

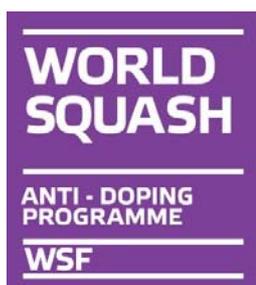
Athlete's guide to activating the ADAMS SMS service

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

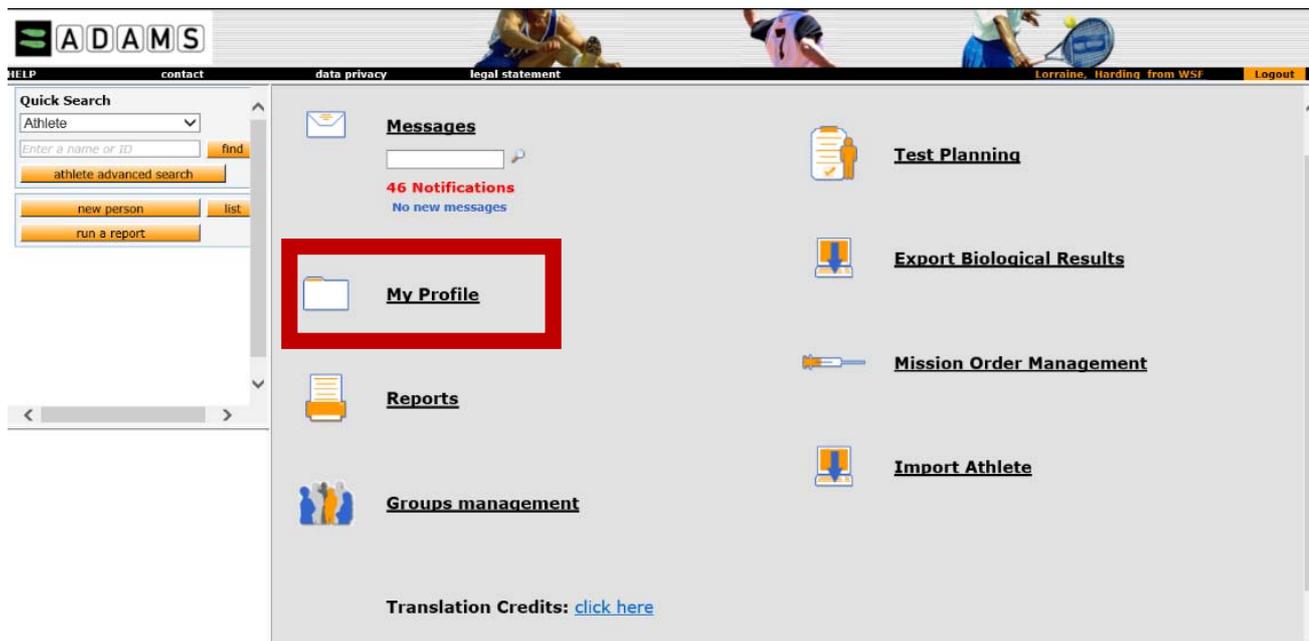
- You must enter your phone number(s) on ADAMS and activate it before you can use the ADAMS SMS update service.
- If you try to update from a phone number that has not been activated on your ADAMS profile, the update will not be accepted.
- You can activate several mobile phone numbers from which you 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.



