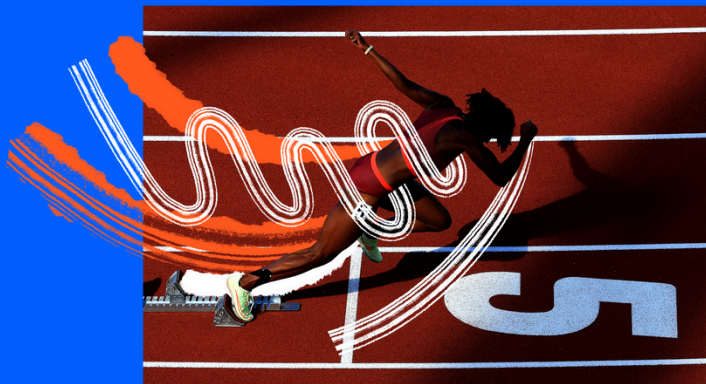


# Road to Tokyo

An integrity guide for the  
2025 World Athletics Championships

(13-21<sup>st</sup> September, Tokyo, Japan)



📷 [aiu\\_athletics](https://www.instagram.com/aiu_athletics)

🐦 [aiu\\_athletics](https://twitter.com/aiu_athletics)

🌐 [aiu\\_athletics](https://www.linkedin.com/company/aiu_athletics)

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

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

This leaflet provides essential information for all athletes and athlete support personnel (ASP) participating at the 2025 World Athletics Championships (WCH Tokyo 25).

This information will help you to stay on the right side of the Integrity Code of Conduct and Anti-Doping Rules before, during and after WCH Tokyo 25.



[athleticsintegrity.org/road-to-tokyo](https://athleticsintegrity.org/road-to-tokyo)

# Who is the Athletics Integrity Unit (AIU)?

The Athletics Integrity Unit (AIU) is the independent body created by World Athletics that manages all integrity issues – both doping and non-doping – in the sport of athletics.

We...

engage

support

empower

advocate

educate

communicate

test

investigate

prosecute





# The Power of Respect

The Power of Respect campaign was launched at the Budapest World Championships in 2023 to highlight the power that respect for yourself, for others and the rules, has on **protecting the integrity of our sport**.

This campaign has since had global impact and high engagement across the athletics community.

At WCH Tokyo 25, this campaign will evolve to highlight the power of respect for others through everyday actions. This will be the focus of our outreach activities at WCH Tokyo 25, where we invite you to connect with us to discuss what the power of respect means to you and for you to receive our in-person support and more information about all integrity topics.

Between 11-21 September, you will find us at the Shinagawa Prince Hotel (Team Hotel) Annex Tower 5F next to the dining hall (Prince Hall).

World Athletics Athletes' Commission members, Aisha Praught-Leer and Dame Valerie Adams at our stand in the 2023 World Athletics Championships in Budapest.



# Anti-Doping Programme in Tokyo



## Before WCH Tokyo 25

Upon your arrival in Tokyo, you may be selected for pre-competition\* testing at the Teams' hotel. If you are selected, you will be invited to proceed to the doping control station set-up in a central location in the Team's hotel.



## During WCH Tokyo 25

The AIU will conduct testing at the stadium and out-of-stadium venues through the course of the championships. You may be tested at the competition venues, regardless of whether or not you were tested pre-competition.



## After WCH Tokyo 25

You can be tested as usual, by the AIU, your National Anti-Doping Organisation (NADO) and other NADOs if abroad.

# In-Competition and Out-of-Competition period

Even if you take a substance Out-of-Competition, if it is banned In-Competition and found in your sample (collected In-Competition), you may be sanctioned!

This is just one of the reasons why it is so important for you to know the difference between In-Competition and Out-of-Competition periods:

In-Competition	Out-of-Competition
The period commencing at 23:59 on the day before a Competition in which the athlete is scheduled to participate, through to the end of such Competition and the sample collection process related to such Competition.	Any period that is not In-Competition. This means at all other times.
* Pre-Competition is the period before an Event begins, typically starting upon your arrival at event accommodation. During this time, Out-of-Competition testing rules apply.	

# The Prohibited List

The 2025 WADA Prohibited List will be used for WCH Tokyo 25. The List includes all the substances and methods that are prohibited In- and Out-of-Competition.

## Therapeutic Use Exemption (TUE)

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 who compete at WCH Tokyo 25 are considered 'International-Level' and **must have a valid TUE before using a prohibited substance or method.**



A current TUE that has been approved by your NADO needs to be sent to the AIU for approval or recognition by 14<sup>th</sup> August (30 days before the start of WCH Tokyo 25): [tue@athleticsintegrity.org](mailto:tue@athleticsintegrity.org).



If you learn that you need a TUE, apply to the AIU as soon as possible following this [application process](#).



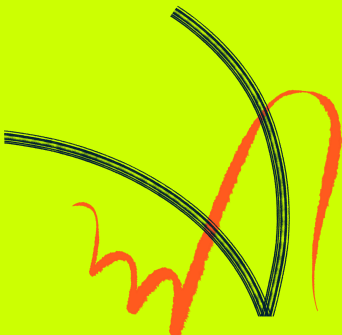
# Whereabouts

At WCH Tokyo 25, Registered Testing Pool (RTP) athletes must continue to submit detailed Whereabouts information for every day. It remains the athlete's responsibility to ensure this information is accurate and up to date at all times.

