

# WHAT YOU NEED TO KNOW ABOUT ATHLETE WHEREABOUTS

Athletes who are part of the Registered Testing Pool (RTP) are required to submit their Whereabouts to Sport Ireland Anti-Doping 365 days a year.

## QUARTERLY SUBMISSION DEADLINES

Put a calendar reminder in your phone for submission deadlines.



The time deadline for all of the quarterly submission is 23.59pm.

## WHEREABOUTS REQUIREMENTS



### Overnight Accommodation

- Address of where you sleep every night
- No timeframes necessary



### One-Hour Slot

- Any hour between 05:00 and 23:00
- Must be at address for full hour every day



### Regular Activity

- Training/physio/work
- Week-to-week skeleton schedule



### Competition

- Address of competition venue
- Only enter for days you are competing rather than the full competition dates

## WHEREABOUTS FAILURES



### Filing Failure

Incomplete or inaccurate information



### Missed Tests

Not available for testing during your 60 minute time slot

3

Whereabouts failures in a 12 month period

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Anti-Doping Rule Violation

## METHODS OF SUBMITTING AND UPDATING YOUR WHEREABOUTS



All Whereabouts submissions should be submitted through ADAMS.

Website: <https://adams.wada-ama.org/adams>

App: Athlete Central

Download here: <https://www.wada-ama.org/en/athlete-central>