



**Medically Justified Sports Practice**

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[www.gezondsporten.be](http://www.gezondsporten.be)

[www.dopinglijn.be](http://www.dopinglijn.be)

your message of	your reference	our reference	atts.
<hr/> <b>contact / e-mail</b> elitesporter@vlaanderen.be	<b>phone number</b> 02 553 68 79	<b>date</b>	

Re: What whereabouts information are you required to enter into ADAMS?

Dear elite athlete,

My administration wishes to remind all elite athletes once more of the minimum whereabouts information they are to enter into ADAMS. Further explanation is included in the annex.

1. Every day you choose a **one-hour time slot**, to be chosen freely between 6:00 a.m. and 11:00 p.m., at a location of your choice where you must be available immediately and without fail for a doping test. This does not mean that inspecting doctors can only test you during that hour of the day. They may just as well schedule a test at other times. That is why you are required to enter additional data into ADAMS and to respect these data.
2. Your **daily residence**. This is the address where you will spend the night.
3. **Matches and competitions**.
4. **Training sessions**. An elite athlete is supposed to train several times per week. If you do not mention this regular activity, this could lead to the registration of your failure to report information.

Missing a test during the time slot indicated by you may lead to the registration of a **missed doping test**. If you do not timely submit your whereabouts information, including information on training sessions, or if this information is incomplete or incorrect, this could lead to the registration of your **failure to report information**. A combination of three missed doping tests or failures to report information will mean a record with the disciplinary body of your sports federation.

May we ask you to take into account the information in this letter and, if necessary, immediately complete the mandatory whereabouts information in ADAMS. We would also like to remind you that as an elite athlete you are required to request permission before taking or being administered a prohibited drug or substance. You can find more information on the procedure and the list of drugs on [www.dopinglijn.be](http://www.dopinglijn.be).

Sportive greetings,

Christine Claus  
 Secretary-General

## ANNEX

In order to help you register your whereabouts information in ADAMS even better, the Medically Justified Sports Practice team will give you more information in this annex on what minimum information you are required to submit. We will also give you some tips.

### The one-hour time slot

For each day of each quarter you must indicate one hour at a location chosen by you during which you will be available immediately and without fail for a doping test. You can freely choose that hour between 6.00 a.m. and 11 p.m. This can be at your daily residence, but also at a training or other location that suits you better. When the inspecting doctor arrives at the indicated location at the indicated time, he must be able to immediately get visual contact with you. There cannot be any phone calls previously because the test must be unannounced.

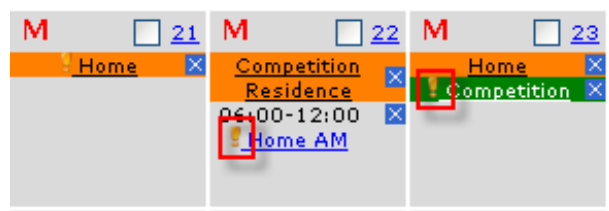
Therefore, make sure that the doorbell works properly or that you can hear a knock on the door or window. In any case, inspecting doctors ring the doorbell or knock more than once. They will keep trying and remain at the location for the entire time slot, unless they receive indications or a message that you are not present at the indicated location. Inform your housemates or even your neighbours of your status as a elite athlete and tell them that inspecting doctors may visit.

Choose the one-hour time slot carefully! If necessary, choose a time in the evening, for instance when you know that a certain morning you need to leave on time for an important meeting, because a doping test may take longer than expected and must not be interrupted. We would like to remind you once more that missing a doping test during the time slot indicated by you is a serious fault, against which you will only be able to defend yourself on grounds of force majeure.

Inspecting doctors, whether they are appointed by the Flemish Community, your national or international sports federation or the WADA, can also perform doping tests outside the one-hour time slot, for instance at your daily residence or training location. That is why you are required to enter additional data into ADAMS.

### Daily residence

For each day of the quarter you need to enter your place of residence. According to the WADA, this is the place where you will spend the night. Take this into account when choosing your one-hour time slot. By way of clarification, an example given by the WADA is shown below.



Example: an athlete leaves home in the afternoon on 22 May. He travels to a location where a competition will take place the next morning (23 May) and where he will consequently spend the night of 22 to 23 May. As his daily residence on 22 May he will therefore have to submit an address at the

location of the competition (hotel, apartment,...). After the competition he goes back home on 23 May. For that day (23 May) he must enter his home address as daily residence. Out of habit, the athlete would like to always choose a one-hour time slot in the morning. On 22 May he will have to enter extra information into the calendar for the one-hour time slot with his home address as location, because at that time he will not yet have arrived at the competition location. In order to do so, he will have to create an “other” category, because a daily residence already exists for that day. On 23 May the one-hour time slot in the morning can be linked to the competition location.

