



The IAAF Anti-Doping Athletes' Guide

Updated, January 2015

ENGLISH

 **IAAF Anti-Doping Programme – *Athletes' Guide***

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MESSAGE FROM THE PRESIDENT

It gives me great pleasure to introduce the latest version of our *Athletes' Guide* to the IAAF Anti-Doping Programme.

The IAAF takes great pride in being at the forefront of the fight against doping in sport. In cooperation with WADA, our Member Federations, Anti-Doping Organisations and other International Partners, we maintain that doping has no place in sport. Athletes can reach the pinnacle of athletics through talent, hard work and dedication alone.

Enhanced testing programmes, outreach education work, and adoption of a more Intelligence-directed approach have all contributed to the evolution of anti-doping measures. Furthermore, innovations such as the implementation of the Athlete Biological Passport and retrospective analyses give further evidence that we have the weapons to win this battle. Yet there is no time to stand still and admire our achievements, and so I call on everyone to embrace their individual and collective responsibility, and actively commit to making Athletics drug free.

This *Athletes' Guide* is a simple, easy-to-read booklet for elite-level athletes, which provides an introduction to the main aspects of the IAAF Anti-Doping Programme. I would encourage anyone who has further questions on this topic to make use of the resources provided especially those available in the dedicated medical and anti-doping section of the IAAF website.

Finally, I would like to thank our IAAF Athlete Ambassadors who have provided their images and words of encouragement for this booklet, and to you, the athlete for taking time to read it.

Stay On Track – Be Drug Free!














Lamine Diack
IAAF President



THE PROHIBITED LIST

The World Anti-Doping Agency (WADA) Prohibited List is a document which outlines and defines the substances and methods which are prohibited as doping. A large range of substances are prohibited, mainly because they are considered as having performance enhancing effects, or because they can be used to mask the use of other prohibited substances. Some methods and doping practices, such as blood manipulation, are also prohibited.

Prohibited substances and methods are classified by category within the List:

-  S0. Non-approved substances;
-  S1. Anabolic Agents;
-  S2. Peptide Hormones, Growth Factors and Related Substances;
-  S3. Beta-2 Agonists;
-  S4. Hormone and Metabolic Modulators;
-  S5. Diuretics and Other Masking Agents;
-  S6. Stimulants;
-  S7. Narcotics;
-  S8. Cannabinoids;
-  S9. Glucocorticosteroids;
-  M1. Manipulation of Blood and Blood Components;
-  M2. Chemical and Physical Manipulation; and
-  M3. Gene Doping.

Some substances and methods are prohibited *In-Competition* only, while others are prohibited at all times (both *In-* and *Out-of-Competition*).

The Prohibited List is not an exhaustive list. Substances with a similar chemical structure or similar biological effects to the substances expressly identified on the List are also prohibited.

Where can I find a copy of the List?





You can view and download a copy of the Prohibited List by visiting either the IAAF or WADA website.

My responsibility with respect to the Prohibited List

According to the IAAF Anti-Doping Rules, athletes are responsible for knowing what substances and methods are prohibited, and are personally liable for any prohibited substance found in their system. The presence of a prohibited substance in an athlete's sample, or the use of a prohibited substance or a prohibited method, constitutes a doping offence under the IAAF Rules.

WARNING

The substances identified on the Prohibited List can be present in a wide range of prescription and non-prescription medications and products, which may be available *'over-the-counter'*. Therefore, athletes must:

-  carefully check the contents of all medications and products purchased before using them;
-  if in doubt, seek advice from all qualified persons or organisations at their disposal (for example: team doctor, nutritionist, National Anti-Doping Agency *et al*);
-  remind their doctor – on each visit – that they are an elite athlete, and make sure to have a copy of the Prohibited List with them to ensure they are not prescribed any medication containing a prohibited substance or a prohibited method; and
-  never purchase products from non-reputable sources, or advertised as having performance enhancing properties.

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*Getty Images

Anna Chicherova (RUS) High Jump
Olympic Champion (2012), World Champion (2011)











"For me, drugs are just a big 'NO'. When I clear that bar, I want the World to know that it was me that did it; nothing more. Be clean, and be yourself."

