

● IAAF ANTI-DOPING PROGRAMME - ATHLETES GUIDE

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# MESSAGE FROM THE PRESIDENT

It gives me great pleasure to introduce this new Athletes Guide to the IAAF Anti-Doping Programme.

The IAAF has always been a leader in the anti-doping fight, and in cooperation with our Member Federations, Governments, and our International partners we will do all we can to intensify this vital work. Testing will always be an important part of this programme, but on its own, testing is not enough. Athletes at all levels need to be knowledgeable about anti-doping issues, and must actively commit to this cause.

This Athletes Guide has been designed as a simple and easy-to-read booklet which provides an introduction to the main aspects of the IAAF Anti-Doping Programme. After they have read this booklet I would encourage all athletes who might have further questions on this topic to make use of the resources provided at the rear of the booklet to further their research in this area. We at the IAAF are always ready to answer your questions and assist you in anyway possible in order that you may be fully updated on these crucial and career changing topics.

I would like to thank our IAAF Athlete Ambassadors who have provided their image and words of encouragement for this booklet. They are the true champions of our sport and prove that you can reach the very pinnacle of athletics through talent, hard work and dedication – doping is certainly not needed when striving for excellence.

Finally I would like to thank you, the athlete, for taking the time to read this booklet, for your commitment to competing without cheating, and for keeping our great sport of athletics healthy and drug free.

Yours for a healthy and doping free sport,



Lamine Diack



BE PROUD, BE CLEAN, BE DRUG FREE



# THE PROHIBITED LIST

The Prohibited List, otherwise known as the “List” is a document which outlines and defines the list of substances and methods prohibited as doping. It is updated at least annually by WADA, and each new version comes into effect on the first of January each year.

## Why are substances or methods included on the List ?

A substance or method will be considered for inclusion on the Prohibited List if WADA determines that the substance or method meets any two of the following three criteria:

1. The substance or method has the potential to enhance, or enhances, sport performance
2. The substance or method represents an actual or potential health risk to the athlete
3. WADA's determination that the use of the substance or method violates the spirit of sport described in the introduction to the World Anti-Doping Code.

