



WELCOME!

OUT-OF-COMPETITION TESTING





OLYMPIC DAY



#KeepingSportReal



WBSC



A FIVE-WEEK COURSE

WEBINAR SERIES

INTRODUCTION TO ANTI-DOPING
26 May

THE DOPING CONTROL PROCESS
2 June

MEDICATIONS, SUPPLEMENTS PROHIBITED LIST AND TUES
9 June

PRINCIPLES AND VALUES OF CLEAN SPORT
16 June

OUT-OF-COMPETITION TESTING
23 June

All webinars from 14:00 to 15:00 CET
English, 普通话, العربية, español, français, русский

01.

TESTING POOLS

02.

INTRODUCTION TO
WHEREABOUTS

03.

WHEREABOUTS
SUBMISSIONS

04.

ADAMS &
ATHLETE
CENTRAL

05.

SUBMITTING
WHEREABOUTS:
CASE STUDIES

06.

MISSED TESTS &
FILING
FAILURES

07.

Q&A

08.

SERIES
SUMMARY

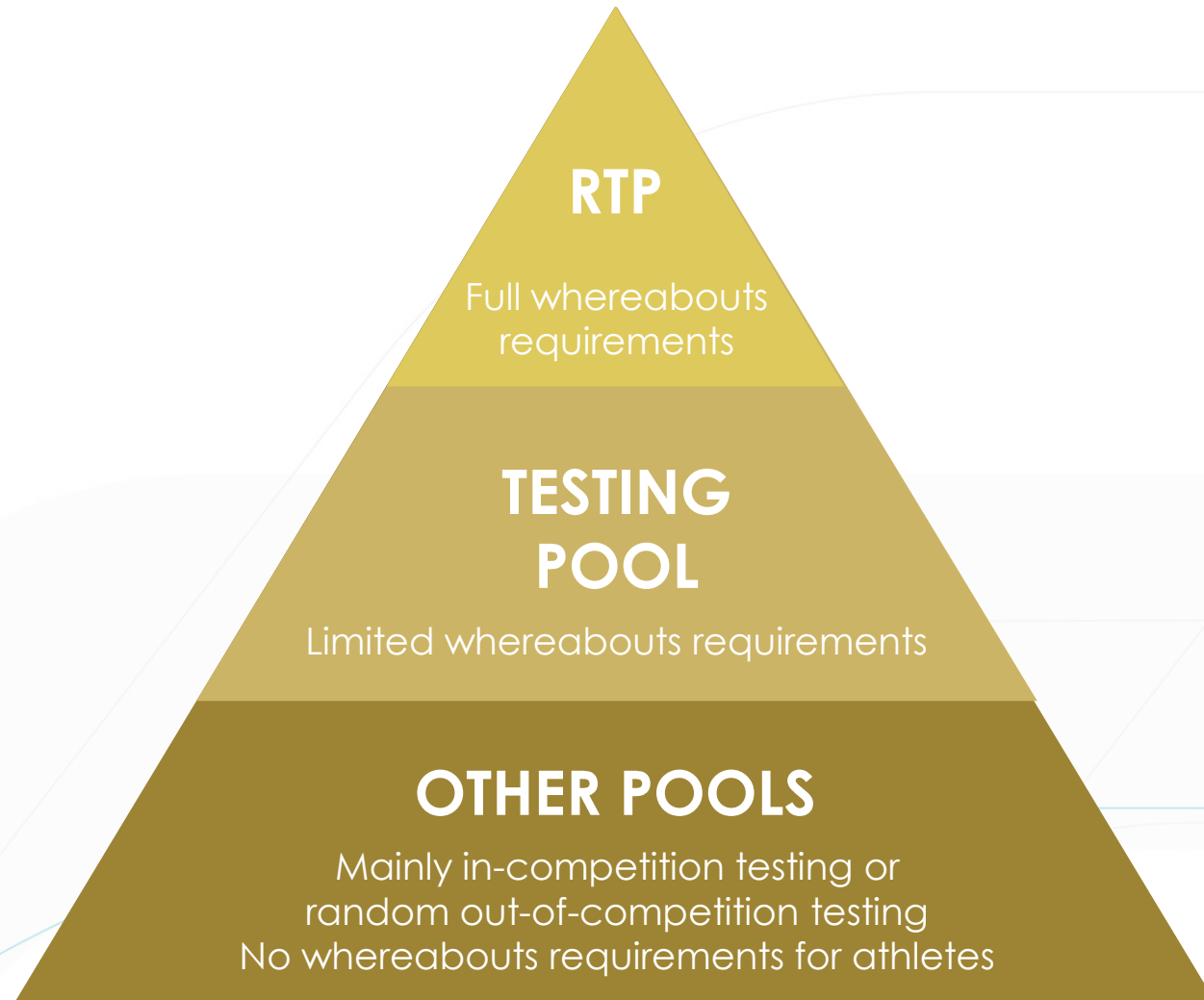
BY THE END OF TODAY'S SESSION, YOU SHOULD....

