

# THE ATHLETES' INTEGRITY PLEDGE

- ✓ **I promise**  
to compete fairly and honestly, with dignity and with full respect to myself and my fellow competitors.
- ✓ **I promise**  
to always conduct myself in a way that protects and upholds the true moral values, integrity and pure spirit of athletics.
- ✓ **I vow**  
to genuinely find out how good I can be.
- ✓ **I pledge**  
to stand tall and speak up to protect clean athletes and the credibility of athletics, to voice any concerns that I have loudly, and to make it utterly clear that cheating and dishonesty are not welcome in the sport of athletics.