

IRTP Online Session

"Upcoming changes to the World Anti-Doping Code"

Frequently Asked Questions

Following our recent online education sessions on the key changes introduced in the 2027 World Anti-Doping Code, athletes asked several important questions. We have compiled the 15 most common questions and provided clear answers below to help you understand these changes.

These answers are intended to be as simple and straightforward as possible. If you have additional questions after reading this document, please write to us at education@athleticsintegrity.org.

Q1. Do I need to provide a time with my primary training location?

Under the 2027 International Standard for Testing, Athletes must provide the name and full address of their primary training location, meaning the place or places where they usually train or plan to train. This helps the AIU understand your typical weekly training routine and plan out-of-competition tests at those locations.

While the requirement is to provide a name and full address of the primary training location(s), we strongly encourage Athletes to include the time that they typically train at that location. This makes it easier for the AIU to locate Athletes for Testing in a timely manner.

Q2. How many training locations do I need to provide?

You are only required to provide the name and address of one primary training location. However, you are strongly encouraged to include the name and full address for all of your regular training locations (and the time you usually train there, as set out above). The more information you provide, the better the AIU can plan Testing around your normal routine.

Q3. What if my training location has no specific name or full address?

If your training location has no fixed address (e.g., road, trail or forest running), you should provide the address/location where the training will start and/or end.

Important: If your 60-minute time slot is linked to your primary training location, then you must provide a specific location/address which is sufficient for a DCO to be able to locate you for Testing and you must be present and available at that specific location for the entire duration of your 60-minute time slot.

Q4. What happens if my plans change unexpectedly? Do I need to update my whereabouts information?

Yes. Plans can change and this is understood. However as a general principle, you're responsible for keeping your whereabouts accurate and up to date at all times.

If your declared training location changes unexpectedly, then consistent with that principle, you must update your whereabouts information to reflect the change in your circumstances as soon as possible after you become aware of the change.

For primary training locations, you are required to update the information if you can no longer use that location e.g., because your overnight accommodation address changes and it is not geographically possible for you to train at your declared training location.

Q5. What should I do if I need to make an urgent update, but I cannot access ADAMS or Athlete Central?

If you are unable to update your whereabouts information because you cannot access ADAMS or Athlete Central, you must inform the AIU directly by email: whereabouts@athleticsintegrity.org

The email must include the following details:

1. An explanation of the circumstances you are facing (including a description of the access problem you are experiencing with the platform)
2. Evidence of the issue you are having with ADAMS or Athlete Central (screenshots)
3. A complete update of your whereabouts for the period required.

Q6. Will the DCO only call me during the last 5 minutes of the 60-minute slot? What if there are access issues at my location?

The DCO is expected to do what is reasonable in the circumstances to try to locate you throughout the 60-minute slot. If the DCO is unable to do so then, unless specifically instructed by the AIU otherwise, they will call you in the last 5 minutes of the 60-minute time slot.

The purpose of the phone call is not to locate you for Testing. It is to confirm if you are at the location that you have specified in your whereabouts information for your 60-minute time slot.

In practice, this means:

- The DCO will make reasonable efforts to locate you for Testing at the location specified in your whereabouts information during your 60-minute time slot.
- if they encounter access issues—such as security barriers or restricted entry—they will try to resolve these issues reasonably, but without making a phone call.
- If by the last 5 minutes of the declared 60-minute time slot, and despite their reasonable efforts, the DCO has not been able to overcome the access issues they face, or if the DCO has not been able to locate you for Testing, the DCO will call you in the last 5 minutes, unless they have been specifically instructed not to do so by the AIU.
- the phone call is a **last resort**, used only if you have not been located after all other reasonable attempts have been made.
- The making or otherwise of the phone call, or the success of the phone call if it is made, is not a defence to a Missed Test,

Think of it this way: The DCO will make reasonable efforts to locate you for the duration of the 60 minutes. You must be present and available at your declared

location for the entire period of the 60 minutes. The phone call in the last 5 minutes is one of the final steps in the Testing process to confirm if you are at the location that you declared.