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ANTI-DOPING RULE VIOLATIONS

(Article 32 – [IAAF Competition Rules](#))

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

-  The **Presence of prohibited Substance** or its Metabolites or Markers in an Athlete's Sample;
-  The **Use or Attempted Use** by an Athlete of a Prohibited Substance or Prohibited Method;
-  **Evading, Refusing or Failing to Submit to Sample collection;**
-  **Whereabouts Failures**, meaning any combination of three Missed Tests and/ or Filing Failure within a twelve-month period by any Athlete in a Registered Testing Pool;
-  The **Tampering or Attempted Tampering** with any part of Doping Control, meaning: a conduct which subverts the Doping Control process but which would not otherwise be included in the definition of prohibited Method. Tampering shall include, without limitation, intentionally interfering or attempting to interfere with a doping Control Official, providing fraudulent information to an Anti-Doping organisation or intimidating or attempting to intimidate a potential witness;
-  The **Possession** of a Prohibited Substance or Prohibited Method;
-  The **Trafficking or Attempted Trafficking** in any Prohibited Substance or Prohibited Method;
-  The **Administration or Attempted Administration** to any Athlete *In-Competition* of any Prohibited Method or Prohibited Substance, or administration or attempted administration to any Athlete *Out-of-Competition* of any Prohibited Method or Prohibited Substance that is prohibited *Out-of-Competition*.
-  **Complicity**, meaning: assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an anti-doping rule violation, attempted anti-doping rule violation or a violation of the prohibition against participation during a period of ineligibility.
-  **Prohibited Association** by an Athlete or other person subject to the authority of an Anti-Doping organisation in a professional or sport-related capacity with any Athlete Support Person (manager, coach, doctor....) who is serving a period of ineligibility as a result of an anti-doping rule violation, or who has engaged in conduct which could be regarded as an anti-doping rule violation had IAAF Rules applied to this person, or who is serving as a front or intermediary for any individual described above.

The IAAF Anti-Doping Rules and Regulations are, primarily, directed towards athletes. However, some are also intended to apply equally to athlete support personnel, such as coaches, doctors, representatives et al.

An Anti-Doping rule violation can result in disciplinary action against the athlete or athlete's support personnel even up to 10 years after it has actually been committed.

What are the sanctions for athletes committing a doping offence?

The standard sanction for a first-time doping offence for the presence, use or possession of a prohibited substance or method is a four-year period of ineligibility from all athletics competitions, both nationally and internationally, where the athlete fails to establish that the violation was not intentional (non-specified substances) or the Anti-Doping Organisation can prove that the violation was intentional (specified substances).

"Intentional" under IAAF Rules means that the athlete engaged in conduct which he or she knew constituted a doping offence or knew there was a significant risk that the conduct might constitute or result in a doping offence.

When an athlete can prove no significant fault or negligence in a case involving a specified substance or a contaminated product and that the Anti-Doping organisation cannot prove an intentional violation, the period of ineligibility may range from a public warning to two years.

In most cases, an athlete simply claiming that they were unaware that they were consuming a prohibited substance – or engaging in a prohibited practice – will not be considered as grounds for a reduction in sanction, as negligence is not regarded as a valid excuse.

However, athletes who assist the IAAF, or another Anti-Doping Organisation, in discovering and establishing doping offences against third parties may have their initial sanction reduced, subject to the conditions set out under IAAF Rules.

URINE SAMPLE COLLECTION PROCEDURE

The following is an illustrated summary of the IAAF sample collection procedures which are detailed in the IAAF 2015 Anti-Doping Regulations. 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 you read all steps very carefully. It is crucial that if you have any questions, problems with the procedures, 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, as appropriate.

1. Notification & Reporting



A Chaperone/ Doping Control Officer (DCO) will notify you of your selection for testing, showing you their ID.

You will need to show photographic ID of your own, and report straight to Doping Control, staying in the sight of the Chaperone/ DCO at all times.

You are also permitted to have an accompanying person or representative with you for the doping control process.

