

WELCOME!

TESTING

- Testing procedures (urine and blood) and the Athlete Biological Passport (ABP)
- Testing pools
- Whereabouts

WEBINAR 3

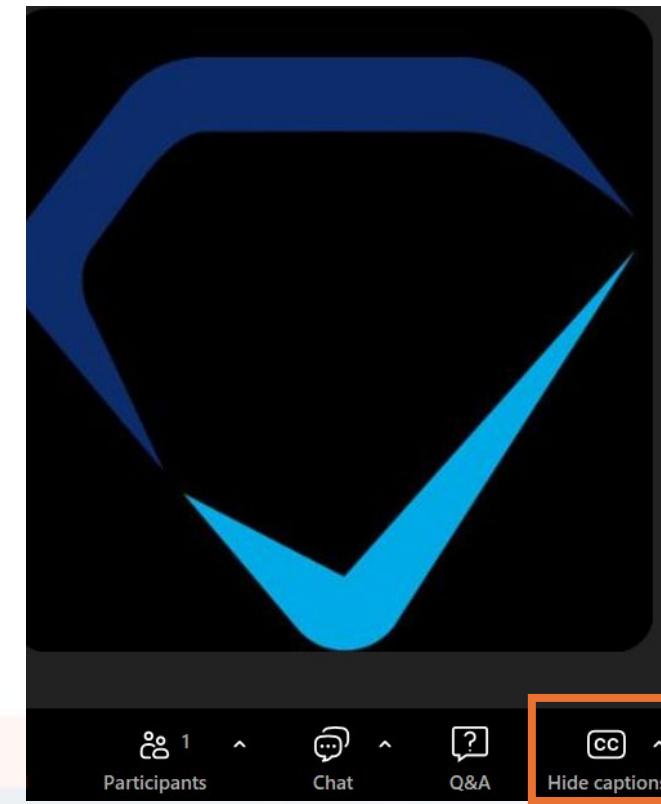
LANGUAGE OPTIONS

Simultaneous interpretation

- Traducción simultánea en español
- Traduction simultanée en français
- Синхронный перевод на русский
- ترجمة فورية إلى العربية
- 同步翻译成中文



Automated translated captions





FAIRNESS RESPECT INTEGRITY



CHAT

Q&A

QUESTIONS AND ANSWERS

BY THE END OF TODAY'S SESSION, YOU SHOULD....

- ✓ Be familiar with key doping control terms and roles
- ✓ Know athlete rights and responsibilities during testing
- ✓ Have a good overview of testing and the Doping Control Form
- ✓ Know the different types of testing pools and the contents of the Letter of Inclusion
- ✓ Have an overview of whereabouts and be aware of the consequences of not complying with Whereabouts requirements
- ✓ Know where to go or who to ask if you have any questions

WHAT IS TESTING?

Testing: The parts of the Doping Control process involving test distribution planning, Sample collection, Sample handling, and Sample transport to the laboratory.

***International Standard for Testing and Investigations,
Part One, Definitions and Interpretations***

WHO CAN BE TESTED?

- ✓ Any athlete under the jurisdiction of an anti-doping organisation (ADO) and subject to their anti-doping rules.
- ✓ **Any athlete can be tested any time at any place.** Outside of competition, this includes at home, at training or at work or school.



POLL QUESTION

**WHICH TWO BODILY FLUIDS CAN BE
COLLECTED FOR TESTING?**

- BLOOD
- URINE
- SALIVA
- SWEAT

WHO CAN TEST ATHLETES?

- ✓ National Anti-Doping Organisations (NADOs)
- ✓ National Olympic Committees (NOCs)
- ✓ Regional Anti-Doping Organisations (RADOs)
- ✓ International Federations (IFs)
- ✓ Major Event Organisers (MEOs)
- ✓ The World Anti-Doping Agency (WADA)
- ✓ Delegated third parties like the International Testing Agency (ITA)

Organisations with the authority to test athletes must implement a test distribution plan which is “proportionate to the risks of doping and that is effective to detect and deter doping”
International standard for testing and investigations (ISTI)



KEY ROLES AND TERMS IN TESTING



Doping Control Officer (DCO)

An official trained and authorised to collect a urine sample from an athlete.



Blood Collection Officer (BCO)

An official qualified and authorised to collect a blood sample from an athlete.



Chaperone

An official trained and authorised to carry out specific duties such as notification, accompanying and verifying the sample provision.



Doping Control Form (DCF)

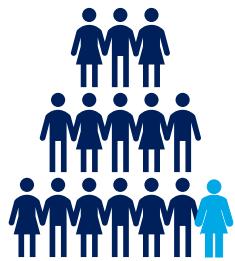
The official form that is completed during the testing process.



Doping Control Station (DCS)

A location where the sample collection is carried out.

ATHLETE SELECTION



Random testing



Target testing

NOTIFICATION

- ✓ Athletes will be notified of their selection for doping control, by a **Doping Control Officer (DCO) or chaperone** with a valid ID.
- ✓ The athlete will be informed of their **rights and responsibilities**.

