

**Communication No. 2243**

**ISU ANTI-DOPING PROCEDURES**

to the

**ISU ANTI-DOPING RULES**

compiled in accordance with

**The World Anti-Doping  
Code 2015**

*(This Communication replaces ISU Communication No.2214, effective May 1, 2019)*

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## INTRODUCTION

These ISU Anti-Doping Procedures take into account the ISU Anti-Doping Rules<sup>1</sup>. Both, the ISU Anti-Doping Rules and the ISU Anti-Doping Procedures have been compiled in accordance with the 2015 World Anti-Doping Code<sup>2</sup> (hereinafter “the Code”), the WADA Athlete Biological Passport Operating Guidelines<sup>3</sup> and the WADA International Standards as published on the WADA website ([www.wada-ama.org](http://www.wada-ama.org)) and amended from time to time. These documents form an integral part of these ISU Anti-Doping Procedures.

Any matters that are not specifically addressed in these ISU Anti-Doping Procedures shall be applied by reference to the relevant WADA International Standard as far as feasible and reasonable.

References to the WADA Prohibited List<sup>4</sup> are to the currently valid version of the List, as published by WADA.

### A TESTING

- A.1 Reference is made to Article 5.2 of the ISU Anti-Doping Rules, Authority to conduct Testing, and Article 5.3, Event Testing.
- A.2 The guidelines set out in the ISU Anti-Doping Rules and the ISU Anti-Doping Procedures apply to both In- and Out-of-Competition Testing.
- A.3 Testing conducted on behalf of the ISU must comply with the ISU Anti-Doping Rules and the ISU Anti-Doping Procedures and with the International Standard for Testing and Investigations<sup>5</sup> (hereinafter ISTI). Such Testing is conducted by the Sample Collection Authority which might be either the National Anti-Doping Organization of the country where the Testing takes place or a specialized commercial Anti-Doping Agency appointed by the ISU. The ISU remains the Testing Authority.
- A.4 The Anti-Doping Testing procedure at any In-Competition Testing or Out-of-Competition Testing may include Urine and/or Blood Sampling.
- A.5 All Samples provided by Skaters (urine and/or blood) immediately become the property of the ISU.
- A.6 The ISU Test Distribution Plan is set based on the risk assessment and prioritization process described in Articles 4.2 to 4.6 of the ISTI.
- A.7 Samples will be analysed for substances and methods in accordance with the current version of the WADA Prohibited List, for markers included in the ABP Haematological and Steroidal Modules and/ or for any other legitimate anti-doping purpose.

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<sup>1</sup> ISU Anti-Doping Rules: <https://www.isu.org/anti-doping>

<sup>2</sup> 2015 World Anti-Doping Code: <https://www.wada-ama.org/en/resources/the-code/world-anti-doping-code>

<sup>3</sup> WADA Athlete Biological Passport Operating Guidelines: [Athlete Biological Passport \(ABP\) Operating Guidelines | World Anti-Doping Agency](https://www.wada-ama.org/en/resources/athlete-biological-passport/athlete-biological-passport-abp-operating-guidelines)

<sup>4</sup> WADA Prohibited List: <https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents>

<sup>5</sup> ISTI: <https://www.wada-ama.org/en/resources/world-anti-doping-program/international-standard-for-testing-and-investigations-isti-0>

- A.8 All tests conducted under ISU Testing Authority shall use the ISU Doping Control Forms or, subject to approval by the ISU, the Doping Control Forms from the assigned Sample Collection Authority.  
ISU Doping Control Forms and relevant ISU Forms to conduct Testing are available at the ISU Secretariat.
- A.9 The Doping Control Station is defined as the location where the Sample Collection Session will be conducted. For ISU Events the facilities of the Doping Control Station are described in the current ISU Memorandum/Medical and Anti-Doping<sup>6</sup> for Figure Skating, Speed Skating, Short Track Speed Skating and Synchronized Skating). For Out-of-Competition Testing, this location might be a Skater's home or a hotel room, etc. For ABP Blood In-Competition Testing according to B.4.10, this location might be an hotel room. For non ISU Events, the minimum criteria for doping control stations laid down in the ISTI shall apply.
- A.10 Notification of Skaters except for ABP Blood In-competition Testing according to B.4.10

A.10.1 Requirements for notification of Skaters

Skaters selected for Testing will be notified by the person(s) (Doping Control Officer or Chaperone, as applicable) appointed by the Sample Collection Authority using the ISU approved Doping Control Forms. Skaters must acknowledge notification by signature and must appear at the Doping Control Station with photographic identification immediately, unless valid reason as detailed in Article B.4.8. The Doping Control Officer/Chaperone will identify himself/herself either at the time of notification or upon arrival at the Doping Control Station, and will show the Skater the official authorization documentation provided by the ISU or the Sample Collection Authority that has the authority to test.

The authorized person(s) will notify the Skater of the following:

- i) That the Skater is required to undergo Testing on the ISU's authority;
- ii) The type of Testing to be done, either blood or urine or both;
- iii) Any conditions that need to be adhered to prior to sample collection;
- iv) That the Skater is entitled to request an interpreter;
- v) The requirement by the Skater to show Identification;
- vi) The requirement for the Skater to sign the notification part of the Doping Control Form;
- vii) That they will be chaperoned until the sample is collected;
- viii) The location of the Doping Control Station;
- ix) The requirement to undergo Testing immediately unless the skater requests a delay in reporting to the Doping Control Station for valid reason according to article B.4.8 of these ISU Anti-Doping Procedures.
- x) The possible consequences of failure to comply.

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<sup>6</sup> ISU Memorandum/Medical and Anti-Doping: <https://www.isu.org/anti-doping>

#### A.10.2 Failure to report to the Doping Control Station in due time

Should the Skater fail to report to the Doping Control Station in due time as per Article A.10.1, this fact shall be recorded on the Doping Control Officer Report Form. If the Skater does arrive at the Station while the Doping Control Officer is still on duty, the sampling procedures shall still be carried out.

#### A.11 Conducting the Sample Collection Session

A.11.1 Upon arrival at the Doping Control Station, the Skater and one person acceptable to the Skater shall be attended to in the waiting room by a representative of the Sample Collection Authority who shall confirm the identity of the Skater and shall note the time of arrival. Once the Skater has reported to the Doping Control Station he/she must remain there unless permission to leave is granted by the Doping Control Officer (DCO), and must be continuously chaperoned by a representative of the Sample Collection Authority until the sampling procedure is completed.

A.11.2 No photographs, video or audio recordings may be taken inside the Doping Control Station during Testing. For In-competition Testing, it is recommended that a representative of the Sample Collection Authority be positioned outside the Doping Control Station to monitor the flow of people in and out and to keep unauthorised persons from entering the Station.

A.11.3 In addition to the Skater and the accompanying person, only the following persons may be present in the Doping Control Station:

- The official in charge of the Doping Control Station;
- The Doping Control Officer(s) (DCO) in charge of taking and witnessing samples;
- A medical technician, whose duties may include keeping records;
- A member of the ISU Medical Commission;
- A representative of the ISU;
- A Chaperone for each Skater;
- An interpreter;
- Administration support personnel as necessary.

