

# BLOOD AND URINE TESTING

LEARN WHEN AND HOW WE TEST FOR BLOOD AND URINE, AND WHAT HAPPENS NEXT.



ATHLETICS  
INTEGRITY  
UNIT



# THE BLOOD SAMPLING PROCESS

You can be blood tested at ANY time or place, In or Out of Competition. Athletics conducts more Blood Testing than ever before to protect our sport.

- You will be notified and asked to consent to give the sample. The process will be fully explained to you.
- You can have a representative and can ask the Blood Collection Officer (BCO) for proof of qualification to draw blood.
- You must have been seated for 10 minutes and rest for 2 hours (if you have been exercising). Choose a sampling kit, a small amount of blood will be drawn from your arm or hand. The BCO will apply a dressing after the sample has been taken.
- Verify that sample is properly sealed and check all code numbers.
- Accurately answer the questions on recent training, altitude visits and loss/receipt of blood.
- Accurately fill in any medication and supplements taken in the last 7 days.
- Sign the form and keep the Pink copy.

The image shows a detailed IAAF Blood Sampling Form. It is a multi-section document with a green and white color scheme. A large, semi-transparent watermark reading "COPYRIGHT IAAF" is oriented diagonally across the center of the form. The form includes fields for athlete identification, a consent section with checkboxes, and a section for medical history and medication. The IAAF logo is present in the top left corner. The form is titled "BLOOD SAMPLING FORM" and contains various instructions and checkboxes for completion.



# IMPORTANT TIPS AND FACTS ABOUT BLOOD TESTING

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The Athletics Integrity Unit conducts more blood testing than any other sport in the fight to protect clean athletes.

Why do we test blood?

- To detect prohibited substances
- To provide parameters used for the Athlete Biological Passport (ABP).

Only a small amount of blood is taken and you won't feel weak afterwards. the process is quicker and easier than providing urine samples.

If you refuse to provide a blood sample you may be found guilty of an Anti-doping rule violation and sanctioned for a minimum of two years.

You can review your blood profile using ADAMS at a later date helping you plan and train more effectively.



# IN COMPETITION TESTING

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This is a quick guide to help you understand what you should and can do during a doping test.

- You will be notified, and must sign consent, on completion of your competition.
- You must provide photo ID and report immediately to Doping Control. Inform the Doping Control Officer (DCO) if you wish to warm down, complete media commitments or attend a medal presentation.
- You must be accompanied by and be in sight of the DCO at all times until the test is complete.
- You can have a representative with you.
- You should keep a copy of every form. This is usually the pink copy.
- You should record all medications and supplements taken in the last 7 days.
- You can eat and drink but should choose sealed drinks provided in Doping Control.



# OUT OF COMPETITION TESTING

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Out of competition testing is an important tool in ensuring a clean sport.

If you are in the RTP you will have to provide a daily 60 minute testing slot, however any athlete can be tested out of competition at any time.

Who can test you?

- Your own national anti doping organisation.
- An international body - World Athletics-AIU, WADA or the IOC
- The national anti doping organisation of the country that you are in at that time.



# WHAT TO EXPECT FROM AN OOC TEST

An Anti-Doping Officer will identify themselves to you either at home or at one of your regular activity locations.

They will show you ID and ask you to sign a notification form and provide photo ID – TIP, keep a copy with you at all times.

You will be advised whether it is a urine or blood test or both. For urine the tester will be same sex, if it is blood there will be a qualified person accompanying.

You will need to find a place to complete the test. You have the right to complete your training session, locate a representative, receive necessary medical treatment and find your photo ID. You will be observed and or accompanied while doing this.

For a blood test you will be asked if you have exercised in the previous 2 hours and asked to be sit down for 10 mins before providing the sample. **THIS IS VERY IMPORTANT!**

The image shows a sample of an IAAF notification form. The form is titled "NOTICE CONTROL NOTIFICATION / NOTIFICATIE DE CONTROL ANTI-DOPING" and is divided into several sections. The first section is "1. ATHLETE INFORMATION - INFORMATIILE DE LA JUCATOR" and contains fields for name, date of birth, and other personal details. The second section is "2. NOTIFICATION - NOTIFICARE" and contains fields for the date and time of the test, the location, and the name of the Anti-Doping Officer. The third section is "3. DECLARATION OF CONSENT - DECLARATIE DE CONSENT" and contains a list of conditions that the athlete must agree to before the test. A large "COPYRIGHT IAAF" watermark is overlaid on the form.