- Understand the different types of testing pools
- Understand the contents of the Letter of Inclusion
- Understand the Whereabouts requirements
- Know how to use ADAMS and Athlete Central
- Be aware of the consequences of not complying with Whereabouts requirements
- Know where to go or who to ask if you have any questions



REGISTERED TESTING POOLS & TESTING POOLS

TESTING POOLS



REGISTERED TESTING POOL (RTP)

A pool of top-performance athletes selected by International Federations, National Federations and National Anti-Doping Organisations based on various criteria. These athletes are subject to strict whereabouts requirements with clear consequences and sanctions in case of non-compliance.



TESTING POOL (TP)

Athletes included in a Testing Pool are also required to provide Whereabouts information to their Anti-Doping Organisation. However, the list of the TP whereabouts requirements is shorter and the consequences for non-compliance are less severe.



OTHER POOLS

Whereabouts requirements applied to athletes included in other pools are minimal and depend on the amount of information an Anti-Doping Organisation needs to occasionally locate the athletes included in this pool. Often, such whereabouts information is provided by the third parties like the National Federation or Team Managers.



WHAT IS THE TESTING POOL OF YOUR SPORT?



Registered Testing Pool and Other Pools (Team Whereabouts)



Testing Pool and Other Pools (Team Whereabouts)



Registered Testing Pool and Testing Pool



Testing Pool



Registered Testing Pool



Registered Testing Pool



INTRODUCTION TO WHEREABOUTS

WHAT ARE WHEREABOUTS?

- ✓ Whereabouts are information provided by a limited number of top elite athletes about their location
- ✓ Information is provided in the form of quarterly filings as per the requirements of the Anti-Doping Organisation requesting the information
- ✓ Whereabouts information is uploaded onto a secure platform and can only be accessed by the authorised person acting on behalf of the Anti-Doping Organisations with authority to conduct the OOC Testing



WHAT ARE WHEREABOUTS?

- ✓ Each Anti-Doping Organisation shall implement an effective and intelligent Anti-Doping Program on athletes over whom it has authority to conduct Testing
- ✓ The amount of whereabouts information requested depends on the Risk Assessment and the Test Distribution Plan



RTP WHEREABOUTS REQUIREMENTS

- ✓ Mailing address and phone number
- ✓ Overnight accommodation
- ✓ 60-minute time slot for every day
- ✓ Training and regular activities
- ✓ Competition schedule
- ✓ Travel information
- ✓ Additional information



