



# **INTERNATIONAL PENCAK SILAT FEDERATION**

## **ANTI DOPING EDUCATION INFORMATION**

**2026**

## IPSF-ITA ANTI-DOPING EDUCATION

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## 1. INTRODUCTION TO ANTI-DOPING

The use of doping substances or doping methods to enhance performance is fundamentally wrong and is detrimental to the overall spirit of sport. Drug misuse can be harmful to an athlete's health and to other athletes competing in the sport. It severely damages the integrity, image and value of sport, whether or not the motivation to use drugs is to improve performance.

To achieve integrity and fairness in sport, a commitment to a clean field of play is critical. The International Pencak Silat Federation (IPSF-PERSILAT) seeks to maintain the integrity of Pencak Silat by running a comprehensive anti-doping program that focuses equally on education/prevention and on testing, with consequent sanctioning of those who break the rules.

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## 2. PRINCIPLES AND VALUES ASSOCIATED WITH CLEAN SPORT

IPSF-PERSILAT is committed to safeguarding the integrity of Pencak Silat by ensuring a **clean, fair, and doping-free sporting environment** for all participants.

In alignment with the **World Anti-Doping Agency**, IPSF-PERSILAT implements a comprehensive anti-doping program that complies with the **World Anti-Doping Code** and its International Standards.

Our mission is to protect:

- The **spirit of sport**
- The **health of athletes**
- The **credibility of competition**

Education is the process of learning to instil values and develop behaviours that foster and protect the spirit of sport, and to prevent intentional and unintentional doping. The IPSF-PERSILAT values that reflect clean sport include fairness, respect, honesty, determination and integrity.

The IPSF-PERSILAT values the “spirit of sport” which is the celebration of the human spirit, body and mind. It is the essence of Olympism and is reflected in the values we find in and through sport, including:

- Health
- Ethics, fair play and honesty
- Athletes' rights as set forth in the Code
- Excellence in performance
- Character and Education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other Participants
- Courage
- Community and solidarity

The International Olympic Committee (IOC) values are excellence, friendship and respect. The International Paralympic Committee (IPC) values are respect, integrity, fairness, collaboration and excellence.

### 3. THE ANTI-DOPING LANDSCAPE

The [World Anti-Doping Agency](#) (WADA) is the independent international body responsible for harmonising anti-doping policies in all sports and all countries. The [World Anti-Doping Code](#) is the core document that harmonises anti-doping policies, rules and regulations within sport organisations around the world. The Code is supplemented by eight [International Standards](#), including the [Prohibited List](#) that is updated at least annually.

The IPSF-PERSILAT has its own set of anti-doping rules and it is important that those involved in the sport are familiar with them. These rules can be found in this link: [https://worldpencaksilat.org/wp-content/uploads/2026/05/14\\_Nov\\_2024\\_IPSF\\_Anti-Doping\\_Rules.pdf](https://worldpencaksilat.org/wp-content/uploads/2026/05/14_Nov_2024_IPSF_Anti-Doping_Rules.pdf)

IPSF-PERSILAT has delegated the management of its clean sport activities to the [International Testing Agency](#) (ITA), an independent organisation that manages anti-doping programs on behalf of International Federations and Major Event Organisers.

WADA, the IPSF-PERSILAT, the ITA and the National Anti-Doping Organisations (NADOs) coordinate all anti-doping efforts within the sport of IPSF-PERSILAT.

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## 4. RIGHTS AND RESPONSIBILITIES UNDER THE CODE

### Rights and Responsibilities

Athletes, Athlete Support Personnel and other groups who are subject to anti-doping rules all have rights and responsibilities under the [World Anti-Doping Code](#) (Code). Part Three of the Code outlines these for each stakeholder in the anti-doping system.

All key stakeholders, including the IPSF (International Pencak Silat Federation), are required to acknowledge, accept, and adhere to the Code and Regulations established by WADA (World Anti-Doping Agency). Compliance with these provisions constitutes a fundamental responsibility of all athletes, athlete support personnel, and all other stakeholders involved, ensuring full observance of the Code and its associated Regulations.

