



## Why is Whereabouts Information Important?

- Prevents dopers from evading to be tested.
- Strengthening Athletes and public confidence in doping-free sport.
- Accurate whereabouts information is crucial to ensure efficiency of the IWF's Anti-Doping program, which are designed to protect the integrity of weightlifting and to protect **CLEAN** Athletes.



為什麼行蹤資料重要？

- 預防使用禁藥者逃避檢測
- 強化運動員及大眾對於反禁藥運動的正向觀念
- 準確行蹤資料對於確保 IWF 反興奮劑計劃的效率至關重要，該計劃旨在保護舉重的廉正性並保護沒有使用禁藥的運動員。



## Who is responsible for submitting your Whereabouts?

**Athlete's responsibility** to ensure that she/he provides accurate and proper whereabouts information and to make all reasonable attempts to provide accurate and complete whereabouts information to IWF.



誰有繳交行蹤資料的責任？

運動員

盡力提供完整的行蹤資料給國際舉重總會



## Find out about the process for submitting your whereabouts

- Whereabouts are an important element to catch cheaters and keep sport clean.
- **Compulsory for all International level Athletes:**
  - ❑ IRTP Athletes: the whole year-Quarterly
  - ❑ 2 months before and during IWF Events for all participants
- Remember to make yourself available for testing when required at a given time and place, seven days a week, as well as at all training sessions and competitions.



了解行蹤資料的繳交程序

- 行蹤資料是找到欺騙者及維持運動精神很關鍵的因素
- 所有國際級運動員的義務
  1. IRTP 運動員：全年度-每季度
  2. IWF 賽事之兩個月前
- 確保自己在提供的時間、地點、那周、訓練期、賽事期內可以接受檢測



## Put a reminder in your calendar

- Compulsory for all International level Athletes:
  - IRTP Athletes: the whole year- Quarterly
  - 2 months before and during IWF Events for all participants
- Must be accurate and complete!

### GOOD TO KNOW Deadlines

- 31<sup>st</sup> December -> Q1 -> January, February, March
- 31<sup>st</sup> March -> Q2 -> April, May, June
- 30<sup>th</sup> June -> Q3 -> July, August, September
- 30<sup>th</sup> September -> Q4 -> October, November, December

Any problems or questions: [adams@iwfnet.net](mailto:adams@iwfnet.net)

洽詢方式：[adams@iwfnet.net](mailto:adams@iwfnet.net)



在個人行事曆註記

- 所有國際級運動員的義務
- 1. 目標檢測 IRTP 運動員：全年度-每季度
- 2. IWF 賽事之兩個月前
- 必須準確且完整
- 應 了解繳交期限
- 各季度
- 1. Q1-12/31- 1 月、2 月、3 月
- 2. Q2-03/31- 4 月、5 月、6 月
- 3. Q3-06/30- 7 月、8 月、9 月
- 4. Q4-09/30- 10 月、11 月、12 月



## Consequences for IRTP Athletes

### Whereabouts failures:

**Missed test:** a failure by the Athlete to be available for Testing at the location and time specified in the 60-minute time slot identified in his/her Whereabouts Filing for the day in question

**Filing Failure:** a failure to make an accurate and complete Whereabouts Filing or failure to keep the provided whereabouts information accurate

**Any combination of three missed tests and/or filing failures within a twelve month period constitutes an Anti-Doping rule violation.**

關於目標檢測選手

無效的行蹤資料

錯過檢測：未能在提供 1 小時的行蹤資料裡被找尋到以實施檢測

檔案錯誤：提供不準確或不完整的行蹤資料

在一年內若符合以上敘述三次，則構成違反反禁藥規則



## Changes related to W/A submissions

### 2 MONTHS RULE



### CHANGE

**If the Event is a World Championship (Youth, Junior and/or Senior) whereabouts shall be submitted at least 3 MONTHS prior to the event.**

For other IWF Events -> **2 MONTHS**



關於行蹤資料繳交程序的調整

若是世界錦標賽(包含青年、青少年、成年) 前 2 個月 更動為 前 3 個月 繳交

若是 IWF 賽事 則為前 2 個月



## What if I fail to submit in time?

**In case You fail to submit your whereabouts in the respective deadline You will be not eligible to compete!**

### An exemption may not be granted for the following examples:

- The fact that travel arrangements of the athlete for the respective competition had been already made;
- Negligent behaviour of either the Athlete or the Federation;
- Miscommunication between the Federation and the Athlete;
- Technical difficulties due to Internet connection, Access to ADAMS, E-mail account related problems.



