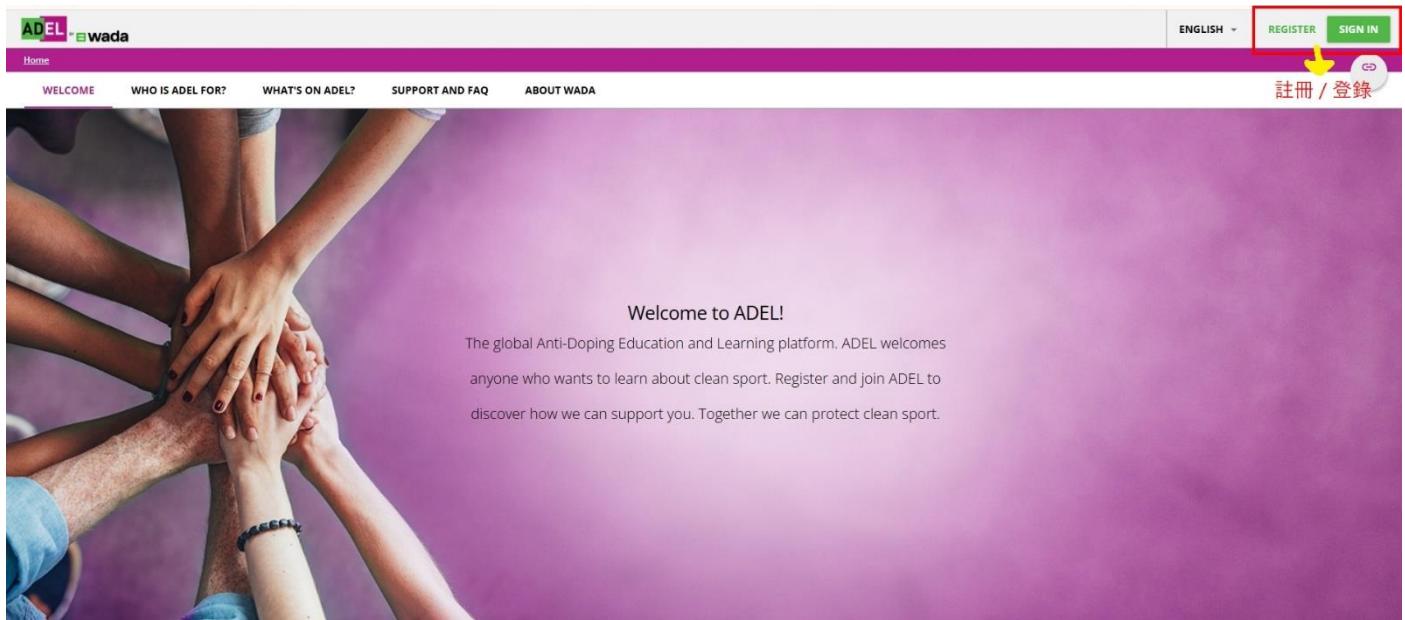


# ADEL 平台操作手冊

ADEL 平台連結: <https://adel.wada-ama.org/learn/signin>

步驟一、註冊&登錄:點選右上角(register:註冊 / sign in:登錄)。



步驟二、

(一)登錄:輸入好使用者名稱(email)及密碼後，點選登錄進入頁面。若忘記登錄資料，請點選「忘記密碼或使用者名稱」。

**Sign in** ×

Please insert your username and password to proceed

Username (required) **使用者名稱(email)**

● Fill in your username

Password (required) **(密碼)** ○

● Fill in your password

**SIGN IN (登錄)**

[Forgot your password or username?](#)  
**忘記密碼或使用者名稱**

**POWER USERS SIGN IN**

New to ADEL? [Register here](#)

## (二)註冊:

1. 新使用者請點選網頁右上「註冊」，進行資料填寫。「身份」下拉選單部份除選手外，尚有教練(coach)、醫療專業人員(medical professionals)、家長(parents)等，請依自己身份選取。
2. 使用者名稱及姓名部分可填中文。欲參加全國賽者，姓名部分請以中文填寫。
3. 密碼至少 10 位，包含英文及數字，且不能與使用者名稱相同。
4. 閱讀完後請勾選隱私政策與使用條款聲明。完成後請按「下一步」。

### Register here 註冊

IMPORTANT: \*The account of athletes under 18 must use a valid parent or guardian's email address. \*\*For access to the CISPR resources, please select the role: 05 - Anti-Doping Practitioners

1 User profile 使用者資料      2 Additional fields

Username (required) **使用者名稱**      Email (required)

