



## Useful links to Resources

[IGF Athlete Guide](#)

[IGF Anti-Doping Handbook](#)

[ADAMS User Guide for Athletes](#)

[ADAMS Whereabouts Quick Reference Guide](#)

ADAMS App for Android/iOS:

- Android: <https://play.google.com/store/apps/details?id=com.cgi.nl.whereabouts.android&hl=en>
- iOS : <https://itunes.apple.com/us/app/adams-app/id755747919?mt=8>

Any questions on the IGF Anti-Doping Programme: [\*\*antidoping@igfmail.org\*\*](mailto:antidoping@igfmail.org)

