

December 15, 2008

Dear Athlete,

Please find enclosed the following:

1. Registered Testing Pool Letter 2009 which also states the deadline for return of your Quarter 1 whereabouts form
2. Information leaflet on the Whereabouts System
3. Irish Anti-Doping Rules 2009 Version

It is very important that you read all the information enclosed as there are some amendments to the Irish Anti-Doping Programme as the Council has adopted new Anti-Doping Rules, which are enclosed, to be in compliant with 2009 World Anti-Doping Code and International Standard for Testing.

The Irish Sports Council is hosting a series of Athlete and Athlete Support Personnel Education Seminars with regard to the 2009 Irish Anti-Doping Rules in Dublin, Galway, Cork and Belfast in December and January. Please see www.irishsportsCouncil.ie/Anti-Doping/Educational_Seminars for full details of dates and venues. You can book your place at these seminars on the webpage or by contacting Ailish Keaveney on 01-8608801 or akeaveney@irishsportsCouncil.ie.

Please note, in addition to the above, there are significant changes to the Therapeutic Use Exemption (TUE) system for 2009 (particularly in relation to asthma medications and glucocorticosteroids injections). You will receive further details of this early in the New Year. In the meantime, if you have any questions contact Lydia Grecova on 01-860 8818.

The Current **Online Whereabouts System** will be unavailable from 15 December 2008 for a number of weeks due to upgrades on the system. The Irish Sports Council is introducing a new Online Whereabouts System which incorporates changes to the Whereabouts System as a result of the Irish Anti-Doping Rules 2009, and the WADA Code 2009, and various revised versions of International Standards by WADA. When the new online whereabouts system is ready, you will be issued your new Username and Password.

For the duration of this time when the online whereabouts system is unavailable, you must submit and update all of your whereabouts information using the other methods available to you:

Text: 087-2287443
Email: antidoping@irishsportsCouncil.ie
Office Phone: 01-8608832 or 01-8608828 Fax: 01-8608860

Yours sincerely,



Una May
Programme Manager, Anti-Doping Programme