1. Notification and reporting
A Chaperone / Doping Control Officer (DCO) will notify you of your selection for testing, showing you their ID. You will need to show photographic ID of your own, and report straight to Doping Control, staying in the sight of the Chaperone / DCO at all times. You are also permitted to have an accompanying person go with you.

If you see or hear of anything related to doping, you can contact us – in complete confidence – at +377 99 99 64 04

Or, if you would feel happier not speaking to someone, then there is an anonymous online form that can be completed on the AIU or World Athletics website, and you can also email directly to: intelligence@athleticsintegrity.org

You can also report to our intelligence unit through social media:

@AIU_Athletics
Athletics Integrity Unit

Athletics Integrity Unit, 1st Floor,
6 Quai Antoine 1er, MC 98007 Monaco

2. Sample provision
When ready, you will need to choose a collection vessel from a selection. Check to make sure it is sealed and clean.

You will need to remove enough clothing to allow the DCO to have a direct view as you provide the sample.

You must provide at least 90ml of urine. If the volume provided is less than that, you must provide another sample. The first, partial, sample will be temporarily sealed, and later mixed with the new sample.

When you have provided the sample, close the vessel, and return to Doping Control. You are in control of your sample, and nobody else should handle it unless you ask them to.

Next, you will need to choose from a selection of sealed sample kits. Check to make sure that the ‘A’ and ‘B’ bottles inside are sealed, clean, and unbroken, and that all the ID numbers match.

As directed by the DCO, you are then required to divide your sample between the ‘B’ bottle (a minimum of 30ml) and ‘A’ bottle (a minimum of 60ml), before sealing both bottles, and placing them in the plastic bag, and then into the storage box.

The DCO will then check the Specific Gravity of your sample. If it is too dilute, the details will be recorded, and you may be asked to provide further samples.

Finally, you should take the time to once again check all the information on the DCF. Once you are satisfied with it, you are required to sign the form.

The DCO will then also sign the form, before tearing off your copy, and handing it to you. You should ensure that you take your copy, and keep it safe.
THERAPEUTIC USE EXEMPTIONS

A Therapeutic Use Exemption (TUE) allows you to use a Prohibited Substance or Method when you can provide genuine, documented medical proof that it is required.

All athletes requiring the use of a Prohibited Substance or Method must have a valid TUE. However, only international-level athletes should apply to the World Athletics. Other athletes should apply to their national TUE body (either the National Federation, or the National Anti-Doping Organisation).

If you are an international-level athlete, you can apply for a TUE by completing a TUE application form, and submitting it to the World Athletics no later than 30 days prior to needing approval. You can download a TUE application form directly from the World Athletics website.

If you have any TUE-related questions, please contact: tue-application@worldathletics.org

BLOOD SAMPLING

The Blood Sampling procedure follows most of the same steps as the Urine process; with a few alterations:

• Before the sample is taken, you will need to be seated for at least ten minutes (or, up to two hours if you have been exercising)
• After showing their ID and Qualifications, the Blood Collection Officer (BCO) will select the best vein from either your arm or hand only
• Sufficient blood shall be withdrawn to meet the required analysis, but no more than 25ml will be taken
• The BCO will then remove the needle, and apply a dressing to the area

Only a small volume of blood will be withdrawn, so you should not suffer any ill-effects afterwards.

The Athlete Biological Passport monitors biomarkers over time. The focus is not on the detection of Prohibited Substances or Methods themselves, but on proving use and effect of Substances and Methods via abnormal variations in biomarkers that would otherwise be stable in your blood.

WHEREABOUTS

The World Athletics has a Registered Testing Pool (RTP) of athletes. If you are selected as part of the World Athletics RTP, you are required to provide information on your Whereabouts, on a quarterly basis.

The RTP is established from 01 October each year, but is constantly reviewed and updated, and an athlete may be added to it at any time.

The World Athletics RTP includes the top-ranked athletes in each event, by reference to the official World Athletics World Rankings and Performance Lists, as well as any other athlete the World Athletics decides to include at its own discretion.

If you are selected as part of the World Athletics RTP, you will be informed directly, and need to provide the following information, for every day of the year:

• A 60-minute time slot, when you can be located for testing
• An overnight residential address
• A mailing address
• Any regular activity (training, work etc.)
• Your competition schedule

Since 01 October, 2012, all World Athletics RTP athletes are required to submit their Whereabouts information directly, and online, through ADAMS.

FURTHER INFORMATION

More details on all the areas covered here can be found through AIU website, at: www.athleticsintegrity.org/know-the-process

General information on Anti-Doping is also available through the WADA Website, at: www.wada-ama.org

Medicinal ingredients can be checked through Global DRO, at: www.globaldro.com (CAN, UK, and USA prescriptions only)

And accessing the ADAMS Whereabouts programme is via: adams.wada-ama.org

STAY ON TRACK, BE DRUG FREE

“'To know I’m running clean is so important. You have to put the work in; no short cuts”' Allyson Felix, 6x Olympic, and 9x World Gold Medallist