2. Sample Provision



When ready, you will need to choose a collection vessel from a selection. Check to make sure it is intact, sealed and clean.

You will need to remove enough clothing to allow the DCO to have a direct view as you provide the sample.

You must provide at least 90ml of urine.

The DCO who will observe the sample provision will be of the same gender as you.

If the volume provided is less than that, you must provide another sample. The first, partial, sample will be temporarily sealed, and later mixed with the new sample.

When you have provided the required volume of urine, close the vessel, and return to Doping Control.

You are in control of your sample, and nobody else should handle it unless you ask them to.

Next, you will need to choose from a selection of sealed sample kits. Check to make sure that the 'A' and 'B' bottles inside are intact, sealed, and clean, and that all the ID numbers match.



As directed by the DCO, you are then required to divide your sample between the 'B' bottle (a minimum of 30ml) and 'A' bottle (a minimum of 60ml), before sealing both bottles, and placing them in the plastic bag, and then into the storage box.

The DCO will then check the Specific Gravity (density) of your sample. If it is too dilute, the details will be recorded, and you may be asked to provide further samples, until the required sample density has been reached.

3. The Doping Control Form



The DCO will record all your sample details on the DCF, before asking you to check all the information.

You will then be asked to disclose any medication or supplements that you have taken recently.

You also have the opportunity to write down any comments that you have on the Doping Control procedure, or on any other aspect of testing.

Finally, you should take the time to once again check all the information on the DCF.

Once you are satisfied with it, you are required to sign the form.

It is also recommended that you check that the yellow lab copy of the DCF does not show any of your personal details.

The DCO will then also sign the form, before tearing off your copy, and handing it to you.

You should ensure that you take your copy, and keep it safe.





*Getty Images

Ashton Eaton (USA) Decathlon

Olympic Champion (2012), World Indoor Champion (2012)
World Record Holder

"The anti-doping rules are no different than any others in track in field. The starting gun, toe-board, take-off board, ring, bar, lane lines. All are designed to make the contest fair, and are the elements that make track and field so exciting. As athletes, it's important to adhere to the anti-doping rules, or we risk having a sport that is ridiculed and much less fun to watch."

BLOOD TESTING & THE BLOOD SAMPLE COLLECTION PROCEDURE

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.

Why do blood testing?

Blood testing forms two main purposes, as a part of a Testing Programme. Firstly, there are some prohibited substances and methods which are only detectable through analysis of blood samples. Secondly, blood samples provide the required parameters used in the framework of the Athlete Biological Passport (see page 9 for more details).

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 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;
- 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 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.

THE ATHLETE BIOLOGICAL PASSPORT

What is the Athlete Biological Passport?

The Athlete Biological Passport (ABP) is an indirect detection method involving the measuring and monitoring of selected individual biological markers, whose abnormal variations could indicate doping practice. The ABP is currently composed of two modules: the haematological and the steroidal module. In practical terms, the ABP consists of collecting blood samples (haematological module) or urine samples (steroidal module) and then screening and monitoring the variations of pre-defined biomarkers over a period of time, which could be indicative of the use of a prohibited substance or a prohibited method. The haematological module of the ABP aims at detecting blood doping, while the steroidal module aims at detecting the use of anabolic steroids. The use of 'biomarkers' for individual athletes allows for the detection of doping through indirect means, rather than via more traditional, direct detection through analysis. Such an approach harnesses the rationale that the biological effects of doping substances and methods (apparent through the analysis of 'biomarkers') remain present and detectable for a longer period of time than the substances and methods themselves.

Testing in this way means that an athlete can be monitored far more efficiently and effectively over the entire course of their career. Instead of referencing against a general athlete population, the ABP creates individualised reference ranges for each athlete. As such, each sample compares values against both previous and future samples, identifying fluctuations that may be indicative of the use of doping substances or methods.

What is the history of the ABP?

The IAAF was one of the first International Federations to collect blood samples, starting with the measuring of blood variables at the 2001 IAAF World Championships, in Edmonton. The purpose, at the time, was to conduct targeted EPO tests in urine on those athletes showing abnormal blood profiles. This approach proved to be efficient in the early days of EPO use, especially during *Out-of-Competition* training periods.

