

Oberhofen, 24.11.2015

## **FIS Anti-Doping / Medical Information**

Dear athletes,  
Dear athletes support personnel,

we would like to take the opportunity to remind you on some important obligations under the anti-doping rules:

### **Whereabouts information in general**

It is a requirement for Athletes included in the FIS RTP to notify FIS of where they will be for each day of the next quarter, i.e for each day of the period from now on, July to September, October to December, January to March, April to June, by providing the following information:

1. For each day during the forthcoming quarter (including weekends), athletes must provide accurate and complete information about the Whereabouts, including identifying where he/she will be living, training and competing. If plans change, an update is required! .

a) Residence: the athlete must provide the full address of the place where he/she will be residing (i.e. sleeping overnight). Usually, that address would be expected to be in the same vicinity as the location specified for the 60-minute time slot for that day, unless the athlete will be travelling to another city during the day and wishes to specify a location at his/her destination for the time slot. The residence is presumed to be the location where the athlete will be going to sleep on that night. It is assumed therefore that the following morning the athlete will be in the same location.

b) Regular Activities: the athlete must provide name/address of each location where he/she will train, work or conduct any other regular activity during the quarter, and the usual timeframes for such regular activities.

2. For each day (including weekends), athletes must specify one specific 60-minute time-slot between 05:00 and 23:00 where he/she will be available for testing at that location. This does not limit in any way the obligation to submit to Testing at any time and place upon request by FIS. Nor does it limit the obligation to provide the information outside the 60-minute time slot.

3. The quarterly information must be sent the latest by the 15<sup>th</sup> of the previous month ( e.g. for July-September the whereabouts must be submitted the latest by 15<sup>th</sup> June)

We would like to point out that Whereabouts information has to be up-to-date all the time and the addresses have to be precise. For example, only the name of a town instead of the full address or remarks such as "please ask my National Ski Association (or Organising Committee of a competition) for the address" is likely to result in an unsuccessful attempt to test the Athlete and can therefore result in a Whereabouts Failure.

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### Updating of Whereabouts information

It is sometimes not possible to know in advance the exact whereabouts on each day in the next quarter. Nonetheless, the athlete should be sure to meet the filing deadline and provide the required details for each day to the best of his/her knowledge.

If the plan changes after the athlete has made the initial filing, he/she should immediately update the information. The Whereabouts can be updated at any time. The important thing is that the information that is filed is accurate at all times. Athletes are urged to communicate their updates as soon as they become known in order to allow an appropriate test planning. (e.g. a location is changed 5 minutes before the one-hour testing slot from place A to place B, whereby place B is in around 300 km distance from place A, this can result in an investigation for an anti-doping rule violation for Evasion of sample collection (Code art. 2.3) and/or Tampering or Attempted Tampering with doping control (Code art. 2.5), since this information was not updated when it became known.) Updates via SMS or other mobile apps should be limited for short durations, and only for the same and/or next day, and not for a longer period in the future.

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### Testing in connection with Events

Please be reminded that the pre-competition blood testing organisation has slightly changed from the beginning of the last season and athletes are not being asked/called to report to the doping control station for a blood draw as has been practice in the past. As during last season, athletes will be notified at their hotel or other place. Therefore it is extremely important that full accommodation details also at event sites will be added to ADAMS as soon as they are known in order for the Test team to be able to find the athletes.

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### Therapeutic Use Exemptions

As an International-Level athlete (=included in FIS RTP and/or competing at the FIS World Cup or World Championships level) you have in principle to obtain your TUE approval from FIS.

If you are a FIS RTP athlete and you already have a valid TUE approval from the national level, please re-submit the documentation to FIS to recognise (preferably through ADAMS).

(Therapeutic Use Exemption approvals issued by NADOs are automatically accepted for all non-FIS RTP athletes.)

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We wish you a successful season and count on your full commitment to a "Clean as Snow" sport without doping.

Kind regards

INTERNATIONAL SKI FEDERATION



Sarah Lewis  
Secretary General



Sarah Fussek  
FIS Anti-Doping Coordinator