

## **TESTING & INTELLIGENCE**

The aim of testing is to detect and deter doping among athletes to protect clean athletes.

Any athlete under the testing jurisdiction of the IF may be tested at any time, with no advance notice, in- or out-of-competition, and be required to provide a urine or blood sample.

### **WHAT ARE TESTING POOLS AND WHY ARE WHEREABOUTS IMPORTANT FOR CLEAN SPORT?**

No-advance notice out-of-competition testing is one of the most powerful means of deterrence and detection of doping. To support this type of testing, the IF has created testing pools as part of its testing program.

Certain athletes in the IF testing pools, such as those in the Registered Testing Pool (RTP), are required to provide information on their whereabouts in **ADAMS**, WADA's online anti-doping administration and management system.

The IF updates the composition of the testing pools (RTP) regularly/at least yearly. Athletes in the RTP are chosen based on set criteria.

**At-a-Glance: Athlete Whereabouts leaflet**

**WADA's webpage on ADAMS**

### **HOW DO ATHLETES KNOW THEY NEED TO PROVIDE WHEREABOUTS?**

Athletes who need to provide whereabouts in ADAMS for the IF are notified by the IF (or by their national federation) of their inclusion in the IF's testing pool as well as what information exactly is required of them, how to use ADAMS, deadlines to submit this information and any consequences if the information required is not submitted.

### **WHAT DO RTP ATHLETES NEED TO KNOW?**

IF specific information (the localization process, the requirements of each set of tests and the consequences if they are not met)

[“This information Will né posted soon”](#)

**ADAMS login page**

**WADA’s webpage on ADAMS**

Should athletes have any query on ADAMS, such as how to submit whereabouts, please contact IF Staff:

- **TECHNICAL COMMITTEE IFBB CHAIRMAN**

 Prof. D. MAURICIO DE ARRUDA CAMPOS (Brazil.)  
e-mail. [mauricio@santonja.com](mailto:mauricio@santonja.com)

## **WHAT SHOULD ATHLETES DO IF THEY WISH TO RETIRE OR RETURN TO COMPETITION AFTER RETIRING?**

All athletes with an IF license who decide to withdraw from the competition must inform the IF

**Contact for information about the IF withdrawal process and any relevant forms**

- **TECHNICAL COMMITTEE IFBB CHAIRMAN**

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For RTP athletes, as soon as the retirement is officially confirmed to the IF, the athlete will be withdrawn from the IF’s RTP with immediate effect. If an athlete wishes to resume competing, they will not be able to do so until they have given the IF written notice of their intent to resume competing and made themselves available for testing for a period of six months. Please consult Article 5.7 of the IF Anti-Doping Rules. **WHAT SHOULD AN ATHLETE, ATHLETE SUPPORT PERSONNEL OR ANY PERSON AWARE OF DOPING PRACTICES IN THE SPORT DO?**

**ADO policy** for the gathering of anti-doping information

**Reports Doping**