The Operating Guidelines for the ABP were first approved by WADA for implementation on 01 December, 2009, coming into effect immediately. These Guidelines have been established to harmonise the results of monitored variables within the ABP to ensure both legal and scientific robustness. The model is intended to give a firm, collective framework for the pursuit of Anti-Doping Rule Violations (ADRVs) in accordance with Article 2.2 (*'Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method'*) of the World Anti-Doping Code, as well as supporting intelligent, targeted testing.

The IAAF Athlete Biological Passport Programme was formally launched in 2009, with the implementation of the WADA Operating Guidelines for the ABP, although the IAAF may be able to rely on blood data collected prior to 2009 in support of an anti-doping rule violation.

The latest release of these Guidelines, including the steroidal module, entered into force in October 2014.

Review of ABP profiles and consequences

ABP profiles are updated and reviewed on a regular basis by the IAAF. In accordance with IAAF Anti-Doping Regulations, ABP profiles identified as atypical are submitted to an Independent Expert Panel, which is required to give an opinion on the values or variations observed.

If the Expert Panel unanimously decides that the atypical values or variations in a profile may be consistent with doping, a disciplinary procedure must be initiated against the athlete who may ultimately be sanctioned.

To date, more than 30 international-level athletes have been found guilty of a doping offence and sanctioned on the basis of their Athlete Biological Passport Profile.

Who will be a part of the Programme?

The ABP will focus primarily on IAAF Registered Testing Pool (RTP) athletes. However, all athletes should be aware that they can be selected for ABP testing at any time, so should consider themselves part of the ABP Programme.

What does the ABP mean for traditional anti-doping testing?

More traditional, direct means of doping control are still representative of an effective anti-doping programme; but have some limitations against highly sophisticated doping regimes. More intricate doping programmes, as well as the development of new substances and methods, may be harder to detect through conventional analyses. Hence, there is a need for anti-doping bodies to be constantly looking for new, refined ways to maintain the fight against doping.

The ABP is not intended or designed to replace direct testing. Instead, it represents one of several strategies that can be used to help. It sits alongside the direct testing of athletes, use of non-analytical evidence, Whereabouts information and performance monitoring. It is only through a robust, complementary combination of such strategies – alongside seeking out new ones to address emerging threats – that the global battle can remain current and effective.



*Getty Images

David Rudisha (KEN) 800m

Olympic Champion (2012), World Champion (2011), African Champion (2008, 2010),
World Junior Champion (2006), Continental Cup Winner (2010)
World record Holder

"It takes great heart and courage to compete knowing you are doing it the right way. Knowing it comes down just to you when you step on the track. Every race, every win, every performance is a pure event. Stay true to yourself, and don't get involved with substances you shouldn't."

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THERAPEUTIC USE EXEMPTIONS

Therapeutic Use Exemptions (TUEs) exist for the benefit of athletes. A TUE allows an athlete who suffers from a genuine, medically-confirmed condition to use a particular substance that would otherwise be prohibited.

All athletes requiring the use of a prohibited substance contained in the WADA Prohibited List must have a TUE on file. However, **only International-level athletes** are required to apply to the IAAF for a TUE. In this regard, an athlete is considered to be International-level if they are either: a) a member of the IAAF Registered Testing Pool (RTP); or b) competing in a competition recorded on the IAAF list of International Competitions. Both of these documents can be found on the Medical & Anti-Doping section of the IAAF website.

Note that, if an athlete does not file a TUE application and subsequently tests positive for the prohibited substance, they may be found guilty of an anti-doping rule violation, and face sanctions under IAAF Rules.

The TUE Application

Applications sent by athletes who are not International-level athletes under IAAF Rules will be automatically rejected.

Athletes who are not International-level must apply for TUEs to their relevant national TUE body. That body may be the National Federation itself, another body designated by the National Federation to review TUE applications, or another independent body which has competent authority to grant TUE applications in the country or territory of the National Federation.

You must be aware that TUEs granted on a national level have no application internationally. If an athlete who has been granted a TUE at national level subsequently becomes an International-level athlete or wishes to compete in an International Competition, they must submit a separate international application for a TUE to the IAAF.

