

# Welcome to the ADAMS Knowledge Base in English

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## Please select your user guide.

If you are an **Athlete** user, the following links may be of relevance:

- [ADAMS User Guide for Athletes](#)
- [ADAMS Two-Factor Authentication \(NEW\)](#)
- [Whereabouts Quick Reference Card](#)
- [TUE Quick Reference Card](#)
- [Helpdesk Access - ADAMS Team](#)
- [ADAMS Mobile App user guide](#)

If you are a user from a **Sport Organization**, the following links may be of relevance:

- [ADAMS User Guide for Sport Organizations](#)
- [ADAMS User Guide for Administrators](#)
- [ADAMS Two-Factor Authentication \(NEW\)](#)
- [Helpdesk Access - ADAMS Team](#)
- [ADAMS Athlete Biological Passport guide](#)
- [List of ADAMS Codes](#)

If you are a user from a **WADA-accredited Laboratory**, the following links may be of relevance:

- [ADAMS User Guide for WADA-accredited Laboratories](#)
- [ADAMS User Guide for Administrators](#)
- [ADAMS Two-Factor Authentication \(NEW\)](#)
- [Helpdesk Access - ADAMS Team](#)
- [List of ADAMS Codes](#)

[ADAMS Production Environment Maintenance Schedule](#)

## Recently Updated

As you and your team create content this area will fill up and display the latest updates.