

TUE ADAMS QUICK REFERENCE CARD FOR ATHLETES

Request username and password from your ADO for you and your asthma doctor

- Send an email to your International Federation (IF) or National Anti-Doping Organization (NADO) depending on your RTP level. The message must include your doctor name and contact details including email address

Log into ADAMS on the Internet.

- Make sure that your pop-up blocker is disabled
- Go to <http://adams.wada-ama.org>.
- Enter your new username and password
- Click [login]
- When you log in for the first time, an information form will appear.
 - Read the statement
 - Type your password to indicate your acknowledgment
 - Click [Accept]

Update your Profile and set your Preferences

- Click [My Profile] for updating your profile if required
- To set your Preferences click on your *name* displayed at the right top in the header on the Home page
- Adjust your Password, select your Language, indicate whether you want to receive notifications on your email address (as set in your profile) if desired
- Click [Save] to save your modifications

Open your TUE form

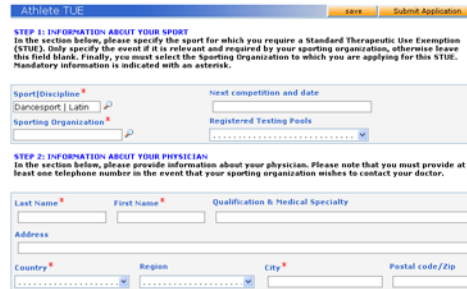
- Expand the **New** drop down and select the relevant type:
 - ❖ Declaration of Use
 - ❖ TUE for Asthma
 - ❖ TUE

Declaration of Use (DoU)

- Complete the mandatory fields (with *)
 - physician details
 - diagnosis
 - medication
 - treatment date
- Save, review your information
*The save option is a draft only available to you.
 You will not be able to modify any data once you Declare.
 Your IF and NADO will only see your DoU once you "Declare".*

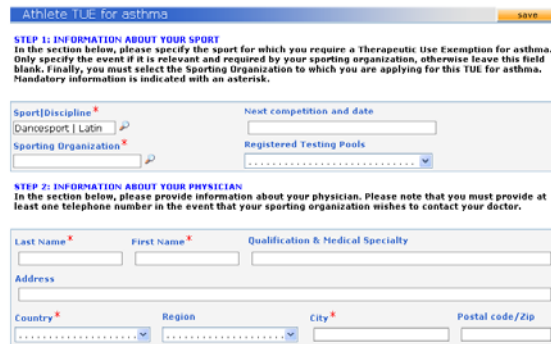
➤ Click **Declare**

TUE



- Complete the mandatory fields (with *)
 - physician details
 - diagnosis
 - medication
 - attachment (Medical file)
- **Save**, review your information
*The save option is a draft only available to you.
 You will not be able to modify any data once you submit your application.
 Your IF and NADO will only see your TUE application once you submit your application.*
- Click **Submit Application**

TUE for Asthma (AST)



- Complete the mandatory fields with your doctor's help (with *):
Mandatory fields can be completed online or attached
 - physician details
 - diagnosis
 - medication
 - medical history
 - clinical examination
 - spirometry table
 - peak flow attachment
 - respiratory test results (complete online or attach)
 - save and submit
- **Save**, review your information
*The save option is a draft only available to you.
 You will not be able to modify any data once you submit your application.
 Your IF and NADO will only see your TUE application once you submit your application.*
- Click **Submit Application**