



## ATHLETE ADVISORY

### BLOOD TESTING

Last updated 28.09.09

#### **Why do Blood Testing?**

Blood Testing has for many years formed an integral part of the IAAF 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. The IAAF has responded with a commitment to conduct more blood testing than ever before in its history.

#### **What Blood Testing Does the IAAF 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 practises, and to calculate the athlete's OFF-Model Score.

Number of samples taken: 1 or 2 tubes x 3 ml.

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 IAAF's 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 EPO. The same blood sample could be analyzed for substances detectable in plasma (e.g. CERA or other rEPO analogous) 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: 2 tubes ("A" and "B" sample) of 3 ml 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.
- The Blood Collection Official will provide evidence of their qualification to take blood samples upon request.
- 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.
- 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 IAAF 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 2 years.

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