



ADAMS

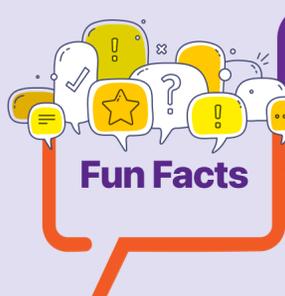
is a web-based database management system allowing all athletes and stakeholders around the world to centralize the anti-doping information.



ADAMS / Athlete Central allows athletes to comply with the whereabouts requirements of their National Anti-Doping Organizations (NADOs) / International Federations by entering their information from anywhere in the world.

Website: adams.wada-ama.org

App: Athlete Central



ADAMS was launched in **2005** by the World Anti-Doping Agency (WADA).

ADAMS is available in **28** languages including Chinese.

202 NADOs including Hong Kong are using ADAMS.



Who is required to submit Whereabouts?

ADOHK Testing Pools Athletes and any other athletes at ADOHK's discretion

Who is included in ADOHK Testing Pools?

- Registered Testing Pool (RTP)**
- Athletes receiving Elite Training Grant Elite A+ category;
 - Athletes who are included in the respective International Federation's RTP;
 - Any other athletes at ADOHK's discretion

- Elite Testing Pool (ETP)**
- Athletes receiving Elite Training Grant Elite A, B+ or B categories;
 - Any other athletes at ADOHK's discretion

Quarterly Submission Deadline

Quarter 1 (January – March): **15 December**

Quarter 2 (April – June): **15 March**

Quarter 3 (July – September): **15 June**

Quarter 4 (October – December): **15 September**

Whereabouts Requirements

	Overnight Accommodation - Detailed address of where you sleep overnight <u>every day</u>		RTP		ETP
	Regular Activity - Any time between 06:00 – 23:00 (preferably between 1 – 3 hours) - Detailed address of where you train / other activities		RTP Every day		ETP At least 3 days per week
	60-minute Timeslot - Any hour between 05:00 – 23:00 with detailed address <u>every day</u> - Must be available and accessible at the specified location for the 60-minute timeslot		RTP		

Common Errors

	Forgot to update your whereabouts which makes you unable to be located for doping tests		Updates must be made in ADAMS / Athlete Central as soon as any changes arise
	Cannot receive SMS to log in ADAMS when travelling overseas		Reset your Two-Factor Authentication Method to TOTP in Security Options under User Preferences
	No specific location in the address		Examples of a specific location: - Gym in HKSI - Activity Room 1 in Tai Wo Sports Center
	No resident hotel room number provided		Don't forget to add the hotel room number in the address upon check-in