

# **WORLD ATHLETICS MEDICAL & ANTI- DOPING DEPARTMENT**

**ADVISORY NOTE – BLOOD SAMPLE COLLECTION PROCEDURE,  
AND BLOOD TESTING.**

# ADVISORY NOTE – THE BLOOD SAMPLE COLLECTION PROCEDURE, AND BLOOD TESTING

Blood Testing has, for many years, formed an integral part of the World Athletics Anti-Doping Policy. With increasing evidence that some athletes are seeking to cheat using new and more sophisticated methods of blood doping, this testing has now assumed even greater importance. World Athletics has responded with a commitment to conduct more blood testing than ever before in its history.

## What do I need to know about the Blood Sampling Process?

As an athlete, you can be selected for blood sampling at any time and in any place, either **In-** or **Out-of-Competition**.

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

- You may choose to be accompanied by a representative and, if required, an interpreter;
- You will be informed of the blood sample collection procedures before the process starts;
- You will be asked to sign a notification form, consenting to a blood sample being taken from you;
- The Blood Collection Official (BCO) will provide evidence of their qualification to take blood samples, upon request;
- 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);
- You will be presented with a choice of blood sampling kits, from which to make a selection;
- The sample will be withdrawn from your arm or hand only;
- Sufficient blood shall be withdrawn to meet the required analysis, but no more than 25ml will be taken;
- Once the procedure is complete, the BCO will remove the needle, and apply a dressing to the area;
- You must verify that the sample is securely sealed after collection;
- You must check the Doping Control Form for accuracy, including checking the code numbers, and you must list on the Form any comments you have on the procedure before signing it;
- You will be given a copy of the Form to take away with you.

**Only a small volume of blood will be withdrawn, so you should not suffer any ill-effects afterwards, and the actual process itself is considerably quicker and easier than the urine sample collection procedure.**



## Blood testing

### What Blood Testing does World Athletics

**Conduct?** Blood samples will be collected for two purposes:

#### 1) Blood screening for Haematological Parameters

Purpose: to screen the blood for levels of parameters (e.g. haematocrit, haemoglobin, reticulocytes) in order to determine atypical results linked to doping practices, and to calculate the athlete's OFF-Model Score.

Number of samples taken: One or two tubes x 3ml.

Method of screening: These samples may be screened on-site using mobile haematological analysers or analysed by WADA accredited Laboratory.

Should any of the above parameters or the calculated OFF-Model score exceed the values set out in the World Athletics Blood Testing Protocol, the athlete may be asked to provide a urine sample and the urine sample shall be analysed for the full range of prohibited substances and methods, including erythropoietin (EPO). The same blood sample could be analysed for substances detectable in plasma (e.g. CERA or other rEPO analogues) in a WADA accredited laboratory.

## 2) Blood Analysis for the Detection of Prohibited Substances and Methods

Purpose: to analyse the blood for the presence of prohibited substances and methods such as Blood transfusions, Haemoglobin based oxygen carriers (HbOCs), Growth Hormone, etc.

Number of samples taken: Two tubes ("A" and "B" sample) of 3ml each.

Method of Analysis: The samples will be transported for analysis at a WADA-accredited laboratory.

## What do I need to know about the Blood Sampling Process?

### Selection for Testing

You can be selected for blood sampling at any time and in any place, either *Out-of-Competition* or *In-Competition*.

### Collection of Blood Samples

If you are asked to provide a blood sample:

- You may choose to be accompanied by a representative and, if required an interpreter;
- You will be informed of the blood sample collection procedures before the procedure starts;
- You will be asked to sign a notification form of consent to collect a blood sample from you;
- Samples can only be taken by a qualified phlebotomist (though not necessarily of the same gender as you). As such, the designated Blood Collection Official (BCO) will provide evidence of their qualification to take blood samples, upon request
- You will be asked a series of questions, which help in the interpretation of the final parameter readings;
- You will have the opportunity to relax prior to providing your sample;
- You will be presented with a choice of blood sampling kits from which to make a selection;
- The sample will be withdrawn from your arm or hand only;
- Sufficient blood shall be withdrawn to meet the required analysis, but no more than 25ml will be taken;
- Once the procedure is complete, the BCO will remove the needle, and apply a dressing to the area
- You must verify that the sample is securely sealed after collection;
- You must check the Doping Control Form for accuracy, including checking the code numbers and you must list on the Form any comments you have on the procedure before signing it;
- You will be given a copy of the Form to take away with you.

### Points to Remember

- The ultimate responsibility is yours. You and you alone are responsible for what enters your body.
- Take time to know the World Athletics Anti-Doping Rules and Regulations and how they might affect you.
- Find out which substances and methods are prohibited in Athletics.
- If you refuse to provide a blood (or urine) sample, you may be found guilty of an anti-doping rule violation and sanctioned for a minimum of two years.

Note: Please be advised that this is not a legal document. The information contained in it is subject to change at any time and, in case of any discrepancy between this information and the [World Athletics Anti-Doping Rules/ Regulations](#), the latter shall prevail. Always be aware of the most up-to-date World Athletics Anti-Doping Rules and Regulations.