A.11.4 The DCO shall collect the Sample from the Skater according to the following protocol(s):

- Collection of Urine Sample; refer to Appendix 1.
- The minimum volume of urine to be collected is 90 ml; if a skater is unable to provide sufficient volume of urine refer to Appendix 3 for further guidance.
- The urine sample Specific Gravity (S.G.) measured with a refractometer must indicate a minimum value of 1.005. If no refractometer is available the minimum value of S.G. 1.010 must be measured by laboratory stick. If the urine does not meet the minimum Specific Gravity refer to Appendix 4 for further guidance.
- Collection of Blood Sample; refer to Appendix 5 and 7.

A.11.5 If the Skater refuses to comply, this shall be noted on the Doping Control Form. At ISU Events, the representative of the ISU must be informed and shall decide on the further steps to be taken. In case of other than ISU

Events, the information shall be addressed to the ISU Director General without delay. The Skater is subject to sanctions according to Article 10 of the ISU Anti-Doping Rules.

A.11.6 The sample code numbers shall be entered on the Doping Control Form.

A.11.7 The Skater shall answer all questions asked on the Doping Control Form, including declaration of any medication and nutritional supplements that he/she may have taken in the preceding seven days, any blood transfusion received over the last three months and answer, if any, the specific questions related to ABP Blood Testing. The Doping Control Officer shall record this on the Doping Control Form.

A.11.8 The Skater, and the accompanying person if present, shall certify, by signing the Doping Control Form, that the details are correct and accurate and that there have been no irregularities in the entire Sample taking and sealing procedure. The DCO shall check and sign the Doping Control Form, as well as the representative of the ISU present during the Sample Collection session. The Skater is given a copy. Laboratory copies of the Doping Control Form shall be placed in a separate envelope that shall be placed in the transport container with the Samples. The ISU copy is returned to the ISU Secretariat in Lausanne. The remaining copy is retained on file by the Sample Collection Authority or the representative of the ISU.

#### A.12 Transport of Samples

The sealed samples are placed in transmittal bags or containers and sent with the appropriate ISU or Sample Collection Authority Chain of Custody Forms. Each transport container may be sealed. The chain of custody shall be maintained by signature until the samples' arrival at the laboratory.

#### A.13 Deviations from Guidelines

These guidelines must be followed as closely as possible, however deviation(s) from these guidelines shall not invalidate the finding of a Prohibited Substance or Method, unless it was such as to cast substantial doubt on the reliability of the finding. (See Article 3.2.3 of the ISU Anti-Doping Rules)

#### A.14 Analysis of Samples

A.14.1 The principles for the analysis of Samples are described in Article 6 of the ISU Anti-Doping Rules and in the International Standard for Laboratories<sup>7</sup>.

A.14.2 If at any stage a question or issue arises on the Testing, analysis or interpretation of results, the person responsible for analysis at the laboratory may consult the ISU for guidance.

A.14.3 If at any stage a question or issue arises in relation to the Sample and its analysis, the laboratory may conduct any further tests necessary to clarify the

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<sup>7</sup> ISL: <https://www.wada-ama.org/en/resources/laboratories/international-standard-for-laboratories-isl>

issue raised and such tests may be relied upon by the ISU when deciding whether a Sample has tested positive for a Prohibited Substance or Method.

#### A.15 Analysis of B Samples

In the event that a Member on behalf of one of its Skaters requests the analysis of the B Sample, as provided for in Articles 7.3.2 - 7.3.5 of the ISU Anti-Doping Rules, the costs associated with the analysis of the B Sample (attendance by Skater or representative, etc.) are the responsibility of the Member of the Skater who provided the positive A Sample. If a representative of the ISU is appointed to attend the analysis of the B Sample, his/her expenses are paid by the ISU.

## **B IN-COMPETITION TESTING**

### B.1 Authority to Test

As outlined in Article 5.3.1 of the ISU Anti-Doping Rules, the ISU is the Testing and Result Management Authority for Testing carried out at ISU Events, Olympic Qualifying Events and Open International Competitions.

ISU Events currently are:

- ISU Championships
- ISU Grand Prix of Figure Skating Final and Series (ISU Grand Prix of Figure Skating)
- ISU Junior Grand Prix of Figure Skating Final and Series (ISU Junior Grand Prix of Figure Skating)
- ISU World Team Trophy in Figure Skating
- ISU World Cup Speed Skating
- ISU Junior World Cup Speed Skating
- ISU World Cup Short Track Speed Skating

The tests will be conducted by the Sample Collection Personnel of the Sample Collection Authority appointed by the ISU and, if present, under supervision of the representative of the ISU.

B.1.1 At ISU Events, Olympic Qualifying Events and Open International Competitions, it is - except for ABP Blood In-Competition Testing according to B.4.10 - the financial responsibility of the organizing Member to provide Anti-Doping equipment, facilities for collection of samples, personnel to conduct the testing, transportation of samples and analyses of the samples at an accredited WADA laboratory in accordance with the ISU Anti-Doping Rules and the ISU Anti-Doping Procedures. Members failing to provide such services and equipment may result in a charge of a disciplinary or ethical offense under the ISU Code of Ethics.

B.1.2 All Anti-Doping expenses incurred by the Members organizing an ISU Event or an Olympic Qualifying Event where no ISU financial support is provided, shall be reimbursed by the ISU.

B.1.3 The organizing Member – except for ABP Blood In-Competition Testing according to B.4.10 - will be responsible for the logistical costs of the Doping Control Officers on site, including accommodation and meals.

B.1.4 In case of ABP Blood In-Competition Testing according to B.4.10, the costs for the facilities / rooms (provided the ABP Blood Test is not carried out at the ice rink), analysis fees, officials' accommodation and travel costs and equipment are the financial responsibility of the ISU.

## B.2 Supervision

B.2.1 For ISU Championships, a member of the ISU Medical Commission is appointed by the ISU Council and will be responsible at the designated Event for liaising with the Organizing Committee and the Sample Collection Authority, including the organisational aspects, and providing information to the teams.

B.2.2 At ISU Events where no member of the ISU Medical Commission is present, a representative of the ISU and/or of the Sample Collection Authority or a physician approved by the Chairperson of the ISU Medical Commission may carry out this function.

## B.3 Facilities, Equipment and Personnel

### B.3.1 Doping Control Station

The organizing Member shall provide a Doping Control Station where urine and blood sampling can be taken and that will be used solely as a Doping Control Station. Except for ABP Blood In-Competition Testing according to B.4.10 which may be done in an official hotel, the Doping Control Station should be situated near to the Skater's changing rooms and clearly marked. The Doping Control Station must consist of a separate waiting area, an administrative working room with running water from a sink and a separate toilet area. A lockable refrigerator must be available on request for the administrative room.