ATHLETES' RESPONSIBILITIES DURING DOPING CONTROL

- Report for testing immediately once notified
- Show valid identification, such as your passport or, during a Major Games, your accreditation
- Remain in direct sight of the DCO or Chaperone
- Comply with the sample collection procedure

ATHLETES' RIGHTS DURING DOPING CONTROL

- Have a representative with you
- Request an interpreter, if available
- Ask for Chaperone's/DCO's identification
- Ask any questions
- Request special assistance or modifications for valid reasons
- Record any comments or concerns on the form
- Request a delay for valid reasons

VALID REASONS TO REQUEST A DELAY

- Attending a victory ceremony
- Finishing a training session or competing in further events
- Receiving necessary medical attention
- Fulfilling media commitment
- Warming down

The DCO will decide if the request for a delay is valid and the athlete will be continuously observed during any delay.

SAMPLE COLLECTION

WHEN THE ATHLETE IS READY TO PROVIDE A URINE SAMPLE, THEY WILL BE ASKED TO:

- Choose their sample collection vessel from a selection and check the packaging is intact, it is clean and has not been tampered with.
- Enter the toilet area and wash their hands without soap.
- Roll their sleeves up to their elbows, pull their pants to their knees and their shirt to their chest.
- Open the sample collection vessel and provide a sample of at least 90ml.

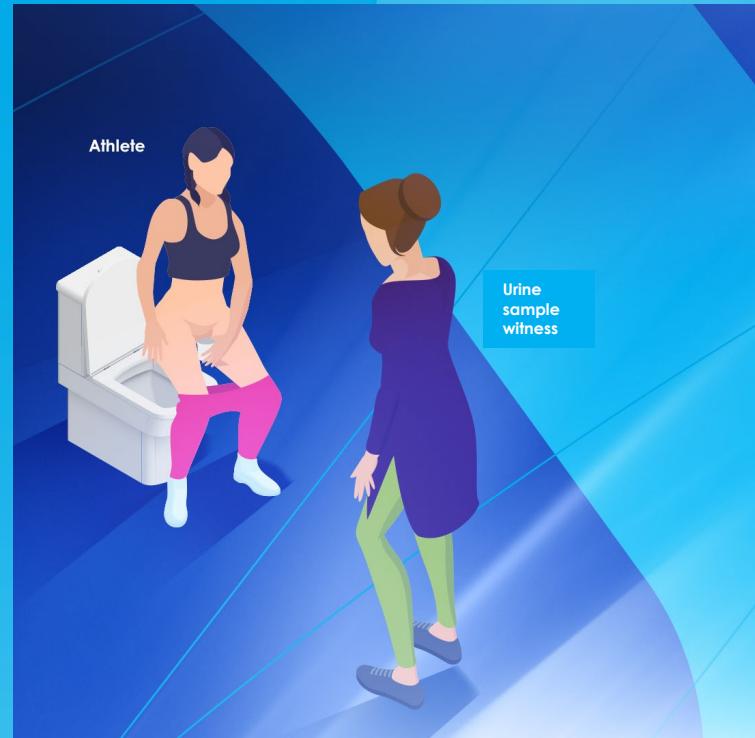


URINE SAMPLE COLLECTION



SAMPLE COLLECTION FROM A MALE ATHLETE

The urine sample witness stands to the side of the athlete.



SAMPLE COLLECTION FROM A FEMALE ATHLETE

The urine sample witness stands in front of the athlete.



SAMPLE COLLECTION WITH AN ACCOMPANYING PERSON

The urine sample witness watches the athlete. The second observer watches the witness.

A GUIDE TO DOPING CONTROL FOR ATHLETES WHO ARE MINORS

When an athlete who is a **minor** (**under 18**) is selected for doping control, the process is similar to that for adult athletes, but modifications are made to ensure their safety and well-being.

KEY MODIFICATIONS

TWO SAMPLE COLLECTION PERSONNEL ARE ASSIGNED WHEN A MINOR IS TESTED.

UNDER
18

TIPS FOR THE ATHLETE REPRESENTATIVE

Support the athlete in understanding their rights and responsibilities throughout the process.

Observe the process to ensure it is being followed correctly.

Remember that the athlete will make all decisions regarding your involvement.

Play a key role in framing the narrative around testing—encourage a positive perspective, such as: "Testing is recognition of your hard work and success."

01 NOTIFICATION

The athlete will be asked if they would like a **representative** present during the doping control process. While this is not mandatory, it is strongly recommended.

If the athlete chooses to have a representative, the Doping Control Officer (DCO) and second Sample Collection Personnel (SCP) will accompany the athlete to locate them. **The notification will then be completed in the representative's presence.**

If the athlete declines a representative, the notification will proceed as usual, but **the athlete can request one at any time.**

02 CHAPERONING

An athlete must remain in direct sight of the DCO or SCP at all times. Additionally, for a minor athlete a **second adult** (either their representative or a second SCP) **will always be present** until the doping control process is complete.

03 SAMPLE COLLECTION

At the athlete's request, their **representative may be present** in the bathroom during sample provision, although this is rare.

A **second observer**, who is a member of the SCP team, **will observe the DCO during the process**. This second observer will not see the athlete while they provide their sample. Their role is to observe the DCO.

If requested by the athlete, their **representative can act as an additional second observer**.



04 DOPING CONTROL FORM COMPLETION

The athlete and the athlete's representative **must check the accuracy of the information recorded** on the Doping Control Form and sign it.

ACCESS THE
GUIDE HERE



A GUIDE TO DOPING CONTROL FOR ATHLETES WITH IMPAIRMENTS

As an athlete with **a permanent or temporary impairment**, you may need specific modifications during doping control. Here is what you should know:

The Doping Control Officer (DCO) will ask if you need any **modifications** and what **specific assistance** you require.