Q7. Is the DCO required to call me, or is it their choice? What happens if the DCO does not follow procedures correctly?

A DCO does not act on personal choice. They follow specific instructions given by the AIU before each test. All DCO actions are documented and reviewed by the AIU, ensuring accountability at every stage of the process. The system is designed to be fair and transparent for both athletes and DCOs.

If a DCO was unable to locate you for Testing during the 60-minute time slot, the AIU reviews the DCO's performance before any Missed Test and/or a Filing Failure is issued. That review includes an assessment of whether the DCO followed the required procedures, including in gaining access to your declared location, by making reasonable efforts to locate you throughout the 60-minute time slot, and, unless specifically instructed otherwise, in making a phone call in the last 5 minutes if the DCO was unable to locate you up to that point.

As noted above, the making or otherwise of the phone call, or the success of the phone call if placed, is not relevant to the reasonableness of the DCOs attempt and is no defence to a Missed Test.

If you believe that a DCO did not follow the required procedures, or acted improperly, this can be raised in your written response to the alleged Missed Test/Filing Failure.

More generally, if you believe that a DCO has not followed the required procedures, or has acted improperly, you may report the information directly to the AIU: quality@athleticsintegrity.org

Q8. What if I am not allowed to use my phone during my 60-minute slot – for example, during military training?

You are responsible for being available and accessible for Testing for the duration of your 60-minute slot—with or without a phone call.

If you know in advance that you will not have access to your phone during a certain time, **you can choose a different 60-minute slot** when you will be fully available and reachable.

Remember that a DCO's phone call is a last resort to confirm that you are at the specified location, rather than to locate you for testing. You should not rely on receiving a call before making yourself available at the location.

Q9. When does the 60-minute waiting period before giving a blood sample officially start?

There is no fixed official start time—the 60 minutes waiting time for providing blood samples is measured from when you finish training, competing, or any similar physical activity.

Under the 2027 Code, a blood sample cannot be collected until at least 60 minutes after you have stopped physical activity. If you are notified for testing before that 60-minute period is up, you will remain under observation until it is complete.

In simple terms: Stop training → wait 60 minutes → blood sample can be collected.

Q10. Can a certified or batch-tested supplement still be contaminated?

Yes. While you can have greater confidence that a certified or batch-tested supplement may *not* contain prohibited substances when compared to a supplement that has not been tested, no supplement is entirely risk-free.

Q11. What steps can I take to protect myself if I commit an anti-doping rule violation inadvertently caused by a contaminated supplement?

First, if you must use supplements, you should use certified or batch-tested products. However, as set out above, this is still not without risk.

When you are tested, you should make sure to disclose fully and in precise detail, all the supplements that you have taken in the 7 days before a Sample is collected from you.

When completing the Doping Control Form, you should:

- refer to each supplement using its specific product name and manufacturer (rather than general terms such as "creatine", "multivitamins", "protein", or "pre-workout").
- provide the specific batch number of the supplement.
- specify precisely how frequently and how much you used.

For example: From [DATE] to [DATE], XX grams/XX scoops/XX tablets/XX drops (as applicable), XX times per day.

Keep detailed records: To assist you in providing this information, you should keep full and detailed written records of all supplements that you take, including the information listed above. You can then provide this information to the DCO whenever you are tested.

Keep proof of purchase: You should keep copies of all proofs of purchase (receipts, invoices, or order confirmations) for every supplement that you use.

If supplements are provided to you free of charge, you should ask for written records or evidence of the supplements that were provided by the person or company that supplied them, at the time they are given to you.

Keep samples of your supplements: You should also keep samples of the supplements that you take in their original packaging so that they can be retrieved later if needed.

For example: Leave approximately 1–2 scoops of powder in the original supplement container or 1–2 tablets in the original blister pack or product jar.

