

Athlete's guide to activating the ADAMS SMS service

This document explains how to activate the ADAMS SMS update service, which allows you to send emergency whereabouts changes via SMS (text) direct to your ADAMS profile.

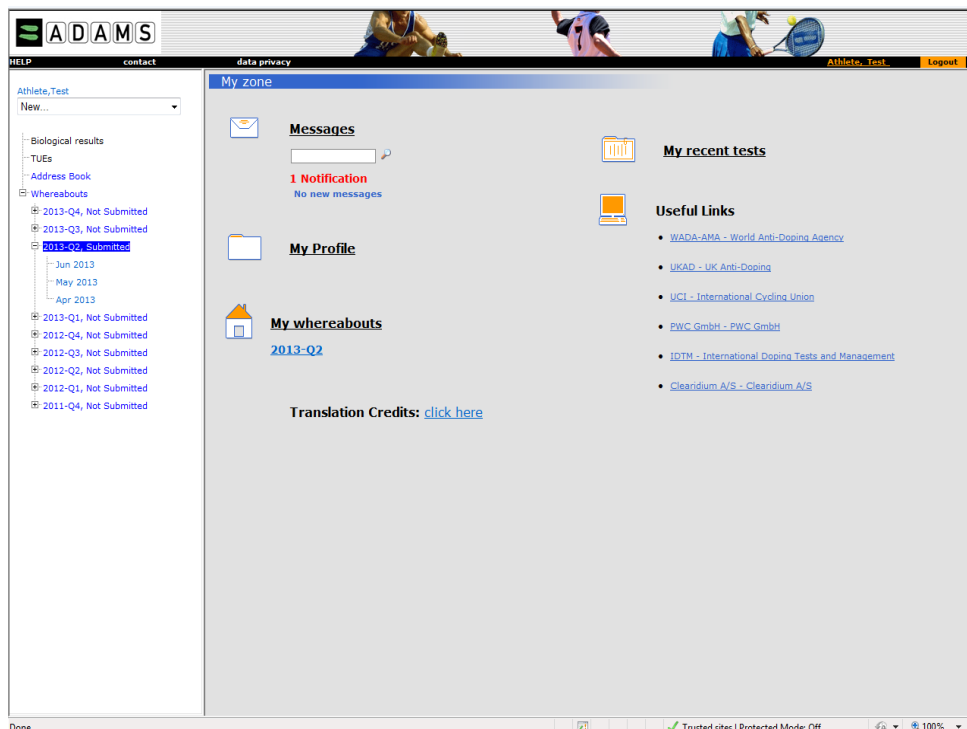
Once activated, text updates must be sent to **+447781480710**.