Modifications will be agreed upon with the DCO. **If you need help, it can be provided by your athlete representative.**

Your **representative must wear gloves** when handling any sample collection equipment.

Any **assistance will be recorded** on the Doping Control Form.

Examples of Modifications ➤

01 PHYSICAL IMPAIRMENT

If you cannot seal bottles, due to a temporary or permanent impairment, your representative can do it for you while wearing gloves.

Your representative can assist you in providing a urine sample if needed.

02 VISUAL IMPAIRMENT

You may request your representative to act as a second observer during sample provision.

If you need help pouring your urine sample into the A and B bottles, your representative can assist while wearing gloves.

They can help you read the Doping Control Form for accuracy before signing.

03 INTELLECTUAL IMPAIRMENT

Your representative may explain the doping control process to ensure you fully understand it.

If you have difficulty completing the Doping Control Form, your representative can assist you.

IMPORTANT NOTE!

If you require additional equipment to provide a urine sample, it is your responsibility to have this equipment ready. Without it, you could face anti-doping rule violation proceedings for failing to comply with the doping control process. Please seek advice from a nurse, doctor, or occupational therapist if you are unsure what equipment is needed.

SAMPLE HANDLING



PARTIAL SAMPLE

- ✓ Athletes must provide **at least 90mL of urine** during sample collection.
- ✓ Anything below 90mL is considered a **partial sample**.
- ✓ Important to produce **enough urine** as labs test for many substances.
- ✓ **The B bottle must have sufficient urine volume** to allow a confirmation test if needed.



SPECIFIC GRAVITY

- ✓ **The DCO will test a urine sample's specific gravity** – the measure used to determine whether a sample is concentrated enough to be tested in a laboratory.

Points to note:

- ✓ A specific gravity measurement lower than the requirement means another sample must be collected.
- ✓ Athletes continue to provide a sample until they reach a suitable specific gravity measurement.
- ✓ Don't drink too much too quickly, as you could end up with a diluted sample and will have to provide another.
- ✓ Alcohol is not allowed during Doping Control.



DOPING CONTROL FORM



- 1 Fill in your personal information.
 - 2 Take the time to read the athlete rights and responsibilities.
 - 3 Check sample codes carefully.
 - 4 Declare all medications and supplements (and any blood transfusions over the past 3 months if it is a blood sample collection).
 - 5 Review the form to make sure that all the information is correct and sign. Note any comments.

