



ADAMS

With this user guide the International Weightlifting Federation wants to help all the athletes and National Federations to provide their whereabouts information properly. WADA has developed the new 3.3 version of ADAMS which features some enhancements.

Let us give you some tips that might help you with the process

- 1./In case you cannot submit your whereabouts information and the system gives a NON-COMPLIANT red sign you may find the exact instruction in the top left corner of the screen.
- 2./You can find the WHEREABOUTS GUIDE in the top left corner of the screen. The guide was designed to show you how to perform basic functions within ADAMS, step by step, in the most direct way.

WADA - ADAMS | Calendar - Mozilla Firefox

https://adams.wada-ama.org/adams/requestWhereaboutsArea.do?ownerId=63879482&type=athlete&quarterId=113034239&month=5

ADAMS IWF, User2 from IWF : Help : Logout

GO BACK WHEREABOUTS ADDRESS BOOK

TESZT, ELEK + Whereabouts Guide Show this Guide every time I access My Whereabouts Go To Calendar

2013-Q2 Status: Updated

Mailing Address

Whereabouts Guide ?

Filter By: +

2013-Q2 - Updated -

April

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

M	T	W	T	F	S	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

1 Introduction

Welcome to the Whereabouts Guide

This Guide is intended to assist you in providing your whereabouts information in accordance with the anti-doping rules of your sport. The steps outlined in the Guide will show you how to use ADAMS to submit your whereabouts and provide more information about the rationale behind the various requirements. The Guide is always available to you as a checklist for completing your whereabouts submission.

If at any time you wish to leave the guide and begin to enter your whereabouts information, you can click the green **Go to Calendar** button in the upper right hand corner of the screen. You can also go to a specific date by clicking the date on the mini three month calendar on the left hand side of this page.

Why do I need to submit whereabouts information?

By providing your whereabouts information, you are protecting the integrity of your sport and your right to clean and fair competition. The whereabouts information that you provide in ADAMS is used to ensure that testing is planned in the most secure, effective, coordinated, and efficient manner.

In order to be most effective in detecting and deterring doping, out-of-competition doping controls must be conducted without advance notice. This is particularly important given that many prohibited substances and methods are detectable in an athlete's body for a limited period of time while still maintaining a performance-enhancing effect.

Do I have to provide detailed information for every hour of the day?

The whereabouts information you provide will give authorized anti-doping organizations a general picture of your location for the next three months (the quarter). A specific one hour location (60-minute time slot) each day is also required. This not only ensures that you can be located for testing when necessary, but reinforces the value of all other information provided. By capturing your general activities throughout the day and quarter rather than itemizing every movement you make, your anti-doping organization can plan the most effective possible tests that also consider your privacy and preferences.

It is your responsibility to ensure that all information provided is accurate and up-to-date at all times. Please remember that although you are asked for specific information as outlined under the rules of your sport and in this Guide, you may still be tested at anytime and anywhere.

Where can I find more information about whereabouts?

For more information on the possible consequences of failure to provide this information or for being unavailable for testing at your designated 60-minute time slot, please contact your whereabouts custodian organization, which is listed in the security section in "My Profile". This anti-doping organization should also provide you with more information regarding your rights and responsibilities with respect to whereabouts information.

2 Mailing Address +

3 Overnight Accommodation +

4 Competition +

5 Regular Activities +

6 60-Minute Time Slot +

7 Submission +

https://adams.wada-ama.org/adams/requestWhereaboutsArea.do?ownerId=63879482&type=athlete&quarterId=113034239&month=5#guide

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3./Please note that you should provide your **overnight accommodation** and **one hour time slot** every time even if you are travelling.

4./In case you have no competition in the given quarter you should mark the category as non-applicable as follows:

1. Go to the whereabouts guide in the calendar
2. Tick on the Competition (4th) tab
3. Under the competition tab you can see three points and underneath the third point you can find the “no competition” tab. Click to the assigned point to mark the category as non-applicable.

The screenshot displays the WADA-ADAMS 'Whereabouts Guide' interface. On the left, there is a sidebar with a 'Whereabouts Guide' section containing a calendar for April, May, and June. The main content area is titled 'Whereabouts Guide' and features a table of contents with four items: 1. Introduction, 2. Mailing Address, 3. Overnight Accommodation, and 4. Competition. The 'Competition' item is highlighted with a green bar and a minus sign. Below the table of contents, there are three sections: 'Why do I need to tell you about my competitions?', 'What information am I required to provide?', and 'How do I provide this information in ADAMS?'. The 'How do I provide this information in ADAMS?' section includes a numbered list of steps and a 'New Entry' pop-up window. A red arrow points from the 'No competition this quarter? Click here to mark the category as non-applicable' link in the instructions to the 'Competition' tab in the sidebar.

5./From now on the current whereabouts status will appear as **updated** instead of **submitted**.

Furthermore let us provide you the WADA link below which contains all the further changes

For ADOs <http://adams-docs.wada-ama.org/display/EN/ADAMS+User+Guide+for+Sport+Organizations>

For athletes: <http://adams-docs.wada-ama.org/display/EN/ADAMS+User+Guide+for+Athletes>

On the Whereabouts module:

6./It is possible to delete multiple whereabouts entries from one or more dates in the quarter in one go. See [Deleting Whereabouts entries](#).

7./When a user moves away from the calendar window without submitting, or after making changes to the whereabouts calendar that are incomplete, reminder messages will be sent until the error is corrected. See [Error Conditions](#).

8./Once you modify your already submitted Whereabouts calendar, it is no longer required to re-submit. See [Entering whereabouts - Getting Started](#)

9./The submission history tab was redesigned. ADOS: See [Submission History](#). Athletes: See [The Whereabouts Interface](#)

10./The process for creating Travel entries is simplified. See [Creating Travel Whereabouts Entries](#).

11./The Additional Information is no longer exclusively linked to an Address entry and is modifiable on the specific Whereabouts entry itself. See [Editing Whereabouts Entries](#).

12./Whereabouts automatic notifications rules were modified. See [Submitting Whereabouts](#).

In case you have any further questions or queries
regarding ADAMS

do not hesitate to contact us on

adams@iwnet.net