B.3.2 Sealed refreshments (mineral water, soft drinks, fruit juice etc.) must be available in the waiting area. These drinks shall only contain water, minerals, sweeteners and carbohydrates. As per the ISU Medical & Anti-Doping Memorandum, the Doping Control Station must also be equipped with a TV set. The Doping Control Station shall be adequately equipped with facilities to allow the Doping Control Officer(s) and Blood Collection Officer(s) to wash their hands and fulfil usual medical standards.

### B.3.3 Sample Collection Equipment

Sample collection equipment is provided by the Sample Collection Authority.

### B.3.4 Support Personnel

Except for ABP Blood In-Competition Testing according to B.4.10, the organizing Member shall appoint an Event Doping Control Coordinator who shall be responsible for the preparation of the Doping Control Station, contact

with the Sample Collection Authority and Doping Control Officers, the representative of the ISU, the organization and supervision of the Chaperones.

There must be a sufficient number of Chaperones, all of whom must be of legal age under the law of the host country, to notify and accompany the Skaters who have been selected to undergo Testing. The Chaperones must be of the same gender as the Skater being tested and be able to communicate in English and, if possible, in other languages.

The organizing Member shall provide a Chaperone Manager, who can assist and supervise the Chaperones in their duties. There should be at least one additional person who will monitor all persons signing in and out of the Doping Control Station.

The Chaperone Manager and the Event Doping Control Coordinator may be the same person.

In case of ABP Blood In-Competition Testing according to B.4.10, the ISU shall appoint a Sample Collection Authority which shall be responsible for the organization of the Testing as described in an Agreement set for this purpose.

#### B.3.5 Accreditation of Doping Control Personnel

The organizing Member shall be responsible for ensuring that all Doping Control Personnel, including WADA Independent Observers, if applicable, receive appropriate accreditation to enable them to access the areas that a Skater can access.

### B.4 Selection, number and notification of Skaters to be tested

B.4.1 The method of selecting Skaters and the minimum number to undergo In-competition Testing is provided by the ISU before the beginning of each Competition.

B.4.2 Except for ABP Blood In-Competition Testing according to B.4.10, the selection of the Skaters and the notification procedure must be implemented in such a way that the Skaters or team officials have no warning as to which Skaters are scheduled for Doping Control until the Skater is notified in accordance with Article A.10.1.

B.4.3 Any Skater participating in an ISU Event or an International Competition may be subject to Testing. The notification may not infringe on the Competition itself and shall respect the Competition program. Inappropriate timing of a request to provide a Sample will not, however, invalidate the request. Skaters may note any concerns with the doping control process on the Doping Control Form.

#### B.4.5 Team competitions

In team competitions, only Team members who have participated in the Team Competition during the Event can be selected for Doping Control testing.

#### B.4.6 World Record

Any Skater or Team who achieves a world record must be selected for Testing according to Rule 221, paragraph 2 h), i) and j) and Rule 292 paragraph e), f) and g) of the ISU Special Regulations for Speed Skating and Short Track Speed Skating<sup>8</sup>.

Skater(s) achieving a world record result, individually or as members of a world record team and selected for testing, will be accompanied at all times by a chaperone who shall be of the same gender. This/these Skater(s) will report for Testing at the time notified according to Article A.10.1, but if any such Skater has been entered for a subsequent race on the same day, he/she is not required to report until immediately after competing in this subsequent race of the day (see also Article B.4.8). In this case the Skater(s) will be accompanied at all times also during the period between their races. If the Skater/selected team members setting the world record result chooses/choose to complete Testing immediately after the world record race they will not be accompanied following completion of this Testing. However, they may be subject to selection for Testing following any subsequent races that day. If the same Skater sets another world record result in any subsequent race on the same day, separate Testing must be done after this race.

#### B.4.7 Special issue for In-Competition Notification

At Speed Skating and Short Track Competitions, the notification of the Skater(s) selected for Sample collection for a distance (event) is made immediately after the completion of this distance.

However if the selected Skater will be competing in more than one distance on that day, the notification may exceptionally be made only after the Skater has completed his/her race in the subsequent distance(s), based on a consideration of the actual race schedules.

In case of ABP Blood In-competition Testing according to B.4.10, the Notification is done either through the “ABP Blood In-competition Testing Notification” which shall be displayed on the official information boards in the official hotels and at the ice rink no later than 6 pm on the day prior to the Blood Collection, or for non-advance notice ABP In-Competition Testing by direct notification to the selected Skater(s).

#### B.4.8 Valid reason for requesting a delay to undergo Testing

For In-competition Testing, except for ABP Blood In-competition Testing according to B.4.10

- i) Participation in a victory ceremony;
- ii) Fulfilment of media commitments;
- iii) Competing in further competitions the same day;
- iv) Performing a warm down;
- v) Obtaining necessary medical treatment;
- vi) Locating a representative and/or interpreter;

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<sup>8</sup> ISU Special Regulation for Speed Skating and Short Track Speed Skating  
<https://www.isu.org/inside-isu/rules-regulations/isu-statutes-constitution-regulations-technical>

- vii) Any other reasonable circumstances, as determined by the DCO, taking into account any instructions of the representative of the ISU.

#### For Out-of-Competition Testing

- i) Locating a representative and/or interpreter;
- ii) Completing a training session
- iii) Receiving necessary medical treatment; or
- iv) Any other reasonable circumstances, as determined by the DCO, taking into account any instructions of the representative of the ISU.

In any case, after notification, the Skater must be accompanied at all times by a representative of the Sample Collection Authority who shall be of the same gender.

#### B.4.9 ABP Blood In-Competition Testing

At ISU Events designated by the Medical Commission, an Athlete Biological Passport (ABP) Blood Test shall take place. The Medical Commission will decide to either test all Skaters having received an accreditation for the Event, including substitutes and Skaters having withdrawn from the Event, or designate certain skaters only.

#### B.5 Skaters selected for In-Competition Testing at ISU Events, Olympic Qualifying Events and Open International Competitions, (Figure Skating, Speed Skating, Short Track Speed Skating and Synchronized Skating)

The minimum numbers of Skaters to be tested may vary from Event to Event. The Organizing Committee will be informed of the minimum number of tests to be conducted at their Event well in advance.

In advance of the Event, the ISU will send the general Test Distribution Plan (TDP), outlining the number of Skaters of each gender to be tested and the type of tests (urine and/or blood) to the Organizing Committee and the Sample Collection Authority.

Just prior to the Event, the ISU will send the specific Test Distribution Plan (TDP) to the Sample Collection Authority.

### **C OUT-OF-COMPETITION TESTING**

- C.1 Costs for Out-of-Competition Testing organised and carried out by the World Anti-Doping Agency (WADA) or the ISU are covered by WADA and/or the ISU.
- C.2 The nature of Out-of-Competition Testing makes it inevitable that except for extraordinary circumstances, no advance notice is given to the Skater. Every effort will be made by the persons appointed by the Sample Collection Authority to conduct the Testing and to collect the Samples speedily and efficiently with a minimum of interruption to the Skater's training plans and/or to his/her social or work schedule. However, if there is an interruption, no Skater may take any action to gain compensation for any inconvenience caused, or loss of earnings.