### Athletes' Rights

The Athletes' Anti-Doping Rights Act sets out these rights and responsibilities. For more information, you can refer directly to the document here: [Athletes' Anti-Doping Rights Act](#). Athlete rights include:

- Equality of opportunity
- Equitable and Fair Testing programs
- Medical treatment and protection of health rights
- Right to justice
- Right to accountability
- Whistle-blower rights
- Right to education
- Right to data protection
- Rights to compensation
- Protected Persons Rights
- Rights during a Sample Collection Session
- Right to B sample analysis
- Other rights and freedoms not affected
- Application and standing
- Have the confidence to "SPEAK UP!" report any potential instances of doping or cheating that you are aware of. You can report to [anti.doping.ipsf@gmail.com](mailto:anti.doping.ipsf@gmail.com) rest assured, your identity will remain protected!
- Use Therapeutic Use Exemption: The health and well-being of athletes will be protected. Use a TUE if there are prohibited substances or methods that need to be prescribed by a doctor
- Fair hearing Statement of opinions: Athletes have the right to justice with a transparent, independent fair hearing.

## Athletes' Responsibilities

It is equally important that athletes are aware of their anti-doping responsibilities. Athlete Support Personnel should also familiarise themselves with these in order to be able to support their athletes. These include:

- Understand and comply with all applicable anti-doping policies and rules established under the Code. Knowing and following the [International Pencak Silat Federation Doping Control Regulations](#) and any other applicable Anti-Doping Rules (for example, those of Major Event Organisations).
- Accept responsibility for any substances consumed and any methods used in relation to anti-doping regulations. Taking full responsibility for what you ingest – make sure that no prohibited substance enters your body and that no prohibited methods are used.
- Informing medical personnel of your obligations as an athlete to avoid the use of Prohibited Substances and Prohibited Methods, and ensure that any medical treatment received complies with the anti-doping policies and rules established under the Code.
- Report to International Federation (IF) any decision issued by a non-Signatory that found the Athlete committed an anti-doping rule violation within the previous ten (10) years
- Cooperating with International Pencak Silat Federation and other Anti-Doping Organisations (WADA, ITA, NADOs) in any investigation related to potential anti-doping rule violations.
- Being available for sample collection whenever required.
- Not working with coaches, trainers, physicians or other Athlete Support Personnel who are ineligible on account of an ADRV, or who have been criminally convicted or disciplined in relation to doping (see [WADA's Prohibited Association List](#)).
- Provide the identity of their Athlete Support Personnel when requested by any Anti-Doping Organization that has authority over the Athlete

Further details of these roles and responsibilities can be found in [Code](#) Art. 21.1.

Athletes also have specific rights and responsibilities during the Doping Control Process. Please refer to this section <https://worldpencaksilat.org/anti-doping/> for more information on this.

## Roles and Responsibilities of Athlete Support Personnel and other groups

Like athletes, Athlete Support Personnel and others under the jurisdiction of IPSF-PERSILAT also have roles and responsibilities as per the Code. These include:

- Being knowledgeable of anti-doping policies and rules which are applicable to you or the athlete(s) you support. Understand and comply with all applicable anti-doping policies and rules established under the Code that apply to them or to the Athletes they support.
- Understand and comply with all applicable anti-doping policies and rules established under the Code that apply to them or to the Athletes you support.
- Using your influence on athlete values and behaviours to promote positive values, responsible behaviour, and a strong commitment to anti-doping among Athletes.
- Complying with all anti-doping policies and rules which are applicable to you and the athlete(s) you support.
- Cooperating with the athlete testing program whenever required.
- Disclosing to IPSF-PERSILAT and their NADO whether you have committed any Anti-Doping Rule Violations (ADRVs) within the previous ten years.
- Cooperating fully with anti-doping organisations in any investigating related to ADRVs.
- Refrain from using or possessing any Prohibited Substance or Prohibited Method unless there is a valid and legitimate justification.

Further details of these roles and responsibilities can be found in [Code](#) Art. 21.2 and 21.3.

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## 5. THE PRINCIPLE OF STRICT LIABILITY

In anti-doping, the principle of Strict Liability applies. This means that every athlete is solely responsible for everything they use and is found in their body – regardless of whether there was an intention to cheat or not, or if the athlete is at fault. Therefore, it is vital that athletes and Athlete Support Personnel know the rules and understand their responsibilities under the Code.

