



ADAMS WHEREABOUTS MODULE – RIDER'S QUICK REFERENCE CARD

1 User Preferences (§2.1 and §2.2)

The UCI strongly recommends that you:

- Grant UCI access to your whereabouts that are not submitted
- Authorize ADAMS to send messages to your email address to inform you of any notification that is sent to your ADAMS account.

2 Contact Details (§3.1, §3.2, §3.3)

Email and postal addresses, mobile phone number are mandatory.

3 Activate SMS function (§3.4 and §6.7.9)

Activate the SMS function. SMS can be used for last minute changes only if whereabouts information can't be directly updated through ADAMS. SMS can't be used to plan and schedule whereabouts.

4 Address Book (§4.3)

Think like a Doping Control Officer (DCO). Address must be as detailed as possible to allow the DCO to locate you easily. You can check the location on a GPS navigation device or a web maps application to help you assess what information is needed to locate the address.

5 Overnight Accommodation and 60' time slot (§6.7.1, §6.7.2)

One *Overnight Accommodation* and one *60' time slot* are mandatory per day. If the *60' time slot* is not linked to the *Overnight Accommodation*, two different entries are necessary: i.e. the *60' time slot* in the morning (Category *Other*) and the *Overnight Accommodation*. We remind that a Rider can be tested either **during or outside** the *60' time slot*.

6 Competitions (§6.7.3, §6.7.4)

Competitions must be entered according to the UCI Rules. *In-Competition* refers to the period that starts one day before (three days before for a major tour) and finishes at midnight of the day on which the Event finishes. If you are in a Road Men Professional Team, your Team enters your races. You are responsible for checking that the information from the Team is correct. If you abandon the race, please remove it from your calendar.

7 Training (§6.7.7, §6.7.8)

Your training schedule must be entered and if applicable your training venue (e.g. track rider training in a velodrome).

8 Travels (§6.7.5, §6.7.6)

All your travels must be entered. Please always remember to change:

- the *60' time slot* when you travel (e.g. the day after a race, indicate the *60' time slot* in the evening)
- the *Overnight Accommodation* to indicate the place where you travel (e.g. race hotel)