### C.3 Key points to conduct Out-Of-Competition Testing

Prior to attempting to locate the Skater, the DCO and/or Sample Collection Authority shall ensure that they have the most up-to-date whereabouts information for that Skater.

If the DCO is instructed to make the attempt at the designated 60-minute location and arrives at the location but cannot locate the Skater immediately, the DCO should remain at that location for whatever time is left of the 60-minute time-slot. During that remaining time he/she shall do what is reasonable in the circumstances to try to locate the Skater.

If the Skater is not available for testing at the beginning of the 60-minute time-slot, but becomes available for testing later on in the 60-minute time-slot the DCO shall collect the Sample. In addition the DCO shall include the full details of the delay in availability of the Skater in the DCO Report.

If the DCO is told that the Skater is not present at the specified 60-minute location but can be found in an alternative location, the DCO shall record this information (including the name and relationship to the Skater of the person providing the information), but the DCO shall not leave the specified location to find the Skater, in order not to miss the Skater, if he/she is trying to get back to his/her specified location. Instead, the DCO should remain at the specified location for the remainder of the 60-minute time-slot. Thereafter, the DCO is entitled to go to the alternative location to look for the Skater. Even if that Skater is located for testing at the alternative location, and a Sample is collected, the DCO shall submit an Unsuccessful Attempt Report.

If a DCO fails to locate a Skater during the 60-minute time-slot, a full detailed report must be submitted to the ISU describing the attempt.

If the ISU requests that the DCO attempt to locate the Skater outside of the 60-minute time-slot, the ISU will provide specific instructions for the DCO to follow during the attempt. The attempt(s) made by the DCO outside the designated 60-minute period shall also be detailed in writing.

## **D ISU REGISTERED TESTING POOL (ISU RTP)<sup>9</sup>**

### D.1 Registered Testing Pool Criteria

The criteria to determine the Skaters listed in the ISU Registered Testing Pool are published in the ISU web site.<sup>9</sup>

### D.2 Entering and leaving the ISU RTP

The ISU will notify the Skater designated for inclusion in its Registered Testing Pool, as well as the ISU Member concerned, that he/she has been included in the ISU RTP with effect from a specified date in the future.

A Skater in the ISU RTP will remain in the ISU RTP until he/she has been given written notice by the ISU that he/she is no longer designated for inclusion in its Registered Testing Pool or he/she gives written notice to the ISU that he/she has retired from international competitions.

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<sup>9</sup> ISU RTP: <https://www.isu.org/anti-doping>

### D.3 Skater Whereabouts Information

The requirement for up-to-date whereabouts information is defined in the ISU Anti-Doping Rules ((ISU Communication No. 2213, Article 5.6 or any updates of this ISU Communication) and in Annex I of the International Standard for Testing and Investigations<sup>10</sup>. Any correspondence with regards to whereabouts information will be sent directly to the Skater with copy to his/her Member.

D.3.1 The deadlines for submission of whereabouts information for each Quarter are December 15, March 15, June 15 and September 15, of each year. Whereabouts information must be submitted in ADAMS at <https://www.adams.wada-ama.org> in accordance with Annex I.3 “Whereabouts Filing Requirements” of the International Standard for Testing and Investigation.

## E ISU TESTING POOL (ISU TP)<sup>11</sup>

### E.1 Testing Pool Criteria

The criteria to determine the Skaters listed in the ISU Testing Pool are published on the ISU web site.<sup>11</sup>

### E.2 Entering and leaving the ISU TP

The ISU will notify the Skater designated for inclusion in its Testing Pool, as well as the ISU Member concerned, that he/she has been included in the ISU TP with effect from a specified date in the future.

A Skater in the ISU TP will remain in the ISU TP until he/she has been given written notice by the ISU that he/she is no longer designated for inclusion in its Testing Pool or he/she gives written notice to the ISU that he/she has retired from international competitions.

### E.3 Skater Whereabouts Information

The requirement for up-to-date whereabouts information is:

- a) An up-to-date mailing and e-mail address,
- b) Overnight Accommodation
- c) Training whereabouts (including usual training venue/s addresses and usual timing of the training)
- d) Competition (including venue addresses)

E.3.1 The deadlines for submission of whereabouts information for each Quarter are December 15, March 15, June 15 and September 15, of each year. Whereabouts information must be submitted on ADAMS at <https://www.adams.wada-ama.org>.

E.3.2 A Skater included in the Testing Pool who fails to comply with the whereabouts requirement, as set above, may be moved in the Registered

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<sup>10</sup> <https://www.wada-ama.org/en/resources/world-anti-doping-program/international-standard-for-testing-and-investigations-isti>

<sup>11</sup> ISU TP: <https://www.isu.org/anti-doping>

Testing Pool (RTP) on the sole discretion of the ISU Medical Commission and/or ISU Anti-Doping Manager.

## **F THERAPEUTIC USE EXEMPTIONS (TUE)**

If a Skater provides the required medical justification for a Therapeutic Use Exemption (TUE) to the reasonable satisfaction of the ISU TUE Committee (ISU TUEC), in line with the International Standard for TUE<sup>12</sup>, a TUE may be granted to a Skater permitting the Use of a Prohibited Substance or a Prohibited Method contained in the Prohibited List.

### **F.1 Application Process**

**F.1.1** A TUE will only be considered following receipt of a completed application form, including all relevant supporting documents (TUE application form available on the ISU website)<sup>13</sup>. Applications shall be submitted no less than thirty (30) days before the approval is needed. All applications will be dealt with in accordance with the principles of strict medical confidentiality.

**F.1.2** The application must list any previous and/or current requests for permission to use an otherwise Prohibited Substance or Prohibited Method, the Anti-Doping Organization to which that request was made, and the decision of that Organization.

**F.1.3** The application must include a comprehensive medical history and the results of all examinations, laboratory investigations and imaging studies relevant to the application, if available.

**F.1.4** Any additional relevant investigations, examinations or imaging studies requested by the ISU TUEC will be undertaken at the expense of the Member of which the Skater is a member.

**F.1.5** The application must include a statement by an appropriately qualified physician attesting the necessity of the otherwise Prohibited Substance or Prohibited Method in the treatment of the Skater and describing why an alternative, permitted medication cannot be used in the treatment of this condition.

**F.1.6** The dose, frequency, route and duration of administration of the otherwise Prohibited Substance or Prohibited Method in question must be specified. In case of any change a new application shall be submitted.

**F.1.7** Decisions of the ISU TUEC will be conveyed in writing by the ISU to the Skater through the TUE Applicant. The decisions shall also be reported to WADA and other relevant Anti-Doping Organizations, including the Skater's National Anti-Doping Organization, through ADAMS, in accordance with the International Standard for Therapeutic Use Exemptions.