## Where can I find a copy of the List ?

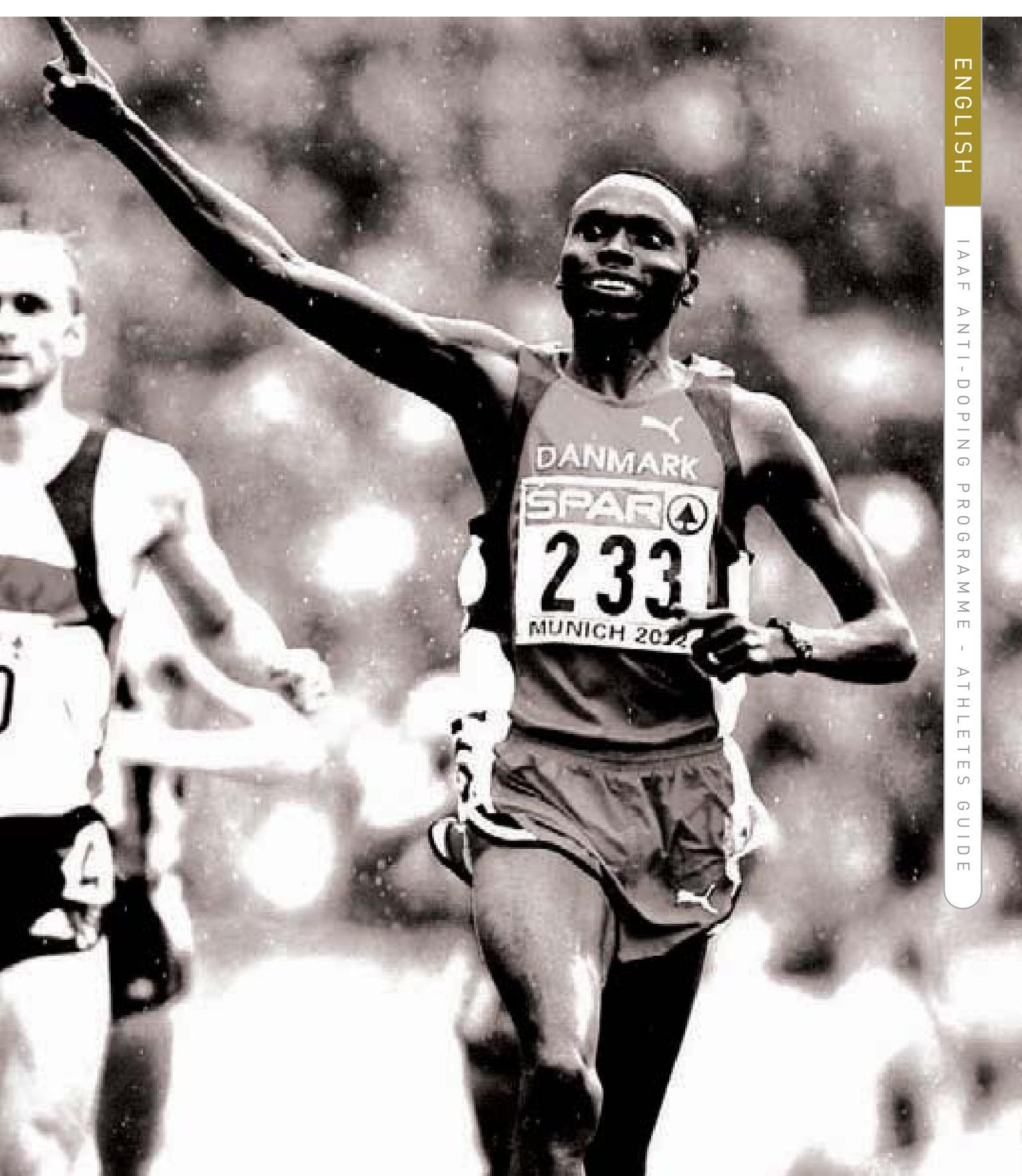
You can view a copy of the Prohibited List by visiting the IAAF website at [www.iaaf.org/antidoping](http://www.iaaf.org/antidoping). The IAAF also has a Prohibited List Booklet which contains the List in English, French, Spanish, and Chinese. These can be ordered from the IAAF Medical & Anti-Doping Department.

## Warning

Some substances which appear on the Prohibited List may be available in substances which are easily purchased “over the counter” at local pharmacies

- Make sure you carefully check the contents of all medications you have purchased (refer to our resources section at the back of this booklet for organisations who may be able to assist you)
- Each time you visit your doctor, remind them that you are an elite athlete and make sure they have a copy of the Prohibited List so they do not prescribe any banned medication.





### Wilson Kipketer (DEN) 800m

Three-time World Champion (1995, 97, 99) / European Champion (2002)  
World Indoor and Outdoor Record holder

“Drugs are not good in our sport. They make us unnatural and never what we imagined in our dreams. One can be a true champion without drugs. One can also break World Records like we did without drugs. This brings only a sweet legacy with no regrets – something that is not possible if you cheat and use doping.”

