

WHEREABOUTS REQUIREMENTS FAQ (Frequently Asked Questions)

1. Which athlete must provide Whereabouts information?

The IWUF establishes and maintains a **Registered Testing Pool (RTP)** of athletes from all disciplines who are required to be available for out-of-competition testing and who must submit individual whereabouts information. Athletes are selected for inclusion in the Registered Testing Pool each year, based on their performances, participation in competitions and other factors.

Whereabouts is a system designed to support out-of-competition testing and it is widely recognized that it is fundamental in protecting clean athletes. The selected IWUF RTP athletes will be required to supply details of their whereabouts so they can be located for testing at anytime and anywhere without advance notice.

2. By what date do the whereabouts need to be submitted?

A submission of whereabouts information must be made for each quarter by the following dates of each year:

- **30 January** at the latest for the period of January, February, March
- **15 March** at the latest for the period of April, May, June
- **15 June** at the latest for the period of July, August, September
- **15 September** at the latest for the period of October, November, December

3. How long does an athlete stay in the Registered Testing Pool?

You continue to be included in the IWUF Registered Testing Pool until you receive any official communication from the IWUF that you are no longer included. If you retire from the sport, you must inform the IWUF by sending back the **Retirement Notification form** that you also received together with this letter. The IWUF will then remove you from the RTP.

4. What information must be submitted by athletes in the IWUF RTP?

As a minimum, the following information must be provided:

- A designated complete emailing address where correspondence may be sent to you for formal notice purposes
- A designated phone number that the IWUF will use, if necessary, to reach you for testing and notice purposes
- A designated complete mailing address where correspondence may be sent to you for formal notice purposes.
(Please note that any mail sent to your designated mailing address will be deemed to have been received five days after it was deposited in the mail.)
- One-hour testing slot every day of the year

(Please note this hour slot must be between the hours of 6am and 11pm and in a specified location where you can be available for testing. This information must be up-to-date at all times as athletes not in their locations at the allocated hour may receive a missed test whereabouts failure. Athletes must remain in their specified location for the entire hour as the Doping Control Officer may arrive at any time within that hour slot.)

- A residential address for each day
- Training schedule
- Competition schedule
- Travel schedule

5. How do I start using ADAMS?

The IWUF provides you with a username and password (see the ADAMS Welcome Letter). Follow the instructions, which you will find in Appendix C to starting using ADAMS.

6. What happens if I do not know my precise plans for the period specified on the form?

It is your responsibility to ensure that you have provided accurate and up-to-date information to the IWUF. If you are unsure where you will be during a certain period, you must give your best prediction in your quarterly submission. If your plans change, you must inform the IWUF immediately through ADAMS, the ADAMS SMS function or eventually by e-mail. Updates to whereabouts information must arrive at the IWUF before the change to your schedule occurs.

7. Can athletes be called during an out-of-competition test attempt?

The Doping Control Officer (DCO) will never call you during the designated one hour slot if you are not located at the indicated place in your whereabouts. Yet, the DCO may call you outside the one hour slot at your personal phone number if the DCO considers it is necessary to complete the mission. Please bear in mind that this phone call is not an obligation and that you have to keep your whereabouts updated.

Top tips for updating your whereabouts

- Keep the one-hour slot and location consistent
- Programme a phone alarm to remind you to check that you will be where you need to be for your designated time slot
- Save the whereabouts SMS number in your phone, make sure the service is activated in your ADAMS profile
- Ask close friends and family to remind you to update, especially in the off-season or if on holiday
- Ensure friends and family are aware of your obligations as an athlete in the IWUF RTP
- Print a copy of your ADAMS calendar for those who may need to be aware, such as coaches
- Contact IWUF if you need help: antidoping@iwuf.org
- Submit whereabouts information ahead of the submission deadline, as this gives IWUF the opportunity to provide support if necessary
- Keep on top of updating whereabouts information, as a pattern of last-minute whereabouts updates could damage the chances of receiving a reduced sanction after a whereabouts violation
- Make sure up-to-date email and phone numbers are saved in your ADAMS profile so reminders can be sent to you regarding submitting whereabouts