

## FIS REGISTERED TESTING POOL – INFORMATION FOR ATHLETES

### Rules based on:

WADA Code 2009

FIS Anti-Doping Rules

### Whereabouts:

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

### Help:

antidoping@fisski.com

### Updates:

- through ADAMS (resubmit!)
- SMS to ADAMS
- or SMS to FIS

### Testpools:

International Registered Testing Pool (FIS RTP)



International Ski Federation (FIS)

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National Registered Testing Pool (NADO RTP)



National Anti-Doping Agency (NADO)

### Required Whereabouts Information

- Each day in the quarter (Apr-Jun, Jul-Sep, Oct-Dec, Jan-Mar, etc.)
- Complete location information (full address details, etc.)
- In addition specify one specific 60-minute time-slot between 6am and 11pm
- In addition regular activities (e.g. training, work) as far as possible/existing
- to be sent prior to each quarter

**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

### 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
- Short notice changes can be done through SMS to ADAMS (cell phone needs to be registered in ADAMS first)
- 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

Three Filing Failures and/or Missed Tests during 18 months = Anti-Doping Rule Violation (Sanction 1-2 years)

### Therapeutic Use Exemptions

As an athlete included in FIS RTP, you have 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.

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

<http://www.fis-ski.com/uk/medical/fisanti-doping/>