

# ADeL

# ALPHA CERTIFICATE

THIS CERTIFICATE IS PRESENTED TO

**Roman SAJDAK**

*Has successfully completed the Athlete Learning Program about Health & Anti-Doping program.*



- The Doping Control Process,
- Whereabouts,
- Therapeutic Use Exemptions,
- Results Management,
- Medical Reasons Not to Dope,
- Ethical Reasons Not to Dope
- Practical Help to Stay Clean
- How to Deal With Pressures to Dope

2019/07/02

Date



**#playtrue**

  
Sir Craig Reedie, President

