

WADA Education – How to get started for SAPF members

NEW SAPF AFFILIATION REQUIREMENT FROM 2022:

From 2022, everyone will be required to upload an ADEL Anti-Doping Education Certificate when they do their online affiliation. This is to comply with IPF rules, SAIDS directives and also to further the aims of the SAPF in promoting drug-free powerlifting.

WADA has made several Anti-Doping Education courses available through its online education portal ADEL. Here are the required courses for SAPF members at a glance:

Your role in SAPF	Applicable WADA Course
Lifter – Development	Talented Athlete Education Programme (Minimum)
Lifter – Club	Talented Athlete Education Programme (Minimum), OR National level athlete Education Programme, OR International-level Athlete Education Programme
Lifter – Provincial	National level athlete Education Programme, OR International-level Athlete Education Programme
Lifter – National	National level athlete Education Programme, OR International-level Athlete Education Programme
Lifter – International	International-level Athlete Education Programme
Administrator	High-performance Coach Education Programme
Coach	High-performance Coach Education Programme
Referee	High-performance Coach Education Programme
Parent	Parent of Elite Athlete Education Programme

For lifters:

1. Talented Athletes Education Program (minimum)
2. National Level Athletes Education Program
3. International Level Athletes Education Program (recommended)

The International Level Athletes Education Program will be mandatory for every lifter who competes at SA National Powerlifting or Bench Press Championships, as those are the qualifying competitions for the international teams. Those who choose to do the Talented Athletes Education Program when they affiliate, and go on to be selected for Team SA, will still need to do the International Level Athletes Education Program.

For non-lifters (Coaches, Referees, Administrators, other)

1. High Performance Coaches' Education Program (This is appropriate for all Athlete Support Personnel)

For Parents

1. Parents of Elite Athletes Education Program

If you are an athlete as well as a coach/referee/administrator, I would recommend that you start with the International Level Athlete Education Program. Once you have completed that course, adding the High Performance Coach Education Program will not take a lot of extra time as many of the modules are the same or similar. It is definitely worth having both certifications.

Note: All the certifications are valid for 2 years.

The WADA Education site is here:

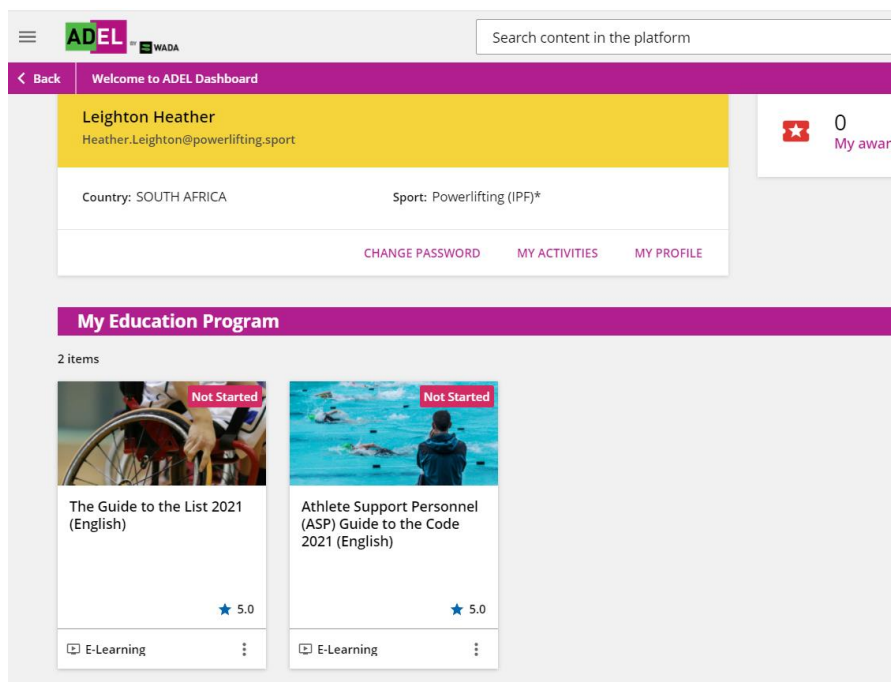
<https://adel.wada-ama.org/learn>

Step 1 : Register

Click on the REGISTER button and fill in the required fields. An email will be sent to your email address with a link to click, to confirm your email. Once you receive this, your account will be active.

Step 2 : Log in

Based on your answers when you registered (like your Role), certain courses may have been pre-selected for you. As an administrator, I got these:



The screenshot displays the ADEL Dashboard for user Leighton Heather. The dashboard includes a search bar at the top, a navigation bar with a 'Back' button, and a user profile section with the following details: Name: Leighton Heather, Email: Heather.Leighton@powerlifting.sport, Country: SOUTH AFRICA, and Sport: Powerlifting (IPF)*. There are buttons for 'CHANGE PASSWORD', 'MY ACTIVITIES', and 'MY PROFILE'. A 'My awards' section shows 0 awards. Below this is the 'My Education Program' section, which lists 2 items: 'The Guide to the List 2021 (English)' and 'Athlete Support Personnel (ASP) Guide to the Code 2021 (English)'. Both items are marked as 'Not Started' and have a 5.0 rating. Each item is an E-Learning course.

Step 3: Find the course you need to do:

To find the course you need to do, click on **Welcome to ADEL Dashboard** and from there you can see the courses. If you cannot find the **International-Level Athletes Education Program**, type 'International' in the search bar.



International-Level Athletes Education Program (English)

2 courses

0%



Education Program Progress
0h 0m | 0h 0m

RESUME WHERE YOU LEFT OFF

About this education program

This education program is tailored to the international-level athletes. It includes a course ADEL for International-level Athletes course and the Athlete Guide to the 2021 Code. The ADEL for International-level Athletes course includes many modules. Each module focuses on one specific topic related to anti-doping and clean sport. You will also need to pass the final quiz with a score higher than 80%. Finally, you will be asked to complete a learning experience survey to get your feedback and future improvements. You will receive a certificate after completing both the course and the Guide.



ADEL for International-Level Athletes (English)

This is the essential course for international-level athletes.
E-Learning



Athlete's Guide to the 2021 Code (English)

This guide provides athletes with information on the significant changes to the new Code 2021.

For Coaches, referees, parents etc, there are extra courses under the heading Athlete Support Personnel's Education, such as the ones below:

Athlete Support Personnel's Education / Éducation pour le personnel d'encadrement

Contains education programs targeting Athlete Support Personnel (ASP), including coaches, medical profes



New

At-a-Glance: Therapeutic Use Exemptions (TUE)

★ 5.0

E-Learning



New

At-a-Glance: Anti-Doping Overview

★ 5.0

E-Learning



New

High Performance Coaches' Education Program (English)

2 courses

Education Program



New

Parents of Elite Athletes Education Program (English)

2 courses

Education Program

Step 4: Get Started! Click on the course and follow the instructions to complete each module, and the assessment at the end. Each course may take several hours to complete but you may stop and restart at any time.

Step 5: Once you have completed the course, your certificate will be available to download. Please send a copy of your certificate to Heather.Leighton@powerlifting.sport and/or admin@powerliftingsa.co.za , or upload it when you do your annual SAPF affiliation.

