



# भारतीय भारोत्तोलन महासंघ

## Indian Weightlifting Federation

Affiliated to: International Weightlifting Federation, Asian Weightlifting Federation,  
Commonwealth Weightlifting Federation and Indian Olympic Association  
Recognised by: Ministry of Youth Affairs & Sports, Govt. of India

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*All affiliated States and Union Territories  
Departmental Boards  
Executive Members,  
NCOE centre, State Centres, athletes  
of Indian Weightlifting Federation*

**Sub.: Mandatory ADEL (WADA) Certification for Participation in Weightlifting activities at District / State / National / International Level competitions and selection trials.**

Dear All,

In pursuance to the directives from National Anti-Doping Agency (NADA) to promote clean sport practices among our athletes and officials, this is to inform all concerned that:

Effective immediate, ADEL certification is mandatory for participation in any official weightlifting activity at the District, State, National or International level and Selection trials. All **athletes, coaches and team officials (coaches, support staff and managers)** associated with weightlifting events must be in possession of ADEL certificate not older than one year from the date of the competition being entered by the respective athlete or coach.

Without valid ADEL certification within one year period, **no participation will be allowed** at any event registered with Indian Weightlifting Federation. The certification is to be completed through the **ADEL (Anti-Doping Education and Learning) platform**, hosted by WADA website: <https://adel.wada-ama.org>. Depending on the participant's role, the appropriate course must be selected (e.g., "ADEL for Athletes", "ADEL for Coaches", etc.) and all courses as per **Annexure I** to be completed mentioned in the athlete courses and athlete support personnel.

All stakeholders are to ensure timely communication to all affiliated districts, gyms, clubs and athletes, organize awareness and support sessions if required and maintain a digital record of certified members for verification.

This initiative is crucial towards ensuring a doping-free, fair, and transparent environment in the sport of weightlifting. All affiliated units, athletes, and stakeholders associated with the competitive weightlifting sport are directed to comply strictly with this mandate.



Yours Sincerely,

**Ashwani Kumar**  
Chief Executive Officer

**Copy for information to:-**

1. The Director General, National Anti-Doping Agency, New Delhi.
2. The NCOE, KIA, STC centres across India – for compliance.

**Encl. Annexure I**



**Nelco**  
Do....Dare....Win !!



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## **ADEL Registration and Course Details**

We would like to inform you about the ADEL Global Anti-Doping Education and Learning Platform, which is open to anyone interested in learning about clean sports. ADEL is a free, secure, and user-friendly digital platform that offers education and learning opportunities for the anti-doping community worldwide, including athletes, coaches, parents, medical professionals, and more.

To register for ADEL, please follow these steps:

1. Click on the following link: <https://adel.wada-ama.org/learn/signin>
2. Click on the "REGISTER" button in the top right corner of the page.
3. Fill in all the required details, including your username, email address, and password.
4. In the "Role" column, select your role (**Athlete**) from the drop-down menu.
5. In the "Time Zone" column, select "(GMT +05:30) Asia/Kolkata" from the drop-down menu.
6. Click on the "NEXT" tab at the bottom of the form.
7. Fill all the details and click on "register here".
8. Now, login to the email address which you have mentioned during the registration process.
9. Click on the activation link in the email received by Adel Wada.
10. Now enter your ADEL username and password and you are ready to go.
11. After login, explore the dashboard search for the course in the search option, enroll, and start learning.

### **ADEL courses for athletes:**

- Privacy and Information Security Awareness for Athletes
- Athlete's Guide to the 2021 Code
- At-a-Glance: Athlete Whereabouts
- At-a-Glance: Therapeutic Use Exemptions (TUE)
- At-a-Glance: Anti-Doping Overview
- Dried Blood Spot (DBS) Testing - The Basics
- Factsheet - Glucocorticoid Injections
- ADEL for International-Level Athletes
- Guide to the List 2023
- ADEL for National-Level Athletes
- ADEL for Registered Testing Pool Athletes
- Welcome to Sport Values
  - Respect
  - Equity
  - Inclusion
- ADEL for Talented Level Athletes
- Recertification course for International-Level Athletes/National Level-Athletes

### **ADEL courses for athlete support personnel:**

- ADEL for High-Performance Coaches
- Factsheet for Medical Professionals - Glucocorticoid Injection
- ADEL for Medical Professionals
- ADEL for Medical Professionals at Major Games
- ADEL for Parents of Elite Athletes
- Athlete Support Personnel Guide to the Code 2021
- Sport Values in Every Classroom

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