Athletes must know and understand the [Prohibited List](#) and with the risks associated with supplement use. More information on the Prohibited List, medications and supplements is available in the Prohibited List, Medications & Supplements section.

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## 6. ANTI-DOPING RULE VIOLATIONS

Doping is defined as the occurrence of one or more of the following Anti-Doping Rule Violations (ADRVs) in line with Code Art. 2 (Anti-Doping Rule Violations):

1. Presence: The presence of prohibited substances or their metabolites or markers in an athlete's sample. **Ban up to 4 years. Applies to Athlete only.**
2. Use: Use or attempted use by an athlete of a prohibited substance or a prohibited method. **Ban up to 4 years. Applies to Athlete only.**
3. Evasion, refusal or failure: Evading, refusing, or failing to submit to sample collection. **Ban up to 4 years. Applies to Athlete only.**
4. Whereabouts failures: Whereabouts failures are considered as any combination of three missed tests and/or filing failures within a 12-month period by an athlete in a registered testing pool (RTP). **Ban up to 4 years. Applies to Athlete only.**
5. Tampering or Attempted tampering: Tampering or attempted tampering with any part of doping control. The 2021 Code makes it clear that engaging in fraudulent conduct (e.g. swapping sample or asking a witness to lie in their witness statement) is an act of Tampering. From 1 January 2021, if an individual commits an act of Tampering relating to another ADRV, they can receive an additional consecutive ban. **Ban up to 4 years. Applies to Athlete and ASPs.**
6. Possession: Possession of a prohibited substance or method. **Ban up to 4 years. Applies to Athlete and ASPs.**
7. Trafficking: Trafficking or attempted trafficking in any prohibited substance or method. **Ban up to 4 years to a lifetime. Applies to Athlete and ASPs.**
8. Administering or attempted administration: Administration attempted administration to any athlete of any prohibited substance or method. **Ban up to 4 years to a lifetime. Applies to Athlete and ASPs.**
9. Complicity or attempted complicity: Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity or attempted complicity involving an ADRV or any attempted ADRV. **Ban up to 2 years to a lifetime. Applies to Athletes and ASPs.**
10. Prohibited Association: Associating in a professional or sport-related capacity with a person such as a coach, doctor, physio or trainer who is serving a ban or who has been found guilty of a criminal or disciplinary offence equivalent to a doping violation. **Ban up to 2 years. Applies to Athletes and ASPs.**
11. Acts to Discourage or Retaliate Against Reporting to Authorities: Acts that threaten or seek to intimidate another to discourage them from sharing information about doping (also referred to as whistleblowing) or retaliating against another for doing so. **Ban up to 2 years to a lifetime. Applies to Athletes and ASPs.**

The first four Anti-Doping Rule Violations apply only to athletes because they can only be committed in relation to testing. The remaining seven Anti-Doping Rules apply to both the athletes and the Athlete Support Personnel including coaches, medical

professionals, or anyone else working with the athlete or involved in anti-doping activities. National and International Federation administrators, officials and sample collection staff may also be liable for their conduct under the World Anti-Doping Code.

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## 7. SUBSTANCES AND METHODS ON THE PROHIBITED LIST

The World Anti-Doping Agency (WADA) produces a list of substances and methods that are banned in sport in the form of the [Prohibited List](#). It is updated at least annually, with the new list taking effect on January 1 of each year.

It is important that athletes and Athlete Support Personnel are familiar with the Prohibited List and know how to check whether medications are prohibited in sport.

The [ITA Athlete Hub](#) explains more and has additional resources to help athletes and ASP navigate the Prohibited List.

The Prohibited List includes substances and methods that are categorised into three groups:

1. Substances and methods prohibited at all times
2. Substances and methods prohibited in-competition
3. Substances prohibited in particular sports

*According to the Code, the in-competition is the period commencing at 11:59 p.m. the night before a Competition until the end of that competition of associated doping control, whichever occurs last.*

The in-competition period is very important to understand when it relates to substances that are prohibited in-competition. Any substance prohibited in-competition must have left the athlete's system by the start of this period. It **does not** mean that the athlete must stop taking the substance by the time the in-competition period begins. Different substances can take varied times to leave an individual's system. The presence of a substance that is prohibited in-competition during an in-competition test can result in a sanction even if the substance was used during the out-of-competition period.