IMPORTANT: PLEASE READ

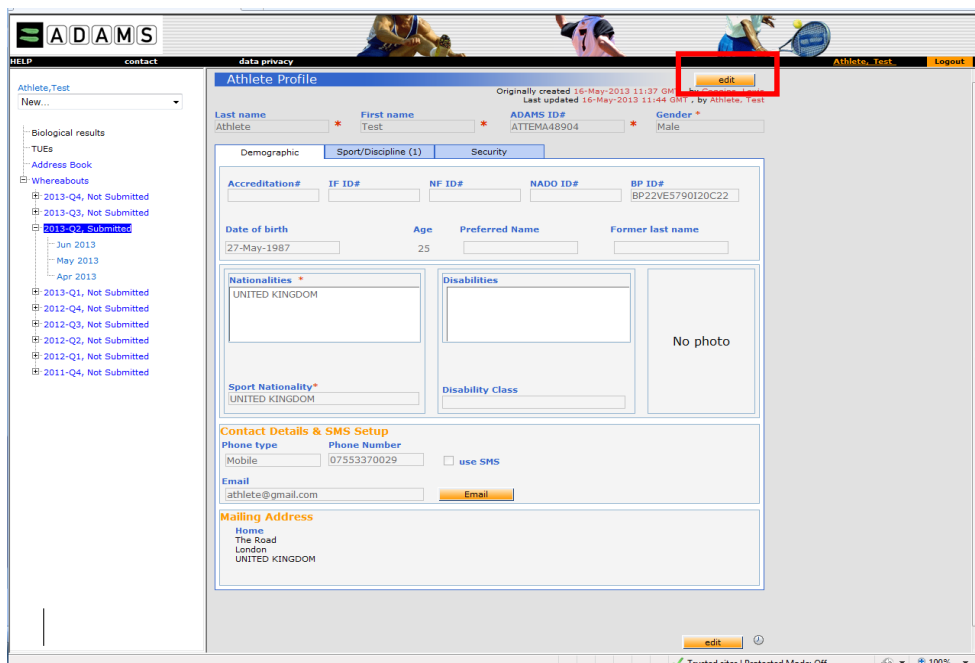
- You must enter your phone number(s) on ADAMS and activate it before you can use the ADAMS SMS update service.
- If you try to update from a phone number that has not been activated on your ADAMS profile, the update will not be accepted.
- You can activate several mobile phone numbers from which you can update your whereabouts.
- A mobile phone number cannot be activated on more than one ADAMS profile i.e. you are unable to share a number.
- You cannot update for anyone else from your activated phone number – the SMS attaches to your account only.
- The ADAMS SMS update service is for short-term, emergency changes. You should update directly into ADAMS wherever possible.
- The update must be detailed and accurate, ensuring you can be successfully located for testing. Provide the date, time and location details that the change of whereabouts refers to.
- You may provide an update up to 60 seconds before your 60-minute time slot begins. If received any later, the update will be deemed invalid and you may be at risk of a missed test.
- If you are unable to update using a phone number configured to your ADAMS profile, then you can make emergency updates via the athlete inbox; athlete@ukad.org.uk

How to activate

Step 1 Log into your ADAMS account. Select **'My Profile'**.



Step 2 Click on **'edit'** in the top right of the screen.



Step 3 If you do not have a phone number registered on ADAMS or want to register additional numbers then select **'add phone number'**.

You must ensure your number includes the country code, for example a UK mobile number should be in the following format: 447553370029.

Once you have checked you have inputted your phone number correctly click **'save'**.

The screenshot shows the 'Edit Athlete Profile' page in the ADAMS system. The 'Contact Details & SMS Setup' section is highlighted with a red box, showing the phone number 447553370029 and the 'add phone number' link. The 'save' button is also highlighted with a red box.

Step 4 Select the **'use SMS'** tick box and click **'activate'**

The screenshot shows the 'Edit Athlete Profile' page in the ADAMS system. The 'use SMS' tick box and 'activate' button are highlighted with a red box.

Step 5 You will then receive a text message explaining how to complete activation which includes a **'3 digit code'**. The message will instruct you to text this code to **+447781480710**.

The activation code is valid for a limited time only – you **must reply within 24 hours**

Once you respond you will receive the following confirmation message from the ADAMS SMS number: **'ADAMS Whereabouts: Activation confirmed.'**

Ensure you then click **'save'** in the top right of the screen.

Your profile should now show that your number is activated.

You can now update from this mobile phone number to the ADAMS SMS update service. Each time you update you will receive a confirmation SMS from the ADAMS number.

