



Required Action for IJRU Athletes and Athlete Support Personnel ANTI-DOPING UPDATE,

How to Sign up for your Free Education Profile

INTRODUCTION: [PLAYTRUE VIDEO](#)



The **ADEL** platform is open and accessible to all with the educational purpose of learning more about clean sport values, and anti-doping. **ADEL** is free and easy to access and a necessary and important part of being a clean sport.

Prior to filling in the Profile, it is recommended that you carefully read through all the instructions.

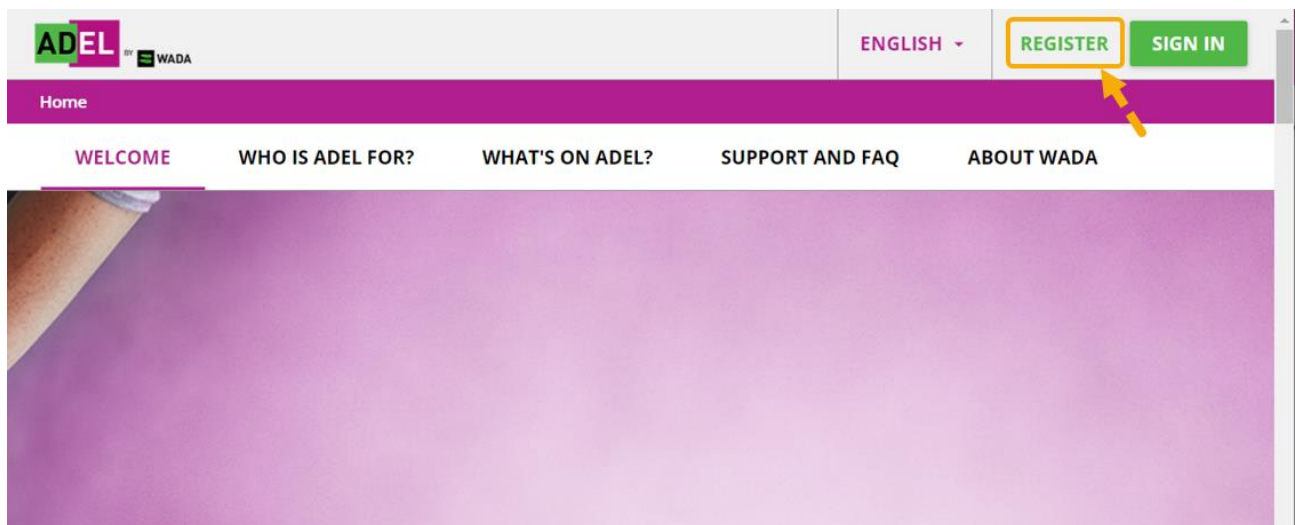
NOTE: For athletes under 16 who need to create a Profile, they must use a valid parent or guardian's email address when setting up their Profile sign in.

LET'S GET STARTED!

Step 1.

- New Users register on the new platform at <https://adel.wada-ama.org/learn>
- To reach the HELP DESK go to: <https://adel-help.wada-ama.org/hc/en-us>
- You are in the correct screen when you see the homepage screen visualized in Diagram 1.

DIAGRAM 1



Step 2. Click on the **REGISTER** button located in the yellow rectangle in the top right corner of the homepage screen to move forward.

Step 3. You are now in the Profile screen where you will build your profile on the “1 User Profile” section in Diagram 2. and in Diagram 3, you will continue to build your profile in “2 Additional Fields sections.”

Step 4. As shown in Diagram 2, select your **primary** role, (athlete, coach, parent, medic to name a few selections you will see), if you have multiple roles to play on a sport team. If you are in a position to support the athlete/s and work with them in some capacity not listed **ADEL** recommends that you select the Anti-Doping Practitioner role here. By doing this, you will be later be able to select your sport. This is important in order to support the sport of “Jump Rope (IJRU)”. See DIAGRAM 3.

Step 5. Complete all the fields. Select your **role** from the drop-down list and click on the box to accept the **ADEL** privacy policy and the Terms and conditions. Then click **NEXT**. ****If you made a mistake in selecting the role, you cannot change it. Please [write us a request](#) (ADEL) and our team will be able to help you change. Be sure to save your Username and Password for future access.**

DIAGRAM 2

1 User Profile — 2 Additional Fields

Username (Required) Email (Required)

First Name (Required) Last Name (Required)

Password (Required) Retype Password (Required)

Language (Required) Role Academia/University Staff

I accept the ADEL Privacy Policy [View Privacy Policy](#) (Required)

I agree with the Terms and Conditions of the service. [View Terms & Conditions](#) (Required)

Already registered? [Sign In](#)

CANCEL NEXT

As stated above, depending on the role you've selected; the mandatory additional fields will appear. Including the sport, “**Jump Rope (IJRU)**”. Fill out and click **[NEXT]**.

REGISTER CONTINUED

DIAGRAM 3

User Profile — **2** Additional Fields

Sport (Required) Level in sport (Athlete) (Required)


Country (Required) Discipline

Gender Age range (Required)

Course/Resource Language (Required)

Already registered? [Sign In](#)

[PREVIOUS](#) [CANCEL](#) [REGISTER](#)



Step 6. Once correctly completed, a confirmation email will be sent to your email by the **ADEL** system. Click on the URL to activate your account within 72 hours. (Please check spam or your junk email box if at first you do not see a response from **ADEL**).

- [I am an athlete – how do I select the right level in sport in the registration form?](#)

YOU ARE READY TO BEGIN LEARNING IN **ADEL**.

Once you receive email confirmation from ADEL you are ready to begin learning. Log-back in with your credentials and start your learning journey. Welcome to clean sport! If you forget your password, go to the **HELP**.