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<sup>12</sup> <https://www.wada-ama.org/en/resources/therapeutic-use-exemption-tue/international-standard-for-therapeutic-use-exemptions-istue>

<sup>13</sup> <https://www.isu.org/docman-documents-links/isu-files/documents-communications/clean-sport-1/therapeutic-use-exemptions/512-15-isu-therapeutic-use-exemption-application-form-january-17-1/file>

F.1.8 An application for a TUE will not be considered for retroactive approval except in cases where:

- emergency treatment or treatment of an acute medical condition was necessary;
- due to exceptional circumstances, there was insufficient time or opportunity for an applicant to submit, or the ISU TUEC to receive, an application prior to the Sample Collection.
- the Skater competitive level is compliant with Article 4.4.3 of the ISU Anti-Doping Rules
- It is agreed by WADA and by the ISU that fairness requires the grant of a retroactive TUE.

F.2 A review by the ISU TUEC may be initiated at any time during the duration of the TUE.

Expiration, Cancellation, Withdrawal or Reversal of a TUE, Reviews and Appeals of TUE Decisions are described in Article 4.4.5 and 4.4.6 of the ISU Anti-Doping Rules.

Tubbergen,  
Lausanne,

May 1, 2019

**Jan Dijkema**, President

**Fredi Schmid**, Director General

## **Appendix 1: Collection of Urine Sample**

### **1.1 Objective**

To collect a Skater's urine Sample in a manner that ensures:

- a) consistency with relevant principles of internationally recognized standard precautions in healthcare settings so that the health and safety of the Skater and Sample Collection Personnel are not compromised;
- b) that the Sample meets the Suitable Specific Gravity for Analysis and the Suitable Volume of Urine for Analysis. Failure of a Sample to meet these requirements in no way invalidates the suitability of the Sample for analysis. The determination of a Sample's suitability for analysis is the decision of the relevant laboratory, in consultation with the ISU.
- c) that the Sample has not been manipulated, substituted, contaminated or otherwise tampered with in any way;
- d) that the Sample is clearly and accurately identified; and
- e) that the Sample is securely sealed in a tamper-evident kit.

### **1.2 Scope**

The collection of a urine Sample begins with ensuring the Skater is informed of the Sample collection requirements and ends with discarding any residual urine remaining at the end of the Skater's Sample Collection Session.

### **1.3 Responsibility**

1.3.1 The DCO has the responsibility for ensuring that each Sample is properly collected, identified and sealed.

1.3.2 The DCO has the responsibility for directly witnessing the passing of the urine Sample.

1.3.3 The ISU Medical Advisor or his/her delegate, if present, has a supervision function.

### **1.4 Requirements**

1.4.1 The DCO shall ensure that the Skater is informed of the requirements of the Sample Collection Session.

1.4.2 The DCO shall ensure that the Skater is offered a choice of appropriate equipment for collecting the Sample.

1.4.3 The DCO shall instruct the Skater to select a collection vessel.

1.4.4 When the Skater selects a collection vessel, and for selection of all other Sample Collection Equipment that directly holds the urine Sample, the DCO will instruct the Skater to check that all seals on the selected equipment are intact and the equipment has not been tampered with. If the Skater is not satisfied with the selected equipment, he/she may select another one. If the Skater is not satisfied with any of the equipment available for selection, this shall be recorded by the DCO. If the DCO does not agree with the Skater that all of the equipment available for the selection is unsatisfactory, the DCO shall instruct the Skater to proceed with the Sample Collection Session. If the DCO agrees with the Skater that all of the equipment available for the selection is unsatisfactory, the DCO shall terminate the Sample Collection Session and shall record this.

1.4.5 The Skater shall retain control of the collection vessel and any Sample provided until the Sample (or partial Sample) is sealed. Additional assistance may be provided in exceptional circumstances to any Skater by the Skater's representative or Sample Collection Personnel during the Sample Collection Session where authorized by the Skater and agreed to by the DCO.

1.4.6 The DCO who witnesses the passing of the Sample shall be of the same gender as the Skater providing the Sample.

1.4.7 The DCO should, where practicable, ensure the Skater thoroughly washes his/her hands prior to the provision of the Sample or wears suitable (e.g., latex) gloves during provision of the Sample.

1.4.8 The DCO and Skater shall proceed to an area of privacy to collect a Sample.

1.4.9 The DCO shall ensure an unobstructed view of the Sample leaving the Skater's body and must continue to observe the Sample after provision until the Sample is securely sealed. In order to ensure a clear and unobstructed view of the passing of the Sample, the DCO shall instruct the Skater to remove or adjust any clothing which restricts the DCO's clear view of Sample provision. The DCO shall ensure that all urine passed by the Skater at the time of provision of the Sample is collected in the collection vessel.

1.4.10 The DCO shall verify, in full view of the Skater, that the Suitable Volume of Urine for Analysis has been provided.

1.4.11 Where the volume of urine provided by the Skater is insufficient, the DCO shall follow the partial Sample collection procedure set out in Appendix 3 – Urine Samples – Insufficient Volume.

1.4.12 Once the volume of urine provided by the Skater is sufficient, the DCO shall instruct the Skater to select a Sample collection kit containing A and B bottles in accordance with Article D.4.4 of the International Standard for Testing and Investigation (ISTI).

1.4.13 Once a Sample collection kit has been selected, the DCO and the Skater shall check that all code numbers match and that this code number is recorded accurately by the DCO on the Doping Control form. If the Skater or DCO finds that the numbers are not the same, the DCO shall instruct the Skater to choose another kit in accordance with Article D.4.4. of the ISTI. The DCO shall record the matter.

1.4.14 The Skater shall pour the minimum Suitable Volume of Urine for Analysis into the B bottle (to a minimum of 30 mL), and then pour the remainder of the urine into the A bottle (to a minimum of 60 mL). The Suitable Volume of Urine for Analysis shall be viewed as an absolute minimum. If more than the minimum Suitable Volume of Urine for Analysis has been provided, the DCO shall ensure that the Skater fills the A bottle to capacity as per the recommendation of the equipment manufacturer. Should there still be urine remaining, the DCO shall ensure that the Skater fills the B bottle to capacity as per the recommendation of the equipment manufacturer. The DCO shall instruct the Skater to ensure that a small amount of urine is left in the collection vessel, explaining that this is to enable the DCO to test that residual urine in accordance with Article D.4.16 of the ISTI. If the urine Sample has evidence of blood, then a second Sample may be requested.

1.4.15 The Skater shall then seal the A and B bottles as directed by the DCO. The DCO shall check, in full view of the Skater, that the bottles have been properly sealed.

1.4.16 The DCO shall test the residual urine in the collection vessel to determine if the Sample has a Suitable Specific Gravity (sg) for Analysis. If the Sample does not meet the criteria of 1.005 or higher measured with a refractometer or, if refractometer is not available, the sg of 1.010 or higher measured with lab sticks, the DCO shall follow Appendix 4 (Urine Samples that do not meet the requirement for Suitable Specific Gravity for Analysis).

1.4.17 Urine should only be discarded when both the A and B bottles have been filled to capacity in accordance with Article D.4.14 of the ISTI and the residual urine has been tested in accordance with Article D.4.16 of the ISTI.