When should I apply?

A TUE application for the use of a substance prohibited *In-Competition* only must be submitted to the IAAF at least **30 days** before the competition in question. For the prohibited substances *Out-of-Competition*, the TUE application must be submitted before the use of the prohibited substance.

How do I make my application?

A TUE application to the IAAF must be submitted on the IAAF TUE Application Form, which can be downloaded from the IAAF website, or through ADAMS.

The TUE application must be legible and complete. It will be considered to be complete if all boxes on the TUE Application Form have been properly filled in, and if it is accompanied by all supporting medical documents.

Incomplete and illegible applications will be systematically returned to the applicant.

Who will review my application?

Your application will be reviewed by the IAAF TUE sub-commission (TUESC), which is composed of at least three independent and experienced physicians with sound knowledge of clinical, and sports and exercise medicine.

How long will it take?

In normal circumstances, a decision of the IAAF TUESC should be completed within 30 days of receipt of a complete application.

How do I know if my TUE application was granted or rejected?

The decision of the TUESC will be notified to you in writing at the email or postal address indicated on your TUE application form.

Who else is informed on the decision of the IAAF TUESC?

IAAF decisions on TUE applications are communicated on a need-to-know basis. Your Federation, the National Anti-Doping Organisation (if appropriate) operating in your country and the World Anti-Doping Agency (WADA) should normally receive a copy of the IAAF decision.

What happens if my application is rejected?

You will be informed on the reason(s) for rejecting your application.

If your application is rejected because the IAAF TUESC considered that you did not fulfill all criteria for granting a, you can submit your TUE application to the WADA TUESC which can reverse the IAAF TUESC decision to deny a TUE. A decision to deny a TUE can also be appealed to the Court of Arbitration for Sport.

POINTS TO REMEMBER

- The ultimate responsibility is yours. You, and you alone, are responsible for what enters your body. Declarations of Use are no longer required.
- Always check to see whether you are considered to be an International-level athlete, and ensure that you apply to the most appropriate anti-doping organisation when making an application for a TUE, and that any existing TUE is valid for the Competitions that you enter.
- In no circumstances shall a TUE be granted to an athlete if the IAAF considers that he would thereby gain a competitive advantage over another athlete.
- If you have any questions regarding the procedures to be followed for TUE applications under IAAF Rules, please do not hesitate to contact the IAAF Medical and Anti-Doping Department for further information at: tue-application@iaaf.org.

SUPPLEMENTS

It remains the IAAF's primary position that athletes do not need to use supplements. And the strong advice is that they should not do so. Elite-level performance and results can be achieved simply through the application of a concerted, focused nutritional regime, conducive to the life of an international athlete.

If, nevertheless, athletes decide to take supplements, they do so **at their own risk**, and should always ensure that they exercise extreme caution and judgment in the products that they use.

Historically, and currently, many supplements have proven to contain, or to be contaminated with, substances that are prohibited on the WADA Prohibited List.



According to the principle of *'strict liability'*:

"Athletes are solely responsible for what is in their body at all times".

As such, athletes must take all steps to verify the ingredients of any medicines and supplements that they choose to take, including at a minimum talking to their doctors, seeking specialist advice and using any resources made available by Anti-Doping Organisations.

And athletes should **never** purchase supplements from non-reputable sources. Online resources may be able to help in identifying reputable sources, but they cannot check all supplements, and it is well-known that product ingredients vary from country-to-country, and even from batch-to-batch.

If in any doubt, the message is: ***'do not take it!'***

IAAF REGISTERED TESTING POOL






The IAAF 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, your National Anti-Doping Organisation, or National Federation.

The RTP is established from 01 October each year, but is constantly reviewed and updated, and an athlete may be added to it at any time. It includes the top-ranked athletes in each event, by reference to the official IAAF World Rankings and Performance Lists, as well as any other athlete the IAAF decides to include at its own 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.). 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, as well as making themselves available for *Out-of-Competition* testing during that same period.

