) National coaches

Anti Doping

7. What does “in-competition testing” mean?

- a) Anytime in the year
- b) At training only
- c) During or close to competition period
- d) Only after medals

8. Which sample types are usually collected in testing?

- a) Sweat
- b) Hair
- c) Urine and/or blood
- d) Skin

9. What is a TUE?

- a) Training Upgrade Exam
- b) Therapeutic Use Exemption
- c) Team Unity Event
- d) Testing Unit Entry

Anti Doping

10. When is a TUE needed?

- a) For vitamins
- b) For sports drinks
- c) For using a banned medicine for medical reasons
- d) For fitness tests

11. Stimulants are banned because they:

- a) Reduce sleep
- b) Cause hunger
- c) Increase alertness and unfair advantage
- d) Improve hair growth

12. Who can test an athlete?

- a) Anyone
- b) ITA, Anti-Doping Authorities, WADA
- c) Massage therapists
- d) Fans

Anti Doping

13. What should an athlete do if notified for testing?

- a) Run away
- b) Delay for hours
- c) Report as soon as possible to the testing area
- d) Refuse politely

14. What is “whereabouts information”?

- a) Travel tips
- b) Required location details for testing Elite Athle
- c) Training schedule
- d) Visa details

15. How often can athletes be tested?

- a) Once a year
- b) Once a month
- c) Only during games
- d) Anytime, anywhere

Anti Doping

16. Which type of offense leads to sanctions?

- a) Wearing old shoes
- b) Refusing or avoiding testing
- c) Arriving early
- d) Wearing national uniform

17. What is the usual sanction for a first doping offense?

- a) Fine only
- b) Warning
- c) Period of ineligibility (ban)
- d) Medal reduction

18. Supplements are risky because they may:

- a) Increase weight
- b) Taste bad
- c) Contain banned substances
- d) Reduce energy

Anti Doping

19. Who approves medicines for athletes?

- a) Friends
- b) Gym trainers
- c) Team doctor
- d) Security staff

20. EPO is banned because it:

- a) Reduces appetite
- b) Causes headaches
- c) Boosts oxygen-carrying capacity
- d) Lowers heart rate

21. Gene doping refers to:

- a) Wearing new gear
- b) A training method
- c) Manipulating genes for performance
- d) Breathing techniques

Anti Doping

22. Blood doping is:

- a) Drinking energy drinks
- b) Increasing red blood cells artificially
- c) Extra hydration
- d) Using ice baths

23. A “positive test” means:

- a) Athlete is healthy
- b) Sample leaked
- c) Adverse Analytic Findings in Sample
- d) Athlete is selected

24. Athletes must keep samples:

- a) In their locker
- b) With friends
- c) Under direct observation until sealed
- d) In a bag

Anti Doping

25. What is tampering in anti-doping?

- a) Training hard
- b) Eating unhealthy
- c) Interfering with the testing process + Sample collection
- d) Drinking tea

26. What is the safest way to avoid doping violations?

- a) Guess medicines
- b) Check every product before using
- c) Copy others
- d) Try new supplements

27. A banned method includes:

- a) Stretching
- b) Manipulating blood
- c) Wearing gloves
- d) Doing warm-ups

Anti Doping

28. Athletes should consult, When in doubt:

- a) Spectators
- b) The medical team
- c) Social media
- d) Teammates

29. Why are diuretics banned?

- a) They cause thirst
- b) They are cheap
- c) They mask other banned substances
- d) They help weight control

30. Education about anti-doping helps athletes:

- a) Save money
- b) Skip training
- c) Avoid violations and protect health
- d) Travel more

Anti Doping

31. Which is NOT a doping offense?

- a) Taking permitted vitamins
- b) Tampering
- c) Possession of banned substances
- d) Refusal to test

32. Who must follow anti-doping rules?

- a) Only medal winners
- b) Only adults
- c) All athletes and support personnel
- d) Only top teams

33. A chaperone in testing is responsible for:

- a) Coaching
- b) Travel plans
- c) Watching the athlete until testing
- d) Scheduling matches

