



IJRU 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.

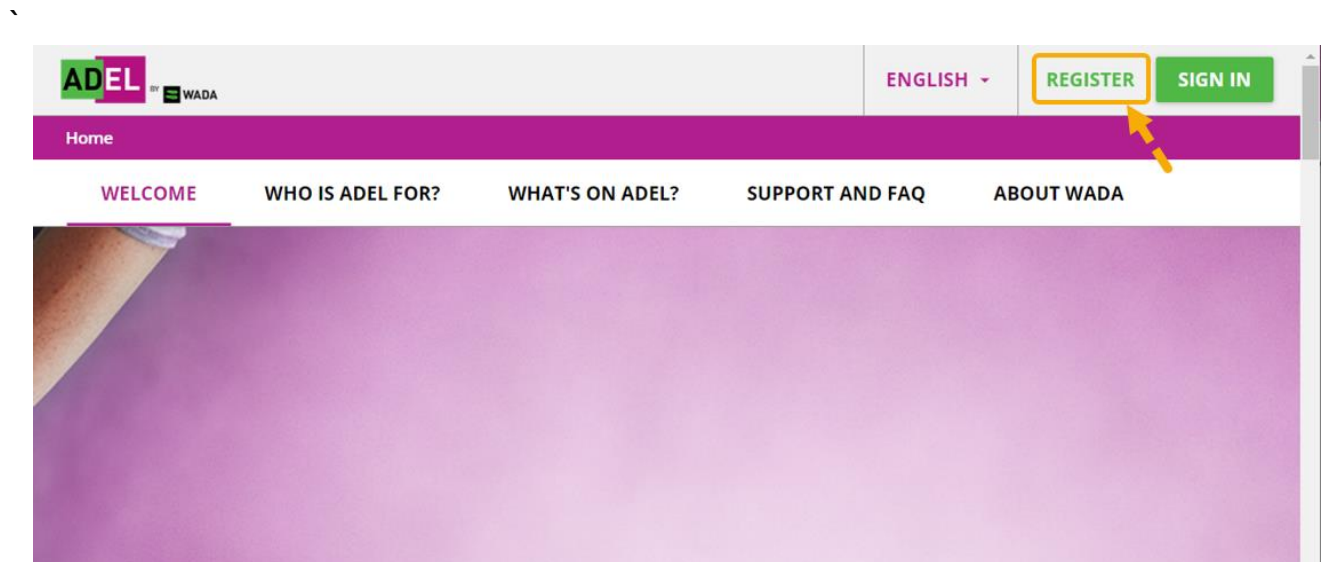
Prior to filling in the Profile, it is recommended that you carefully read through all the instructions.

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. Go to **WADA ADEL** or copy and paste the following in your URL <https://adel.wada-ama.org/learn>) 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 on 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 "User Profile" section and in Diagram 3, you continue to build in the Additional Fields sections.

Step 4. 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)**”. Please fill them out and click **[NEXT]**.



REGISTER CONTINUED

DIAGRAM 3

The screenshot shows a registration form with two steps: 'User Profile' (completed) and 'Additional Fields' (current step). The form contains several required fields: 'Sport (Required)', 'Level in sport (Athlete) (Required)', 'Country (Required)', 'Age range (Required)', and 'Course/Resource Language (Required)'. There is also a 'Discipline' text field and a 'Gender' dropdown. At the bottom, there is a 'Sign In' link for already registered users and three buttons: 'PREVIOUS', 'CANCEL', and 'REGISTER'. A red arrow points to the 'REGISTER' button.

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**.

Log-back in with your credentials and start your learning journey. Welcome to clean sport!

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

- [ADEL for International Level Athletes Education Program](#) for Athlete 16 and above.
- [ADEL for National Level Athletes Education Program](#) is for Athlete in the Junior Championship
- [ADEL for Talented Level Athletes Education Program](#) is for Athletes under the age of 12
- [Coaches of high performance athletes](#) Program for all Coaches
- [Parents of high performance athletes](#) Program for Parents
- (Completion of the above Education Program will grant ADEL certificate)

- For athlete 16 and above or a frontline athlete support personnel (coach, medical professional, parent), please continue to read [this article](#) to learn more about how to navigate **ADEL**.
- If you are an Anti-Doping Organization, ADO, employee or practitioner, please read [this article](#) about how to navigate your learning dashboard - ADO Zone.

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](#)
- [Athletes Anti-Doping Rights](#)
- [Athlete support personnel's guide to the Code 2021](#)
- [Guide to the Prohibited List 2023](#)
- [Tramadol factsheet](#) coming in 2024

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.