若未於時限內繳交行蹤資料

只要你未於時間內繳交行蹤資料，將沒有資格參加比賽

以下例子不應有豁免權:

- 運動員正在別的比赛或正在旅行;
- 運動員或協會的行政疏失
- 協會與運動員之間的溝通不良;
- 網路聯繫、電子信箱等資訊系統不良



## Technical Problems?!

### Spreadsheet which includes the following information properly:

- ✓ Athletes name;
- ✓ 1 hour time slot (location and time);
- ✓ Overnight accommodation (location and time);
- ✓ The athletes phone number;
- ✓ The athletes e-mail address;



碰到系統出問題時

繳交包含以下資訊的電子檔

1. 選手姓名
2. 一小時檢測的地點及時段
3. 過夜住宿點及時間
4. 選手連絡電話
5. 選手電子信箱



## iLiftCLEAN - Anti-Doping Education Course

### ➢ AD E-Learning Platform – iLiftCLEAN

- The Platform was brought to the Federations in cooperation USAWL and the USADA;
- 3 videos: Whereabouts, Doping Control Procedure, Rules of TUE;
- Languages: English, Spanish, Russian, Arabic;
- Videos -> Anti-Doping Test (9 questions);
- Final score at least 80% shall be obtained by the Athletes;
- Certificate will be valid for one year from the day of completion.
- Possible to complete at the Outreach and at the Training Venue.

**All Athletes who participate at the Event shall complete the test.**



I LIFT CLEAN 反禁藥教育課程

-線上教育平台

此平台由美國架設

3 部影片：行蹤資料、禁藥檢測程序、TUE 規則(治療用藥物豁免申請)

語言：英文、西班牙語、俄羅斯語、阿拉伯

影片：反禁藥測驗(9 題)

最終成績選手應達到 80%正確率

證書 有效期為一年(自比賽日開始)

可在訓練場或場外完成

所有參賽選手應完成檢測



## iLiftCLEAN - Anti-Doping Education Course

The IWF Anti-Doping E-learning platform can be reached on the following website:

<https://iliftclean.com>

### Here are the Steps how you can go through:

- Step 1:** Register;
- Step 2:** Create an account on the platform for yourself;
- Step 3:** Confirm your account by clicking on the link received by e-mail from the website;
- Step 4:** Sing in with your username and password;
- Step 5:** Watch the Anti-Doping videos and complete the test after;
- Step 6:** Receive your Certificate;
- Step 7:** Show your Certificate to the IWF.

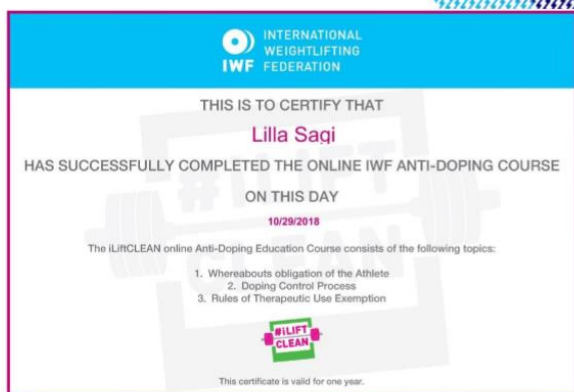
<http://iliftclean.com> 線上學習平台

步驟：

1. 註冊
2. 建立個人帳號
3. 經由電子信箱認證帳號
4. 重新登入帳密
5. 觀看反禁藥影片並完成測驗
6. 獲取證書
7. 告知 IWF 已獲得證書



## iLiftCLEAN Certificate



證書

Check the IWF (and other) websites regularly!



- [www.iwf.net](http://www.iwf.net)
  - Anti-Doping
    - News
    - IRTP/Whereabouts
    - Sanctions
    - TUEs
    - Good to know
  - Download Center-> Anti-Doping
  - [adams@iwfnet.net](mailto:adams@iwfnet.net)
  - [tue@iwfnet.net](mailto:tue@iwfnet.net)
- [www.wada-ama.org](http://www.wada-ama.org)

請時常瀏覽 IWF 官網

### 舉重運動員須知

- 每年 10 月，瀏覽世界反禁藥組織公布將在隔年 1 月適用的禁藥清單。
- 了解繳交行蹤資料程序，只要有任何改變，都得即時修改行蹤資料