IJRU recommends that you complete one of the 5 educational offerings listed below prior to the World Championship, refer to the list below.

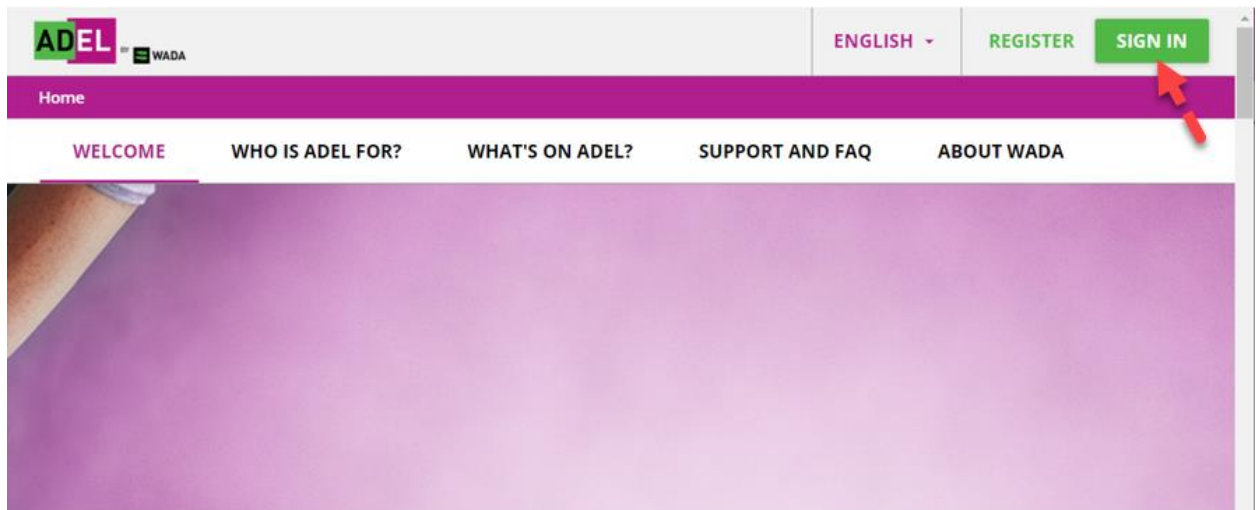
- **International-Level Athletes Education Program**-(Athlete 16 and above competing on the global front in Continental and World Championships)
- **National Level Athletes Education Program**-(Athletes competing Nationally, in full time training and may receive funding, may include Junior Championships)
- **Talented Level Athletes Education Program**- (Athletes under the age of 12 in regular training, camps, or a part of a developmental program)
- **Youth Level Athletes**-(Young Athletes involved in school or club sports, may be under the age of 18)
- **Child Level Athletes**-(Young children in an early school and club program- falling between ages 5 to 8)
- **Coaches of high performance Athletes**-(All Coaches can benefit)
- **Parents of High Performance Athletes**-(All Parents can benefit)

(Completion of the above Education Program will grant ADEL certificate)

(ADEL–offers reports to National Doping Organizations, NADO’s and Anti-Doping Organizations, ADO’s for compliance information.

I FORGOT MY PASSWORD, WHAT DO I DO

- If you happen to forget your password, you can always reset it or go to the HELP DESK: <https://adel-help.wada-ama.org/hc/en-us>
- To reset, follow the instructions below.
 1. Click the **SIGN IN** button on the top right corner.



2. Then click on the **Forgot your password or username?** link to receive an email with instructions to set your password again.

Sign In

×

Please insert your username and password to proceed

Username (Required)

Password (Required) 👁

SIGN IN

➡ **Forgot your password or username?**

POWER USERS REGISTER AND SIGN IN

New to ADEL? [Register here](#)

- 3. Type in your 'Username or email' registered on ADEL.

Recover Password ✕

Insert your username or your email address in the field below. You will receive an email with instructions.

Username or email (Required)

SEND RESET LINK

Already registered? [Sign In](#)

New user? [Register](#)

4. An email with a reset link will be sent to your email. Please click the link to reset your password.

- **Note:** Your email address must be a valid email address and don't forget to check your Junk inbox.
- In case that you haven't received an email after numerous attempts, please send us a support ticket with your first name, last name, username and/or your email address so that we can identify you in our platform. We will then set a temporary password for you.

ADDITIONAL TIPS:

ADEL is also available through the 'ADEL by WADA' mobile app which can be accessed via the following:

<https://www.youtube.com/watch?v=9WuykLZgA8A>

ADEL is also available through the 'ADEL by WADA' mobile app which can be downloaded from Google play and iTunes. This app allows users to download and complete educational courses offline where Wi-Fi connections are difficult. Once completed, progress is synced to the user's account once they are connected to Wi-Fi.

Many of **ADEL** offerings are translated into a variety of languages. Please be sure to check for the language that best serves your needs,

IMPORTANT RESOURCES

— [LINK TO IJRU ANTIDOPING](#)

- [TUE Athlete's Application Guide](#)
- [Electronic TUE Application Form](#)- Completed by Athlete and Doctor who prescribed named substances
- [Athletes Anti-Doping Rights \(56 minute video\)](#)
- [Athlete support personnel's guide to the Code 2021 \(English version\)](#)
Offered in a French and Spanish version
- [Guide to the Prohibited List 2024](#)
- [Tramadol factsheet](#)

GOOD LUCK and THANK YOU for completing this first step to learning more about Clean Sport and all things that have to do with Anti-Doping including athletes' rights, the prohibited list of substances, the TUE process, the TUE application and much more.