1.4.18 The Skater shall be given the option of witnessing the discarding of any residual urine that will not be sent for analysis.

## **Appendix 2: Modifications for Skaters who are Minors**

### **2.1 Objective**

To ensure that the particular needs of Skaters who are Minors are met in relation to the provision of a Sample, where possible, without compromising the integrity of the Sample Collection Session.

### **2.2 Scope**

Determining whether modifications are necessary starts with identification of situations where Sample collection involves Skaters who are Minors and ends with modifications to Sample collection procedures where necessary and where possible.

### **2.3 Responsibility**

The Testing Authority has responsibility for ensuring, when possible, that the DCO has any information necessary to conduct a Sample Collection Session with a Skater who is a Minor. This includes confirming wherever necessary that the organiser of the Event obtains the necessary parental consent for Testing any participating Skater who is a Minor.

### **2.4 Requirements**

2.4.1 All aspects of notification and Sample collection for Skaters who are Minors shall be carried out in accordance with the standard notification and Sample collection procedures unless modifications are necessary due to the Skater being a Minor.

2.4.2 In planning or arranging Sample collection, the Sample Collection Authority and DCO shall consider whether there will be any Sample collection for Skaters who are Minors that may require modifications to the standard procedures for notification or Sample collection.

2.4.3 The DCO and the Sample Collection Authority shall have the authority to make modifications as the situation requires when possible and as long as such modifications will not compromise the identity, security or integrity of the Sample.

2.4.4 Skaters who are Minors should be notified in the presence of an adult, and may choose to be accompanied by a representative throughout the entire Sample Collection Session. The representative shall not witness the passing of a urine Sample unless requested to do so by the Minor. The objective is to ensure that the DCO is observing the Sample provision correctly. Even if the Minor declines a representative, the Sample Collection Authority, DCO or Chaperone, as applicable, shall consider whether another third party ought to be present during notification of and/or collection of the Sample from the Skater.

2.4.5 The DCO shall determine who (in addition to the Sample Collection Personnel) may be present during the collection of a Sample from a Skater who is a Minor, namely a representative of the Minor to observe the Sample Collection Session (including observing the DCO when the Minor is passing the urine Sample, but not directly observing the passing of the urine Sample unless requested to do so by the Minor) and the DCO's/Chaperone's representative, to observe the DCO/Chaperone when a Minor is passing a urine Sample, but without the representative directly observing the passing of the Sample unless requested by the Minor to do so.

2.4.6 Should a Skater who is a Minor decline to have a representative present during the Sample Collection Session, this should be clearly documented by the DCO. This does not invalidate the test, but must be recorded. If a Minor declines the presence of a representative, the representative of the DCO/Chaperone must be present.

2.4.7 The preferred venue for all Out-of-Competition Testing of a Minor is a location where the presence of an adult is most likely, e.g., a training venue.

2.4.8 The Sample Collection Authority shall consider the appropriate course of action when no adult is present at the Testing of a Skater who is a Minor and shall accommodate the Skater in locating a representative in order to proceed with Testing.

## **Appendix 3: Urine Samples - Insufficient Volume**

### **3.1 Objective**

To ensure that where a Suitable Volume of Urine for Analysis is not provided, appropriate procedures are followed.

### **3.2 Scope**

The procedure begins with informing the Skater that the Sample that he/she has provided is not of Suitable Volume of Urine for Analysis and ends with the Skater's provision of a Sample of sufficient volume.

### **3.3 Responsibility**

The DCO has the responsibility for declaring the Sample volume insufficient and for collecting the additional Sample(s) to obtain a combined Sample of sufficient volume.

### **3.4 Requirements**

**3.4.1** If the Sample collected is of insufficient volume, the DCO shall inform the Skater that a further Sample shall be collected to meet the Suitable Volume of Urine for Analysis requirements.

**3.4.2** The DCO shall instruct the Skater to select partial Sample Collection Equipment in accordance with Article D.4.4 of the International Standard for Testing and Investigation (ISTI).

**3.4.3** The DCO shall then instruct the Skater to open the relevant equipment, pour the insufficient Sample into the new container (unless the Sample Collection Authority's procedures permit retention of the insufficient Sample in the original collection vessel) and seal it as directed by the DCO. The DCO shall check, in full view of the Skater, that the container (or original collection vessel, if applicable) has been properly sealed.

**3.4.4** The DCO and the Skater shall check that the equipment code number and the volume and identity of the insufficient Sample are recorded accurately by the DCO on the Doping Control form. Either the Skater or the DCO shall retain control of the sealed partial Sample.

**3.4.5** While waiting to provide an additional Sample, the Skater shall remain under continuous observation and be given the opportunity to hydrate.

**3.4.6** When the Skater is able to provide an additional Sample, the procedures for collection of the Sample shall be repeated as prescribed in Appendix 1 – Collection of Urine Samples until a sufficient volume of urine will be provided by combining the initial and additional Sample(s).

**3.4.7** When the DCO is satisfied that the requirements for Suitable Volume of Urine for Analysis have been met, the DCO and Skater shall check the integrity of the seal(s) on the container(s) containing the previously provided partial Sample(s). Any irregularity with the integrity of the seal(s) will be recorded by the DCO.

**3.4.8** The DCO shall then direct the Skater to break the seal(s) and combine the Samples, ensuring that additional Samples are added in the order they were collected to the original partial Sample until, as a minimum, the requirement for Suitable Volume of Urine for Analysis is met.

3.4.9 The DCO and the Skater shall then continue with Article A.4.12 or Article A.4.14 of Appendix 1 as appropriate.

3.4.10 The DCO shall check the residual urine in accordance with Article A.4.16 of Appendix 1 to ensure that it meets the requirement for Suitable Specific Gravity for Analysis.

3.4.11 Urine should only be discarded when both the A and B bottles have been filled to capacity in accordance with Article A.4.14 of Appendix 1 and the residual urine has been checked in accordance with Article B.4.10 above. The Suitable Volume of Urine for Analysis shall be viewed as an absolute minimum.

## Appendix 4: Urine Samples that do not meet the requirement for Suitable Specific Gravity for Analysis

### 4.1 Objective

To ensure that if the urine Sample does not meet the requirement for Suitable Specific Gravity for Analysis, i.e. the Sample does not meet the criteria of 1.005 or higher measured with a refractometer or, if refractometer is not available, the sg of 1.010 or higher measured with lab sticks, appropriate procedures are followed.

### 4.2 Scope

The procedure begins with the DCO informing the Skater that a further Sample is required and ends with the collection of a Sample that meets the requirements for Suitable Specific Gravity for Analysis, or appropriate follow-up action by the Testing Authority if required.

### 4.3 Responsibility

The Sample Collection Authority is responsible for establishing procedures to ensure that a suitable Sample is collected. If the original Sample collected does not meet the requirement for Suitable Specific Gravity for Analysis, the DCO is responsible for collecting additional Samples until a suitable Sample is obtained.