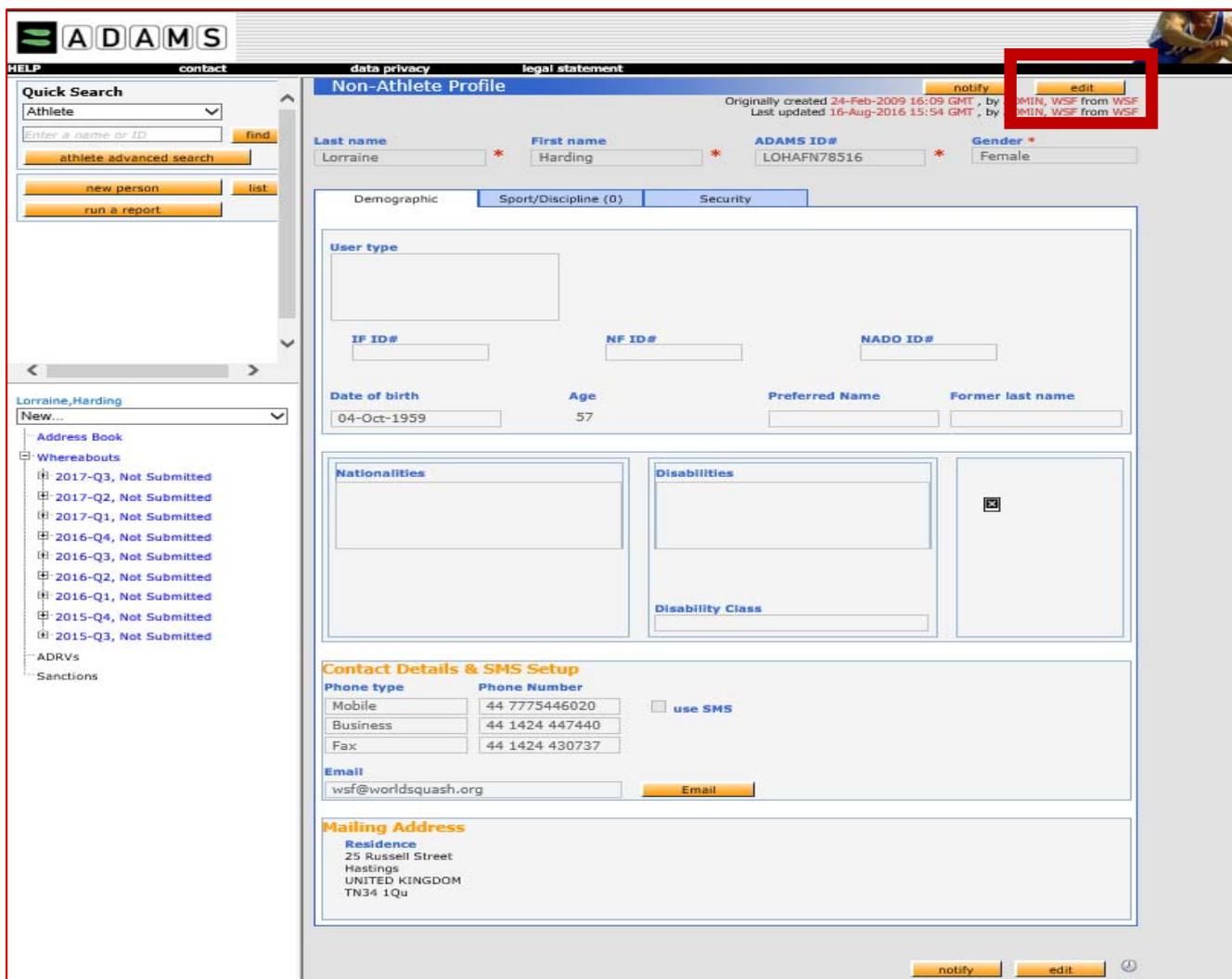
How to activate

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

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

The screenshot shows the ADAMS 'Edit Non-Athlete Profile' page for Lorraine Harding. The 'Contact Details & SMS Setup' section is highlighted with a red box. It contains a table with the following data:

Phone type	Phone Number
Mobile	44 7775448020
Business	44 1424 447440
Fax	

Below the table, there is a checkbox for 'use SMS' which is currently unchecked. The 'save' button is highlighted in the top right corner of the page.

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

The screenshot shows the ADAMS 'Edit Non-Athlete Profile' page for Lorraine Harding. The 'Contact Details & SMS Setup' section is highlighted with a red box. The 'use SMS' checkbox is now checked, and the 'activate' button is highlighted. The 'Phone Number' field still contains '44 7775448020'.

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 codes 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 for Carol Hackett. The 'save' button in the top right corner is highlighted with a red box. The page displays personal details, contact information, and mailing address.

Contact Details & SMS Setup	
Phone type	Phone Number
Mobile	447806557623
<input checked="" type="checkbox"/> use SMS	SMS activation started on 14-Feb-2017 14:18 GMT. Athlete must reply via SMS (to +447814802848) with activation code 893 to validate.
Email	
carol@worldsquash.org	

The screenshot shows the 'Edit Athlete Profile' page for Carol Hackett. The 'Activated' button in the 'Contact Details & SMS Setup' section is highlighted with a red box. The page displays personal details, contact information, and mailing address.

Contact Details & SMS Setup	
Phone type	Phone Number
Mobile	447806557623
<input checked="" type="checkbox"/> use SMS	Activated
Email	
carol@worldsquash.org	