

# HOW TO AVOID ANTI-DOPING WHEREABOUTS FAILURES



SPORT INTEGRITY  
AUSTRALIA

## 1 Complete your Whereabouts in advance

Quarterly due dates can be found on Sport Integrity Australia's website [www.sportintegrity.gov.au/resources/tell-us-where-you-are-whereabouts](http://www.sportintegrity.gov.au/resources/tell-us-where-you-are-whereabouts)

## 2 Follow Sport Integrity Australia on social media for Whereabouts reminders

FACEBOOK

[www.facebook.com/SportIntegrityAus](http://www.facebook.com/SportIntegrityAus)

TWITTER

[twitter.com/ProtectingSport](https://twitter.com/ProtectingSport)

## 3 Your Whereabouts must be accurate at all times

## 4 Most important is your 60 minute timeslot

You must be easily found and easily accessible (no dogs in the way or security gates).

Phone calls are not always used to find you.

You must be able to hear the doorbell or door knock.

## 5 Add phone numbers to all your Whereabouts locations

Keep contact details updated on the MY PROFILE page in ADAMS.

## 6 Download the ADAMS App

Set alarms for your upcoming 60 minute timeslot and location.

## 7 If ADAMS is down or inaccessible

Email changes to Sport Integrity Australia <[athlete@sportintegrity.gov.au](mailto:athlete@sportintegrity.gov.au)>.

Email changes to your International Federation (if applicable).

Use Whereabouts SMS number +44 7781 480710 (check this service is activated in your ADAMS profile).

## 8 Print out a copy of your ADAMS calendar

Stick it on your fridge.

Give a copy to coach or family member.

## 9 Nominate an authorised representative

They can assist you with your ADAMS Whereabouts.

Contact Sport Integrity Australia if you wish to take up this option <[athlete@sportintegrity.gov.au](mailto:athlete@sportintegrity.gov.au)>.

## 10 No excuses

Holidays, an injury or the off-season are not valid excuses for inaccurate Whereabouts.

ADAMS system issues is not a valid excuse, unless you have proof (always take screen shots).

For system issues contact Sport Integrity Australia 13 000 27232 <[athlete@sportintegrity.gov.au](mailto:athlete@sportintegrity.gov.au)>.

Any Whereabouts questions or concerns – contact Athlete Services

Email: [athlete@sportintegrity.gov.au](mailto:athlete@sportintegrity.gov.au)

Phone: 13 000 27232 (select option 2)