# ANTI-DOPING RULE VIOLATIONS

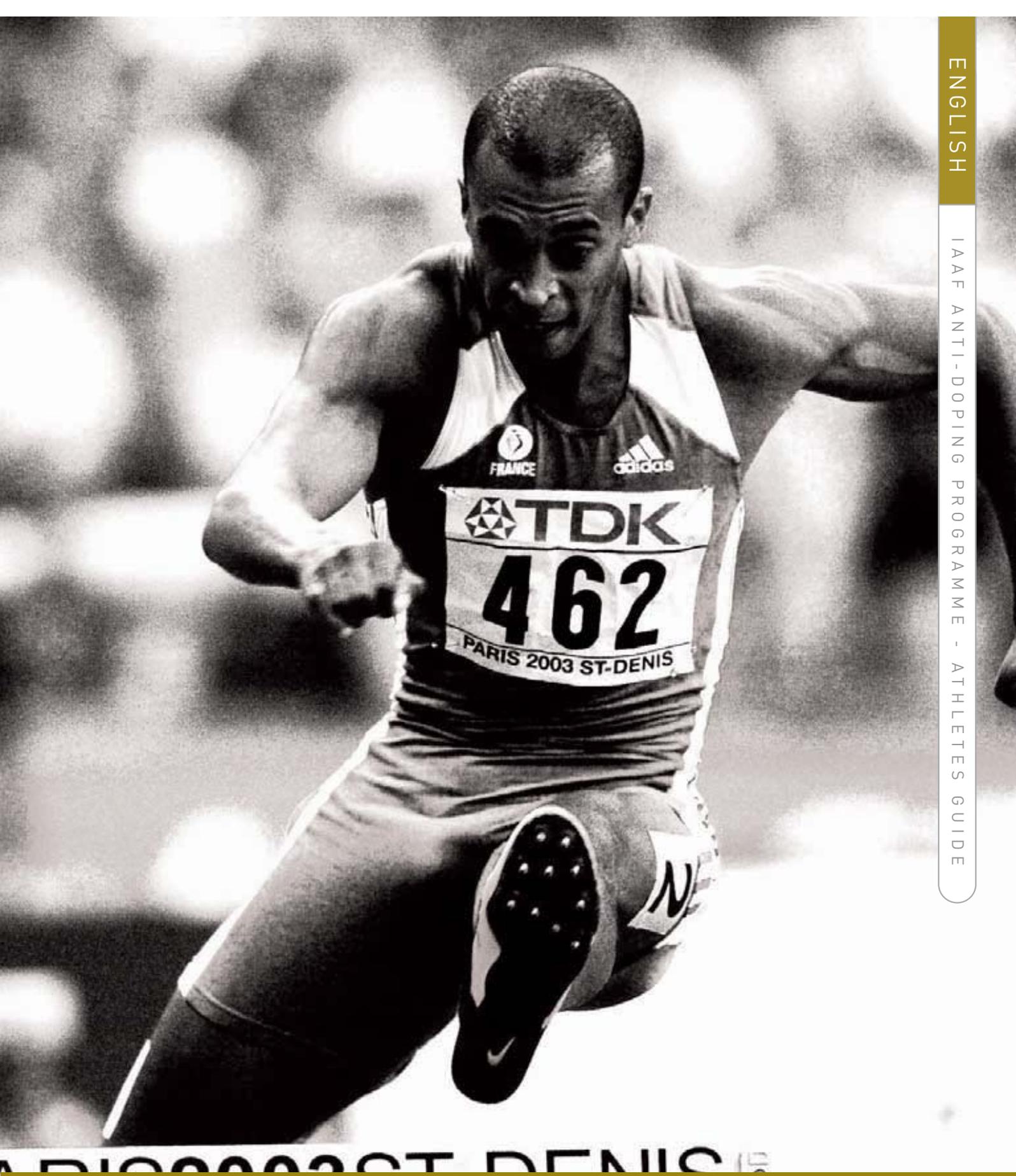
(Art 32 - IAAF Competition Rules)

**Doping is defined as the occurrence of one or more of the following anti-doping rule violations:**

- the presence of a prohibited substance or its metabolites or markers in an athlete's body tissues or fluids ;
- the use or attempted use of a prohibited substance or prohibited method ;
- the refusal or failure, without compelling justification, to submit to doping control having been requested to do so by a responsible official or otherwise seeking to evade doping control ;
- the evaluation of 3 missed out-of-competition tests (as defined in Rule 35.17) in any period of 5 years beginning with the date of the first missed test ;
- tampering, or attempting to tamper, with any part of the doping control process or its related disciplinary procedures ;
- the possession of a prohibited substance or prohibited method ;
- trafficking in a prohibited substance or prohibited method ;
- the administration, or attempted administration, of a prohibited substance or prohibited method to an athlete or assisting, encouraging, aiding, abetting, covering up or engaging in any other type of complicity involving an anti-doping rule violation or attempted violation ;
- competing, or attempting to compete, whilst provisionally suspended or ineligible under these Anti-Doping Rules.



