

BLOOD AND URINE TESTING

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



ATHLETICS
INTEGRITY
UNIT

THE URINE SAMPLING PROCESS

You will be asked to complete a form like this one and to choose a sample collection pot. Always check that the sample pot is sealed.

- The Tester will accompany you to the bathroom and must observe at all times. You will need to provide at least 90 ml of urine. Divide the sample between the A and B vessels, close them in the correct way and replace them in the plastic bags provided, then place them into the storage box and seal it.
- Complete the form with the tester. Check all details and all sample bottle codes properly.
- Provide details of all medication and supplements taken in the previous 7 days. Check everything again and keep your pink copy of the form safe until your result is cleared.
- Remember to check that the yellow lab copy has no personal details.

The image shows a sample of the IAAF Urine Sampling Form. The form is green and white with a large 'COPYRIGHT IAAF' watermark. It is divided into several sections:

- 1. ATHLETE INFORMATION - INFORMATIONS SUR L'ATHLÈTE:** This section includes fields for the athlete's name, date of birth, gender, and other personal details.
- 2. INFORMATION ON SAMPLE COLLECTION - INFORMATIONS SUR LA COLLECTE:** This section includes fields for the date and time of the sample collection, the location, and the name of the tester.
- 3. MEDICATION AND SUPPLEMENTS - MÉDICAMENTS ET COMPLÉMENTS:** This section includes fields for the name, dose, and frequency of any medication or supplements taken in the previous 7 days.
- 4. SIGNATURES - SIGNATURES:** This section includes fields for the signatures of the athlete and the tester.



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 'WAAF BLOOD SAMPLING FORM'. The form is divided into several sections, each with a heading in a green box. The sections are: 1. '1. BLOOD SAMPLING' (with sub-sections for '1.1. BLOOD SAMPLING' and '1.2. BLOOD SAMPLING'), 2. '2. MEDICAL HISTORY', and 3. '3. MEDICATION AND SUPPLEMENTS'. The form contains numerous checkboxes and text boxes for recording information. A large, diagonal watermark that reads 'COPYRIGHT WAAF' is superimposed over the center of the form. The form is filled out with handwritten text, including names, dates, and times. There is a signature at the bottom right of the form.



IMPORTANT TIPS AND FACTS ABOUT BLOOD TESTING

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

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

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? - it can be or or the national anti doping organisation of the country that you are in.

- Your own national anti doping organisation.
- An international body - IAAF-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 Anti-Doping Notification Form (ADNF) from the IAAF. The form is titled "ADNF - NOTIFICATION DE CONTRÔLE ANTIDOPAGE" and is divided into several sections:

- 1. ATHLETE INFORMATION - RENSEIGNEMENTS SUR L'ATHLÈTE**: Includes fields for name, date, time, and location.
- 2. NOTIFICATION - NOTIFICATION**: Includes checkboxes for "Urine" and "Blood" tests, and a section for "Type of Control" (Urine, Blood, or Both).
- 3. CONTROL TYPE - TYPE DE CONTRÔLE**: Includes a section for "Type of Control" (Urine, Blood, or Both) and a section for "Type of Sample" (Urine, Blood, or Both).
- 4. NOTIFICATION AVANT LE DÉBUT DE LA PERFORMANCE**: Includes a section for "Type of Sample" (Urine, Blood, or Both) and a section for "Type of Control" (Urine, Blood, or Both).

A large "COPYRIGHT IAAF" watermark is visible across the form.

