

CHAIR ANTI-DOPING COMMITTEE:  
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Whereabouts Filing Obligations – 2011 FIRS Registered Testing Pool (RTP)

To be compliant with the WADA Code and the FIRS anti-doping policy athletes must provide whereabouts information on a quarterly basis as below. Submission should be provided by 15<sup>th</sup> of December, March, June and September for the respective quarters.

- Q1 1st January to 31st March by 15th December
- Q2 1st April to 30th June by 15th March
- Q3 1st July to 30th September by 15th June
- Q4 1st October to 31st December by 15th September

The following information must be supplied for each day in each quarter.

- Residential address – ie where you will stay overnight
- Mailing address – where you can be contacted by mail
- Training times and venue addresses
- Competition schedule and venue addresses
- At least one (1) hour per day between 6.00 am and 11.00 pm when you can guarantee that you can be located for testing.
- If you don't know where you will be on a certain date give the best information and update on the system when whereabouts are known
- If you fail to comply with whereabouts filing and fail to update information on the system you risk penalty for missed tests and/or filing failure. Any combination of three filing failures and/or missed tests will result in a sanction and period of ineligibility of one to two years.

Further information is available under the whereabouts section of the International Standards of testing which you can download from the WADA web page [www.wada-ama.org](http://www.wada-ama.org).

ADAMS user guides can be downloaded in a number of languages from the WADA web page under ADAMS training.

Yours sincerely

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