The most up-to-date version of the Prohibited List can be found [here](#).

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## 8. USE OF MEDICATIONS & RISKS OF SUPPLEMENTS USE

### Checking Medications

Athletes, like everyone else, may need medications to treat an illness, injury or condition and they have the right to use them to protect and restore their health. However, athletes must take extra precautions to ensure their medications do not contain prohibited substance or involve use of prohibited methods. This applies to all

medications whether they are prescribed by a medical professional or purchased over-the-counter at a pharmacy or in the supermarket.

The [ITA Athlete Hub](#) provides key information and practical advice for athletes and their support personnel. Keep in mind that the World Anti-Doping Code holds athletes strictly liable (responsible) for what they use and what is found in their body, regardless of whether there was an intention to cheat or not or if the athlete is at fault.

We recommend using [Global Drug Reference Online](#) (Global DRO) to check all medications. Global DRO provides athletes and Athlete Support Personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

## Risks of Supplements

Supplements are a leading cause of inadvertent doping, and no guarantee can be given that a supplement is free from prohibited substances. Nevertheless, the use of supplements remains widespread in sport, with studies indicating that approximately 40% to 100% of athletes' report using one or more dietary supplements. Athletes and their support teams should be fully aware of the associated risks, understand how such risks may be mitigated, and make well-informed decisions regarding supplement use.

The supplement industry is not consistently regulated. This means supplements can:

- Contain prohibited substances as their main ingredients.
- Be contaminated during the manufacturing process, handling process or in the supply chain of ingredients.
- Be mislabelled with the contents not matching what is stated.
- Be falsely advertised with claims that lack supporting credible scientific evidence.

Visit the [ITA Athlete Hub](#) for key information and practical advice to support athletes and their support personnel to navigate supplements.

## Checking Supplements

While the only way to avoid the risks of supplements is not to use them, it is acknowledged that some athletes know the risks and choose to use supplements. If, after careful consideration, an athlete chooses to use supplements, they must take the necessary steps to minimise the risks. This includes:

- Conducting a comprehensive evaluation of the supplement, including its purpose, ingredients, dosage, and intended use, preferably in consultation with a certified sports nutritionist or another appropriately qualified healthcare

professional who is knowledgeable about the World Anti-Doping Code and the anti-doping regulations of the International Pencak Silat Federation (IPSF);

- Selecting only those supplements that have been batch-tested by an independent company. Companies that batch-test supplements include [Informed Sport](#), [Certified for Sport](#) or [Kölner Liste](#).

Remember, no supplement is 100% risk-free and the use of any supplement carries an inherent risk and may ultimately result in an Anti-Doping Rule Violation, for which the Athlete remains personally responsible under the principle of strict liability. For more information, please watch this [ITA webinar](#) on nutritional supplements.

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## 9. THERAPEUTIC USE EXEMPTIONS (TUEs)

IPSF-PERSILAT have delegated the management of the Therapeutic Use Exemptions. to the ITA. The procedures for granting the TUEs can be found in the website or click this link to download <https://worldpencaksilat.org/wp-content/uploads/2026/07/IPSF-TUE-Process.docx>.

Please download this TUEs Form in this link [https://worldpencaksilat.org/wp-content/uploads/2026/08/ITA\\_TUE-form\\_04.pdf](https://worldpencaksilat.org/wp-content/uploads/2026/08/ITA_TUE-form_04.pdf) to apply for TUEs grant.

For Further information for complete and up-to-date TUE information please go to this website for more information [ITA TUE web page](#). If you have any questions, please contact [TUE@ita.sport](mailto:TUE@ita.sport).

