



ATHLETICS
INTEGRITY
UNIT

CREATING GOOD WHEREABOUTS HABITS.

YOU ARE RESPONSIBLE FOR FILING WHEREABOUTS ON TIME EVERY QUARTER AND ALWAYS BEING AT THE RIGHT PLACE FOR YOUR HOUR SLOT.

- PICK A TIME SLOT WHERE YOU ARE ALWAYS LIKELY TO BE IN THE SAME PLACE. AT HOME FIRST THING IN THE MORNING WORKS WELL. YOU SHOULD KNOW THE NIGHT BEFORE IF YOU AREN'T GOING TO BE THERE AND CAN CHANGE IT. YOU ARE ALSO LIKELY TO BE READY TO PROVIDE A SAMPLE QUICKLY. (BLOOD TESTS REQUIRE NO EXERCISE IN PREVIOUS 2 HOURS)
- BE SURE YOU HAVE THE ADAMS APP AND THE SMS UPDATE NUMBER SAVED SO YOU CAN MAKE LAST MINUTE CHANGES EASILY.
- SMS CONTACT: +447781480710
- EMAIL CONTACT: WHEREABOUTS@ATHLETICSINTEGRITY.ORG
- SET A TIMER ON YOUR PHONE. CALENDAR REMINDERS BEFORE SCHEDULED TRAVEL.
- BE SURE TO WARN APARTMENT BUILDING CONCIERGES, HOTEL RECEPTIONS AND OTHER HOUSEHOLD MEMBERS OF THE NEED FOR ANTI DOPING AGENTS TO GET ACCESS AND FIND YOU. BE SURE YOUR NAME IS LINKED TO ALL HOTEL ROOMS.
- IF YOU ARE A HEAVY SLEEPER OR ARE LIKELY TO NOT HEAR THE DOORBELL INSTALL A SECOND LOUD BELL IN YOUR BEDROOM.
- REGULARLY CHECK DOORBELL AND INTERCOM BATTERIES.
- KEEP YOUR MAILING ADDRESS AND PHONE NUMBERS UP TO DATE. (THEY CAN PHONE IN THE LAST 5 MINS OF YOUR SLOT)



FURTHER TIPS.

- KEEP A LIST OF YOUR SUPPLEMENTS AND MEDICATION HANDY. KNOW WHERE YOUR ID IS.
- DONT GO TO THE BATHROOM 5 MINS BEFORE YOUR SLOT STARTS.
- REMEMBER THAT YOU CAN STILL CHANGE YOUR SLOT UP UNTIL THE SLOT STARTS. USE THE APP OR SMS NUMBER.
- IF YOUR SLOT IS FIRST THING, MAKE A HABIT OF CHECKING THE NIGHT BEFORE THAT YOU ARE WHERE YOU ARE SUPPOSED TO BE.

