



Hong Kong Anti-Doping Committee  
香港運動禁藥委員會



# Whereabouts

## ADAMS

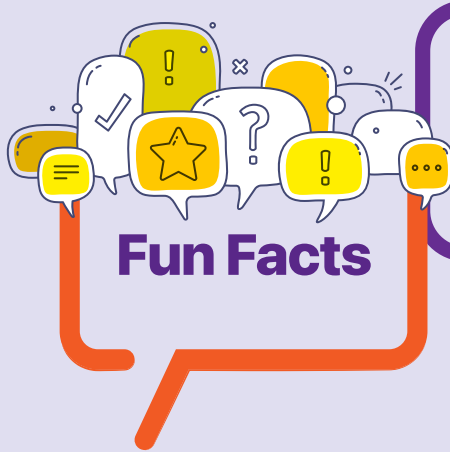
is a web-based database management system allowing all athletes and stakeholders around the world to centralize the anti-doping information.



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](https://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?

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

### Who is included in HKADC 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 HKADC's discretion

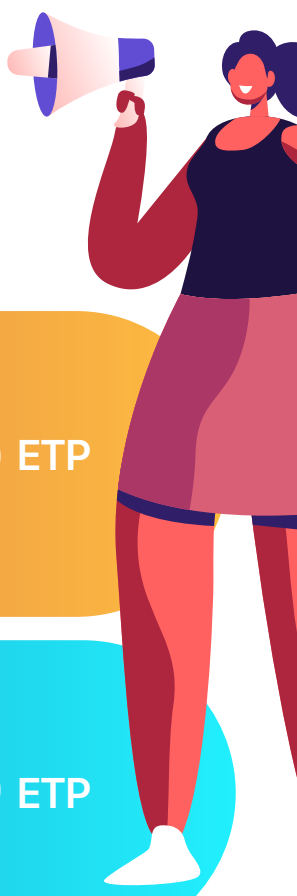
- Elite Testing Pool (ETP)**
- Athletes receiving Elite Training Grant Elite A, B+ or B categories;
  - Any other athletes at HKADC's discretion

## 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 every day

**Regular Activity**  
- Any time **between 06:00 – 23:00** (preferably between 1 – 3 hours)  
- Detailed address of where you train / other activities  
- At least 3 days per week

**60-minute Timeslot**  
- Any hour **between 05:00 – 23:00** with detailed address every day  
- Must be available and accessible at the specified location for the 60-minute timeslot



## 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

If you are required to undergo compulsory quarantine, please also indicate clearly in the entries.