

Declaration of understanding and compliance with WADA rules and regulations

As a student-athlete at the University of the Free State (UFS), I hereby declare that I have read and understand the rules and regulations set out by the World Anti-Doping Agency (WADA). I acknowledge that these rules and regulations apply to all UFS athletes and include the list of prohibited substances and methods that specifies which substances and methods are banned in sport and when.

I commit to adhering to the following:

1. **WADA List of Prohibited Substances and Methods:**
 - I understand that this list is updated regularly and that it is my responsibility to stay informed of the latest updates. I will not use any substances or methods prohibited by WADA.
2. **Anti-Doping Education and Learning Platform (ADEL):**
 - I will utilise ADEL to educate myself about anti-doping policies and best practices. I will complete any required courses or training modules provided through this platform.
3. **Anti-Doping Administration & Management System (ADAMS):**
 - I will comply with all requirements for the submission of information and whereabouts through ADAMS. I understand the importance of accurate and timely reporting to ensure compliance with anti-doping regulations.

By signing this declaration, I affirm my commitment to fair play and integrity in sport. I understand that any violation of WADA rules and regulations may result in disciplinary action, including the possibility of being banned from competition.

Links for reference:

- [Updated WADA List of Prohibited Drug Use in Sport](#)
- [WADA Anti-Doping Education and Learning Platform \(ADEL\)](#)
- [WADA Anti-Doping Administration & Management System \(ADAMS\)](#)

Athlete's name: _____

Student number: _____

Sport: _____

Signature: _____

Date: _____

Please sign this declaration and submit it to the relevant sports manager.