



[www.athleticsintegrity.org](http://www.athleticsintegrity.org)

## ANTI-DOPING ADVICE GUIDE



### STAY ON TRACK, BE DRUG FREE

The IAAF has always been at the forefront of the fight against doping. As part of our on-going commitment to keeping our sport drug free, the IAAF and the newly-created Athletics Integrity Unit (AIU) believe that we all have a responsibility in this battle, and should actively commit to the cause.

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 IAAF website, and you can also email directly to:

[intelligence@athleticsintegrity.org](mailto: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

### THE PROHIBITED LIST

The World Anti-Doping Agency (WADA) Prohibited List outlines and defines Substances and Methods banned In-Competition, as well as those banned at all times. It is updated at least annually, and is effective from 1 January each year.

As an athlete, you should ensure you know what is included on the List, which can be found on the AIU, IAAF and WADA websites:

[www.athleticsintegrity.org](http://www.athleticsintegrity.org)

[www.iaaf.org](http://www.iaaf.org)

[www.wada-ama.org](http://www.wada-ama.org)

According to the principle of strict liability, **as an athlete, you are solely responsible for whatever is in your body at all times.** Alongside the List, you must take all steps to verify the ingredients of all medicines and supplements. Be sure to talk to your Anti-Doping Organisation, or doctor, if in any doubt. And never purchase supplements from non-reputable sources. Some online resources can help with this, but may not be able to check supplements, and product ingredients may vary from country-to-country.

### ANTI-DOPING RULE VIOLATIONS

- Presence of a Prohibited Substance or its Metabolites or Markers
- Use or Attempted Use of a Prohibited Substance or Method
- Evading, Refusing or Failing to Submit to Sample Collection
- Whereabouts Failures
- Tampering, or Attempted Tampering with any part of Doping Control
- Possession of a Prohibited Substance or Method
- Trafficking, or Attempted Trafficking of a Prohibited Substance or Method
- Administration, or Attempted Administration to Any Athlete of Any Prohibited Substance or Any Prohibited Method
- Complicity
- Prohibited Association

### SAMPLE COLLECTION

#### 1. Notification and reporting

A Chaperone / Doping Control Officer (DCO) will notify you of your selection for testing, showing you their ID.

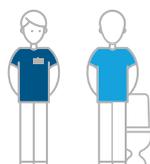


You will need to show photographic ID of your own, and report straight to Doping Control, staying in the sight of the Chaperone / DCO at all times.

You are also permitted to have an accompanying person go with you.

#### 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.

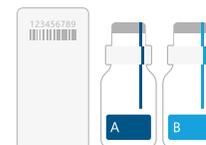


You will need to remove enough clothing to allow the DCO to have a direct view as you provide the sample.

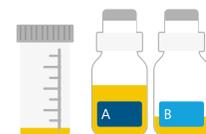
You must provide at least 90ml of urine. If the volume provided is less than that, you must provide another sample. The first, partial, sample will be temporarily sealed, and later mixed with the new sample.

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.

#### 3. The Doping Control Form

The DCO will record all your sample details on the Doping Control Form (DCF), before asking you to check all the information.

You will then be asked to disclose any medication or supplements that you have taken in the last seven days. You also have the opportunity to write down any comments that you have on the Doping Control procedure, or on any other aspect of testing.



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.

## 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 you 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.

## FURTHER INFORMATION

More details on all the areas covered here can be found through AIU website, at:

[www.athleticsintegrity.org/know-the-process](http://www.athleticsintegrity.org/know-the-process)

General information on Anti-Doping is also available through the WADA Website, at:

[www.wada-ama.org](http://www.wada-ama.org)

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

And accessing the ADAMS Whereabouts programme is via:

[adams.wada-ama.org](http://adams.wada-ama.org)

## 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 IAAF. 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 IAAF no later than 30 days prior to needing approval.

You can download a TUE application form directly from the IAAF website.

If you have any TUE-related questions, please contact:

 [tue-application@iaaf.org](mailto:tue-application@iaaf.org)

## WHEREABOUTS

The IAAF has a Registered Testing Pool (RTP) of athletes. If you are selected as part of the IAAF 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 IAAF RTP includes the top-ranked athletes in each event, by reference to the official IAAF World Rankings and Performance Lists, as well as any other athlete the IAAF decides to include at its own discretion.

If you are selected as part of the IAAF 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 IAAF RTP athletes are required to submit their Whereabouts information directly, and online, through ADAMS.

## UPDATING

You should always aim to make changes directly in ADAMS. However, we understand that plans and circumstances change. As such, you can update your details at any time by contacting:

 [whereabouts@athleticsintegrity.org](mailto:whereabouts@athleticsintegrity.org)

More information on the IAAF RTP, including a list of all athletes currently selected as part of it, and clarification of the requirements, can be found on the AIU website.

**“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

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