 ITÀ <small>KEEPING SPORT REAL</small>	DOPING CONTROL FORM FORMULAIRE CONTRÔLE DU DOPAGE	TESTING AUTHORITY AUTORITÉ DU CONTRÔLE RESULTS MANAGEMENT AUTHORITY AUTORITÉ DE GESTION DES RÉSULTATS SAMPLE COLLECTION AUTHORITY Autorité de prélevement d'échantillons	DOPING CONTROL COORDINATOR Coordinateur du contrôle du dopage SPORT DISCIPLINE
1. ATHLETE INFORMATION • INFORMATION CONCERNANT LE SPORTIF			
FAMILY NAME _____ <small>HOLDER OF TITLE</small> NATIONALITY / NATIONALITÉ _____ <small>NUMBER/STREET • NUMERO/RUE</small> <small>CITY/TOWN • VILLE</small> <small>ADDRESS</small> <small>ADDRESS</small> <small>CONTACT TEL. (INC. COUNTRY CODE) • TÉL. CONTACT (INC. CODE PAYS)</small>		GIVEN NAME / PRENOM _____ <small>COUNTRY OF RESIDENCE / PAYS DE RÉSIDENCE</small> <small>STATE • PROVINCE</small> <small>E-MAIL • COURRIEL</small> <small>COACH'S NAME • NOM DE L'ENTRAÎNEUR</small> <small>DOCTOR'S NAME • NOM DU MÉDECIN</small>	
		<small>DATE OF BIRTH / DATE DE NAISSANCE</small> <small>DD / MM / YY / AAAA</small>	
<small>TYPE OF IDENTIFICATION / TYPE D'IDENTIFICATION</small>			
<small>TIME / HEURE</small> <small>AM / PM</small>			
<small>I HEREBY ACKNOWLEDGE THAT I HAVE RECEIVED AND READ THIS NOTICE, INCLUDING THE ATHLETE RIGHTS AND RESPONSIBILITIES TESTIMONIAL, AND THAT I AGREE TO THE TERMS OF THIS SAMPLE COLLECTION. I REQUESTED (I) UNDERSTAND THAT FAILURE OR REFUSAL TO PROVIDE A SAMPLE MAY CONSTITUTE AN ATTEMPTED RULE VIOLATION, AND (II) BE INFORMED THAT I AM REQUIRING ANOTHER PERSON TO PROVIDE A SAMPLE IS CONSIDERED A VIOLATION OF THE RULES.</small>			
<small>JE RECOGNIS AISSÉ AVOIR RECEU ET LU CE AVERTISSEMENT, Y COMPRIS LES DROITS ET LES RESPONSABILITÉS DU SPORTIF FIGURANT AU VERSO DE LA COPIE. JE DÉCLARE QU'AVEZ-REU ET LU CE AVERTISSEMENT ET QU'AVEZ COMPRIS QUE LE REFUS OU LE FAIT DE NE PAS FOURRER UN ÉCHANTILLON CONSTITUE UNE VIOLATION DES RÈGLES ANTIDOPAGE.</small>			
<small>ATHLETE'S SIGNATURE • SIGNATURE DU SPORTIF</small>			
2. NOTIFICATION • NOTIFICATION			
<small>TYPE OF TEST REQUESTED / TYPE DE DEMANDE DE TEST</small> <small>URINE / URINE / SWEAT / SWEAT / BLOOD / SANG / BREATH / SOUFFLE / HAIR / CHEVEUX / ETC. / ETC.</small>			
<small>DATE / DATE</small> <small>YY / AAAA</small>			
<small>COUNTRY / PAYS</small> <small>CITY / VILLE</small>			
<small>DOCHAMPERIE NAME / NOM DE L'ACADESCORE</small> <small>DOCHAMPERIE SIGNATURE / SIGNATURE DE L'ACADESCORE</small>			
<small>TEST MISSION CODE - CODE DE MISSION DE CONTRÔLE / EVENT - ÉVÉNEMENT</small>			
3. INFORMATION FOR ANALYSIS • INFORMATIONS CONCERNANT L'ANALYSE			
<small>OUT OF COMPETITION / EN EX COMPÉTITION</small> <small>ATHLETIC TEST / TEST D'ATHLÉTIQUE</small> <small>BEST / MEILLEUR / BEST AND CONTROLLED / MEILLEUR ET CONTRÔLÉ</small>			
<small>DATE OF TEST / DATE DU CONTRÔLE</small> <small>YY / MM / YY / AAAA</small>			
<small>GENDER / SEXE</small> <small>M / F</small>			
<small>PARTIAL SAMPLE/ ÉCHANTILLON PARTIEL</small> <small>PARTIAL SAMPLE NUMBER / NUMÉRO D'ÉCHANTILLON POUR</small> <small>VOL. / VOL.</small>			
<small>TIME STAMPED / STAMPÉ À L'HEURE</small> <small>INVENTORY OF CODE NUMBER / INVENTAIRE DU NUMÉRO DE CODAGE</small> <small>VOL. / VOL.</small>			
<small>TIME STAMPED / STAMPÉ À L'HEURE</small> <small>STAFFEL / DO ITSELF / PREPARED BY / PRÉPARÉ PAR</small> <small>VOL. / VOL.</small>			
<small>PARTIAL SAMPLE NUMBER / NUMÉRO D'ÉCHANTILLON</small> <small>SPECIFIC DENOTES / INDICATIONS SPÉCIFIQUES</small> <small>1 ↓ 0</small>			
<small>URINE SAMPLE NUMBER / NUMÉRO D'ÉCHANTILLON</small> <small>TERMINOLOGY / TERMINOLOGIE / APP / NOM DE L'ACD-GSS</small> <small>URINE SAMPLE NUMBER / NUMÉRO D'ÉCHANTILLON</small> <small>TERMINOLOGY / TERMINOLOGIE / APP / SIGNATURE DE L'ACD-GSS</small>			
