



CONSEIL INTERNATIONAL DU SPORT MILITAIRE
INTERNATIONAL MILITARY SPORTS COUNCIL
CONSEJO INTERNACIONAL DEL DEPORTE MILITAR

المجلس الدولي للرياضة العسكرية

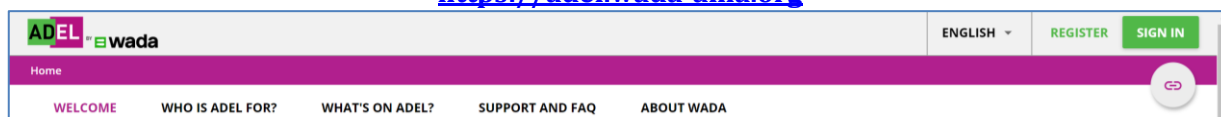
The CISM General Secretariat
Le Secrétariat Général du CISM



ADEL - Anti-Doping Education and Learning Platform GUIDELINES

1. Access the ADEL website via the link below. You can register by clicking on the "REGISTER" link or you can access the platform through the same link by clicking on "SIGN IN".

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



2. Insert your data and in the "ROLE" field you will have 16 options according to your sports involvement.

3. You must select the name "CISM sports" in the **SPORT** field as shown below. To those who already have a registration on the platform, I ask that they change their registration so that we can enhance the CISM educational program.

26, Rue Jacques Jordaens – B-1000 Brussels, Belgium

Phone : (+32) 2 64765820 – Fax : (+32) 2 6475387 – E-mail : cism@milспорт.one – Website : www.milспорт.one

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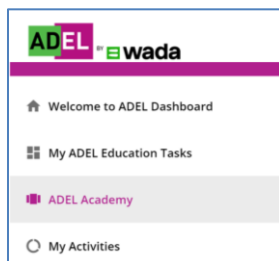


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4. **SIGN IN** to your account and you will have the dashboard to manage your courses and training at the ADEL Academy.



Important Resources / Ressources importantes / Recursos importantes

- Factsheet for medical professionals - tramadol education (multiple languages) - 3 courses - Education Program
- Factsheet for athletes and ASPs - tramadol education (multiple languages) - 4 courses - Education Program
- Dried Blood Spot (DBS) Testing - The Basics - 5 courses - Education Program
- Factsheet for athletes and ASPs - glucocorticoid injection education (multiple languages) - 17 courses - Education Program
- Factsheet for medical professionals - glucocorticoid injection education (multiple languages) - 6 courses - Education Program

Recertification for International-Level Athletes / Recertification pour les sportifs de niveau international
Contains the refresher course for international-level athletes / Contient le cours de remise à niveau pour les sportifs de niveau international.

- ADEL Refresher Course for International-Level Athletes - 5.0 - E-Learning
- Piqûre de rappel - cours sur ADEL pour les sportifs de niveau international (français) - 5.0 - E-Learning
- ADEL obnovitveni tečaj za športnike na mednarodni ravni (Slovenščina) - 3.0 - E-Learning
- ADEL Auffrischkurs für internationale Athletinnen/Athleten (DEUTSCH) - 5.0 - E-Learning



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ADDITIONAL INFORMATION ABOUT ADEL

The global Anti-Doping Education and Learning platform (ADEL) provides education and learning opportunities about clean sport and anti-doping. ADEL has a range of interactive courses and resources (ADEL Academy) as well as opportunities to connect with others involved in anti-doping. ADEL not only wants to disseminate this information to CISM athletes and their coaches, but also to parents, medical professionals etc, who play an important role in supporting athletes.

ADEL helps people get educated and find technical anti-doping help when they need to. If you prefer to learn on the go, you can download our Mobile App 'ADEL by WADA' which you can find from the iTunes or Google Play stores.

On ADEL you can find:

- eLearning
- Resources for athletes
- Resources for athlete support personnel
- Quizzes
- Videos
- Webinars
- And more!

Anti-Doping Technical Support

ADEL offers Anti-Doping practitioners and those working in sport a range of learning opportunities that can help them in their clean sport efforts.

Our **Code Implementation Support Program (CISP)** offers a range of resources related to the Code and each International Standard helping practitioners to develop and improve their anti-doping programs.

In our **CISP resource channels** you can find:

- Checklists
- Factsheets
- Presentations
- Pre-recorded webinars
- Video tutorials
- Resources you can share with your target audiences
- And our CISP 'live' webinars series

Community of Learning

Find others like you in our **community resource channels** where you can connect, share, ask questions, find answers, and learn together. Join your fellow Anti-Doping practitioners, researchers, and other key people in the resource channels.

Training and Professional Development

We want to **invest in the people** working in the anti-doping system.

ADEL, in time, will provide **training and professional development** opportunities for core Anti-Doping practitioner roles. So, if you are responsible for Education, Testing, TUEs, Results Management, or even areas such as Communications then ADEL aims to provide role-related training for you.