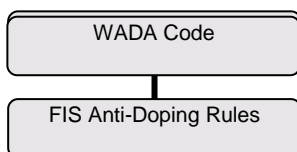


## FIS REGISTERED TESTING POOL – INFORMATION FOR ATHLETES

### Rules based on:



### Whereabouts:

- each day/quarter
- full address details
- overnight address
- plus: 60-min. time-slot
- regular activities
- to be sent prior to each quarter
- through ADAMS
- through Athlete Central

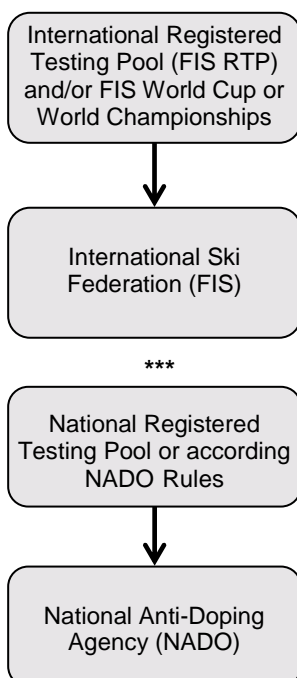
### Help:

antidoping@fisski.com

### Updates:

- through ADAMS
- through Athlete Central
- SMS to ADAMS
- or SMS to FIS

### TUEs:



### Required Whereabouts Information

- Each day in the quarter (Apr-Jun, Jul-Sep, Oct-Dec, Jan-Mar, etc.)
- Complete location information (full address details, overnight address, etc.)
- In addition specify one specific 60-minute time-slot between 5am and 11pm
- In addition regular activities (e.g. training, work) as far as possible/existing
- to be sent the latest by the 15<sup>th</sup> of the previous month (15<sup>th</sup> Mar, 15<sup>th</sup> Jun, etc)

**Remember:** It is your responsibility to ensure that the information provided is sufficient to enable the Doping Control Officer to locate you for Testing on any given day, including, but not limited during the 60-minute time-slot.

### How to provide the information to FIS

Through the on-line system ADAMS or Athlete Central (Whereabouts App)

### No ADAMS account?

Please request your userdata at [antidoping@fisski.com](mailto:antidoping@fisski.com)

### Changes in your Whereabouts information?

- Updates are naturally possible
- To be done directly through ADAMS or
- Athlete Central (Whereabouts Mobile Application) <https://www.wada-ama.org/en/what-we-do/adams/adams-next-gen/athlete-central>
- Short notice changes can be done through SMS to ADAMS (cell phone needs to be registered in ADAMS first) <http://adams-docs.wada-ama.org/display/EN/Activating+SMS>
- or through SMS text message to the FIS SMS service number

**Remember:** Keep your Whereabouts information up to date

### Sanctions for non-compliance

- No timely submission, incomplete or incorrect Whereabouts = Filing Failure
- Not available for Testing during the 60-minutes time-slot = Missed Test
- Not available for Testing outside the 60-minutes time-slot = ev. Filing Failure

Three Filing Failures and/or Missed Tests during 12 months = Anti-Doping Rule Violation (also: 1 FF or 1 MT might be investigated for an ADRV)

### Therapeutic Use Exemptions

As an International-Level athlete (=included in FIS RTP and/or competing at the FIS World Cup or World Championships level) you have in principle to obtain your TUE approval from FIS. If you do have a valid TUE approval from the national level, please re-submit the documentation to FIS to recognise.

FIS recognises automatically all TUEs approved by NADOs for all non-FIS RTP athletes!

### More information, ADAMS user guides, forms, etc

<https://www.fis-ski.com/en/inside-fis/governance/fis-anti-doping>