BE PROUD, BE CLEAN, BE DRUG FREE



Stéphane Diagana (FRA) 400m Hurdles  
World Champion 1997 / European Champion 2002  
IAAF Athletes Commission / WADA Athletes Commission

“Don't be weak. You can always achieve more without doping.”

# SAMPLE COLLECTION PROCEDURE

The following is an illustrated example of the IAAF sample collection procedures. All Anti-Doping Organisations who are compliant with the World Anti-Doping Code will collect samples in a similar method (there may be very small variations between different organisations)

Make sure to read steps 8 and 9 very carefully. It is crucial that if you have any questions, problems, or notice any mistakes on your doping control form, that you inform your doping control official immediately as well as write these comments on the Form.



## 1. REPORTING FOR TESTING

You will be asked to show your identity card/or accreditation with photo and give your personal and contact details, as well as other relevant information on request.

You are entitled to have a representative present for the doping control.

You are entitled to leave the doping control station only with the agreement of the doping control officer in charge and under proper observation.



## 2. SELECTION OF URINE COLLECTION VESSEL

When you are ready to provide a sample of urine, you may select a sample collection vessel, open it, and make sure that it is unbroken and clean.



## 3. SUPERVISION OF SAMPLE COLLECTION

The urine sample provision will be carried out in a sample collection room (usually a toilet) under observation of a person of the same gender as you.

You must remove sufficient clothing so that the doping control officer has a direct view of the passing off the sample into the collection vessel.

You shall provide a minimum of 75ml urine, or more upon request (100ml recommended for EPO testing).

If the volume of urine is insufficient (<75ml), you must provide a new sample. Your partial sample will be sealed temporarily and then mixed with the new sample.



## 4. SELECTING THE SAMPLE COLLECTION CONTAINERS

When you have provided your sample, close the vessel and return to the doping control administration room.

You may now select a sample collection kit, consisting of "A" and "B" labelled bottles, which will secure and identify your sample.

You must check that the seal of the sample collection kit is unbroken. Then open the kit and make sure that the bottles are in good condition and that the security codes of the bottles and sealing caps are identical



#### 5. DIVIDING THE SAMPLE INTO THE "A" AND "B" BOTTLES

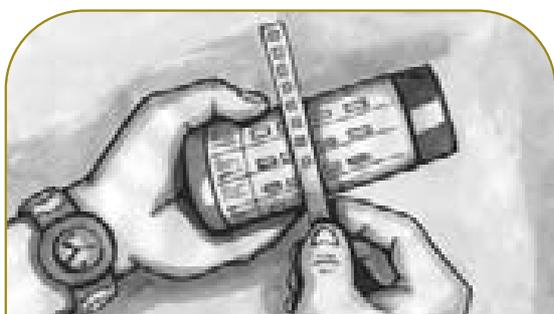
Sample division: pour a minimum of 50ml (lower part of label) into the A bottle, and a minimum of 25ml into the B bottle.

You should leave a few drops in the sample collection vessel to check that the sample is suitable for analysis.



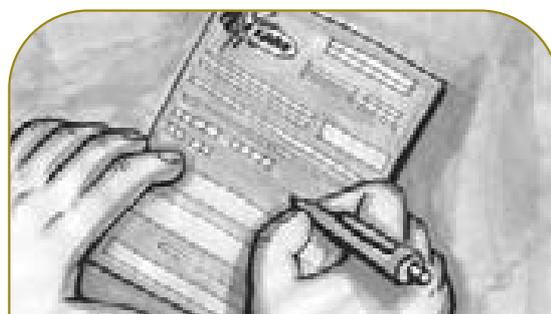
#### 6. SEALING THE SAMPLES

You will be asked to remove the red safety rings from the top of the bottles. Then you should close the bottles by screwing on the sealed caps until the clicking stops and the cap can no longer be tightened. Make sure that the bottles do not leak and cannot be opened.