Anti Doping

34. What is sample “A” used for?

- a) Decoration
- b) Initial testing
- c) Backup
- d) Transport

35. What is sample “B” used for?

- a) Warm-up
- b) Confirming the A sample result
- c) Throwing away
- d) Travel

36. Education programs focus on:

- a) Cooking
- b) Clean sport awareness
- c) Travel bookings
- d) Entertainment

Anti Doping

37. What is the athlete's best defense?

- a) Ignoring rules
- b) Hiding supplements
- c) Knowing the rules
- d) Taking risks

38. A doping control form includes:

- a) Match scores
- b) Athlete salary
- c) Sample information and declarations
- d) Kit size

39. A prohibited list is updated:

- a) Every 10 years
- b) Never
- c) Every year
- d) Every week

Anti Doping

40. The spirit of sport promotes:

- a) Winning at all cost
- b) Fame
- c) Fairness, respect, and honesty
- d) Shortcuts

Prevention Manipulation Competition

1. What does competition manipulation mean?
 - a) Changing competition rules to improve fairness
 - b) Intentionally influencing a competition's result for an advantage
 - c) Using technology to review match decisions
 - d) Encouraging athletes to perform better

2. Which of the following is an example of competition manipulation?
 - a) A player missing training due to injury
 - b) A coach giving tactical advice during a game
 - c) A referee accepting money to influence a match outcome
 - d) A team resting key players before a big final

3. Why is competition manipulation harmful to sport?
 - a) It reduces travel costs
 - b) It promotes fairness
 - c) It destroys public trust and integrity of results
 - d) It improves athlete performance

Prevention Manipulation Competition

4. According to IOC guidelines, athletes must report any suspicious approach or activity related to competition manipulation:

- a) Only if money is involved
- b) Only after the event ends
- c) Immediately through official reporting channels
- d. Only if their coach approves

5. Who is considered not part of an athlete's entourage?

- a) Only the athlete's coach
- b) Family, coaches, managers, medical staff, and officials
- c) Fans and supporters
- d) Only the National Olympic Committee

6. What is the main role of the entourage in an athlete's career?

- a) To protect, educate, and support the athlete's well-being
- b) To control the athlete's personal life
- c) To negotiate sponsorship deals only
- d) To enforce rules during competitions

Prevention Manipulation Competition

7. If an entourage member encourages manipulation or cheating, what may happen?

- a) Nothing, since only athletes are accountable
- b) They may face disciplinary or criminal action**
- c) They will be reassigned to another team
- d) They will get a warning only

8. What should an athlete do if someone offers them money to lose or fix a match?

- a) Refuse and report immediately to the Integrity Officer**
- b) Keep quiet to avoid trouble
- c) Negotiate a better offer
- d) Discuss it with teammates first

9. What should an athlete do if they notice suspicious behavior during a competition?

- a) Ignore it and focus on the game
- b) Report it to an official or integrity officer**
- c) Discuss it with friends
- d) Take a picture of the incident

Prevention Manipulation Competition

10. Who can be part of an athlete's entourage?

- a) Only the coach
- b) Friends who are not involved in sports
- c) Coaches, family, and medical staff
- d) Spectators from the audience

11. What is competition manipulation?

- a) When an athlete improves their performance to win.
- b) When an athlete deliberately loses or underperforms
- c) When an athlete competes fairly, following all the rules
- d) When an athlete receives medical assistance during a competition.

12. Who can be involved in competition manipulation?

- a) Only athletes and coaches
- b) Only athletes and referees
- c) Only agents and sponsors
- d) All of the above

Prevention Manipulation Competition

13. Who are considered internal people that could manipulate a competition?

- a) Athletes, coaches, judges, referees
- b) Criminal organizations
- c) Fans and spectators
- d) Media reporters

14. Why must athletes avoid sharing inside information?

- a) To avoid media attention
- b) To protect their teammates
- c) To prevent misuse for betting or manipulation
- d) To save time

15. What is inside information?

- a) Public match schedules
- b) Weather updates
- c) Non-public details about team strategy or fitness
- d) Social media posts