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




If you are selected as part of the IAAF RTP, you will be informed directly, and will be required to provide the following information, for every day of the year:

-  A 60-minute time slot, when you can be tested;
-  An overnight residential address;
-  A mailing address;
-  Any regular activity (training, work etc.); and
-  Your competition schedule.

All IAAF RTP athletes are required to submit their Whereabouts information directly through ADAMS.

Updating

You should always aim to make changes directly in ADAMS. However, it is understood that plans and circumstances change. As such, you can update your details at any time, through any of the following means:

-  **Email:** whereabouts@iaaf.org
-  **SMS:** +336 78 63 34 08
-  **Fax:** +377 93 10 88 05

More information on the IAAF RTP, including a list of all athletes currently selected as part of it, and clarification of the requirements, can be found on the IAAF website.

WHEREABOUTS INFORMATION & MISSED TESTS

Why do we ask for Whereabouts information?

Details of an athlete's Whereabouts enable the IAAF to effect no-advance-notice testing, on an *Out-of-Competition* basis. Such testing is one of the most powerful means of deterrence and detection of doping, and represent an important step in strengthening athlete and public confidence in doping-free sport. Accurate Whereabouts information is crucial to ensure efficiency of the anti-doping programs, which are designed to protect the integrity of sport and to protect clean athletes.

Who is required to provide whereabouts information to the IAAF?

Only those athletes selected as part of the IAAF RTP and subject to *Out-of-Competition* testing are required to submit quarterly Whereabouts to the IAAF. Those selected will be duly informed through a written notification sent directly to them and/ or their National Federation.

What information must be provided?

Athletes in the IAAF RTP are required to provide complete and accurate Whereabouts information for each day of the quarter. This information includes (but is not limited to):

- A complete mailing address, where correspondence may be sent for formal notice purposes;
- The full address of a place of overnight residence;
- The name and address of each location where they will train, work or conduct any other regular activity;
- The name, address and dates of each location where they are scheduled to compete during the quarter;
- A specific 60-minute time slot (between 0500 and 2300 hours) where they will be available and accessible for testing at a specific location; and
- Travel dates which cover a period greater than 24 hours, with no possibility of providing a 60-minute time slot.

When must Whereabouts be submitted to the IAAF?

Whereabouts must be submitted to the IAAF before the beginning of each quarter. A written notice including a deadline is specifically sent to each RTP athlete to that effect.

How are Whereabouts Submitted?

All IAAF RTP athletes are required to submit their Whereabouts information directly, and online, through ADAMS.

An athlete can update their Whereabouts at any time before their 60-minute time slot on ADAMS, by email or by text message/ SMS, or fax (see the IAAF Whereabouts division contact details below).

Who is responsible for submitting Whereabouts?

Each athlete is ultimately responsible and accountable for their own Whereabouts information. They can delegate to a third party if they wish, but it is not a defence to an allegation of a Filing Failure under IAAF Rule 32.2 (d) that such responsibility was delegated to a third party, and that the third party subsequently failed to comply with the applicable requirements.

What is a Filing Failure?

A Filing Failure may be evaluated against an athlete if, having been informed of their inclusion in the IAAF RTP, the athlete:

- Does not make any Whereabouts filing;
- Does not submit their Whereabouts by the applicable deadline;
- Makes a Whereabouts filing, but does not include all required information;
- Makes a Whereabouts filing, but provides information that is apparently inaccurate or insufficient; or
- Fails to update the required information.

A Filing Failure may also be evaluated against an athlete if the information provided, which seems accurate and complete at the time of the filing, turns out to be inaccurate or insufficient.





What about a Missed Test?

A Missed Test is defined as a failure by the athlete to be available for Testing at the location and time specified in the 60-minute time slot identified in their Whereabouts filing for the day in question.







Athletes should also be aware that an absence from testing at the 60-minute time slot may still be counted as a Missed Test even if the DCO finds them, and subsequently carries out a test at any location.

