

The background of the image shows three female sprinters in motion on a red running track. The athlete on the left is wearing a dark blue and red singlet with 'MORISSE' on the bib. The middle athlete is in a white and blue singlet. The athlete on the right is in a white singlet with red and blue accents and 'JONES' on the bib. The image is overlaid with semi-transparent geometric shapes in shades of blue and grey. The main title is centered in large white text.

# THE ATHLETE BIOLOGICAL PASSPORT (ABP) EXPLAINED



ATHLETICS  
INTEGRITY  
UNIT

# THE ATHLETE BIOLOGICAL PASSPORT (ABP)

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The ABP monitors a series of biological parameters through a dedicated software programme to pick up on indications of doping.

The ABP is an informative tool that sits alongside direct testing, whereabouts and performance monitoring. there is no such thing as “failing the ABP”.

The ABP creates individual reference ranges for each athlete. Fluctuations may indicate doping/use of prohibited methods.

The biological markers of doping substances and methods remain detectable in the body for longer than the substances themselves.

An atypical profile goes to the expert panel who decide on whether or not it is indicative of doping.



# WHAT IS AN OFF SCORE?

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If you are tested for the ABP, you will start to compile a profile of blood parameters over a period of time that can be assessed as “normal” for you. The OFF Score is one of these parameters and is worked out by using your Haemoglobin count and your percentage of reticulocytes (your immature red blood cells). If an athlete tried to cheat using blood boosting doping such as EPO, or by infusing their own blood back into their body, then this is reflected in both these markers and highlighted by the OFF Score.

OFF Score =  $Hb \times 10 - 60 \times (\sqrt{\text{reticulocyte \%}})$

OFF Scores vary individually and between genders. A number of factors such as recent altitude training or sleeping in a tent, recent hard training, recent heavy blood loss or transfusion, extreme dehydration or exposure to extreme cold, can affect your OFF Score in different ways so you should be very clear on giving details of these in the forms.



# HOW DOES THE ABP WORK?

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Analysis by a panel of three experts is triggered by any atypical value. This can be an abnormal Haemoglobin or hematocrit level or OFF Score.

The experts determine whether there is a likely doping case to answer or whether there are other plausible explanations for the abnormal scores.

Either they rule:

- A. No case to answer.
- B. They request more targeted testing in order to build up more information.
- C. They unanimously agree that the only possible explanation is the use of Prohibited Substances or Methods and the athlete is sanctioned with an Anti Doping Rule Violation (ADRV).



# HOW DOES THE ABP BENEFIT ME?

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It is an excellent tool to catch the cheats and deter doping, so helps better protect each and every clean athlete.

It is often quicker and simpler than urine testing.

It can double-up as a health screen: as an athlete, you can access your recent test values in ADAMS and check parameters such as Haematocrit, Haemoglobin and red blood cell count, which will help you pick up on signs of illness, infection, anaemia and over-training.

It is, however, extremely important to complete the form accurately, particularly relating to recent altitude stays/use, heavy blood loss and/or transfusion, recent hard exercise or exposure to extreme temperatures, as these can all have an impact on your values.



# FREQUENTLY ASKED QUESTIONS

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## I just started my period, does that count as heavy blood loss?

If you lose a lot of blood, your reticulocyte count will rise a few days later to compensate but this shouldn't be significant enough to affect the test.

## I didn't drink enough last night and am really dehydrated. Will this affect my ABP values?

It shouldn't affect the scores significantly but if you are concerned you should mark this down in the comments section on the form.

## I just got in from training but I have things I need to do. Do I really need to rest or can I just pretend I didn't train and do the test straight away?

Absolutely not. hard exercise can cause temporary suppression of reticulocytes while Hb will only be marginally affected by possible dehydration so the off score produced will be inaccurate. You must wait a minimum of two hours after hard exercise or a race.

## I used a cryogenic chamber recently, do I need to declare this?

Yes, you should declare the details of any such activity as it could cause changes in your results.

