

Letter of Commitment

pursuant to § 25 of the Federal Anti-Doping Act 2021 (ADBG 2021, in its currently applicable version).

National Federation: Date of birth:

Mailing address: E-mail:

I, , hereby confirm with my signature
First and last name

(1)

1. to acknowledge the applicable anti-doping rules of the national federation and the provisions of the ADBG 2021 as binding,
2. to acknowledge the anti-doping rules applicable to the respective international competition to which I am sent,
3. to refrain from anti-doping rule violations and ensure by all means at my disposal that no prohibited substances enter my body tissue or body fluids, and no prohibited methods are used on myself,
4. to participate in testing pursuant to §§ 15 and 16 ADBG 2021 at any time and any place,
5. to disclose the identity of any other Person who assists me in the exercise of my sport, upon request from the Independent Anti-Doping Organization, a national federation or any other Anti-Doping Organization competent for me,
6. to inform the physician or dentist, in case of medical or dental treatment, prior to the administration of medication or the use of treatment methods, that I am subject to the provisions of the ADBG 2021,
7. to employ only such individuals as athlete support personnel who are not barred from this task pursuant to § 24 para 4 ADBG 2021,
8. to meet the requests of the Austrian Anti-Doping Legal Commission (ÖADR) and the Independent Arbitration Commission (USK) and participate properly in any proceedings,
9. participate in doping prevention measures pursuant to § 3 para. 2 ADBG 2021 and

(2) Athletes who are to be included in the top or basic segment of the National Testing Pool according to § 9, shall:

1. promptly report to the Independent Anti-Doping Organization and the national federation the retirement from sport;
2. to meet the whereabouts filing requirements pursuant to para 3 and para 4 depending on whether they belong to the top segment or basic segment of the National Testing Pool;

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3. immediately report to the Independent Anti-Doping Organization and the national federation the principal residential address, mailing addresses or e-mail addresses for notifications, any change of name;
- (3) Athletes who belong to the top segment of the National Testing Pool pursuant to § 9 shall report the following on a date before the first day of each quarter (1 January, 1 April, 1 July and 1 October) determined by the Independent Anti-Doping Organization:
1. for each day of the following quarter, the complete address of the place where the athlete will reside (e.g. apartment, temporary accommodation, hotel, etc.),
 2. for each day of the following quarter, the name and address of the place where the athlete will practice, work or carry out any other regular activity (e.g. school) as well as the usual schedule for these regular activities,
 3. his competition schedule for the following quarter, including the name and address of each place where the athlete will take part in competitions during these three months as well as the dates when he will participate in competitions in these places,
 4. for each day of the following quarter, a certain 60-minute time slot between 5.00 a.m. and 11.00 p.m. when he will in any case be available for testing at a certain location.

Any changes to whereabouts or availability during the quarter shall be announced promptly as soon as the athlete has been informed about it, any changes to the 60-minute time slot at least two hours in advance.

(4) Para 3. nos. 1 to 3 shall apply to athletes belonging to the basic segment of the National Testing Pool pursuant to § 9 ADBG 2021.

(5) The Independent Anti-Doping Organization shall make an electronic filing system (§ 2 no. 20 ADBG 2021) available to the athletes to allow them to meet their whereabouts filing requirements pursuant to para. 1 no. 5, para. 2 nos. 3 and paras 3 and 4. The athletes shall meet their whereabouts filing requirements via this system. This data may be stored only as long as this is required to meet the tasks of the Independent Anti-Doping Organization pursuant to § 5 para. 1 nos. 2 to 5 ADBG 2021.

(6) Athletes who belonged to the National Testing Pool at the time of their retirement from sport shall notify the Independent Anti-Doping Organization and the competent International Federation of their return to active participation six months prior to the first national or international competition and, after having signed another letter of commitment, be available for testing pursuant to para 1.

(7) Athletes who retired from sport during the suspension or period of ineligibility shall notify the Anti-Doping Organization that imposed the ineligibility on them. If the athlete subsequently wishes to resume his/her career, he/she shall not compete in any international or national competition, until he/she is available for testing by giving six months written notice to the relevant International Federation and the competent Anti-Doping Organization (or such other period as may be equal to the period of ineligibility remaining from the date of his/her departure from sport if that period is longer than six months).

This letter of commitment shall be handed over to the competent National Federation within two weeks after having been requested. If the athlete concerned does not previously submit the letter of

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commitment, the athlete shall not be supported by the National Federation and shall not be admitted to competitions.

**ONLY THE GERMAN VERSION IS BINDING AND HAS TO BE
SIGNED PERSONALLY!**

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