



OUT OF COMPETITION TESTING

ANY ATHLETE CAN BE TESTED OUT OF COMPETITION AT ANY TIME



ATHLETICS
INTEGRITY
UNIT

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 OUT OF COMPETITION 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 "RAPPEL CONTROL NOTIFICATION / NOTIFICATIE DE CONTROL ANTI-DOPING" and is divided into several sections:

- 1. ATHLETE INFORMATION - INFORMATIUNI DE LA JUCATOR**: This section contains fields for the athlete's name, date of birth, and other personal details.
- 2. NOTIFICATION - NOTIFICATIE**: This section contains checkboxes for "Urine" and "Blood" tests, and a section for the athlete's signature and date.
- 3. TESTING TIME - Timpul de testare**: This section contains a table for recording the testing time, with columns for "Date", "Time", and "Location".
- 4. NOTIFICATION AND ACCOMPANIMENT - Notificatiile si insozotirea**: This section contains a list of instructions for the athlete, such as "You must be accompanied by a representative when you are tested during the testing period" and "You must be accompanied by a representative when you are tested during the testing period".

A large "COPYRIGHT IAAF" watermark is overlaid on the form.



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 divided into several sections, including:

- 1. ATHLETE INFORMATION - INFORMATIONS SUR L'ATHLÈTE**: This section contains 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 is used to record any medication or supplements taken by the athlete in the 7 days prior to the sample collection.

The form is a multi-part document, with a large 'COPYRIGHT IAAF' watermark overlaid on it. The form is primarily green and white.



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: '1. ATHLETE INFORMATION', '2. INFORMATION FOR BCO', and '3. INFORMATION FOR MEDICAL OFFICER'. It includes fields for name, date of birth, sex, and various medical and training details. A large diagonal watermark reading 'COPYRIGHT WAAF' is overlaid on the form. The form is filled out with handwritten text and has a signature at the bottom right.

