

Communication No. 2366

ISU ANTI-DOPING PROCEDURES

to the

ISU ANTI-DOPING RULES

compiled in accordance with

**The World Anti-Doping
Code 2021**

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INTRODUCTION

These ISU Anti-Doping Procedures take into account the ISU Anti-Doping Rules¹. Both, the ISU Anti-Doping Rules and the ISU Anti-Doping Procedures have been compiled in accordance with the 2021 World Anti-Doping Code² (hereinafter “the Code”), the WADA Athlete Biological Passport Operating Guidelines³ and the WADA International Standards as published on the WADA website (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 List⁴ 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 Test, 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 Investigations⁵ (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 Delegated Third Party 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.

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

² 2021 World Anti-Doping Code: <https://www.wada-ama.org/en/resources/the-code/world-anti-doping-code>

³ 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)

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

⁵ 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 the ISU Testing Authority shall use the ISU Doping Control Forms or, subject to approval by the ISU, the Doping Control Forms or the paperless system 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 Anti-Doping Guide⁶. 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.4.8, 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.4.8

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 Doping Control Forms or the assigned Sample Collection Authority Form. 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.4.7. 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 a representative and/or an interpreter to accompany him
- v) The requirement by the Skater to show Identification
- vi) That they will be chaperoned until the sample is collected
- vii) The location of the Doping Control Station
- viii) 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
- ix) The possible consequences of failure to comply

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

⁶ ISU Anti-Doping Guide: <https://www.isu.org/anti-doping>

still on duty, the sampling procedures shall still be carried out. In any case, the ISU shall investigate a possible Failure to Comply.

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 Event Doping Control Coordinator (EDCC)
- The Doping Control Officer(s) (DCO) in charge of taking and witnessing samples
- The Chaperone Manager (CM)
- 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.
- For Samples with a minimum volume of 90ml and less than 150ml, specific gravity measured at 1.005 or higher with a refractometer, or 1.010 or higher with lab sticks. For Samples with a volume of 150ml and above, specific gravity measured at 1.003 or higher with a refractometer only. 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 6.

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 if 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 Laboratories⁷.

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.

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

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 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 Article, 2.1.2 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, at ISU Events and International Competitions, the ISU (or other organization which is the ruling body for an Event) shall have authority to conduct Testing.

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 and at Olympic Qualifying Events, it is - except for ABP Blood In-Competition Testing according to B.4.8 - the financial responsibility of the organizing Member to provide facilities for collection of samples, in accordance with the ISU Anti-Doping Guide. The organizing Member – except for ABP Blood In-Competition Testing according to B.4.8 - will be responsible for the logistical costs of the Doping Control Officers on site, including accommodation and meals. Members failing to provide such services 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 Anti-Doping Testing will be carried out by a Sample Collection Authority (SCA), contracted by the ISU. The SCA will be responsible for providing the personnel and the required materials to conduct the testing and to organise transportation of the samples to an accredited WADA Laboratory for analysis. These costs will be at the charge of the ISU.

B.1.4 In case of ABP Blood In-Competition Testing according to B.4.8, 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.4.8 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, two administrative working rooms with running water from a sink and a separate toilet area. A lockable refrigerator must be available on request for the administrative room. The Doping Control Station shall be cleaned before and after every day of competition, to meet the hygienic standard.

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 Anti-Doping Guide, the Doping Control Station must also be equipped with a video feed and appropriate size monitor to view the competition. 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.4.8, the organizing Member shall appoint an Event Doping Control Coordinator who is available

onsite and shall be responsible for the preparation of the Doping Control Station, communication 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.4.8, 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.4.8, 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.4.4 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.4.5 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 Skating⁸.

For individual distances the Skater who achieves a World Record result and for Team competitions, a minimum of 2 Skaters per team, must be selected for testing on the day of the race.

The sample(s) must be collected as soon as possible after the race.

- It remains the responsibility of the Skater/Team to have the Doping Control testing completed by either going directly to the Doping Control Station, if available, or contacting a representative of the ISU, if present, or the referee.
- Whenever feasible, the Skater(s) will be notified and chaperoned from the moment the World Record is set until completion of the sample collection.

If the existing World Record is broken more than once on the same day in Competitions at the same venue, the top two Skaters or two Skaters from the top two Teams achieving a World Record result must be selected for testing on the day of the race.

If necessary, detailed procedural guidelines will be given directly to the Sample Collection Authority of the Event.

B.4.6 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.4.8, 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 and in the ISU Event official app 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).

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

B.4.7 Valid reason for requesting a delay to report to and/or to leave the Doping Control Station temporarily after arrival.

For In-competition Testing, except for ABP Blood In-competition Testing according to B.4.8

- i) Participation in a presentation 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
- vii) Obtaining photo identification
- viii) 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
- iv) Obtaining photo identification
- v) Any other reasonable circumstances, as determined by the DCO, taking into account any instructions 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.