## 10. TESTING PROCEDURES - URINE, BLOOD & THE ABP

### Introduction to Doping Control

Doping Control Testing is a fundamental component of the global anti-doping framework and serves as one of the primary mechanisms for safeguarding the integrity of clean sport. By detecting and deterring the use of Prohibited Substances and Prohibited Methods, testing plays a vital role in preserving fairness, protecting the rights of clean Athletes, and maintaining confidence in the sporting environment. It also enables Athletes to demonstrate their commitment to the principles of clean sport and to participate in the testing process with confidence, integrity, and a clear understanding of their responsibilities within the anti-doping system.

Athletes may be subject to testing by a National Anti-Doping Organization (NADO), a National Olympic Committee (NOC), a Regional Anti-Doping Organization (RADO), the International Pencak Silat Federation (IPSF), a Major Event Organization (MEO), or the World Anti-Doping Agency (WADA). Any of these organizations may authorize or delegate the planning and implementation of testing activities to an appropriately designated third-party organization, such as the International Testing Agency (ITA), in accordance with the applicable provisions of the World Anti-Doping Code and the International Standards.

### What to expect during the Doping Control Process

Throughout the Sample Collection process, Athletes are entitled to certain rights and are expected to fulfil specific responsibilities in accordance with the World Anti-Doping Code and the applicable International Standards. Understanding these rights and obligations helps ensure that the testing process is conducted fairly, transparently, and efficiently.

The doping control process is clearly defined by the [World Anti-Doping Agency](#). This means that no matter where and when an athlete is tested, the process should remain the same. The key steps of the doping control process are listed out in this [Doping Control resource](#) prepared by the International Testing Agency, available in multiple languages. To learn more about the doping control process, please watch this [ITA webinar](#) on urine and blood sample collection.

### Rights & Responsibilities during Sample Collection

Athletes have a number of rights and responsibilities during sample collection.

Athlete during the Sample Collection process, Athletes are entitled to:

- Be accompanied by a representative of their choice throughout the Sample Collection process, where permitted;
- Request the assistance of an interpreter, where reasonably available;



- Verify the identity and official credentials of the Chaperone and/or Doping Control Officer (DCO) before the Sample Collection procedure begins;
- Seek clarification or ask questions regarding any aspect of the Sample Collection procedure;
- Receive clear information regarding the type of Sample to be collected, including urine, blood, serum, or dried blood spot samples, as applicable;
- Request a justified delay in reporting to the Doping Control Station for valid reasons, including, but not limited to, participation in a victory ceremony, the receipt of necessary medical treatment, completion of a warm-down period, or the conclusion of a training session;
- Request reasonable accommodations or modifications to the Sample Collection procedure where required due to an injury, disability, or other impairment; and
- Record comments, observations, or concerns relating to the Sample Collection process on the Doping Control Form before its completion.

Athlete responsibilities during sample collection are to:

- Report to the Doping Control Station immediately upon notification, unless a delay has been authorized for a valid reason in accordance with the applicable procedures;
- Present valid identification, typically in the form of a government-issued identity document, for verification purposes;
- Remain under the continuous observation of the designated Sample Collection Personnel from the time of notification until the completion of the Sample Collection process; and
- Comply fully with all instructions and procedural requirements associated with the Doping Control process.

### **Athlete Biological Passport (ABP)**

The Athlete Biological Passport (ABP) is an individual electronic profile that tracks selected biological markers in an individual athlete's blood and urine sample over multiple tests. Over time, the ABP can show the effects of doping rather than the presence of a prohibited substance in a sample.

You can learn more about the ABP in the [Frequently Asked Questions section on the Athlete Hub's Testing page](#).

<https://ita.sport/news/ita-webinar-the-athlete-biological-passport-a-practical-guide/>

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## 11. REQUIREMENTS OF THE REGISTERED TESTING POOL

### Registered Testing Pool (RTP)

The Registered Testing Pool (RTP) consists of a designated group of elite Athletes who are subject to an enhanced level of anti-doping oversight through regular testing and mandatory Whereabouts reporting. Athletes included in the RTP are required to provide accurate and up-to-date Whereabouts information to enable No Advance Notice Testing in accordance with the World Anti-Doping Code and the applicable International Standards.

Notification of an Athlete's inclusion in the RTP is communicated through an official IPSF-PERSILAT RTP Inclusion Letter. This notification outlines the Athlete's RTP status and provides comprehensive information regarding the applicable requirements, reporting deadlines, Whereabouts obligations, and other responsibilities associated with continued compliance under the RTP program.

