

# SUPPORTING AN ATHLETE ON WHEREABOUTS

Athletes who are part of the 'National Registered Testing Pool (NRTP) or Domestic Testing Pool (DTP) are required to submit their Whereabouts to UK Anti-Doping (UKAD) 365 days a year.

## QUARTERLY SUBMISSION DEADLINES

Put a calendar reminder in your phone for submission deadlines.

Quarter 1: 15 December, 23:59

Quarter 2: 15 March 23:59

Quarter 3: 15 June, 23:59

Quarter 4: 15 September, 23:59

## WHEREABOUTS REQUIREMENTS

### Overnight Accommodation

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

### Regular Activity

- Training/physio/work
- Week-to-week skeleton schedule
- Last minute, one-off updates not required



### TOP TIPS

- Remind athletes to update as soon as they're aware of a change of circumstances.
- Ensure additional information is added to addresses to make athletes accessible at each location.
- If ADAMS is unavailable, athletes can text emergency updates to +18192724278 / +447723318190 (Phone number must be activated in athlete profile)

### One-hour slot (NRTP only)

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

### 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
- Submitting late

### Missed Tests (NRTP only)

- Not available for testing during your 60-minute time slot

Three Whereabouts Failures in a 12-month period =

<b>NRTP</b> Anti-Doping Rule Violation (ADRV) and a potential two-year ban	<b>DTP</b> Move to the NRTP
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## METHODS OF SUBMITTING/UPDATING

All entries must be provided via ADAMS

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

App: Athlete Central

## SUPPORT

Sam Gray, Whereabouts Officer (UKAD) – [athlete@ukad.org.uk](mailto:athlete@ukad.org.uk)