For further information

If there are any questions on the information provided above, please contact the **IAAF Athlete Whereabouts Division**, on the details below:

-  **Email:** whereabouts@iaaf.org
-  **Phone:** +377 93 10 88 24
-  **Mobile:** +33 678 63 34 08
-  **Fax :** +377 93 10 88 05

POINTS TO REMEMBER

-  You must provide complete, and accurate information for each and every day of a Quarter.
-  Always update your information as soon as you become aware of a change.
-  You must submit your Whereabouts before the start of each Quarter.
-  You are ultimately responsible for the submission and updating of your Whereabouts information.
-  You can still be tested at any time, not just during your 60-minute time slot.
-  Emergency updates can be made by contacting the Whereabouts department directly, but this step should only be used as a last resort.

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*Getty Images

Koji Murofushi (JAP) Hammer

Olympic Champion (2004), World Champion (2011), Asian Games Champion (1998, 2002)

"Being an athlete means developing yourself, challenging yourself, testing yourself and ultimately relying on yourself. If you dope, you're relying on something outside yourself."

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THE INTELLIGENCE FUNCTION



As part of the IAAF's on-going commitment to keeping our sport drug free, an Intelligence function has been developed as an integrated part of the Medical & Anti-Doping department.

The IAAF takes great pride in being at the very forefront of the fight against doping, and believes that ***we all have a responsibility in this battle***, and should actively commit to the cause. And the improvement of the intelligence-directed approach can only be continued with the involvement of everyone who has the best interests of the sport at heart. The information which underpins this approach is gathered from a wide-range of sources including across sport; those involved are often best aware of who is doing what. Providing an avenue to capture this information was a priority for the IAAF when introducing such an approach.

As an athlete, you too play a hugely important role within the athletics family, and in helping keep our sport true, pure, and clean. The position of an athlete as a role-model to shape current and future generations should not be underestimated. And how each and every one of us conducts themselves plays a pivotal part in promoting the appeal of athletics, and ensuring it remains credible, and the purest of all sports.

As an international organisation, concerned with all levels of athletics, the IAAF must retain a truly global perspective that encompasses all areas of the sport. Sadly, doping is a going concern across all tiers. As a result, there is a clear need for an active, effective awareness of the darker elements, and the collection and collation of information to help in the constant struggle to counter them, and help protect the present and future health of our sport, and all who participate in it.

The development of the Intelligence function allows for a more coherent, targeted approach to tackling doping and doping practice. Receiving and managing information from a wide range of sources allows the building of greater knowledge and understanding, and helps make sure that an already-robust testing programme, as well as improving the education provided to all athletes is as good as it can be.

As a result, it is actively encouraged for anyone who becomes aware, or is suspicious, of doping practice taking place, to report it directly to us. A number of ways for reporting have been put in place so that, if you see or hear of anything related to doping, you can contact us anonymously, and in complete confidence.



Phone: +377 93 10 88 25



Email: pureathletics@iaaf.org



Twitter: @IAAFIntel



Facebook: IAAFIntel

Or, if you would feel happier not speaking or interacting directly with someone, then there is an anonymous online form that can be completed on the IAAF website.



ANTI-DOPING RESOURCES

Should you require any further information on any IAAF anti-doping issues, you can 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, the website also provides 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/about-iaaf/medical-anti-doping
Email: 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
MC 98007
Monaco

World Anti-Doping Agency

Web: www.wada-ama.org
Email: info@wada-ama.org
Phone: +1 514 904 9232
Fax: +1 514 904 8650
Mail: World Anti-Doping Agency
Stock Exchange Tower
800 Place Victoria (Suite 1700)
Montreal (Québec) H4Z 1B7
Canada

* More information on all the topics covered in this guide, along with a detailed glossary of anti-doping terms, points of contact, details relating to National and Regional Anti-Doping Organisations, and other useful links is available through the Medical & Anti-Doping section of the IAAF website.

Stay on Track
Be Drug Free



* Courtesy of Athletics Australia/ Getty Images

Sally Pearson (AUS) 100m Hurdles

Olympic Champion (2012), World Champion (2011), World Indoor Champion (2012), Commonwealth Games Champion (2010), Continental Cup Winner (2010), World Youth Champion (2003)

"Think of everything this sport has given to you, and pledge yourself to giving back to it. Keep it pure and clean, and keep it true."

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