The representative of the Sample Collection Authority shall reject a request for delay from a Skater if it will not be possible for the Skater to be continuously observed during such delay.

The representative of the Sample Collection Authority shall document any reasons for delay in reporting to the Doping Control Station and/or reasons for leaving the Doping Control Station that may require further investigation by the ISU.

B.4.8 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 and Olympic Qualifying Events

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 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 shall 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 shall 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)⁹

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.⁹

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 and NADO 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.

D.3 Skater Whereabouts Information

The requirement for up-to-date whereabouts information is defined in the ISU Anti-Doping Rules (ISU Communication No. 2344, Article 5.5 or any updates of this ISU Communication) and in Article 4.8 of the International Standard for Testing and Investigations¹⁰. 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 Article 5.5.11 of the ISU Anti-Doping Rules.

E ISU TESTING POOL (ISU TP)¹¹

E.1 Testing Pool Criteria

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

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 and NADO concerned, that he/she has been included in the ISU TP with effect from a specified date in the future.

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

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

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

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 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 TUE¹², 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)¹³. 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.

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

¹³TUE Application Form: <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.1.4 Any costs incurred by the Skater in making the TUE application and in supplementing it as required by the TUEC are the responsibility of the Skater.

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 ISTUE.

F.1.8 A Skater may apply retroactively for a TUE if one of any of the following exceptions applies:

- a) Emergency or urgent treatment of a medical condition was necessary
- b) There was insufficient time, opportunity or other exceptional circumstances that prevented the Skater from submitting (or the TUEC to consider) an application for the TUE prior to Sample collection
- c) Due to national level prioritization of certain sports, the Skater's National Anti-Doping Organization did not permit or require the Skater to apply for a prospective TUE
- d) If the ISU chooses to collect a Sample from a Skater who is not an International-Level Skater or National-Level Skater, and that Skater is Using a Prohibited Substance or Prohibited Method for Therapeutic reasons, the ISU will permit the Skater to apply for a retroactive TUE or
- e) The Skater Used Out-of-Competition, for Therapeutic reasons, a Prohibited Substance that is only prohibited In-Competition.

Comment to F1.8 (c), (d) and (e): Such Athletes are strongly advised to have a medical file prepared and ready to demonstrate their satisfaction of the TUE conditions set out at Article 4.2 of the ISTUE, in case an application for a retroactive TUE is necessary following Sample collection.

Comment to F1.8(e): This seeks to address situations where, for Therapeutic reasons, an Athlete Uses a substance Out-of-Competition that is only prohibited In-Competition, but there is a risk that the substance will remain in their system In-Competition. In such situations, the Anti-Doping Organization must permit the Athlete to apply for a retroactive TUE (where the Athlete has not applied in advance). This also seeks to prevent Anti-Doping Organizations from having to assess advance TUE applications that may not be necessary.

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 Articles 4.4.6 and 4.4.7 of the ISU Anti-Doping Rules.

Tubbergen,
Lausanne,

December 28, 2020

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) 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

Comment: The measurements taken in the field for Suitable Specific Gravity for Analysis and the Suitable Volume of Urine for Analysis are preliminary in nature, to assess whether the Sample meets the requirements for analysis. There can be discrepancies between the field readings and the final Laboratory readings due to the precision of the Laboratory equipment. The Laboratory reading will be considered final, and such discrepancies (if any) shall not constitute a basis for Skaters to seek to invalidate or otherwise challenge an Adverse Analytical Finding.

- 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 Sample collection vessels for collecting the Sample.

1.4.3 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, they 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.

1.4.4 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.

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

1.4.6 The DCO shall, where practicable, ensure the Skater thoroughly washes their hands with water only prior to the provision of the Sample or wears suitable (e.g., disposable) gloves during provision of the Sample.

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

1.4.8 The DCO shall ensure an unobstructed view of the Sample leaving the Skater's body and shall 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.

1.4.9 The DCO shall ensure that urine passed by the Skater is collected in the collection vessel to its maximum capacity and thereafter the Skater is encouraged to fully empty their bladder into the toilet. The DCO shall verify, in full view of the Skater, that the Suitable Volume of Urine for Analysis has been provided.

1.4.10 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.

1.4.11 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 or containers in accordance with Article 1.4.3 above.

1.4.12 Once a Sample collection kit has been selected, the DCO and the Skater shall check that all Sample 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 1.4.3 above. The DCO shall record the matter.

1.4.13 The Skater shall pour the minimum Suitable Volume of Urine for Analysis into the B bottle or container (to a minimum of 30 ml), and then pour the remainder of the urine into the A bottle or container (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 or container 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 or container to the 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 the residual urine in accordance with Article 1.4.15 below.

