

# ATHLETE Pledge



## for Clean Sport & Fair Competition

### Preamble

This Pledge for Clean Sport & Fair Competition expresses my hopes, is a commitment of my values, and is my declaration to support doping-free sport. This pledge affirms my commitment for:

### Respecting Competition and the True Spirit of Sport

This Athlete Pledge for Clean Sport & Fair Competition expands the current Athlete's Olympic Oath used at the Olympic Games as follows:

*"In the name of all the competitors I promise that we shall take part in these Olympic Games, respecting and abiding by the rules that govern them, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams." Olympic Charter Ch.5 Section 1.12*

I \_\_\_\_\_ will specifically honor this Athlete Pledge and promise to:  
(athlete's name)

### Respect my sport

I honor the letter and the spirit of the rules of my sport.  
I value well-played games and competitions.  
I strive for excellence, within the rules of my sport.

### Respect competition

I value fair competition where each competitor competes within the rules of the game.  
I value competition where each competitor plays at his or her best.  
I strive to win – fairly.

### Respect my opponents

I recognize that each competitor is striving to do his or her best – within the rules.  
I honor my opponent as co-competitor as we strive for excellent sport.

### Respect myself

My integrity is found in competing fairly.  
Having good health is important to me.  
I compete drug-free.

### I believe that the only Good Sport is Fair Sport, Sport that is Clean, and I Agree:

To respect the ideals of fair play and the Olympic Movement.  
With the values of doping-free sport.  
To abide by any and all anti-doping rules that relate to me and to my sport.  
To be a role model for other athletes, and people younger than me.

Outside of competition, I am willing to take a stand, and to show my commitment for doping-free sport by:

- Talking with other athletes, coaches, and my family about doping-free sport.
- Thinking about fairness, and ethical issues with all choices I make.
- To mentor other athletes, who may follow in my footsteps.

\_\_\_\_\_  
\_\_\_\_\_  
(Write in other ways to show your commitment to doping-free sport)

**Signed:**

Athlete:

Date:

# RESOURCES-



## How do I take the next step?

### [www.usantidoping.org](http://www.usantidoping.org)

The United States Anti-Doping Agency is dedicated to preserving the well being of Olympic sport, the integrity of competition, and ensuring the health of athletes.

### [www.usadakids.org](http://www.usadakids.org)

USADA's youth web site is filled with information and interactive activities about: ethical decision making, dietary supplements, Olympic history, steroids, body types, nutrition, and more.

### [www.aap.org/family/steroids.htm](http://www.aap.org/family/steroids.htm)

An American Academy of Pediatrics site dedicated to information and education on steroid use and sports.

### [www.aforbw.org](http://www.aforbw.org)

Athletes for a Better World – an organization committed to individual character, teamwork, and civic responsibility. The site also has Danish, Italian, and Spanish language translations.

### [www.charactercounts.org/sports/sports.htm](http://www.charactercounts.org/sports/sports.htm)

CHARACTER COUNTS! SPORTS develops programs and materials to help coaches and other adults equip youth with values to meet life's challenges, on and off the field.

### [www.cfsan.fda.gov/~dms/supplmnt.html](http://www.cfsan.fda.gov/~dms/supplmnt.html)

The Food & Drug Administration (FDA) Center for Food Safety and Applied Nutrition. This site is dedicated to keeping people informed of the latest developments in the supplement industry.

### [www.healthycompetition.org](http://www.healthycompetition.org)

A foundation out of Blue Cross and Blue Shield, dedicated to educating parents, teens, and coaches about the dangers of performance enhancing drugs.

### [www.monitoringthefuture.org](http://www.monitoringthefuture.org)

Monitoring the Future is an ongoing study of the behaviors, attitudes, and values of American secondary school students, college students, and young adults.

### [www.drugabuse.gov/NIDAHome.html](http://www.drugabuse.gov/NIDAHome.html)

The National Institute of Drug Abuse (NIDA), is part of the National Institutes of Health (NIH), a component of the U.S. Department of Health and Human Services. NIDA has a variety of drug prevention programs and resources.

### [www.mediacampaign.org](http://www.mediacampaign.org)

Office of National Drug Control Policy's (ONDCP) National Youth Anti-Drug Media Campaign. This site has an "ad" gallery, fact sheets, and programs listed. Also see ONDCP's Play Clean program at <http://www.playclean.org/index.html>.

### [www.samhsa.gov/index.html](http://www.samhsa.gov/index.html)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is an Agency of the U.S. Department of Health & Human Services.

### [www.wordscanwork.com](http://www.wordscanwork.com)

Words Can Work helps families talk about challenges today's kids face while growing up.