INCLUSION IN A TESTING POOL

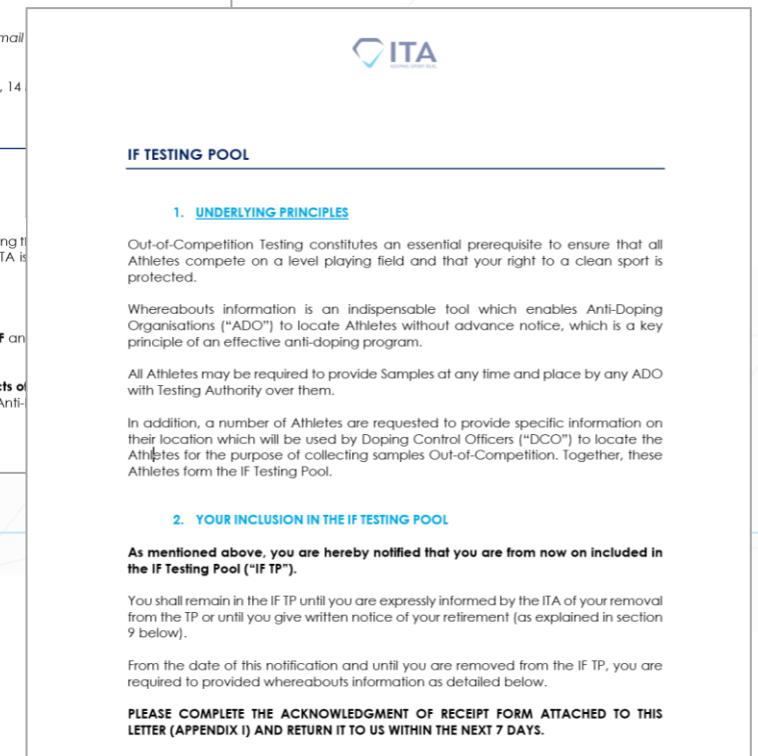
Letter of Inclusion

- ✓ The letter includes an overview of the essential aspects of RTP/TP athlete obligations as set out by the IF/NADO Anti-Doping Rules and the World Anti-Doping Code
- ✓ Each athlete is required to acknowledge their inclusion by returning an Acknowledgement Form to the ADO

INCLUSION IN A TESTING POOL



- ✓ Purpose of the inclusion
- ✓ Whereabouts requirements
- ✓ Quarterly deadlines
- ✓ Sanctions for non-compliance
- ✓ How to submit whereabouts



RETIREMENT AND RETURN TO COMPETITION

- ✓ Included athletes remain in the RTP until they are informed by the ADO of their removal from the pool or until they give a written notice of retirement
- ✓ If an athlete would like to retire from competition, they must inform the ADO in writing by signing the official Retirement Form

RETIREMENT AND RETURN TO COMPETITION

- ✓ Athletes who wish to return to competition must inform their anti-doping organisation and provide a six-month written notice
- ✓ Athletes excluded from the Testing Pool will receive a Letter of Exclusion from their ADO
- ✓ Athletes can remain included in another ADO Testing Pool (i.e., of a NADO) and should continue to comply with the requirements of that organisation



WHEREABOUTS SUBMISSIONS

WHEREABOUTS SUBMISSION DEADLINES

Athletes are required to file a three-month schedule before the start of each quarter. More precisely, the deadline to submit whereabouts filings is the 15th of the month prior to the start of the new quarter.