### 4.4 Requirements

4.4.1 The DCO shall determine that the requirements for Suitable Specific Gravity for Analysis have not been met.

4.4.2 The DCO shall inform the Skater that he/she is required to provide a further Sample.

4.4.3 While waiting to provide a further Sample, the Skater shall remain under continuous observation.

4.4.4 The Skater shall be advised not to hydrate excessively, since this may delay the production of a suitable Sample. In appropriate circumstances, excessive hydration may be pursued as a violation of Code Article 2.5 (Tampering or Attempted Tampering with any part of Doping Control).

4.4.5 When the Skater is able to provide an additional Sample, the DCO shall repeat the procedures for Sample collection set out in Appendix 1 – Collection of Urine Samples.

4.4.6 The DCO should continue to collect additional *Samples* until the requirement for Suitable Specific Gravity for Analysis is met, or until the DCO determines that there are exceptional circumstances which mean that for logistical reasons it is impossible to continue with the *Sample* Collection Session. Such exceptional circumstances shall be documented accordingly by the DCO.

Any special requirement by the ISU will be added to the Mission Order on a case to case basis.

*Comment to C.4.6: It is the responsibility of the Skater to provide a Sample with a Suitable Specific Gravity for Analysis. If his/her first Sample is too dilute, he/she should not need further hydration and therefore should avoid drinking as far as possible until the Sample with appropriate specific gravity is provided.*

4.4.7 The DCO shall record that the Samples collected belong to a single Skater and the order in which the Samples were provided.

4.4.8 The DCO shall then continue with the Sample Collection Session in accordance with Article A.4.17 of Appendix 1.

4.4.10 The DCO shall send to the laboratory for analysis all Samples which were collected, irrespective of whether or not they meet the requirement for Suitable Specific Gravity for Analysis.

4.4.11 The laboratory shall determine which Samples shall be analyzed.

## **Appendix 5: Collection of Blood Samples**

*The requirements of this Appendix 5 apply to Blood Samples collected for the purposes of direct analysis as well as for the purposes of the ABP. Additional requirements applicable only to the ABP are contained in Annex 7.*

### **5.1 Objective**

To collect a Skater's blood Sample in a manner that ensures:

- a) consistency with relevant principles of internationally recognised standard precautions in healthcare settings, and collection by a suitably qualified person, so that the health and safety of the Skater and Sample Collection Personnel are not compromised;
- b) that the Sample is of a quality and quantity that meets the relevant analytical guidelines;
- d) that the Sample has not been manipulated, substituted, contaminated or otherwise tampered with in any way;
- e) that the Sample is clearly and accurately identified; and
- f) that the Sample is securely sealed.

### **5.2 Scope**

The collection of a blood Sample begins with ensuring the Skater is informed of the Sample collection requirements and ends with properly storing the Sample prior to transport to the laboratory that will be analysing the Sample.

### **5.3 Responsibility**

5.3.1 The DCO has the responsibility for ensuring that:

- a) Each Sample is properly collected, identified and sealed; and
- b) All Samples have been properly stored and dispatched in accordance with the relevant analytical guidelines.

5.3.2 The Blood Collection Officer (BCO) has the responsibility for collecting the blood Sample, answering related questions during the provision of the Sample, and proper disposal of used blood sampling equipment not required to complete the Sample Collection Session.

### **5.4 Requirements**

5.4.1 Procedures involving blood shall be consistent with the local standards and regulatory requirements regarding precautions in healthcare settings where those standards and requirements exceed the requirements set out below.

5.4.2 Collection tubes shall be labelled by the DCO/BCO with a unique Sample code number if they are not pre-labelled. The types of equipment to be used and the volume of blood to be collected for particular analyses shall be as set out in WADA's Blood Collection Guidelines.

5.4.3 The DCO shall ensure that the Skater is properly notified of the requirements of the Sample collection.

5.4.4 The DCO/BCO shall ensure the Skater is offered comfortable conditions and shall instruct the Skater to remain in a resting seated or lying position for at least 10 minutes prior to providing a Sample.

5.4.5 The DCO shall instruct the Skater to select the Sample collection kit(s) required for collecting the Sample and to check that the selected equipment has not been tampered with and the seals are intact. If the Skater is not satisfied with a selected kit,

he/she may select another one. If the Skater is not satisfied with any kits and no other kits are available, this shall be recorded by the DCO. If the DCO does not agree with the Skater that all of the available kits are unsatisfactory, the DCO shall instruct the Skater to proceed with the Sample Collection Session. If the DCO agrees with the Skater that all available kits are unsatisfactory, the DCO shall terminate the Sample Collection Session and shall record this.

5.4.6 When a Sample collection kit has been selected, the DCO and the Skater shall check that all code numbers match and that the code number is recorded accurately by the DCO on the Doping Control form. If the Skater or DCO finds that the numbers are not the same, the DCO shall instruct the Skater to choose another kit. The DCO shall record the matter.

5.4.7 The BCO shall clean the skin with a sterile disinfectant wipe or swab in a location unlikely to adversely affect the Skater or his/her performance and, if required, apply a tourniquet. The BCO shall take the blood Sample from a superficial vein into the tube. The tourniquet, if applied, shall be immediately removed after the venipuncture has been made.

5.4.8 The amount of blood removed shall be adequate to satisfy the relevant analytical requirements for the Sample analysis to be performed, as set out in WADA's Blood Collection Guidelines.

5.4.9 If the amount of blood that can be removed from the Skater at the first attempt is insufficient, the BCO shall repeat the procedure up to a maximum of three attempts in total. Should all three attempts fail to produce a sufficient amount of blood, then the BCO shall inform the DCO. The DCO shall terminate the Sample Collection Session and record this and the reasons for terminating the collection.

5.4.10 The BCO shall apply a dressing to the puncture site(s).

5.4.11 The BCO shall dispose of used blood sampling equipment not required to complete the Sample Collection Session in accordance with the required local standards for handling blood.

5.4.12 If the Sample requires further on-site processing, such as centrifugation or separation of serum (for example, in the case of a Sample intended for use in connection with the Skater Biological Passport program), after the blood flow into the tube ceases, the BCO shall remove the tube from the holder and homogenize the blood in the tube manually by inverting the tube gently at least three times), the Skater shall remain to observe the Sample until final sealing in secure, tamper-evident kit.

5.4.13 The Skater shall seal his/her Sample into the Sample collection kit as directed by the DCO. In full view of the Skater, the DCO shall check that the sealing is satisfactory. The Skater and the BCO/DCO shall sign the Doping Control form.

5.4.14 The sealed Sample shall be stored in a manner that protects its integrity, identity and security prior to transport from the Doping Control Station to the laboratory that will be analysing the Sample.

5.4.15 Blood samples shall be transported in accordance with section 9.0 of the ISTI. The transport procedure is the responsibility of the DCO. Blood Samples shall be transported in a device that maintains the integrity of Samples over time notwithstanding changes in external temperature. The transport device shall be transported by secure means.