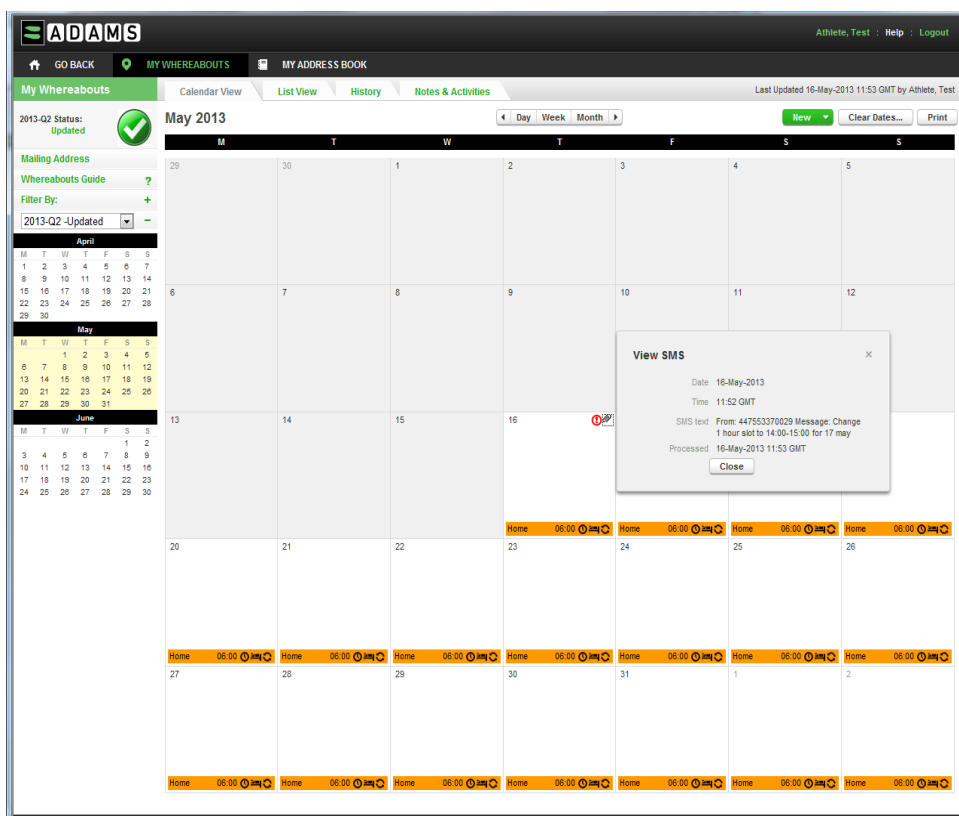
The screenshot shows the 'Edit Athlete Profile' page in the ADAMS system. The 'save' button is highlighted with a red box. The form contains the following information:

- Demographic:** Last name: Athlete, First name: Test, ADAMS ID#: ATTEMA48904, Gender: Male.
- Accreditation:** IF ID#, NF ID#, NADO ID#, BP ID# (BP22VE5790I20C22).
- Personal Info:** Date of birth: 27-May-1987, Age: 25.
- Nationalities:** UNITED KINGDOM.
- Contact Details & SMS Setup:** Phone type: Mobile, Phone Number: 447553370029, use SMS: checked. A yellow message states: 'SMS activation started on 16-May-2013 11:46 GMT. Athlete must reply via SMS (to +447781480710) with activation code 783 to validate.'
- Mailing Address:** Home, The Road, London, UNITED KINGDOM.

The screenshot shows the 'Edit Athlete Profile' page after activation. The 'Activated' button in the 'Contact Details & SMS Setup' section is highlighted with a red box. The form contains the following information:

- Demographic:** Last name: Athlete, First name: Test, ADAMS ID#: ATTEMA48904, Gender: Male.
- Accreditation:** IF ID#, NF ID#, NADO ID#, BP ID# (BP22VE5790I20C22).
- Personal Info:** Date of birth: 27-May-1987, Age: 25.
- Nationalities:** UNITED KINGDOM.
- Contact Details & SMS Setup:** Phone type: Mobile, Phone Number: 447553370029, use SMS: checked. A yellow message states: 'SMS activation started on 16-May-2013 11:49 GMT, by Athlete, Test'. The 'Activated' button is highlighted.
- Mailing Address:** Home, The Road, London, UNITED KINGDOM.

Lastly, any update made via ADAMS SMS will be visible on your ADAMS calendar; it is represented by a paperclip symbol.



If you need any further help activating the ADAMS SMS, please contact the Athlete Support Officer on +(0)7553 370 029 or email athlete@ukad.org.uk.

More information on the ADAMS SMS can be found on the World Anti-Doping Agency website [WADA SMS Service](#)