

## Athletes Whereabouts Forms Instructions

### Why do I have to fill out this whereabouts form?

Out of competition testing (OOCT) can occur at any time and at any place (i.e. both in your own country and overseas). WAKO makes every effort to ensure that testing is not inconvenient for the person being tested and for that reason prefers to carry OOCT either at a person's home or training venue.

A significant cost is incurred for every failed attempt to locate a person on the basis of the information provided in the whereabouts form. You are, therefore, asked to ensure that the WAKO is kept fully up to date of all relevant information regarding your whereabouts.

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### Page 1 of the Form

- Please fill in the **FULL address** where you are actually living for the next six months only, i.e. not a postal address or parents address. If there are security codes into the building please indicate so and if possible supply them. If you require all correspondence to be sent to a different address from the stated address please state clearly on **EVERY** whereabouts form your postal address.
  - Please supply your work, college or school details. While we may not test you at these places, these details provide us with valuable information about your daily routine.
  - If you have an e-mail address please fill it in clearly and check your inbox regularly for Anti-Doping correspondence.
  - **It is very important that you inform us of any change of address (this includes moving to a new address for college or moving back home for holidays throughout the three months in question).**
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### Permanent Training Venue 1 & 2

- Training Venue 1 is your main training venue (i.e. pool, track etc). Please fill out the name and **FULL address** of the venue. Please indicate what **times** you will be present at this venue. Even if you only train once a week please fill in those details. If you have more than one training sessions a day please give the start time and finish time of each session i.e 7am-9am and 2pm-4pm.
  - If you two or more training venues, please include addresses and training times for each different venue and attach an extra page with the relevant information if necessary.
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### Page 2 of the Form

- This schedule covers three months of the year. Fill this section in if you plan to be away from your permanent address for more than **three days** i.e. if you are away for **training camps, competitions, on holidays, etc.**
  - Please mark on the grid the dates you will be away each month with A, B, C, D and T (Travelling) as per the temporary address you have included below the grid.
  - **If you do not intend to travel away from your permanent training venues, please strike a line through page 2.**
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- If you have more than four temporary training venues attach an extra page.

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### **Competition Schedule**

- Please list the relevant information for all competitions that you will compete in. If you require more space, please attach an extra page to the form. This list can change from week to week but please list any possible events that you are considering and identify if they are doubtful/possible. When your competition schedule is confirmed please contact the Anti-Doping Unit by phone, fax, e-mail or post.
  - If for any reason you will be away from your usual address for more than **three days**, please include the **FULL address** at which you will be staying in your temporary address schedule, then enter the corresponding letter (A, B, C, D, or T (travelling) in the section marked " Temporary Address" in the Competition Schedule section.
  - **If you have no competitions planned for the three months please state so on the form or strike a line through page 2 of the form.**
  - If you need to inform the Anti-Doping Unit about further competitions during the three months or update your whereabouts information in any way you can contact us by phone, , e-mail or post (details below).
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All whereabouts forms should be returned to:

**WAKO Anti-Doping Unit  
Nicholstown Lodge,  
Nicholstown,  
Kilcock,  
Co Kildare.**

Phone: 00353876775614  
E-mail: [roy.baker@airtricity.com](mailto:roy.baker@airtricity.com)

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**If you need to update your information over the six months, please contact the Anti-Doping Unit immediately.**

**It is extremely important to return whereabouts forms as failure to return these forms on time may result in an Anti-Doping Rule Violation.**

**It is the Athletes responsibility to return their whereabouts details see rule Please keep a copy of any correspondence sent to the Anti-Doping Unit in case there is a discrepancy.**