If the urine Sample has evidence of blood, a second Sample may be requested.

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

1.4.15 The DCO shall test the residual urine in the collection vessel for determining if the Sample has a Suitable Specific Gravity (sg) for Analysis. If the DCO's field reading indicates that the Sample does not have a Suitable Specific Gravity for Analysis, the DCO shall follow Appendix 4 - Urine Samples That Do Not Meet the Requirement for Suitable Specific Gravity for Analysis.

1.4.16 Urine shall only be discarded when both the A and B bottles or containers have been sealed and the residual urine has been tested in accordance with Article 1.4.15 above.

1.4.17 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

2.3.1 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 necessary parental consent for Testing any participating Skater who is a Minor is given.

2.3.2 The DCO has responsibility for Sample collection.

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 Sample Collection Authority and the DCO 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. All such modifications shall be documented.

2.4.4 Skaters who are Minors shall be notified in the presence of an Athlete representative (who is not a Minor) in addition to the DCO/Chaperone, and may choose to be accompanied by a representative throughout the entire Sample Collection Session. Even if the Minor declines a representative, the Sample Collection Authority or DCO, as applicable, shall consider whether another third party ought to be present during notification of the Skater.

2.4.5 Should an Athlete who is a Minor decline to have a representative present during the collection of a Sample, this shall be clearly documented by the DCO. This does not invalidate the Test but shall be recorded.

2.4.6 The DCO shall determine who may be present during the collection of a Sample from a Skater who is a Minor, in addition to a representative of the DCO/Chaperone who shall be present. A representative of the Minor may be present during Sample provision (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). The DCO's/Chaperone's representative shall only observe the DCO/Chaperone and shall not directly observe the passing of the Sample.

2.4.7 The preferred venue for all Out-of-Competition Testing of a Minor is a location where the presence of an Athlete representative (who is not a Minor) is most likely, to be available for the duration of the Sample Collection Session e.g., a training venue.

2.4.8 The Testing Authority or Sample Collection Authority (as applicable) shall consider the appropriate course of action when no Athlete representative (who is not a Minor) is present at the Testing of a Skater who is a Minor (for example by ensuring that more than one Sample Collection Personnel is present during a Sample Collection Session of such Minor Athlete) and shall accommodate the Minor in locating a representative if requested to do so by the Minor.

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.

Suitable Volume of Urine for Analysis: A minimum of 90 ml, irrespective of whether the Laboratory will be analyzing the Sample for all or only some Prohibited Substances or Prohibited Methods.

3.2 Scope

The procedure begins with informing the Skater that the Sample that they have 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 Appendix 1 (Article 1.4.3).

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 using a partial Sample sealing system 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 shall record the partial Sample number and the volume of the insufficient Sample on the Doping Control Form and confirm its accuracy with the Skater. 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. The DCO/Chaperone shall advise the Skater not to hydrate excessively, having in mind the requirement to provide a Sample with a Suitable Specific Gravity for Analysis.

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 Following each Sample provided, 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.

In the context of the review of a possible failure to comply to the International Standard for Results Management, the DCO may request that an additional Sample is collected from the Athlete. A refusal to provide a further Sample, if requested, where the minimum requirements for Sample collection volume are not met, shall be recorded by the DCO and dealt with as a potential Failure to Comply in accordance with the International Standard for Results Management.

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 the procedure per Appendix 1. (Articles 1.4.12 or 1.4.14 as appropriate).

3.4.10 The DCO shall check the residual urine in accordance with Appendix 1 (Article 1.4.15) to ensure that it meets the requirement for Suitable Specific Gravity for Analysis.

3.4.11 Urine shall only be discarded when both the A and B bottles or containers have been filled to the capacity in accordance with Appendix 1 (Article 1.4.14) and the residual urine has been checked in accordance with Appendix 1 (Article 1.4.15). 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, appropriate procedures are followed.

Suitable Specific Gravity for Analysis: For Samples with a minimum volume of 90ml and less than 150ml, specific gravity measured at 1.005 or higher with a refractometer, or 1.010 or higher with lab sticks. For Samples with a volume of 150ml and above, specific gravity measured at 1.003 or higher with a refractometer only.

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

4.3.1 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.

4.3.2 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 and shall be advised not to hydrate excessively since this may delay the production of a suitable Sample. In appropriate circumstances, further hydration after the provision of an unsuitable Sample may be pursued as a violation of Article 2.5 of the ISU Anti-Doping Rules.

Comment: It is the responsibility of the Athlete to provide a Sample with a Suitable Specific Gravity for Analysis. Sample Collection Personnel shall advise the Athlete and Athlete Support Personnel as appropriate of this requirement at the time of notification in order to discourage excessive hydration prior to the provision of the Athlete's first Sample. If the Athlete's first Sample does not have a Suitable Specific Gravity for Analysis, they shall be advised to not hydrate any further until a Sample with a Suitable Specific Gravity for Analysis is provided.