<small>DECLARATION OF MEDICATION USE AND BLOOD TRANSFUSIONS / LIST ANY PRESCRIPTION MEDICATIONS OR SUPPLEMENTS, FEN. E.G. BETA-2 AGONISTS AND GLUCOCORTICOIDS, TAKEN OVER THE PAST 7 DAYS (INCLUDE DOSE AND DATE LAST TAKEN WHERE POSSIBLE), AND IF A BLOOD SAMPLE IS COLLECTED, ANY BLOOD DONATION RECORDS FROM THE LAST 12 MONTHS.</small> <small>DECLARATION D'USAGE DE MÉDÉICATIONS ET TRANSFUSIONS SANGUINES. INDIQUEZ LES MÉDÉICATIONS PRESCRIPTIONS / NON PRESCRITES DES COMPLÉMENTS ALIMENTAIRES, Y COMPRIS PAR EXEMPLE, LES BÉTA-2 AGONISTES ET LES GLUCOCORTICOIDES, PRIS DANS LES DERNIERS 7 JOURS (INDIQUEZ LA DOSE ET LA DATE DE LA DERNIÈRE PRISE SI POSSIBLE) ET ANEXEZ UN FORMULAIRE DE SANG SÉché PREScrit. TAUPE TRANSFUSION SANGUINE REUVE AU COURS DES 3 DERNIERS MOIS.</small>			
4. CONFIRMATION OF PROCEDURE FOR URINE AND/OR BLOOD TESTING • CONFIRMATION DE LA PROCÉDURE POUR LE CONTRÔLE D'URINE ET/OU DE SANG			
<small>COMMENTS / COMMENTAIRES SHOULD BE NOTED HERE / NÉCESSAIRE CONTINUER UN SUPPLEMENTARY REPORT FORM, COMMENTAIRES CAN ALSO BE LEFT TO THIS SECTION</small> <small>COMMENTAIRES : TOUS LES COMMENTAIRES DEVRAIENT Être INScritS AU SECTEUR. UTILISER LE FORMULAIRE DE RAPPORT SUPPLEMENTAIRE, LES COMMENTAIRES PEUVENT aussi Être ENVIÉS à L'ADRESS E-MAIL testing@ita-sport.com</small>			
<small>SUPPLEMENTARY REPORT FORM / FORMULAIRE DE RAPPORT SUPPLEMENTAIRE</small> <small>YES / OUI NO / NON</small>			
I CERTIFY THAT SAMPLE COLLECTION WAS CONDUCTED IN ACCORDANCE WITH THE RELEVANT PROCEDURES • JE CERTifie PAR LA PRÉSENTE QUE LE PRÉLEVEMENT D'ÉCHANTILLON S'EST DÉROULÉ EN CONFORMITÉ AVEC LES PROCÉDURES APPLICABLES <small>ATHLETE REPRESENTATIVE • REPRÉSENTANT DU SPORTIF</small>			
<small>NAME / NOM</small>		<small>POSITION / FONCTION</small>	
<small>DOPING CONTROL OFFICER • AGENT DE CONTRÔLE DU DOPAGE</small>		<small>SIGNATURE</small>	
<small>TIME OF COMPLETION / TERMINATION TIME</small>			
<small>CONSENT FOR RELEASE OF INFORMATION • CONSENTEMENT POUR LA RELIANCE D'INFORMATION</small> <small>I CONSENT TO THE RELEASE OF INFORMATION IN THIS FORM TO THE DOPING CONTROL UNIT. I UNDERSTAND THAT MY SAMPLE WILL BE USED FOR ANTI-DOPING RESEARCH PURPOSES. AS A RESULT, WHEN MY ANALYSIS HAS BEEN COMPLETED, AND MY SAMPLE WOULD OTHERWISE BE DESTROYED, IT MAY THEN BE USED BY ANY ANADA APPROVED LABORATORY FOR ANTI-DOPING PURPOSES, PROVIDED THAT IT CAN NO LONGER BE IDENTIFIED AS MY SAMPLE. I UNDERSTAND AND ACKNOWLEDGE THAT MY CONSENT IS VOLUNTARY, AND THAT IF I DO NOT PROVIDE A RESPONSE, I WILL BE DEEMED TO HAVE PROVIDED MY CONSENT.</small> <small>À LA CONFIRMATION DE LA RELIANCE DE L'INFORMATION DANS CE FORMULAIRE À LA DOPING CONTROL UNIT, JE CONSENTE QUE MA PROPRE ÉCHANTILLON SOIT UTILISÉ POUR DES RECHERCHES ANTIDOPAGE. À LA FIN, QUAND MON ÉCHANTILLON AURA été ANALYSÉ ET QU'IL NE PEUT plus être IDENTIFIÉ COMME MON ÉCHANTILLON, IL PEUT Être UTILISÉ PAR UN LABORATOIRE APPROUVÉ PAR L'ANADA POUR DES RECHERCHES ANTIDOPAGE. À LA CONFIRMATION DE LA RELIANCE DE L'INFORMATION DANS CE FORMULAIRE, JE CONSENTE QU'UNE RELIANCE DOPOLOGIE soit FAITE DE MON ÉCHANTILLON. SI JE NE fournis PAS DE REPONSE, JE SERAI CONSIDÉRÉ COMME AVANTAGEUSEMENT CONSENTER.</small>			
<small>I DECLARE THAT THE INFORMATION I HAVE GIVEN ON THIS DOCUMENT IS CORRECT. I DECLARE THAT SUBJECT TO COMMENTS MADE IN SECTION 4, SAMPLE COLLECTION WAS CONDUCTED IN ACCORDANCE WITH THE RELEVANT PROCEDURES FOR SAMPLE COLLECTION. I ACCEPT THAT ALL INFORMATION RELATED TO DOPING CONTROL UNIT IS SHARED WITH THE DOPING CONTROL UNIT, WHICH IS NOT RELATED TO LABORATORY RESULTS AND POSSIBLE SANCTIONS.</small> <small>JE DÉCLARE QUE L'INFORMATION FOURNIE DANS L'DOCUMENT EST CORRECTE. JE DÉCLARE QU'UN COMMENTAIRE FAIT DANS LA SECTION 4 CONCERNANT LA PRÉLEVEMENT D'ÉCHANTILLON S'EST DÉROULÉ EN CONFORMITÉ AVEC LES PROCÉDURES APPLICABLES. J'ACCEPTE QU'TOUS LES INFORMATIONS RELATIVES AU CONTRÔLE DU DOPAGE, INCLANT MAIS NON LIMITÉES AUX RÉSULTATS DE LABORATOIRE ET AUX SANCTIONS POSSIBLES, PUISSENT Être PARTAGÉES PAR LES ORGANISATIONS CORRESPONDANTES SELON LE CODE MONDIAL ANTIDOPAGE.</small>			
<small>ATHLETE'S SIGNATURE / SIGNATURE DU SPORTIF</small>			