#### 7. CHECKING THE SPECIFIC GRAVITY OF THE SAMPLE

To ensure it is suitable for analysis, the doping control officer will check the concentration using the remainder of your urine sample which is left in the collection vessel.



#### 8. FILLING IN THE DOPING CONTROL FORM

You should disclose any medication you have taken over the last seven (7) days. You should also record any vitamins, food supplements and herbal products that you have taken.

It will be noted on the doping control form if you are happy with the doping control procedures. If you were not happy, you should give your reasons on the doping control form.



#### 9. CHECKING AND SIGNING THE DOPING CONTROL FORM

You will be asked to carefully check all information on the doping control form, and particularly to make sure that the security codes of the bottles and the doping control form are identical.

You will then sign the form and receive a copy of it.

# BLOOD TESTING

## 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. At the 2005 IAAF World Championships in Helsinki, 402 blood screening samples were collected pre-competition and a further 105 blood samples were collected in-competition.

## What blood testing does the IAAF conduct ?

Blood samples will be collected for two purposes:

1. Blood Screening for haematological parameters and profiling.
2. Blood Analysis for the detection of prohibited substances and methods

## What do I need to know about the blood sampling process ?

You can be selected for blood sampling at any time or place, either out-of-competition or in-competition.

### 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 collection 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.
- 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 may mention 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.

# THERAPEUTIC USE EXEMPTIONS

## What is a Therapeutic Use Exemption (TUE)?

A TUE application is the method by which athletes with a documented medical condition can apply to use a substance or method which is contained in the Prohibited List. Some more common substances only require an abbreviated TUE application, while other prohibited substances would require a more extensive standard TUE application.

## Which kind of substances can I receive a TUE for?

### Beta-2 Agonists

Athletes suffering from asthma or exercise induced asthma and using the inhaled beta-2 agonists: formoterol, salbutamol, salmeterol and terbutaline, must apply for an abbreviated TUE and attach the medical documentation specified in the IAAF Beta-2 Agonists Protocol which can be found on the IAAF website.

### Glucocorticosteroids

- Athletes requiring the use of local glucocorticosteroids such as by local injection or inhalation during competition, must apply for an abbreviated TUE. You must make sure to indicate which international competition you're preparing for when applying for a TUE with the IAAF.

**Note :** you do not need to apply for a TUE for the use of:

- topical Glucocorticosteroids (dermal, ocular, auricular, intrabuccal application);
- Glucocorticosteroids when used out of competition.

### Other prohibited substances

The use of any other prohibited substances must first be approved through a standard TUE application. This process is usually longer than the abbreviated one, and involves a panel of experts reviewing the application before any exemption is permitted.

## How do I apply for a TUE?

International-Level athletes (see definition on page 18), or athletes seeking to participate in International Competitions, must apply for a TUE directly to the IAAF.

All other athletes must apply for a TUE to their relevant national TUE body (e.g. National Athletic Federation or National Anti-Doping Agency).

All TUE applications must be sent on the relevant IAAF TUE Form which can be downloaded from the IAAF website. The applications must be complete and legible, and attach where applicable all the necessary documentation. They must be completed in either French or English.

Athletes should submit their application to the IAAF Medical and Anti-Doping Department:

By mail: 17, rue Princesse Florestine – BP 359 –MC 98007 Monaco

By fax: +377 93 50 83 95

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

For more details on TUE applications to the IAAF, we recommend that you consult the IAAF website to view or download the relevant documents mentioned on this page (application forms, Beta-2 Agonists Protocol, explanatory notes).

