

The Irish Sports Council - Athletes Whereabouts Form
 Q1 2009 January -March 2009



Personal Information

SURNAME	Bloggs	GENDER
FIRST NAME	Joe	M / F
MIDDLE	John	D.O.B.
EMAIL	Bloggs@gmail.com	01.../..01./..99.

Sport

SPORT	Athletics
DISCIPLINE	Hammer

Where applicable, please state disability:

Address Information

	MAILING ADDRESS*	RESIDENCE ADDRESS (if different from mailing address)
ADDRESS 1	123 Main Street	
ADDRESS 2	Blanchardstown	
ADDRESS 3		
COUNTRY	Dublin 15	
COUNTRY	Ireland	
PHONE/MOBILE NUMBER	0860000000	

* All mail sent to this address will be deemed as received 5 working days after posting

Primary Training Location

TRAINING LOCATION	Muscle Gym
ADDRESS 1	55 Castle Street
ADDRESS 2	Upper Castle
ADDRESS 3	Castletown
COUNTRY	Dublin 12
COUNTRY	Ireland
PHONE/MOBILE	01 8777777

Daily Schedule

	AM (e.g. 09:00-10:00)	PM (e.g. 16:00-17:00)
Monday	11am- 12pm	
Tuesday		4pm-6pm
Wednesday		
Thursday		
Friday	9am -12pm	
Saturday		
Sunday		

Secondary Training Location

TRAINING LOCATION	Athletics Stadium
ADDRESS 1	South Pole Road
ADDRESS 2	Newstreet
ADDRESS 3	
COUNTRY	Co Kildare
COUNTRY	Ireland
PHONE/MOBILE	045 8888888

Daily Schedule

	AM (e.g. 09:00-10:00)	PM (e.g. 16:00-17:00)
Monday		
Tuesday		
Wednesday	8.30am - 9.30am	
Thursday		
Friday		
Saturday		6.30pm – 9pm
Sunday		

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Q2 2009 February -March 2009



One 60 Minute Time Slots (this section **must** be completed)

If this section is not correctly filled out you may receive a formal warning for either a filing failure or a missed test and if you receive 3 formal warnings in a rolling 18 month period it may proceed to an anti-doping rule violation. See the Irish Anti-Doping Rules for further details. The one 60 minute time slot must be between 6am and 11pm.

	One 60 Min. Time Slot	Location Name		One 60 Min. Time Slot	Location Name		One 60 Min. Time Slot	Location Name
Jan			Feb			Mar		
1	7-8am	Home	1	9-10am	Hotel	1	10-11pm	Home
2	7-8am	Home	2	9-10am	Hotel	2	10-11pm	Home
3	7-8am	Home	3	9-10am	Hotel	3	10-11pm	Home
4	7-8am	Home	4	9-10am	Hotel	4	10-11pm	Home
5	7-8am	Home	5	9-10am	Hotel	5	10-11pm	Home
6	7-8am	Home	6	9-10am	Hotel	6	7-8am	Home
7	7-8am	Home	7	9-10am	Hotel	7	8-9pm	Home
8	7-8am	Home	8	6-7am	Hotel	8	10-11pm	Home
9	4-5pm	Gym	9	7-8am	Home	9	10-11pm	Home
10	10-11pm	Home	10	7-8am	Home	10	7-8am	Home
11	10-11pm	Home	11	7-8am	Home	11	7-8am	Home
12	10-11pm	Home	12	7-8am	Home	12	10-11am	Manchester
13	10-11pm	Home	13	7-8am	Home	13	10-11am	Manchester
14	10-11pm	Home	14	7-8am	Home	14	10-11am	Manchester
15	7-8am	Home	15	7-8am	Home	15	10-11am	Manchester
16	8-9pm	Home	16	7-8am	Home	16	10-11am	Manchester
17	7-8am	Home	17	4-5pm	Gym	17	10-11am	Manchester
18	7-8am	Home	18	7-8am	Home	18	10-11am	Manchester
19	7-8am	Home	19	8-9pm	Home	19	10-11am	Manchester
20	7-8am	Home	20	7-8am	Home	20	10-11am	Manchester
21	7-8am	Home	21	10-11pm	Home	21	10-11am	Manchester
22	7-8am	Home	22	10-11pm	Home	22	10-11am	Manchester
23	7-8am	Home	23	10-11pm	Home	23	10-11am	Manchester
24	10-11pm	Home	24	10-11pm	Home	24	10-11am	Manchester
25	10-11pm	Home	25	7-8am	Home	25	10-11am	Manchester
26	10-11pm	Home	26	8-9pm	Home	26	10-11am	Manchester
27	10-11pm	Home	27	7-8am	Home	27	10-11am	Manchester
28	8-9pm	Home	28	4-5pm	Gym	28	10-11am	Manchester
29	7-8am	Home	29			29	10-11am	Manchester
30	7-8am	Home	30			30	3-4pm	Home
31	10-11pm	Hotel	31			31	10-11am	Home

Section 2

Please attach additional details on a separate page, if necessary. Remember to write your name on the additional sheets.