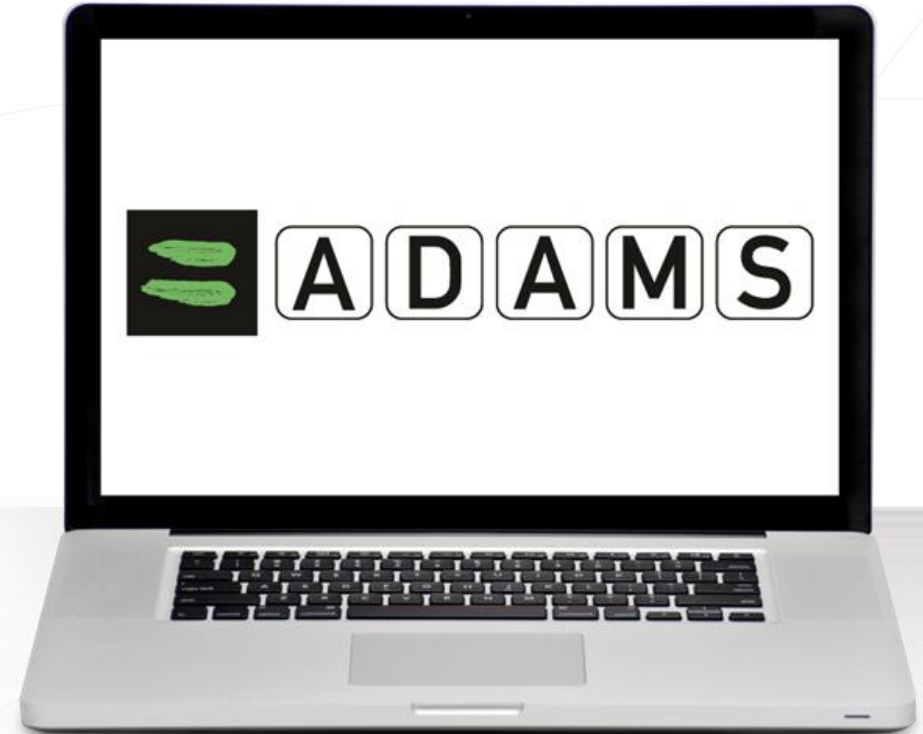
Yearly Quarters	Submission Deadlines
Q1: 1 January - 31 March	15th December
Q2: 1 April - 30 June	15th March
Q3: 1 July - 30 September	15th June
Q4: 1 October - 31 December	15th September



ADAMS & ATHLETE CENTRAL

ADAMS

The [Anti-Doping Administration and Management System \(ADAMS\)](#) is a Web-based database management tool for data entry, storage, sharing, and reporting designed to assist stakeholders and WADA in their anti-doping operations in conjunction with data protection legislation.




ATHLETE CENTRAL

- ✓ WADA's mobile application which allows athletes to easily submit and update Whereabouts information using a mobile device
- ✓ User-friendly and available in many languages
- ✓ Athletes are encouraged to download and use the application regularly




SUBMITTING WHEREABOUTS: CASE SCENARIOS

CASE SCENARIO 1

 **NEW ADDRESS** ✕

*** REQUIRED INFORMATION**

Label *	Address Line 1 *
<input type="text" value="Training Camp"/>	<input type="text" value="Pierre-de-Coubertin stadium"/>
Phone Number 1	Address Line 2
<input type="text" value="+41 21 612 12 12"/>	<input type="text"/>
Phone Number 2	City *
<input type="text"/>	<input type="text" value="Lausanne"/>
Additional Information	Country * Region
<input type="text"/>	<input type="text" value="SWITZERLAI"/> <input type="text" value="Vaud (fr)"/>
	Postal code/Zip
	<input type="text" value="1007"/>

 **NEW ADDRESS** ✕

*** REQUIRED INFORMATION**

Label *	Address Line 1 *
<input type="text" value="Training Camp"/>	<input type="text" value="Pierre-de-Coubertin stadium"/>
Phone Number 1	Address Line 2
<input type="text" value="+41 21 612 12 12"/>	<input type="text" value="Promenade de Vidy 1"/>
Phone Number 2	City *
<input type="text"/>	<input type="text" value="Lausanne"/>
Additional Information	Country * Region
<input type="text" value="Training Hall A"/>	<input type="text" value="SWITZERLAI"/> <input type="text" value="Vaud (fr)"/>
	Postal code/Zip
	<input type="text" value="1007"/>

CASE SCENARIO 2

New Travel Entry ✕

Transportation Type

Carrier

Routing No.

Departure Location

Date / Time

Arrival Location

Date / Time

Additional Information

New Travel Entry ✕

Transportation Type

Carrier

Routing No.