These stored samples can then be provided to the AIU for testing at a later date, if necessary.

In summary, record and maintain the following information related to the supplements you are taking:

Product Details

- Specific product name
- Brand/manufacturer
- Batch number
- Record these details on the Doping Control Form

Details of Use

- When you started taking the supplement
- How much you took
- How often you took it

Proof of Purchase

- Receipts
- Invoices
- Order confirmations

Product Samples

- Samples from the same batch number
- In their original packaging

Key message: Keeping full and accurate records is essential. Start now: keep receipts and records for all supplements that you buy or are given. Log every supplement you take, including how much and how frequently, and retain samples in their original packaging.

Q12. What benefits can I get from admitting an anti-doping rule violation promptly?

Under the 2027 Code, an Athlete may reduce their ban if they admit the violations and accept the proposed consequences no later than 20 days of receiving a notice of charge, your ban may be reduced by 25% up to a maximum of 1 year (if your ban is longer than 4 years).

Q13. Are there other ways that a ban can be reduced?

Under the 2027 Code, a period of a ban may be suspended if an Athlete provides Substantial Assistance or Other Valuable Information or Assistance:

1. **Substantial Assistance** If a banned Athlete provides information that, for example, helps identify or expose an anti-doping rule violation by another person, their ban may be suspended by up to 75% (or in exceptional circumstances even longer).
2. **Providing Other Valuable Information** If a banned Athlete provides information and assistance that is still very valuable to the fight against doping in sport – but this information is not enough to qualify as Substantial Assistance (for example, full details of their doping programme/regimen which helps the AIU with its testing or investigations – a ban may be suspended by up to 15%.

Suspensions of a period of the period of Ineligibility for Substantial Assistance or Other Valuable Information and Assistance may be granted in addition to the 25% reduction for a prompt admission and acceptance of consequences as set out above.

The period of a ban to be suspended for Substantial Assistance or Other Valuable Information or Assistance will depend on the specific circumstances to be assessed on a case-by-case basis.

Understand the difference between reduction and suspension of bans: When a ban is **reduced**, the total length of your ban is made shorter, and that's final. For example, if a two-year ban is reduced by 6 months, your ban becomes 18 months. Those 6 months are gone for good – once the ban is cut, it stays cut, and nothing can bring that time back.

When a ban is **suspended**, the total length stays the same on paper, but part of it is put on hold so you don't have to serve it for now. For example, if 6 months of a two-year ban are suspended for Substantial Assistance, the ban is still two years, but you don't serve the last 6 months – so you return after 18 months. The difference is that this suspended time can be brought back later. If you stop meeting your Substantial Assistance obligations, those 6 months can be reimposed.

Q14. If I am found to have committed an anti-doping rule violation with no fault or negligence, will my personal information be protected?

Yes.

Under the 2027 Code, if you are found to have no fault or negligence for an anti-doping rule violation, your name and personal details will **not** be made public without your consent, unless your identity is already public, consequences have been or are being imposed, or there are other compelling circumstances supporting publication.

Q15. Will I have the opportunity to present my defense before my case is made public?

You will be notified by the AIU of a case before any information about that case is made public.

If a Provisional Suspension is imposed then the AIU may publish the details of that Provisional Suspension at the same time, or very shortly after you have been notified.

For more detail on how the AIU handles public disclosure, please refer to the AIU Public Disclosure Policy at

<https://www.athleticsintegrity.org/downloads/pdfs/notifications-and-sanctions/en/AIU-Public-Disclosure-Policy170718.pdf>

However, after you are notified, the process allows you to give your full explanation and provide all relevant information, and to request a full hearing of your case before the Disciplinary Tribunal, if necessary, before any outcome is reached.

You will always have the opportunity to respond before a final decision is made and before the full details of your case are published.

The key message: Engage early, respond promptly to any notification, and seek legal advice as soon as possible. The sooner you engage, the better.