LOCATION NAME	LOCATION ADDRESS	LOCAT ION NAME	LOCATION ADDRESS
Home	123 Main Street, Blanchardstown		
Hotel	Rue la Maison, Seychelles		
Manchester	National Stadium, Manchester MN12 M123		

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Q2 2009 February -March 2009



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 Ireland and overseas). The Irish Sports Council (ISC) makes every effort to ensure that testing is not inconvenient for the athlete being tested and for that reason prefers to carry OOCOT either at an athlete's home or training venue. If an athlete does not return their whereabouts form by the stated deadline an athlete will receive a notification of a Filing Failure which may proceed to a Whereabouts Failure. If the Council attempt to locate an athlete during their nominated one hour window time slot an athlete will receive an apparent Missed Test notification which may proceed to a Whereabouts Failure. Three Whereabouts Failures in a rolling eighteen month period may be deemed as Anti-Doping Rule Violation. Please note the Council may still test you outside the nominated one hour window time slot.

Page 1 of the Form

1. *Personal Information:* Insert your surname, first and middle name, circle gender, date of birth and e-mail address
2. *Sport:* Insert your sport and discipline and where applicable state your disability
3. *Mailing Address:* Please fill in the FULL address where you wish all correspondence to be sent. This is the address that the Council will forward all correspondence to. (If there are security codes into the building please indicate so and if possible supply them.)
4. *Residence Address:* If your mailing address is different from your residence please complete the Residence Address section. (If there are security codes into the building please indicate so and if possible supply them.)

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).

5. *Primary Training Location:* This is your main training venue (e.g. pool, track etc). Please fill out the name and FULL address of the location.
6. *Daily Schedule:* Please indicate what times (e.g..7am-9am and 2pm-4pm) you will be present at Primary Training Location.
7. *Secondary Training Location:* If you have two or more training venues, please provide the same information as provided for Primary Training Location 1.
8. *Daily Schedule:* Please indicate what times (e.g..7am-9am and 2pm-4pm) you will be present at Secondary Training Location.

Page 2 of the Form

9. *Other Regular Activities:* Please provide details of other regular activities e.g. Name of place of work or school or college. While we may not test you at these places, these details provide us with valuable information about your daily routine.
10. *Schedule Information:* Please indicate what times (i.e. 9am-5pm) you will be present at Regular Activity.
11. *Temporary Address/Activity:* Please fill in details of when you will be away from your permanent addresses e.g. training camps, holidays details and business trips.
12. *Competitions:* Please provide names and locations of competition and also accommodation address and dates of the competitions. Please also insert your travel dates.

Page 3 of the Form

13. *One 60 Minute Time Slots:* An athlete must include for each day during the quarter one specific 60-minute time slot between 6am and 11pm (i.e. the first slot is 6am-7am and the last time slot 60 would be 10pm-11pm) where you will be available and accessible for testing at a specific location. If the Council attempt to locate an athlete during their 60-minute time slot an athlete will receive a Missed Test notification which may proceed to a Whereabouts Failure. If you need to update this 60-minute time slot, you must advise the Anti-Doping Unit ASAP and before the one hour time slot begins.
14. *Section 2:* Insert the location name and address of the nominated location for the one 60 minute time slot.

All whereabouts forms should be returned to:

The Anti-Doping Unit, Irish Sports Council, Top Floor, Block A, West End Office Park, Blanchardstown, Dublin 15. Phone: 01 8608832 Fax: 01 8608860 E-mail: antidoping@irishsportsCouncil.ie . Updates can be sent by e-mail to antidoping@irishsportsCouncil.ie, by phone 01-860 8832 or by text 087 2287443. For further information on whereabouts, please see the information leaflet on whereabouts on www.irishsportsCouncil.ie

Signature

I understand, agreed and consent to the sharing of my whereabouts form to other Anti-Doping Organisations that have authority to test me.

Athlete Signature.....Joe Bloggs..... Date:.....31/12/2008.....