Departure Location

Date / Time

Arrival Location

Date / Time

Additional Information

CASE SCENARIO 4



July 2021

Day Week Month ▶

New Clear Dates... Print

S	M	T	W	T	F	S
27	28	29	30	1	2	3
				Walking my dog Training Massage/physio Eat dinner	Walking my dog Training Get haircut Eat dinner	Walking my dog Training Massage/physio Eat dinner
				Home 06:00	Home 06:00	Home 06:00
4	5	6	7	8	9	10
Walking my dog Grocery shopping Visit my mom Eat dinner	Walking my dog Training Massage/physio Eat dinner	Walking my dog Training Massage/physio Eat dinner	Walking my dog Training Eat dinner	Walking my dog Training Massage/physio Eat dinner	Walking my dog Training Eat dinner	Walking my dog Training Massage/physio Eat dinner
Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00
11	12	13	14	15	16	17
Walking my dog Grocery shopping Visit my mom Eat dinner	Walking my dog Training Massage/physio Eat dinner	Car to airport air	World Cup	World Cup	World Cup	air Car from airport
Home 06:00	Home 06:00	Home 05:00	World Cup hotel - Marriott 06:00	World Cup hotel - Marriott 06:00	World Cup hotel - Marriott 06:00	Home 22:00
18	19	20	21	22	23	24
Walking my dog Grocery shopping Visit my mom Eat dinner	Walking my dog Training Massage/physio Eat dinner	Walking my dog Training Massage/physio Eat dinner	Walking my dog Training Eat dinner	Walking my dog Training Massage/physio Eat dinner	Walking my dog Training Eat dinner	Walking my dog Training Massage/physio Eat dinner
Home 10:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00
25	26	27	28	29	30	31
Walking my dog Grocery shopping Visit my mom Eat dinner	Walking my dog Training Massage/physio Eat dinner	Walking my dog Training Massage/physio Eat dinner	Walking my dog Training Eat dinner	Walking my dog Training Massage/physio Eat dinner	Walking my dog Training Eat dinner	Walking my dog Training Massage/physio Eat dinner
Home 06:00	Home 06:00	Home	Home	Home 06:00	Home 06:00	Home 06:00

BEST PRACTICE SCENARIO



July 2021

Day Week Month ▶

New Clear Dates... Print

S	M	T	W	T	F	S
27	28	29	30	1 Training Message/physio Home 06:00	2 Training Home 06:00	3 Training Message/physio Home 06:00
4 Home 06:00	5 Training Message/physio Home 06:00	6 Training Message/physio Home 06:00	7 Training Home 06:00	8 Training Message/physio Home 06:00	9 Training Home 06:00	10 Training Message/physio Home 06:00
11 Home 06:00	12 Training Message/physio Home 06:00	13 air Home 05:00	14 World Cup World Cup hotel - Marriott 06:00	15 World Cup World Cup hotel - Marriott 06:00	16 World Cup World Cup hotel - Marriott 06:00	17 air Home 22:00
18 Home 10:00	19 Training Message/physio Home 06:00	20 Training Message/physio Home 06:00	21 Training Home 06:00	22 Training Message/physio Home 06:00	23 Training Home 06:00	24 Training Message/physio Home 06:00
25 Home 06:00	26 Training Message/physio Home 06:00	27 Training 09:00 Message/physio Home	28 Training 09:00 Home	29 Training Message/physio Home 06:00	30 Training Home 06:00	31 Training Message/physio Home 06:00



MISSED TESTS AND FILING FAILURES

ANTI-DOPING RULE VIOLATIONS

1. Presence of a prohibited substance in athlete's sample
2. Use or attempted use of a prohibited substance or method
3. Evading, refusing or failing to submit to sample collection
4. Failure to file athlete whereabouts information & missed tests
5. Tampering with any part of the doping control process or during Results Management
6. Possession of a prohibited substance or method
7. Trafficking a prohibited substance or method
8. Administering or attempting to administer a prohibited substance or method
9. Complicity or attempted complicity in an ADRV
10. Prohibited association with sanctioned Athlete Support Personnel
11. Acts by an athlete or other person to discourage or retaliate against reporting to authorities

CONSEQUENCES



Submitting late, inaccurate or incomplete whereabouts information that leads to an athlete being unavailable for testing may result in a **Filing Failure**



An athlete may receive a **Missed Test** if he/she is not available for testing during a 60-minute timeslot



Three **Whereabouts Failures** (any combination of a Filing Failure and a Missed Test) occurring in a 12-month period will lead to an Anti-Doping Rule Violation and a potential two-year ban from sport



In case a member of the athlete's support team is helping the athlete submit their Whereabouts information, the **athlete remains responsible** for the information submitted!