Prevention Manipulation Competition

16. Accepting gifts from unknown individuals may be risky because:

- a) It could make you famous
- b) It may be used to influence your performance
- c) It improves team relations
- d) It is required by sponsors

17. Which behavior increases manipulation risk?

- a) Arriving early
- b) Sharing injury details with outsiders
- c) Training more
- d) Wearing team uniform

18. Why is reporting suspicious activity essential?

- a) For media coverage
- b) To protect the integrity of sport
- c) To save time
- d) For fan engagement

Prevention Manipulation Competition

19. What should athletes do if a stranger asks for match details?

- a) Share basic information
- b) Ignore it
- c) Refuse and report the approach
- d) Ask a friend

20. Match-fixing usually involves:

- a) Equipment checks
- b) Deliberate influence on match outcomes
- c) Player transfers
- d) Travel arrangements

21. A conflict of interest occurs when:

- a) You play two sports
- b) Personal interest affects fair decisions
- c) You travel frequently
- d) You change clubs

Prevention Manipulation Competition

22. Betting on your own sport is:

- a) Allowed
- b) Allowed if small amount
- c) Strictly prohibited
- d) Allowed for entertainment

23. Integrity officers are responsible for:

- a) Training plans
- b) Handling reports of manipulation
- c) Fitness tests
- d) Ticketing

24. Athletes must refuse any offer that:

- a) Helps travel
- b) Improves training
- c) Influences performance illegally
- d) Supports recovery

Prevention Manipulation Competition

25. Which act is a red flag for manipulation?

- a) Team warm-ups
- b) Unusual betting patterns
- c) Fitness testing
- d) Player rotation

26. Why are communication rules important?

- a) To promote media rights
- b) To prevent sharing sensitive information
- c) To improve fan experience
- d) To reduce pressure

27. Which scenario may indicate manipulation pressure?

- a) Asking for practice tips
- b) Being offered money for “simple mistakes”
- c) Requesting photo sessions
- d) Talking about trophies

Prevention Manipulation Competition

28. When unsure about a suspicious message, athletes should:

- a) Delete it
- b) Respond politely
- c) Report it immediately
- d) Forward to friends

29. Manipulation affects sport by:

- a) Improving skills
- b) Increasing competition
- c) Damaging fairness and credibility
- d) Attracting sponsors

30. Which of the following is NOT acceptable?

- a) Ignoring suspicious offers
- b) Entering betting markets linked to your sport
- c) Asking for advice from officials
- d) Reporting concerns

Prevention Manipulation Competition

31. Who can be targeted by fixers?

- a) Only coaches
- b) Only referees
- c) Only senior players
- d) Any athlete or official

32. What is an early warning sign of external influence?

- a) Fan applause
- b) Someone asking for inside information
- c) Getting a medal
- d) Regular training drills

33. Athletes should avoid:

- a) Referring teammates to doctors
- b) Sharing training plans internally
- c) Private meetings with unknown individuals
- d) Asking officials for rules

Prevention Manipulation Competition

34. Why is transparency important?

- a) It attracts sponsors
- b) It helps prevent illegal approaches
- c) It reduces training workload
- d) It supports fan popularity

35. Which of these is a safe practice?

- a) Joining private betting groups
- b) Sharing injuries with outsiders
- c) Following all reporting procedures
- d) Accepting suspicious gifts

36. A manipulation attempt often begins with:

- a) A public interview
- b) A friendly approach requesting small favors
- c) A training schedule
- d) A medal ceremony

Prevention Manipulation Competition

37. Whose responsibility is it to maintain clean sport?

- a) Media only
- b) Fans only
- c) Everyone involved in sport
- d) Sponsors only

38. What should athletes avoid during competition?

- a) Hydration breaks
- b) Warm-ups
- c) Unregulated communication with outsiders
- d) Team meetings

39. Reporting systems help because they:

- a) Increase training hours
- b) Support team selection
- c) Give sponsors rights
- d) Allow quick investigation of threats

Prevention Manipulation Competition

40. The safest response to bribery attempts is to:

- a) Listen quietly
- b) Negotiate politely
- c) **Reject and report immediately**
- d) Change teams