

Requirements of the Testing Pool, including whereabouts and the use of ADAMS

What are testing pools and why are whereabouts important for clean sport?

Out-of-competition (OOC) testing with no-advance notice is one of the most powerful of deterrence and detection of doping. To support this type of testing, the FIK has created a Testing Pool (TP) as part of its testing program, and TP athletes are required to take an OOC test at least once a year.

TP athletes selected by the FIK are notified by the FIK with a TP inclusion letter.

How do athletes know they need to provide whereabouts?

TP athlete required to provide information on their whereabouts in ADAMS, WADA's online anti-doping administration and management system.

The FIK updates the composition of the TP annually. Athletes in the TP is selected the basis of defined criteria.

Athletes who need to provide whereabouts in ADAMS are as well as what information exactly is required of them, how to use ADAMS, deadlines to submit this information and any consequences if the information required is not submitted.

What do TP athletes need to know?

TP athlete's whereabouts information will be provided in the ADAMS, a secure web-based system that will allow them to comply with the whereabouts information required. In order to facilitate the submission and updates of their whereabouts filing, WADA has developed an ADAMS 'Athlete Central' App.

If TPA need more information including instructions on how to use ADAMS and the Athlete Central App they can always refer to <https://adams-help.wada-ama.org/hc/en-us>

Tips for TP athletes

By 15th of the previous month preceding the first day of each quarter, you shall file whereabouts for that quarter that must include:

1. A complete mailing address and personal e-mail address where correspondence may be sent to you for formal notice purposes.

For each day during the quarter:

2. The full address of the place where you will be staying overnight (e.g., home, hotel, temporary lodgings, etc.).
 - If your plans change so that you will be staying at a different place on a particular night, you must update your whereabouts filing prior to that night to provide the new address where you will be staying that night.
3. The name and address of each location where you will train, work or conduct any other regular activity, as well as the usual time frames for such training regular activities.
 - If your training regular activities change, e.g., if you stop training in the mornings and train in the afternoons instead, or if you train at the gym on Mondays and Thursdays, then move to Tuesdays and Fridays, you must update their whereabouts filing to reflect that change.
 - However, if you simply change your regular schedule on an occasional basis, e.g., one Monday you decide as a “one-off” to train in the gym rather than the pool, but next Monday you plan to go back to your regular schedule of training in the pool, then you do not have to make any change to your whereabouts filing to reflect that “one-off” change.
4. Your Competition/Event schedule including the name and address of each location where are scheduled to compete during the quarter and the date(s) at which you are scheduled to compete at such location(s).
5. Deadlines for submitting your whereabouts information as below.

Yearly Quarters	Submission Deadlines
Q1: 1 January – 31 March 2024	15 December 2023
Q2: 1 April – 30 June 2024	15 March 2024
Q3: 1 July – 30 September 2024	15 June 2024
Q4: 1 October – 31 December 2024	15 September 2024

Even after the above deadlines, you must update your whereabouts form to reflect any changes.

You must provide sufficient information to enable Doping Control Officers (DCOs) to find you at your location with no advance notice, such as a phone call. For example, please



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provide entrance pass codes to buildings and give clear directions to find your building/room.

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