## Appendix 6: Collection, Storage and Transport of Blood ABP Samples

### 6.1 Objective

To collect a Skater's blood Sample, intended for use in connection with the measurement of individual Skater blood variables within the framework of the Athlete Biological Passport (ABP) program, in a manner appropriate for such use.

### 6.2 Requirements

6.2.1 If collection occurs after training or Competition, test planning shall consider the Skater's whereabouts information to ensure Testing does not occur within two hours of such activity. If the Skater has trained or competed less than two hours before the time the Skater has been notified of his/her selection, the DCO or other designated Sample Collection Personnel shall chaperone the Skater until this two-hour period has elapsed.

If the Sample was collected within two hours of training or Competition, the nature, duration and intensity of the exertion shall be recorded by the DCO to make this information available to the APMU and subsequently to the Experts.

6.2.2 Although a single blood Sample is sufficient within the framework of the ABP, it is recommended to collect an additional "B" Sample for a possible subsequent analysis of Prohibited Substances and Methods in whole blood (e.g. detection of Homologous Blood Transfusion (HBT), and/or Erythropoiesis Stimulating Agents (ESAs).

For Out-of-Competition Testing, "A" and "B" urine Samples should be collected together with the blood Sample(s) in order to permit Analytical Testing for ESAs unless otherwise justified by a specific intelligent testing strategy.+

6.2.3 The Sample shall be refrigerated from the time of its collection until its analysis, with the exception of cases when the Sample is analyzed at the collection site without delay. The storage procedure is the DCO's responsibility.

The storage and transport device shall be capable of maintaining blood Samples at a cool temperature during the storage. Whole blood Samples shall not be allowed to freeze at any time. In choosing the storage and transport device, the DCO shall take into account the time of storage, the number of Samples to be stored in the device and the prevailing environmental conditions (hot or cold temperatures). The storage device shall be:

- a) Refrigerator.
- b) Insulated cool box.
- c) Isotherm bag.
- d) Any other device that possesses the capabilities mentioned above.

6.2.4 A temperature data logger shall be used to record the temperature from the collection to the analysis of the Sample except when the Sample is analyzed at the collection site without delay. The temperature data logger shall be able to:

- a) record the temperature in degrees Celsius at least once per minute;
- b) record time in GMT;
- c) report the temperature profile over time in text format with one line per measurement following the format "YYYY-MM-DD HH:MM T";
- d) have a unique ID of at least six characters.

6.2.5 Following notification to the Skater that he/she has been selected for Doping Control, and following the DCO/BCO's explanation of the Skater's rights and

responsibilities in the Doping Control process, the DCO/BCO shall ask the Skater to remain in a resting seated or lying position for at least 10 minutes prior to providing a blood Sample.

*Comment: The Skaters shall not stand up at any time during the 10 minutes prior to Sample collection. To have the Skater seated during 10 minutes in a waiting room and then to call the Skater into a blood collection room is not acceptable.*

6.2.6 In addition to a regular Doping Control form, the DCO/BCO shall use the ABP Supplementary Form if such a form is available. If an ABP-specific Doping Control form is unavailable, the DCO/BCO shall still use a regular Doping Control form but he/she shall collect and record the following additional information on a related form or supplementary report to be signed by the Skater and the DCO/BCO:

- a) Confirm that there was no training or Competition in the two hours prior to the blood test.
- b) Did the Skater train, compete or reside at an altitude greater than 1,500 meters within the prior two weeks? If so, or if in doubt, the name and location of the place where the Skater had been and the duration of his/her stay shall be recorded. The estimated altitude shall be entered, if known.
- c) Did the Skater use any form of altitude simulation such as a hypoxic tent, mask, etc. during the prior two weeks? If so, as much information as possible on the type of device and the manner in which it was used (e.g. frequency, duration, intensity) should be recorded.
- d) Did the Skater receive any blood transfusion(s) during the prior three months? Was there any blood loss due to accident, pathology or donation in the prior three months? What was the estimated volume?
- e) The DCO/BCO should record on the Doping Control form any extreme environmental conditions the Skater was exposed to during the last two hours prior to blood collection, including any sessions in any artificial heat environment, such as a sauna.
- f) Was the Sample collected immediately following at least three consecutive days of an intensive endurance Competition, such as a stage race in cycling?

6.2.7 The DCO/BCO shall start the temperature data logger and place it in the storage device. It is important to start recording the temperature before Sample collection. The storage device shall be located in Doping Control Station and shall be kept secured appropriately in accordance with the ISTI.

6.2.8 The DCO/BCO instructs the Skater to select the Sample Collection Equipment in accordance with Article E.4.6 of the ISTI. If Vacutainer®(s) are not pre-labelled, the DCO/BCO shall label them with a unique Sample code number prior to the blood being drawn and the Skater shall check that the code numbers match.

### 6.3 The Sample Collection Procedure

The Sample collection procedure for the collection of blood for the purposes of the ABP is consistent with the procedure set out in Articles E.4 of the ISTI, with the following additional elements:

- a) The BCO ensures that the 10-minute (or more) seated period has elapsed prior to performing venipuncture and drawing blood; and
- b) The BCO ensures that the vacuum tubes were filled appropriately; and
- c) After the blood flow into the tube ceases, the BCO removes the tube from the holder and homogenizes the blood in the tube manually by inverting the tube gently at least three times.

6.3.1 The Skater and the DCO/BCO sign the Doping Control and ABP supplementary form(s), when applicable.

The blood Sample is sealed and deposited in the storage device next to the temperature data logger.

#### 6.4 Transportation Requirements

Blood Samples shall be transported in a device that maintains the integrity of Samples over time, due to changes in external temperature.

The transport procedure is the DCO's responsibility. The transport device shall be transported by secure means using an ISU-authorized transport method.

6.4.1 The integrity of the Markers used in the haematological module of the ABP is guaranteed when the Blood Stability Score (BSS) remains below 85, where the BSS is computed as

$$\mathbf{BSS = 3 * T + CAT}$$

with CAT being the Collection to Analysis Time (in hours), and T the average Temperature (in degrees Celsius) measured by the data logger between Sample collection and analysis.

Within the framework of the BSS, the following table can be used by the DCO/BCO to estimate the maximal transport time to a Laboratory or WADA Approved Laboratory for the ABP, called the Collection to Reception Time (CRT), for a given average temperature T:

<b>T(°C)</b>	<b>CRT (h)</b>
15	35
12	41
10	46
9	48
8	50
7	53
6	55
5	58
4	60

The DCO/BCO shall apply a conservative approach and rapidly transport the Sample to a Laboratory or WADA-Approved Laboratory for the ABP located close to the Sample collection site.

6.4.2 The DCO, BCO or other Sample Collection Personnel shall report without delay into ADAMS:

- a) The Doping Control form;
- b) The ABP Supplementary form, and/or the additional information specific to the ABP collected on a related form or supplementary report;
- c) In the Chain of Custody, the temperature data logger ID (without any time reference) and the time zone of the testing location in GMT.