BLOOD SAMPLE COLLECTION (KEY STEPS)



- ✓ **Notification and identification**
(Same as urine sample collection)
- ✓ **Selection of testing kit**
(Same as urine sample collection)
- ✓ **Remain seated for 10 minutes**
- ✓ **BCO collects blood sample**
(Minimum of 3 ml and a maximum of 16 ml)
- ✓ **Sealing of the sample**
- ✓ **Completion of the Doping Control Form & signature**
(Same as urine sample collection but also declare any blood transfusions in the last 3 months)

SAMPLE TRANSPORT TO THE LABORATORY

- ✓ Collected samples are securely packaged
- ✓ Samples are sent to a WADA-accredited laboratory for analysis
- ✓ The transportation is tracked and monitored by a chain of custody procedures to ensure security
- ✓ Blood samples are always placed in a cool box with the temperature logger



ATHLETE BIOLOGICAL PASSPORT (ABP)

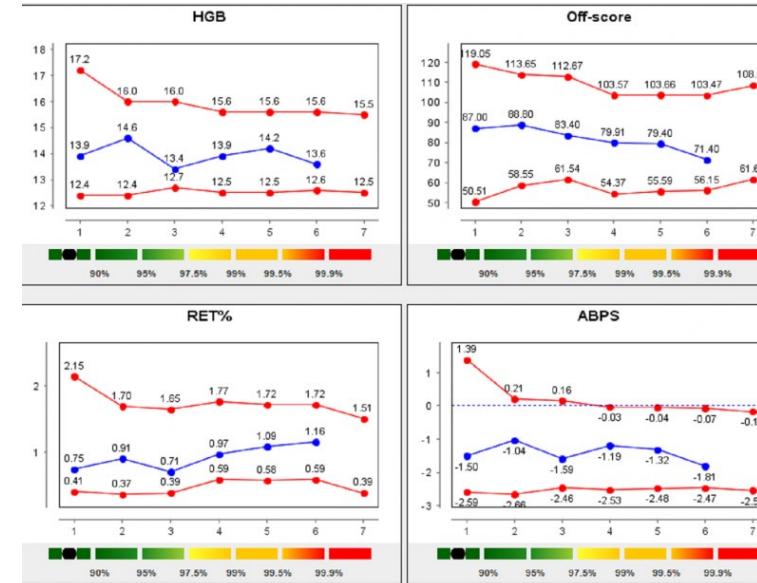
✓ ABP was introduced in 2009 and established as a pillar method in detection of doping

✓ **ABP is an individual electronic profile** that monitors selected athlete biological variables

- Contains athlete urine and blood sample results which are tracked
- Any significant variation from normal can be assessed for possible manipulation

✓ **ABP monitors biological variables** that indirectly reveal the effects of doping over time

✓ **ABPs are integrated into ADAMS**, the Anti-Doping Administration & Management System



ITA Monthly webinar – The Athlete Biological Passport

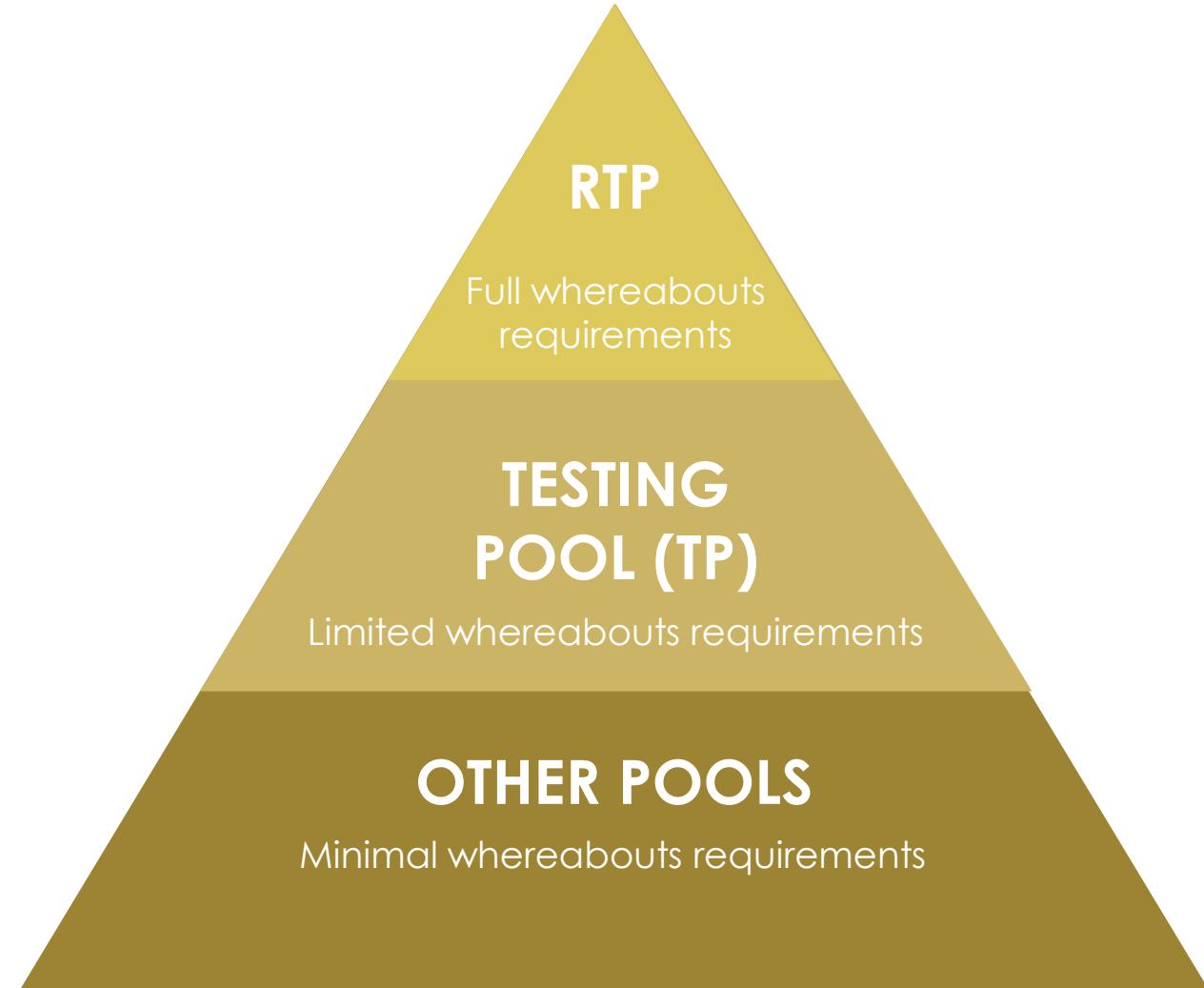
TESTING POOLS & WHEREABOUTS

POLL QUESTION

**ARE YOU, OR IS AN ATHLETE YOU WORK
WITH, INCLUDED IN A TESTING POOL?**

- YES
- NO
- I AM NOT SURE

TESTING POOLS



WHAT ARE WHEREABOUTS?

