

## **Declaration of Vaterstetten<sup>©</sup>**

### **Anti-Doping Declaration and Personal Pledge by Master Athletes**

Status: 10. October 2010

In recognition and acknowledgment

- of the importance of fair play rules as fundamental pillars within all sports as well as the necessity and observance of such rules by masters of both genders in their function as role models for young people, who are involved in sports activities,
- of suspension of those who ignore these principles, as with each performance manipulation the basic rules of organised sports as part of an accepted and precious human conduct will be undermined and endangered,
- of the importance of sports within our and for our society, and as a fundamental principle within organised sports and its importance for a credible functioning of the sport,
- of my responsibility for my own physical well being and for acceptance only of medically unobjectionable treatments and medications,
- of respect towards my competitors and contestants in a competition that is performed under the observance of fair rules while striving for the realisation of ethically responsible results,
- of the fact that each medication encumbered by a prohibited substance results in the same illegal advantages for myself and disadvantages for my competitors and constitutes performance manipulation,
- of the fact that each doping instance is in fact deception, and that by illegal performance enhancement I do not only deceive my competitors but likewise myself,
- of the fact that with each illegal performance enhancement I discredit not only sports and athletics in general but specifically masters athletics,
- of the Anti-Doping-Rules and Regulations determined by IAAF, as well as of the Anti-Doping-Codes issued by WADA and NADA,

I declare and affirm herewith,

- ***to abstain from any illegal performance enhancement, specifically by way of doping,***
- ***to support anything that prevents the use of unintended or extraneous doping medication***
- ***to do my share in actively supporting the struggle against doping,***
- ***my undivided acceptance for unannounced doping test controls external of competitions ("training test controls").***

I am aware of and I welcome the initiative that was taken by EVAA, the European association, and WMA, the World Masters Athletics, in conjunction with their commissioned national (NADA) and international (WADA) anti-doping agencies, to ensure that all fairly competing master athletes are supported and advised. This is a declaration at the initiative of EVAA and the Anti-Doping-Masters-Athletics-Advisory.

I agree with the publication of my name in a listing of those athletes who have likewise signed this declaration of anti-doping and personal pledge.

Date: \_\_\_\_\_

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(Signature)

Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Club Affiliation & Country: \_\_\_\_\_