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## 12. CONSEQUENCES OF DOPING

### The Consequences of Doping

There are many risks associated with doping. From negative effects on mental and physical health, to loss of sponsorship or prize money, to permanent damage to an athlete's image and relationships, it is important to understand and consider all consequences of doping. Below is a list of some of the common consequences of not competing clean.

#### Health

The use of Performance-enhancing Drugs (PEDs) may have long- and short-term impacts on the Athlete's physical and mental health.

Depending on the substance, the dosage and the duration of use, some PEDs have been proven to have severe side effects and can cause irreversible damage to an athlete's body.

In addition to the physical aspects, scientific research has shown that there is a considerable correlation between the use of PEDs and mental health issues. Most commonly, it was found that the use of doping substances can trigger anxiety, obsessive disorders or psychosis.

#### Social

Being associated with doping or a doping offence will have an impact on the person's reputation and social relations. In the public view, Athletes or other persons convicted of doping are often considered "cheaters" and experience many forms of stigma.

Doping has a significant negative impact on the person's private life and social interactions as people may feel that they no longer want to be connected to someone who has damaged the reputation of a sport and displayed poor judgement.

#### Financial

A ban resulting from an Anti-Doping Rule Violation (ADRV) will have a significant financial impact on the individual. For athletes, this includes, but is not limited to, the requirement to return prize money or a financial sanction. Other negative consequences of doping include termination of contracts and sponsorship deals, loss of government funding and other forms of financial support.

#### Sanctions

An Anti-Doping Rule Violation (ADRV) will have an impact on an athlete's ability to train and compete. For coaches and other Athlete Support Personnel, a ban may

mean that they are no longer able to work with athletes. A sanction resulting from an ADRV can range from a warning to a lifetime ban from all sport.

It is also important to note that individuals banned in the sport of pencak silat will also be prohibited from playing, coaching or working with athletes in any other capacity in a different sport.

It is also a violation of the Code to work with Athlete Support Personnel who have been sanctioned by an ADO, as well as any coaches, trainers, physicians or other Athlete Support Personnel who are ineligible on account of an ADRV, or those who have been criminally convicted or professionally disciplined in relation to doping.

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### 13. REVEALING SUSPICIOUS ACTIVITY

(All International Federations that utilise [REVEAL](#), the ITA's doping reporting platform, are strongly encouraged to use the online promotion package provided by the ITA Intelligence & Investigations (I&I) team, and to prominently display a reference to REVEAL on their websites. If you have any questions or wish to obtain the promotion package, please contact [REVEAL@ita.sport](mailto:REVEAL@ita.sport).)

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## 14. CLEAN SPORT EDUCATION

### Clean Sport Education

It is strongly recommended that all International Pencak Silat Federation athletes, coaches and other Athlete Support Personnel take the time to get educated and informed using the many available anti-doping educational tools and resources. Topic-specific resources are included as direct links within that topic, other, more general resources and materials are listed below.

#### [ITA Athlete Hub](#)

The International Pencak Silat Federation recommends regularly visiting the International Testing Agency's Athlete Hub for the latest news, articles and informational resources. The [Resources section](#) is also helpful if you are looking for a specific document.

#### [ITA Monthly Webinars](#)

All members of the International Pencak Silat Federation community are invited to take part in the ITA Monthly Webinars. Each month, anti-doping experts or athlete guests discuss key anti-doping topics relevant to athletes and Athlete Support Personnel. All webinars are free and accessible to any interested member of the global sport community. The webinars are delivered in English with simultaneous translation to Arabic, French, Russian and Spanish.

Registration for each webinar opens 2-3 weeks prior to the live session, subscribe to the [ITA Newsletters here](#) to receive webinar registration information. Previous webinars can also be viewed on the Athlete Hub.

#### [WADA ADEL Platform](#)

ADEL is WADA's global Anti-Doping Education and Learning Platform. ADEL welcomes anyone who wants to learn about clean sport.

There are courses for athletes of different levels, as well as for coaches, and other support personnel.

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