CONSEQUENCES

REGISTERED TESTING POOL:

- ✓ Filing Failure
- ✓ Missed Test
- ✓ Whereabouts Failure

TESTING POOL & OTHER POOLS:

- ✓ Athlete may be moved to the Registered Testing Pool
- ✓ Other consequences may apply

USEFUL TIPS



Enable Athlete Central notifications



Set a reminder in your calendar/agenda of the key dates/deadlines to submit your quarterly Whereabouts information



Set an alarm for the start of your 60-minute time slot so you can make sure you are where you say you are



Be specific and detailed when submitting your Whereabouts information



Regularly check and update your contact information



When in doubt, ask for help!

WHOM TO CONTACT WHEN



Contact the ITA, your IF or your NADO if:

- ✓ You forget your ADAMS username
- ✓ Your account is under "permanent lock" because you entered an incorrect username and password combination at least 9 times in a row

Contact the ADAMS help desk if:

- ✓ You encounter technical difficulties such as an error on the ADAMS system

adams@wada-ama.org

1(866) 922-3267 (within North America)

+1 (514) 904-8800 (outside of North America)

Monday – Friday, 9AM – 5pm EST

USEFUL RESOURCES

ADAMS & ATHLETE CENTRAL

[ADAMS Log-in page](#)

[ADAMS General Information](#)

[Athlete Central](#)

[ADAMS SMS](#)

WHEREABOUTS

[WADA Whereabouts Q&A](#)

[WADA Athlete Whereabouts Leaflet](#)

WADA

[ADEL for RTP athletes](#)

[International Standard for Results Management](#)

IF ANTI-DOPING INFORMATION





SERIES SUMMARY

EDUCATION AS OUTLINED IN THE CODE



ARTICLE 18.2:

- ✓ Principles and values associated with clean sport
- ✓ Athletes and Athlete Support Personnel's rights and responsibilities
- ✓ The principle of Strict Liability
- ✓ Consequences of doping, for example, physical and mental health, social and economic effects, and sanctions
- ✓ Anti-Doping Rule Violations
- ✓ Substances and Methods on the Prohibited List
- ✓ Risks of supplement use
- ✓ Therapeutic Use Exemptions and use of medications
- ✓ Testing procedures, including urine, blood and the Athlete Biological Passport
- ✓ Requirements of the Registered Testing Pool, including Whereabouts and the use of ADAMS
- ✓ Speaking up to share concerns about doping

APPLICATION OF THE CODE

PRINCIPLES AND VALUES ASSOCIATED WITH CLEAN SPORT

COURSE #4:

- ✓ Learning Objective 1- Understand the role of personal values in doping-related decision-making
- ✓ Learning Objective 2 – Be able to identify your personal values

ATHLETES AND ATHLETE SUPPORT PERSONNEL RIGHTS AND RESPONSIBILITIES

COURSE #1:

- ✓ Learning Objective 3 – Understand your anti-doping rights and responsibilities

THE PRINCIPLE OF STRICT LIABILITY

COURSE #1:

- ✓ Learning Objective 2 – Understand which rules apply to members of your sport's community
- ✓ Learning Objective 4 - Understand the 11 Anti-Doping Rule Violations (ADRVs), why they exist and whom they apply to

APPLICATION OF THE CODE

CONSEQUENCES OF DOPING

COURSE #4:

- ✓ Learning Objective 4 – Understand the consequences of doping

ANTI-DOPING RULE VIOLATIONS

COURSE #1:

- ✓ Learning Objective 4 - Understand the 11 Anti-Doping Rule Violations (ADRVs), why they exist and whom they apply to

COURSE #5:

- ✓ Be aware of the consequences of not complying with Whereabouts requirements

SUBSTANCES AND METHODS ON THE PROHIBITED LIST

COURSE #3:

- ✓ Learning Objective 1 – Understand the purpose and structure of the Prohibited List

APPLICATION OF THE CODE

RISKS OF SUPPLEMENT USE

COURSE #3:

- ✓ Learning Objective 2 - Understand the food-first approach and the risks associated with supplements
- ✓ Learning Objective 3 – Understand how to make an informed decision about supplements

THERAPEUTIC USE EXEMPTIONS (TUES) AND USE OF MEDICATIONS

COURSE #3:

- ✓ Learning Objective 4 – Be able to check your medications
- ✓ Learning Objective 5 – Know what a TUE is and how to apply for it

TESTING PROCEDURES, INCLUDING URINE, BLOOD AND THE ATHLETE BIOLOGICAL PASSPORT

COURSE #2:

- ✓ Learning Objective 2 - Understand the key steps of Doping Control
- ✓ Learning Objective 3 - Know athlete rights and responsibilities during sample collection
- ✓ Learning Objective 4 - Have a good overview of urine and blood sample collection process
- ✓ Learning Objective 5 - Be aware of common circumstances i.e., delays, partial and diluted sample

APPLICATION OF THE CODE

REQUIREMENTS OF THE REGISTERED TESTING POOL, INCLUDING WHEREABOUTS AND THE USE OF ADAMS

COURSE #5:

- ✓ Learning Objective 1 – Understand the different types of testing pools
- ✓ Learning Objective 3 – Understand the Whereabouts requirements
- ✓ Learning Objective 4 – Know how to use ADAMS and Athlete Central

SPEAKING UP TO SHARE CONCERNS ABOUT DOPING

COURSE #4:

- ✓ Learning Objective 4 – Understand the importance of speaking up
- ✓ Learning Objective 5 – Know where to go if you need to speak to someone or if you have something to report

ADDITIONAL TOPICS

COURSE #1:

Learning Objective 1 - Be familiar with the key stakeholders of the global anti-doping system

COURSE #2:

✓ Learning Objective 1- Be familiar with key doping control terms and roles

COURSE #3:

✓ Learning Objective 6 - Be able to protect yourself and your athletes from inadvertent doping

COURSE #4:

✓ Learning Objective 3 - Understand moments of vulnerability and how they relate to decision-making

ALL COURSES:

✓ Resource pack and relevant contacts

PARTICIPATION CERTIFICATES



TWO WAYS TO RECEIVE YOUR CERTIFICATE:

1. If you have attended all 5 sessions, there is **NO ACTION REQUIRED**. You will receive your certificate electronically by the end of July.
2. If you missed one or more sessions, you **MUST** contact us at education@ita.sport. You will be sent a test which you must complete and pass in order to receive your certificate.



ITA MONTHLY WEBINAR SERIES



- ✓ Past webinars are on the [ITA YouTube Channel](#)
- ✓ Follow us on social media to register for upcoming webinars
- ✓ June edition – Wed 30 June 14:00 CET: [Tokyo 2020 Anti-Doping Program](#)

The screenshot shows the YouTube channel page for the International Testing Agency (ITA). The channel has 165 subscribers. The navigation menu includes HOME, VIDEOS, PLAYLISTS, CHANNELS, DISCUSSION, and ABOUT. The 'Uploads' section is active, showing a list of five webinar videos. Each video thumbnail includes the title, date, and duration.

Webinar Title	Date	Duration	Views	Time Ago
ITA webinar: The legal side of anti-doping	MAY 28 th 14:00 CET	1:28:18	56 views	3 weeks ago
ITA webinar: Nutrition and dietary supplements	APRIL 23 rd 14:15 CET	1:24:15	457 views	1 month ago
ITA webinar: Revealing doping in sport	MARCH 26 th 14:00 CET	1:23:27	176 views	2 months ago
ITA webinar: Doping Control - be prepared for any...	FEBRUARY 20 th 14:00 CET	1:31:02	259 views	3 months ago
ITA webinar "Set up for a successful year – Tips on...	JANUARY 30 th 14:00 CET	1:21:59	202 views	4 months ago