# IAAF REGISTERED TESTING POOL

The IAAF Registered Testing Pool (RTP) is the reference pool of athletes to be submitted to the IAAF out-of-competition testing programme. You should be aware that as an athlete you may also be subject to testing from other organisations such as WADA or your National Anti-Doping Agency.

The RTP includes the top ranked athletes in each event by reference to the official IAAF World Rankings and Performances lists in Athletics and any other athlete the IAAF decides to include at its discretion (based on factors such as sudden improvement in performance during the year, return from injury, doping intelligence, lack of a national level testing programme etc).

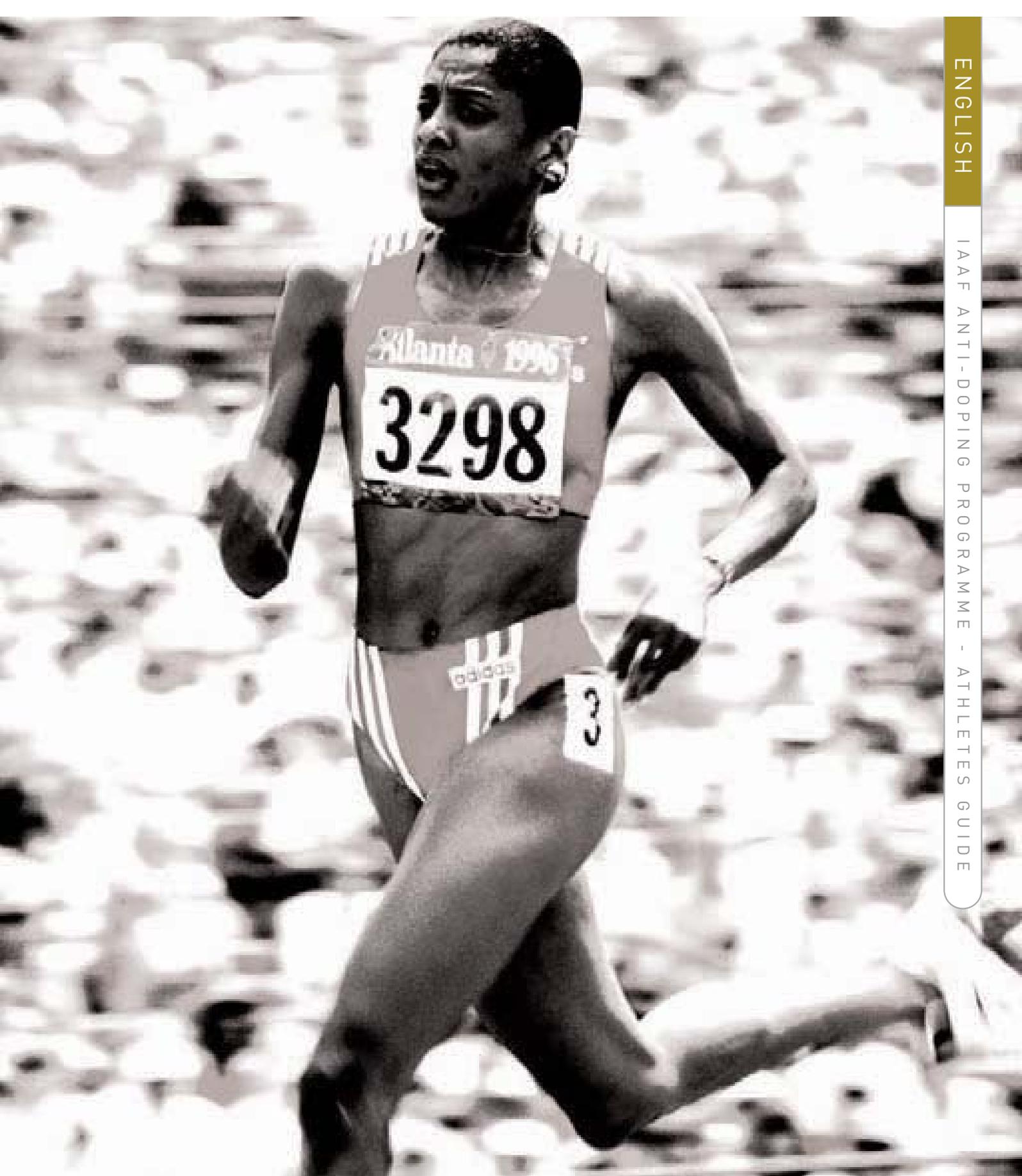
The RTP is established each year from the 1st October and is updated regularly until it is re-evaluated at the end of the following summer season. Athletes added to the RTP shall remain in the RTP until the end of season evaluation unless they are removed by the IAAF.

