



60-Minute Time Slot

Whereabouts are an extremely critical component of an anti-doping program to facilitate out-of-competition testing and to deter and detect doping. In 2011, a population of USADA Registered Testing Pool (RTP) athletes who are included in the USADA International Testing Pool (ITP) will be required to provide a 60-minute time slot as part of their whereabouts requirements. The 60-minute time slot, in addition to other whereabouts requirements, is the athlete's responsibility and the bullet points provide answers to the most frequently asked questions.

- An athlete is subject to testing at any time and at any location.
- An athlete must be **available and accessible** for testing at a specific location during the entire 60-minute time slot.
 - The 60-minute time slot cannot be split into half-hour increments.

Traveling or Training

- Listing a 60-minute time slot as “running on the roads of Boulder” or “biking in the California hills” is not a specific location and should not be used as a 60-minute time slot. If an athlete chooses to provide a training location such as “running on the roads of Boulder” or “biking in the California hills,” he/she must provide the start, end time, and ensure the training times are accurate.
- If an athlete is flying **internationally**, he/she will need to provide a 60-minute time slot when flying. Per the International Standard for Testing (IST), an athlete must provide a 60-minute time slot every day. This can be before the athlete arrives to the airport, or after he/she lands. In cases where it is a 24-hour flight or a flight during the IST-stipulated 6am-11pm window, an athlete may need to list the 60-minute time slot during the flight time. An athlete should provide the flight number, departure and arrival city, and any other pertinent information. **The address of the new location, training times, trip duration, and the 60-minute time slot(s) must also be provided in an update.**
- When crossing the International Date Line, an athlete is responsible for providing a 60-minute time slot each day. This could mean an athlete leaves Asia on Date X, but returns to the U.S. on Date X. That athlete should provide a 60-minute time slot where he/she is available and accessible. Example: Leave Asia on February 4 and return to the United States on February 4.

If an athlete is flying **domestically** (e.g. from Los Angeles to Las Vegas), the athlete will still need to provide a 60-minute time slot and location, but the time slot should be stated before he/she arrives to the airport or after he/she lands and not during the flight. Therefore, the flight should not be used as the 60-minute time slot. The address of the new location, training times, trip duration, and the 60-minute time slot(s) must also be provided in an update.

- If an athlete travels via a vehicle and the travel time encompasses the 6am – 11pm IST-stipulated window, the athlete must be diligent in providing up-to-date location information such as providing a 60-minute time slot during a stop for lunch or at a gas station. Once the athlete reaches his/her final destination, the athlete must provide the address of the new location and the 60-minute time slot.

Whereabouts Failures

- An athlete will only be subject to a Missed Test if he/she is unavailable during his/her specified 60-minute time slot.
- If an athlete is unavailable outside of the 60-minute time slot, USADA and other Anti-Doping Organizations have the authority to issue a Filing Failure if the athlete was unavailable due to providing inaccurate information. **Therefore, it is important that an athlete provide accurate and complete whereabouts and update as necessary in order to avoid accumulating Filing Failures or Missed Tests.**

Updates to USADA can be completed in a variety of ways:

- Free Mobile Application – www.USADA.org/m
- E-mail – update@usada.org
- Text – text@usada.org
- Online Change of Plan Form – www.USADA.org
- Whereabouts Filing – www.USADA.org

For more information, please visit the USADA website, www.USADA.org or call 719-785-2000.

Revised November 9, 2010