4.4.4 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.

4.4.5 The DCO shall 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.

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

4.4.7 The DCO shall then continue with the Sample Collection Session in accordance with Appendix 1 (Article 1.4.17).

4.4.8 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.

4.4.9 When two Samples are collected from an Athlete, during the same Sample Collection Session, both Samples shall be analyzed by the Laboratory. In cases where three or more Samples are collected during the same Sample Collection Session, the Laboratory shall prioritize and analyze the first and the subsequent collected Sample with the highest specific gravity, as recorded on the Doping Control Form. The Laboratory, in conjunction with the Testing Authority, may determine if the other Samples need to be analyzed.

Appendix 5: Collection of Blood Samples

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

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 Blood Sample Collection Equipment shall consist of:

- a) collection tube(s) which meet the requirements of Article 6.3.4 of the ISTI and/or
- b) A and B bottles/containers for the secure transportation of collection tubes and/or
- c) unique labels for collection tubes with a Sample code number and/or
- d) such other types of equipment to be used in connection with the collection of blood as set out in Article 6.3.4 of the ISTI and WADA's Sample 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 normal 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 assess the most suitable location for venipuncture that is unlikely to adversely affect the Skater or their performance. This shall be the non-dominant arm, unless the BCO assesses the other arm to be more suitable. The BCO shall clean the skin with a sterile disinfectant wipe or swab 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 Sample 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, 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 in the blood collection area and observe their Sample until it is sealed in a Tamper Evident kit.

5.4.13 The Skater shall seal their Sample into the Tamper Evident 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 Article 9.0 of the ISTI and WADA's Sample Collection Guidelines. 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, in a cool and constant environment, measured by a temperature data logger notwithstanding changes in external temperature. The transport device shall be transported by secure means using a method authorized by the Testing Authority or Sample Collection Authority.

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 Planning shall consider the Skater's whereabouts information to ensure Sample collection does not occur within two hours of the Skater's training, participation in Competition or other similar physical activity. If the Skater has trained or competed less than two hours before the time the Skater has been notified of their selection, the DCO or other designated Sample Collection Personnel shall chaperone the Skater until this two-hour period has elapsed.

6.2.2 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.

6.2.3 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 Prohibited Methods in whole blood (e.g. detection of Homologous Blood Transfusion (HBT), and/or Erythropoiesis Stimulating Agents (ESAs)).

6.2.4 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.

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

6.2.6 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 one of the following:

- a) refrigerator
- b) insulated cool box
- c) isotherm bag
- d) any other device that possesses the capabilities mentioned above.

6.2.7 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.

6.2.8 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 still, in a normal seated with feet on the floor 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.

6.2.9 The DCO/BCO shall collect and record the following additional information on an Athlete Biological Passport Supplementary Form, Athlete Biological Passport specific Doping Control Form or other related report form to be signed by the Skater and the DCO/BCO:

- a) Has the Athlete been seated for at least ten (10) minutes with their feet on the floor prior to blood collection?
- b) Was the *Sample* collected immediately following at least three consecutive days of an intensive endurance *Competition*, such as a stage race in cycling?
- c) Has the Athlete had a training session or Competition in the two hours prior to the blood collection?
- d) 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 their stay shall be recorded. The estimated altitude shall be entered, if known.
- e) 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) shall be recorded.
- f) 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? If so, the estimated volume shall be recorded.
- g) Has the *Athlete* been exposed to any extreme environmental conditions during the last two hours prior to blood collection, including any sessions in any artificial heat environment, such as a sauna? If so, the details shall be recorded.

6.2.10 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.

6.2.11 The storage device shall be located in Doping Control Station and shall be kept secured.

6.2.12 The DCO/BCO instructs the Skater to select the Sample Collection Equipment in accordance with Article E.4.6 of the ISTI. If the collection tube (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

6.3.1 The Sample collection procedure for the collection of blood for the purposes of the ABP is consistent with the procedure set out in Section E.4 of the ISTI, including the ten minutes (or more) seated or lying period with the following additional elements:

- a) The BCO ensures that the vacuum tubes were filled appropriately and

- b) 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

6.3.2 The Skater and the DCO/BCO sign the Doping Control and ABP Supplementary Form(s), when applicable.

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

6.4 Transportation Requirements

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

6.4.2 The transport procedure is the DCO's responsibility. The transport device shall be transported by secure means using a Sample Collection Authority-transport method.

6.4.3 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.

6.4.4 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:

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

6.4.5 The DCO/BCO shall as soon as possible transport the Sample to a Laboratory or WADA-Approved Laboratory for the ABP.

6.4.6 The Testing Authority or Sample Collection Authority 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.