

Testing procedures

Introduction to doping control:

The aim of testing is to **detect and deter** doping amongst athletes and to **protect clean athletes**. Any athlete under testing jurisdiction may be **tested at any time**, with no advance notice, in- or out-of-competition, and be required to provide a **urine or a blood sample**.







Athletes can be tested by their **International Federation** or **Major Event Organisers**. Certain International Federations and Major Event Organisers delegate part, or all of their anti-doping programs to independent organisations like the **International Testing Agency (ITA)**.

What to expect during the doping control process:







The Doping control process is clearly defined by the **World Anti-Doping Agency**. This means that no matter where and when an athlete is tested, the process should **remain the same**.

The **key steps** of the doping control process:

URINE TEST

-  Urine testing is done by a Doping Control Officer
-  Select your collection vessel
-  Provide Urine sample
-  Select your kit
-  Seal Bottles
-  Check numbers and form carefully

BLOOD TEST

-  Urine testing is done by a Doping Control Officer
-  Select your kit
-  Stay seated for 10 minutes before giving blood
-  Blood sample is collected
-  Place sample tube in testing bottle
-  Check numbers and form carefully

To learn more about the doping control process, please watch this [ITA webinar](#) on urine and blood sample collection.

Rights & Responsibilities during Sample Collection

Athletes have a number of **rights and responsibilities** during sample collection.

Athlete rights during sample collection are to:

- **Have a representative** accompany them during the process
- Request an **interpreter**, if one is available
- Ask for **Chaperone's/Doping Control Officer's** identification
- **Ask** any questions
- **Request a delay** for a valid reason (e.g., attending a victory ceremony, receiving necessary medical attention, warming down or finishing a training session)
- Request **special assistance** or modifications to the process
- **Record** any comments or concerns on the Doping Control Form

Athlete responsibilities during sample collection are to:

- **Report for testing** immediately if selected
- Show **valid identification** (usually a government-issued ID)
- Remain in **direct sight** of the Doping Control Officer or Chaperone
- **Comply** with the collection procedure

Athlete Biological Passport

The **Athlete Biological Passport** (ABP) was introduced in 2009 and is a pillar **method** in the **detection of doping**. It is an **individual electronic profile** that monitors selected athlete biological variables that indirectly **reveal the effects of doping**. ABP is integrated directly into **Anti-Doping Administration & Management System** (ADAMS).

If you wish to learn more about ABP, you can watch this [ITA webinar recording](#).