

What is ADEL (Anti-Doping E-Learning)?

– Key Notes

<https://adel.wada-ama.org/learn>

1. Global Anti-Doping Education Platform

- ADEL is an online learning system created by the **World Anti-Doping Agency (WADA)**.
- It provides standardized education on anti-doping rules for athletes and their support personnel worldwide.

2. Accessible to All Levels

- Designed for **athletes, coaches, doctors, parents, support staff, and sports administrators**.
- Offers specialized learning pathways for beginners, youth, elite athletes, and sports officials.

3. Comprehensive Learning Modules

- Includes interactive courses on:
 - Prohibited substances & methods
 - Sample collection procedures
 - Athlete rights & responsibilities
 - TUE (Therapeutic Use Exemption)
 - Risks of supplements
 - Consequences of doping violations

4. Certification

- Many courses provide **certificates upon completion**, which are required by some federations for competition participation.

5. Updated With Latest Rules

- ADEL content is regularly updated to reflect the **current WADA Code and Prohibited List**.

6. Promotes Clean Sport Values

- Helps athletes understand *why* anti-doping matters, not just the rules.
- Encourages a culture of integrity, fairness, and health in sport.

7. Free and Online

- Completely free to use.
- Available globally, accessible on mobile and desktop.

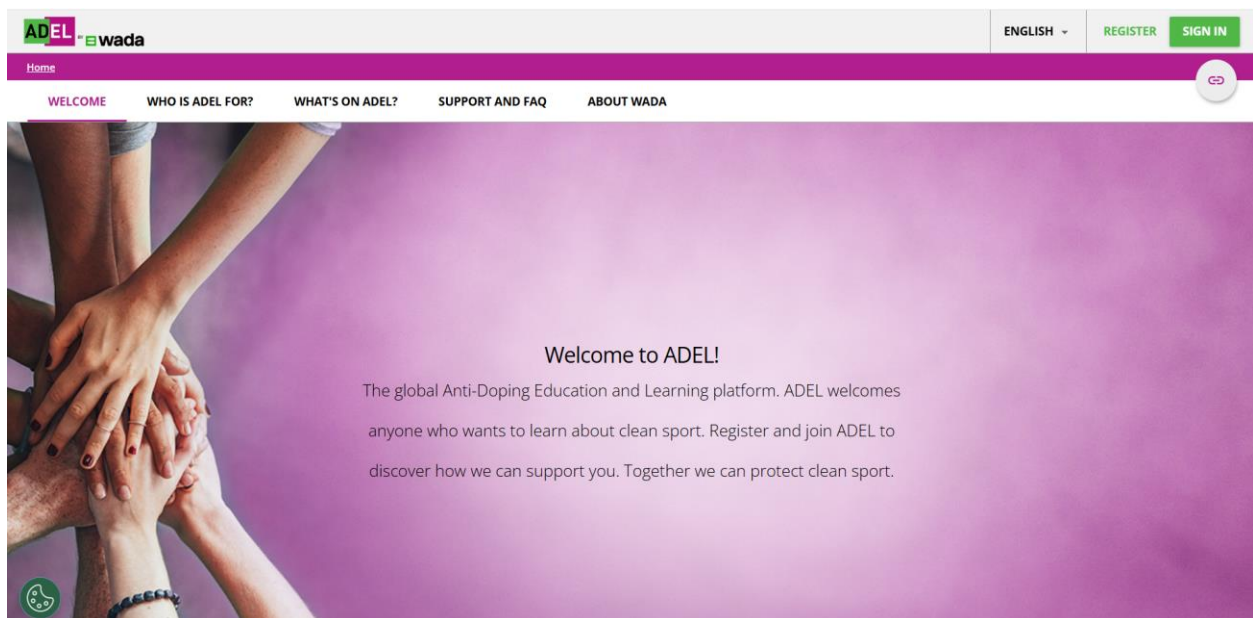


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