Athletes may at any time elect to be removed from the RTP (e.g. due to retirement) by completing a Notice of Removal Form. However, should they then wish to return to competition at a later date, they must then give the IAAF 12 months' notice prior to their return. They must also make themselves available for out-of-competition testing during that 12 month period.

## How do I know if I am on the IAAF RTP ?

The first time you are entered onto the IAAF RTP you will be notified in writing. The Registered Testing Pool can also be found on the IAAF website.





Marie-José Percec (FRA) 200m/400m

Two-time World Champion (1991, 1995)

Three-time Olympic Champion

“When you use drugs. You don't run fast, jump high or break world records, because it was not you. Be yourself, be proud, be a fair sportsman with values and ethics. Be drug free.”

# MISSED TESTS & WHEREABOUTS INFORMATION

## What is “whereabouts information”?

Whereabouts information is a written record of where you can be found for testing over the course of a quarterly period: home address, regular training address and training times; temporary training address and training times; travel plans, competition schedule.

Whereabouts Information Forms can be downloaded from the IAAF website :  
[www.iaaf.org/antidoping](http://www.iaaf.org/antidoping)

## Why is whereabouts information so important?

The IAAF and other Anti-Doping Organisations require this information so they can conduct no-advance-notice testing. This form of testing is considered the most effective and the strongest deterrent against doping. Without accurate whereabouts information athletes might be able to deliberately avoid testing, which is not fair for those who are competing fairly.

## Who needs to submit whereabouts information?

Only athletes in the IAAF Registered Testing Pool (RTP) are required to provide whereabouts information directly to the IAAF. You will be notified if you are in the RTP.

Note: you may also be required to provide whereabouts information to your National Federation or National Anti-Doping Organisation if they operate a national out-of-competition testing programme.

## What will be considered to be a “missed test”?

An athlete will be subject to an evaluation for a “missed test” in at the least any one of the following circumstances:

- (i) if he/she fails to respond to the IAAF’s request to provide quarterly whereabouts information;
- (ii) if he/she responds to the IAAF’s request for quarterly whereabouts information but fails to provide adequate whereabouts as required;
- (iii) if, at the time of the designated out-of-competition test, he/she cannot be located by the doping control officer at the location provided in the quarterly whereabouts on file at the IAAF.





### ● How is the missed test evaluation made?

Once there is evidence of a possible missed test, an investigation will be initiated by the IAAF Anti-Doping Administrator. The athlete shall be notified and given the opportunity to explain his/her missed test and this explanation, together with all other relevant evidence (for example, from the doping control officer involved), shall be properly considered before a decision is made.

### ● What is the sanction for 3 missed tests?

The evaluation of 3 missed out-of-competition tests (as defined in Rule 35.17) in any period of 5 years beginning with the date of the first missed test is defined as an Anti-Doping Rule Violation

The sanction for a first violation of this Rule will be a 12-month period of ineligibility. For a second violation and for each subsequent violation, the sanction will be a 2-year period of ineligibility.

### ● Accurate whereabouts information

It is therefore vitally important that all athletes who are required to submit whereabouts information to the IAAF or to their national testing body make sure the information is as accurate as possible, the DCO can access the training/location, and that you notify the IAAF and your national testing body immediately your plans change.