First name (required) **名字**      Last name (required) **姓氏**

Password (required) **密碼**      Retype password (required) **再次確認密碼**

Language (required) **語言**      Time zone (GMT +08:00) Asia/Taipei

Role **身份**      01 - Athletes → **運動員**

I read and understood the ADEL Privacy Policy and accept its terms. [View privacy policy](#) (required)

I read and understood the ADEL Terms of Use and accept them. [View terms and conditions](#) (required)

**隱私政策**  
**使用條款**

Already registered? [Sign in](#)

**下一步**      CANCEL      NEXT

2. 請依序填寫第二頁欄位。運動員等級請參照下方文字敘述選取。

全中運：國中生→潛力運動員；高中生→青少/青年運動員

全大運、全運、全民運：國家級運動員

具有國家培訓隊或國家代表隊：國際級運動員

填寫完畢後，請點選最右下方註冊。

Register here X

IMPORTANT: \*The account of athletes under 18 must use a valid parent or guardian's email address. \*\*For access to the CISPR resources, please select the role: 05 - Anti-Doping Practitioners

User profile — 2 Additional fields

Sport (required) 運動項目 Level in sport (Athlete) (required) 運動員等級

Country (required) 國家 領域/訓練 Discipline 無需填寫

CHINESE TAIPEI 0 / 255

Gender 性別 Age range (required) 年齡層

Course/Resource Language (required) 課程/資料語言

繁體中文/Chinese Traditional

Already registered? [Sign in](#)

[PREVIOUS](#) CANCEL 註冊  
REGISTER HERE

\*\*上表運動員等級分類選單內容：

Children and school sport (Young children in sport at school or club) 小孩和學校運動

International-level athlete (competing internationally - Major Games) 國際級

National-level athlete (competing nationally – leagues or competitions) 國家級

Talented athlete (identified as talented/having potential) 潛力運動員

Youth athlete (Older children in sport at school or club) 青少or青年運動員

步驟三、課程選取：登入後，頁面拉至最底選取「繁體中文」→進入中文課程頁面後，即可選取想學習的主題。

參與全中、全大運、全運、全民運、國內聯賽等運動員請選擇「優秀運動員參加大型

賽事」課程。

The screenshot shows the ADEL Dashboard with a purple header bar. The main title is "Browse education programs and resources in your preferred language". Below it, a note says "WADA aims to provide the content published in English first, then in French and in Spanish." A grid of language buttons is displayed, with "繁体中文/Chinese Traditional" being the one highlighted by a red box.

The screenshot shows the "Chinese Traditional Catalog / 繁体中文" page. The title indicates it contains education programs and courses in Chinese Traditional. The interface includes filters for categories and search, and sorting options for cards. Several items are listed, with the first one, "優秀運動員參加大型賽事 (繁體中文) (TAME\_Chinese\_traditional)", highlighted by a red box.

開始課程後，完成的章節會標記打勾(如下圖頁面左邊所示)。

每個課程最後皆有測驗，通過分數為 80 分。

證書下載：請點選頁面右上方即可下載(如下圖頁面右上框所示)。

The screenshot shows the 'Achievements' section of a course completion page. On the left, there's a sidebar with a list of completed lessons: '歡迎!', '首先第一件事', '參與乾淨運動最佳建議', '大型賽會中的檢測', '最後的話', and '測驗'. Each item has a checkmark next to it. The main area is titled '測驗結果' and features a large circular progress bar with a pink checkmark indicating a score of 90%. To the right of the progress bar, a box displays '通過 80%' with a red border. At the top right, there are navigation buttons for 'Previous lesson', 'Next lesson', and a search icon. A red box highlights the 'Download certificate' button in the 'Achievements' section.

證書樣式入下圖：



\*其他功能- 修正個人資料、密碼，查詢個人學習紀錄。

如有需修正個人資料，請點選「個資(MY PROFILE)」進行修正。

The screenshot shows the ADEL wada My Profile dashboard. At the top left is the ADEL wada logo. To its right is a search bar with the placeholder "Search content in the platform". Below the logo is a navigation bar with "Back" and "Welcome to ADEL Dashboard - ADEL Power User". The main title "My Profile" is centered above a yellow profile card. The profile card displays initials "YL" and a blurred profile picture. Below the card, user information is shown: "Country: CHINESE TAIPEI" and "Sport: [blurred]". At the bottom of the dashboard are four navigation links: "變更密碼" (Change Password), "MY ACTIVITIES", "學習歷程" (Learning History), and "個資" (My Profile). The "個資" link is highlighted in red.