- ✓ Whereabouts are information athletes who are included in a testing pool have to provide.
- ✓ Whereabouts information is provided in the form of quarterly filings as per the requirements of the Anti-Doping Organisation requesting the information.
- ✓ Whereabouts information is uploaded onto a secure platform and can only be accessed by the authorised person acting on behalf of the Anti-Doping Organisation with authority to conduct no-advance notice testing.



WHEREABOUTS REQUIREMENTS

	RTP	TP
1  Mailing address and email address	✓	✓
2  Phone number	✓	✓
3  60-minute time slot	✓	✗
4  Overnight accommodation	✓	✓
5  All training and regular activities	✓	✓
6  Travel schedule	✓	✓
7  Competition details	✓	✓
8  Any additional information	✓	✓

HOW DO I KNOW IF I AM IN A TESTING POOL?

If you are included in an RTP/TP, you will receive a **Letter of Inclusion**.

The letter includes an overview of the RTP/TP athlete obligations including:

- Purpose of the inclusion
- Whereabouts requirements
- Quarterly deadlines
- Sanctions for non-compliance
- How to submit whereabouts

 **INCLUSION IN THE REGISTERED TESTING POOL** 012345678

DEAR

We write to you on behalf of the International SAMBO Federation (the „FIAS“).

As you might already know, the FIAS has joined forces with the International Testing Agency (ITA) by delegating the management of certain aspects of its antidoping program to the ITA. The ITA is thus pleased to contact you on behalf of the FIAS regarding the coming season.

The purpose of this letter is two-fold:

- to notify you of your inclusion in the Testing Pool of the FIAS and consequences thereof;
- to provide you with an overview of other essential aspects of your obligations as an Athlete included in the FIAS TP as set forth in the FIAS Anti-Doping Rules (“FIAS ADR”) and World Anti-Doping Code (“WADC”);

FIAS TESTING POOL

UNDERLYING PRINCIPLES

Out-of-Competition Testing Program constitutes an essential prerequisite to ensure that all athletes compete on a level playing field and that your right to clean sport is protected.

Whereabouts information is an indispensable tool which enables Anti-Doping Organisations (ADO) to locate athletes without advance notice, which is a key principle of an effective anti-doping program. You should also be aware that your whereabouts filing will be shared with other ADOs who have the authority to conduct testing on you. Please note that any other ADO with the requisite authority under the World Anti-Doping Code may test you at any time, whether using the whereabouts information that you are providing or otherwise.

In addition, a number of Athletes are requested to provide specific information on their location which will be used by Doping Control Officers (“DCO”) to locate the Athletes for the purpose of collecting samples Out-of-Competition. Together, these Athletes form the FIAS Testing Pool.

YOUR INCLUSION IN THE FIAS TESTING POOL

As mentioned above, you are hereby notified that you are from now on included in the FIAS Testing Pool (“FIAS TP”) effective as of tomorrow.

You shall remain in the FIAS TP until you are expressly informed by the ITA of your removal from the TP or until you give written notice of your retirement (as explained in section 9 below).

From the date of this notification and until you are removed from the FIAS TP, you are required to provide whereabouts information as detailed below.

PLEASE COMPLETE THE ACKNOWLEDGMENT OF RECEIPT FORM ATTACHED TO THIS LETTER (APPENDIX I) AND RETURN IT TO US WITHIN THE NEXT 7 DAYS.

DEADLINES FOR SUBMITTING YOUR WHEREABOUTS INFORMATION - WHEN

YOU MUST FILE YOUR WHEREABOUTS INFORMATION FOR THE CURRENT QUARTER NO LATER THAN 10 DAYS AFTER RECEIPT OF THIS LETTER. YOUR DEADLINE TO SUBMIT YOUR WHEREABOUTS INFORMATION IS 23 November 2022.

Generally speaking, you are required to file a three-month schedule containing the abovementioned whereabouts information before the start of each quarter. More precisely, the deadline to submit your whereabouts filings is the 15th of the

CONSEQUENCES FOR REGISTERED TESTING POOL ATHLETES

FILING FAILURE

When an Athlete in the RTP submits late, inaccurate or incomplete whereabouts information

MISSED TEST

When an Athlete in the RTP is not available and accessible for testing during their 60-minute time slot at the location indicated in their whereabouts filings

Any combination of 3 Missed Tests and/or Filing Failures within a 12-month period, will result in an Anti-Doping Rule Violation as per Article 2.4 of the WADA Code, and up to a 2-year ban from sport for a first Anti-Doping Rule Violation.

11. Acts by an athlete or other person to **discourage or retaliate** against reporting to authorities.

10. **Prohibited association** by an athlete or other person.

9. Complicity or attempted complicity in an ADRV.

8. Administration or attempted administration of a prohibited substance or method.

7. Trafficking or attempted trafficking in any prohibited substance or method.

6. Possession of a prohibited substance or method.

1. **Presence** of a prohibited substance in athlete's sample.

2. **Use or attempted use** of a prohibited substance or method.