## Whereabouts information must include:

- Daily overnight accommodation
- Daily 60-minute time slot
- Competition schedule
- Regular activities  
(for example, training schedule)
- Travel schedule

*Athletes not in a testing pool do not need to submit Whereabouts information at WCH Tokyo 25.*



## Key reminders for Testing Pool athletes going to WCH Tokyo 25

In the lead up to WCH Tokyo 25

If you are travelling for events, qualifiers, training camps, be sure to keep your whereabouts up to date and accurate.

Upon arrival in Tokyo, before WCH Tokyo 25 begins

Update your whereabouts information with your room number, training and competition schedules, as soon as received.

During WCH Tokyo 25

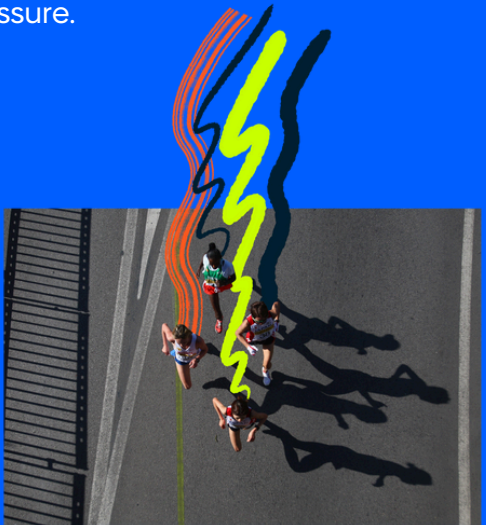
Ensure your Whereabouts is accurate across all information categories. Make updates as soon as you are aware of changes.

Following WCH Tokyo 25

Submit whereabouts information as usual.

# Competition manipulation

Is any attempt to control the outcome of a competition or alter the natural course of a sporting event, or part of it. This can include result alteration, outcome-fixing, modifying equipment, corruption, under-performing, or sharing inside information. Such acts may or may not be committed for financial gain, sporting advantage, or due to external pressure.



# At WCH Tokyo 25



DO report any approaches you are aware of at the first opportunity, either anonymously through our reporting channels, or in-person to any member of AIU staff.



DO co-operate with any investigations that are being conducted.



DON'T be involved in any aspect of altering results at WCH Tokyo 25 for the benefit of yourself or others.



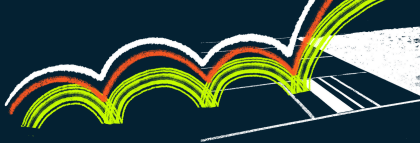
DON'T give, seek or receive benefits related to competition manipulation or any other form of corruption.



DON'T bet in your own event or on any other event and DON'T ask others to bet on your behalf.



DON'T share inside information (such as telling others about an athlete's injury).



# Shoe regulations

The World Athletics Shoe Regulations state which shoes can be worn when competing.

Approved shoes can be checked [here](#).

## Before WCH Tokyo 25

- Make sure you check your footwear so your performance can be counted!
- You may need to complete a shoe declaration to confirm the model of shoe you will compete in and to verify they are on the authorised shoe list.
- Apply for approval if your shoes need modifications for medical reasons.

## At WCH Tokyo 25

- DO NOT wear development or bespoke shoes.
- You may undergo shoe control so keep your athletic shoes with you after your event.

For more information, contact [rules@worldathletics.org](mailto:rules@worldathletics.org) or see the [frequently asked questions](#).

# Safeguarding

Creating a safe and welcoming environment where everyone is respected and valued is at the heart of safeguarding. Everyone has a role to play in actively preventing abuse, harassment or exploitation from happening in athletics.

## Before WCH Tokyo 25

All athletes and ASP should read the [Event's Safeguarding Policy](#) and framework which aims to implement a safe and positive environment for all.

## During WCH Tokyo 25

The World Athletics Safeguarding Officer will be available to hear any safeguarding concern you might have and ensure appropriate measures are taken:  
[safeguarding@worldathletics.org](mailto:safeguarding@worldathletics.org)



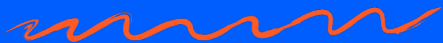
# Play your part by reporting



Whether you are an athlete or an ASP, the respect you have for yourself, other athletes and the rules is essential to helping us keep athletics clean, safe, and fair.

One way you can protect the integrity of our sport is to report integrity breaches - no matter how big or small. This information could be crucial in identifying integrity violations within our sport.

Our new reporting tool allows us to communicate directly with those who use our secure inbox to confidentially share their concerns. This two-way communication is critical as we can gain a more complete understanding of the concern(s) and provide meaningful feedback.



**You can make a report  
anonymously at**

[athleticsintegrity.org/make-a-report](https://athleticsintegrity.org/make-a-report)

“

We should take ownership of the integrity of our sport and take every opportunity to learn about the rules and the structures in place to protect our sport's integrity.

Dame Valerie Adams  
Chair of World Athletics  
Athletes' Commission

