

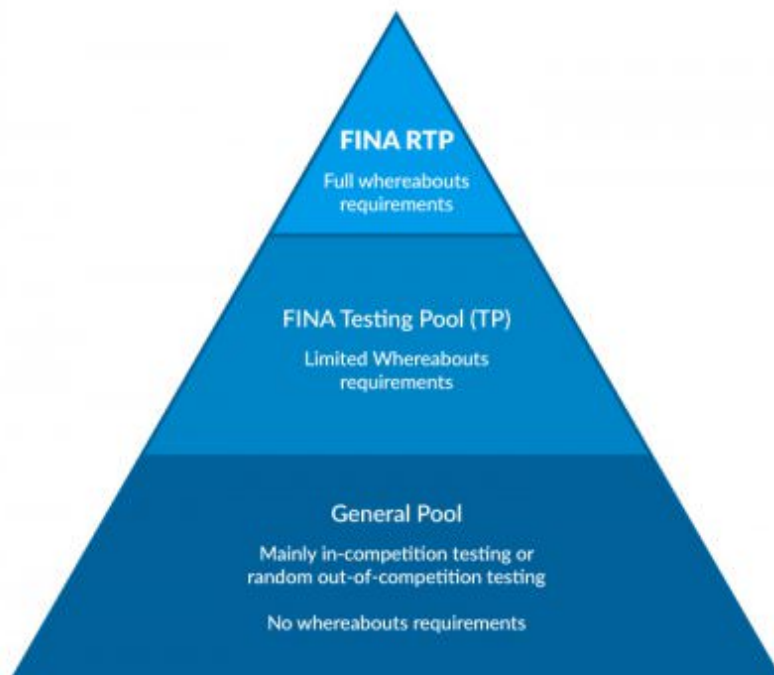
## Whereabouts

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As per FINA DC 5.4.3, *it shall be the obligation of each Athlete in the FINA Registered Testing Pool as well as that Athlete's Member Federation, to keep FINA informed about where the Athlete can be met for unannounced Testing. It is the responsibility of each Athlete in the FINA Registered Testing Pool to: (a) advise FINA of his or her whereabouts on a quarterly basis; (b) update that information as necessary so that it remains accurate and complete at all times; (c) make him or herself available for Testing at such whereabouts.*

FINA has identified in its Test Distribution Plan (TDP) three levels of athletes of a pyramid whereabouts model in accordance with WADA Guidelines.

1. The top level includes athletes for whom the greatest amount of whereabouts is required. This top level corresponds to the **FINA Registered Testing Pool (RTP)**. [1]
2. The middle level includes athletes from whom limited whereabouts information is required. This corresponds to the **FINA Testing Pool (TP)**
3. The bottom level includes athletes from whom no whereabouts are required. This actually corresponds mainly to in-competition testing.



You will find below a table that summarize which information must be provided by the athletes:

	<b>FINA RTP</b>	<b>FINA TP</b>
<b>Mailing Address</b>	Yes	Yes
<b>Email address</b>	Yes	Yes
<b>Overnight Accommodation</b>	Yes	Yes
<b>Competition</b>	Yes	Yes
<b>Regular Activities</b>	Training / Working / Others	Training
<b>Travelling Schedules</b>	Yes	No
<b>60-Min Time Slot</b>	Yes	No
<b>Failure to comply as per DC 2.4</b>	Filing Failure / Missed Test	Move to RTP
<b>Deadline to submit Q1</b>	15 December 2018	15 December 2018
<b>Deadline to submit Q2</b>	15 March 2019	15 March 2019
<b>Deadline to submit Q3</b>	15 June 2019	15 June 2019
<b>Deadline to submit Q4</b>	15 September 2019	15 September 2019

### **Definition of International-level athlete**

An Athlete included in the FINA Registered Testing Pool or an Athlete who is not included in the FINA Registered Testing Pool during his or her participation in a FINA Competition/ Event.

### **ADAMS**

The Web-based functionality ADAMS allows athletes to comply with the whereabouts rules of their sport by entering their information from anywhere in the world. Additionally, ADAMS supports the delegation of this responsibility to an authorized representative such as team manager, agent or other third party. Athletes can also modify their whereabouts through the use of SMS messaging to ADAMS. The system is available in various languages (English, French, Spanish, Chinese, Russian, Arabic, Dutch, German, Japanese, etc.).

Athlete's information form on [ADAMS](#) [2]

Athlete can login into ADAMS and find some help on:

[Website](#) [3]

Tutorial videos are available in English and French on youtube:

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