3. Evading, refusing or failing to submit to sample collection.

4. Whereabouts Failures
by an athlete in an RTP.

5. Tampering or attempted tampering with any part of doping control.



11
ADRVs

A large red and white target graphic is centered in the image. The number '11' is prominently displayed in the center of the bullseye. Below it, the acronym 'ADRVs' is written in bold capital letters. The target has three concentric rings: a thick red outer ring, a thinner white middle ring, and a thin red inner ring.

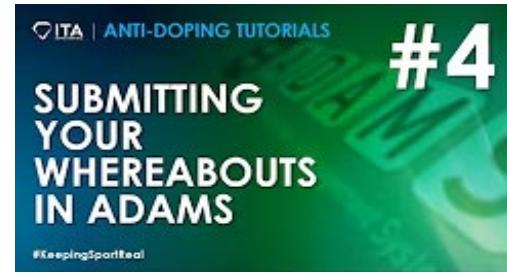
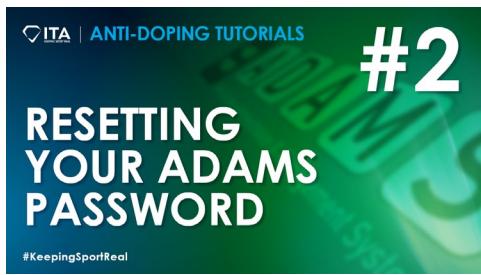
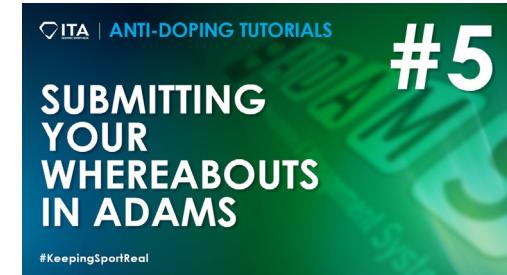
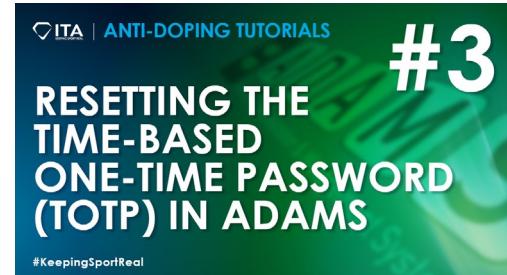
CONSEQUENCES FOR TESTING POOL ATHLETES

If an athlete included in the TP does not comply with the whereabouts requirements, they may be moved to the RTP and/or other consequences may apply as established by the Anti-Doping Organisation.

KEEP YOUR WHEREABOUTS UP-TO-DATE

The information you provide needs to be detailed and specific so that a DCO can find you.

We recommend these ITA ADAMS tutorials to support you in this task:



ITA ADAMS tutorials



Want to know more about Whereabouts?
Go to [ITA ADAMS & Whereabouts quick reference card](#)



ADVICE FOR ATHLETE SUPPORT PERSONNEL

- ✓ Athlete Support Personnel play a **key role in developing the narrative around testing** – make sure this is positive! e.g., 'Testing is recognition of your hard work and success.'
- ✓ You may act as an athlete representative during Doping Control - **observe that the process is being followed correctly and support your athlete** with tasks like checking the sample codes and adding any comments to the Doping Control Form.
- ✓ If you are an athlete representative during Doping Control you should **sign the form** in addition to the athlete and DCO to indicate that you are satisfied it is accurate.

IN SUMMARY...

- ✓ Be familiar with key doping control terms and roles
- ✓ Know athlete rights and responsibilities during testing
- ✓ Have a good overview of the testing process and the Doping Control Form
- ✓ Understand the different types of testing pools and the contents of the letter of inclusion
- ✓ Have an overview of whereabouts requirements and be aware of the consequences of not complying with whereabouts requirements
- ✓ Know where to go or who to ask if you have any questions

Q&A

RESOURCES

The Prohibited List

[The Prohibited List](#)

[Register for the ITA monthly webinar on "What you need to know for 2026"](#)

Medications

[ITA: checking your medication - a guide for Athletes](#)

[GlobalDRO](#)

Therapeutic Use Exemptions (TUEs)

[ITA TUE Page](#)

[ITA TUE Assistant](#)

Supplements

[ITA: Supplements - Making Informed Decisions](#)

[ITA Monthly webinar - Navigating Supplements: Reducing Your Risk of an Anti-Doping Rule Violation](#)

Independent batch-testing companies:

- ✓ [Informed Sport](#)
- ✓ [NSF Certified for Sport](#)
- ✓ [Kölner Liste](#)
- ✓ [BSCG](#)

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1. **ATTEND AT LEAST ONE LIVE SESSION OR ACCESS THE RECORDINGS IN THE IF WEBINAR SERIES TOOLKIT**, available shortly after each live session.
2. **Access the test link:** After the IF Webinar Series ends, if you are eligible to receive an IF Webinar Series Certificate, a test link will be available on the toolkit. The test link will be available in English, Arabic, French, Mandarin Chinese, Russian, and Spanish and you can select your preferred language.
3. **Take the test:** Complete the test, and you will need a minimum score of 16 out of 20 to pass. You can take it as many times as needed! **The deadline to complete and pass the test is Wednesday 17 December 2025.**
4. **Get your certificate:** Once you pass the test, you will get an email with your personalised certificate attached on the upcoming Monday.



MORE QUESTIONS?

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