

ADAMS INFORMATION AND INSTRUCTIONS

ADAMS On-line Submission	SMS
<ul style="list-style-type: none"> • Use your username and password, which provided in <u>ADAMS Welcome Letter</u> to enter the online database system ADAMS: http://adams.wada-ama.org. • File your quarterly whereabouts every three months. (see deadlines on Page 2 or <u>Appendix B Q2</u>). • Consult the ADAMS training and user guides available on the WADA website: http://adams-docs.wada-ama.org/display/EN/ADAMS+User+Guide+for+Athletes Particularly: ADAMS 3.6 Whereabouts Tutorial – online video • You could also follow the steps in ADAMS Quick Reference Card for Athletes – whereabouts that is also enclosed with this letter. • Ensure that your ADAMS page clearly states, “ SUBMITTED” next to the relevant quarter (Q1, Q2, Q3, Q4), in the menu on the left under “Whereabouts”. 	<ul style="list-style-type: none"> • For last-minute updates where you do not have access to the Internet, you can send an SMS to ADAMS using the ADAMS SMS Service. • The SMS must specify which information has changed, i.e. different location and/or different time-slot and must include specific details as to (a) the new location for the current time-slot; (b) the different time-slot for the current location; or (c) a different time-slot and different location. • For an explanation of how to use the ADAMS SMS Service, please see enclosed ADAMS Quick Reference Card for Athletes.
ADAMS Mobile Application	Athlete Agent account in ADAMS
<ul style="list-style-type: none"> • The ADAMS app is now available for iPhone and Android mobile devices. You must submit your whereabouts in ADAMS (website version) before you can update via the app. • ADAMS App for IOS please see: http://adams-docs.wada-ama.org/display/EN/ADAMS+Quick+Reference+Card+-+Mobile+App+IOS • ADAMS App for Android please see: http://adams-docs.wada-ama.org/display/EN/ADAMS+Quick+Reference+Card+-+Mobile+App+Android 	<ul style="list-style-type: none"> • You may wish to have your coach, agent, family member or National Federation to assist you in complying with these whereabouts requirements. • That is permitted and possible if you require IWUF to create an Athlete Agent account in ADAMS for one of them. • S/he would then have his/her own account and access to your whereabouts. The same person (i.e. coach) could also assist more than one athlete with the same account. • However, you would remain personally responsible for any failure to comply with the requirements of the Anti-Doping Rules.