## **Training sessions**

Insofar as possible, you are to enter all training sessions into the calendar. But be careful: you must be able to respect the data entered. Inspecting doctors must also be able to visit you after a training session based on the data you have entered into the calendar. Therefore, you should describe your training location as accurately as possible in the calendar, so that the inspecting doctor can easily locate you. For instance, training locations that are easy to describe are gyms, swimming pools or running tracks. For cross-country running or cycling you must indicate a realistic start and end time and the place where you will start and/or arrive. If you attach your programme, for instance the programme for a training week, you should provide an exact description of times and locations, and keep this attachment up to date. When there are no training sessions, you must enter a reason for that day or those days: rest, recovery, holidays, family, injury, rehabilitation, competition,...

The example below is taken from the International Standard for Testing (comment in article 11.3.1.e).

*For example, if the Athlete's regular routine includes training at the gym, the pool and the track, and regular physio sessions, then the Athlete should provide the name and address of the gym, track, pool and physio in his or her Whereabouts Filing, and then set out his/her usual routine, e.g. "Mondays: 9-11 gym, 13-17 gym; Tuesdays: 9-11 gym, 16-18 gym; Wednesdays: 9-11 track, 3-5 physio; Thursdays: 9-12 gym 16-18 track; Fridays: 9- pool 3-5 physio; Saturdays: 9-12 track, 13-15 pool; Sundays: 9-11 track, 13-15 pool".*

*If the Athlete is not currently training, he/she should specify that in his/her Whereabouts Filing and detail any other routine that he/she will be following in the forthcoming filing period, e.g. his/her work routine, or school schedule, or rehab routine, or other routine, and identify the name and address of each location where that routine is conducted and the time-frame during which it is conducted.*

## **Matches and competitions**

Obviously, you are also required to enter matches, tournaments and competitions. Where the time of these events is concerned, you can enter the period during which you will be certain to be at the stadium. In the case of tournaments you can enter the competition as "all-day location", in which case the inspecting doctor must check the competition programme. Besides, in this case it concerns "in-competition testing".

In the case of a competition abroad, do not forget to modify your daily residence into the hotel where you will be staying.

## **Travelling days**

Travelling days must be indicated in such a way that the inspecting doctor knows that on that day he cannot reach you, or at a different location, and that it is clear that you are travelling. In such case, it is not a problem that you enter 'travelling day' for the one-hour time slot, for instance if you are already on the road before 6:00 a.m. At the bottom of this letter there is an example of a completed calendar in which this is the case. Once abroad, especially in the case of distant locations, you just enter your whereabouts information according to the local time.

## **Mailing address**

You should also enter a mailing address and the necessary contact data into ADAMS, and keep these up to date. You can send us these data separately by e-mail. An e-mail address in your account provides us with another way to keep you informed and establish a smooth communication with you. If you wish to modify data by SMS – a method which can be used in

exceptional situations – you must activate this service in your account yourself. In the ADAMS manual you can find more information on how to do this.

We are conscious of the fact that compliance with these obligations is not equally easy for all sports. Therefore, it may be advisable to allow a relative, trainer or coach access to your ADAMS account so that this person can also enter changes to your calendar. Within your federation there is also a contact person who can help you with this. It is advisable to adopt a certain routine of logging into ADAMS every week, or if necessary every day, and check your information, just like you probably log into your e-mail account on a regular basis.

The information you are to submit via ADAMS is aimed at making out-of-competition doping controls possible and being able to subject elite athletes to unannounced doping tests.

On the last page of this annex you can find an example of what a calendar for a specific month could look like, based on the whereabouts information we require.

Do not hesitate to contact us should you have any problems or questions. You can also make an appointment for a personal information session on ADAMS in our offices in Brussels.

Our well-known contact information:

[ELITESPORTER@VLAANDEREN.BE](mailto:ELITESPORTER@VLAANDEREN.BE)

02 553 68 79 (office hours)

[WWW.DOPINGLIJN.BE](http://WWW.DOPINGLIJN.BE) – [WWW.GEZONDSPORTEN.BE](http://WWW.GEZONDSPORTEN.BE)

**Department of Culture, Youth, Sports and Media  
Medically Justified Sports Practice Team  
Arenbergstraat 9  
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Peeters, Jan

- Biologische resultaten
- TUE's
- Verblijfplaats
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  - 2010-Q3, Niet ingediend
  - 2010-Q2, Ingediend
    - jun 2010
    - mei 2010**
    - apr 2010
  - 2010-Q1, Ingediend
  - 2009-Q4, Ingediend
  - 2009-Q3, Niet ingediend
  - 2009-Q2, Niet ingediend
  - 2009-Q1, Niet ingediend

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