### ● Further information

More detailed information on the IAAF whereabouts and missed test procedures can be found in an athlete advisory note posted on the IAAF website. If you have a question on this subject you can also contact the IAAF by email: [whereabouts@iaaf.org](mailto:whereabouts@iaaf.org) or by fax: +377.93.10.88.05

# ANTI-DOPING RESOURCES

Should you require any further information on any IAAF anti-doping issues you are able to contact the IAAF directly on the details below.

Do you want to know how many tests the IAAF conducts each year? Would you like to find a list of the athletes included on the IAAF RTP? All our information is provided online via the IAAF website. If you are unable to access the internet then you can also contact the IAAF Medical & Anti-Doping Department via phone, fax or mail.

If you are searching for information specific to your nationality, your language, or perhaps you are travelling to a country for a competition, we have provided a list of National Anti-Doping Organisations who may be able to assist. Please note that the list is not definitive and the IAAF does not accept any responsibility for the information provided by these Organisations.

## IAAF

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

Email: [dpt.anti-doping@hq.iaaf.org](mailto:dpt.anti-doping@hq.iaaf.org)

Phone: +377 93 88 10 19

Fax: +377 93 50 83 95

Mail: International Association of Athletics Federations  
17 rue Princesse Florestine - BP 359  
MC98007 Monaco

## World Anti-Doping Agency

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

## International Doping Tests Management

Web: [www.idtm.se](http://www.idtm.se)



## NATIONAL ANTI-DOPING ORGANISATIONS

Australia	<a href="http://www.asada.gov.au">www.asada.gov.au</a>
Austria	<a href="http://www.oeadc.or.at">www.oeadc.or.at</a>
Barbados	<a href="http://www.nadc.org.bb">www.nadc.org.bb</a>
Belgium (Flemish Community)	<a href="http://www.dopinglijn.be">www.dopinglijn.be</a>
Bermuda	<a href="http://www.bcds.bm">www.bcds.bm</a>
Canada	<a href="http://www.cces.ca">www.cces.ca</a>
China	<a href="http://www.cocadc.org.cn">www.cocadc.org.cn</a>
Czech Republic	<a href="http://www.antidoping.cz">www.antidoping.cz</a>
Denmark	<a href="http://www.doping.dk">www.doping.dk</a>
Finland	<a href="http://www.antidoping.fi">www.antidoping.fi</a>
France	<a href="http://www.afld.fr">www.afld.fr</a>
Germany	<a href="http://www.nada-bonn.de">www.nada-bonn.de</a>
Ireland	<a href="http://www.irishsportsCouncil.ie">www.irishsportsCouncil.ie</a>
Japan	<a href="http://www.anti-doping.or.jp">www.anti-doping.or.jp</a>
Latvia	<a href="http://www.antidopings.lv">www.antidopings.lv</a>
New Zealand	<a href="http://www.drugfreesport.org.nz">www.drugfreesport.org.nz</a>
Norway	<a href="http://www.antidoping.no">www.antidoping.no</a>
Portugal	<a href="http://www.idesporto.pt">www.idesporto.pt</a>
South Africa	<a href="http://www.drugfreesport.org.za">www.drugfreesport.org.za</a>
Sweden	<a href="http://www.rf.se">www.rf.se</a>
Switzerland	<a href="http://www.swissolympic.ch">www.swissolympic.ch</a>
The Netherlands	<a href="http://www.dopingautoriteit.nl">www.dopingautoriteit.nl</a>
United Kingdom	<a href="http://www.ukSport.gov.uk">www.ukSport.gov.uk</a>
United States of America	<a href="http://www.usantidoping.org">www.usantidoping.org</a>

Note: This is not an exhaustive list of National Anti-Doping Organisations and serves only as a guide. Further contacts or details for other Organisations may be found on the WADA website (see left of page).