

INTERNATIONAL SKATING UNION

**Communication No. 1970**

**ISU ANTI-DOPING PROCEDURES**

to the

**ISU ANTI-DOPING RULES**

compiled in accordance with

**The World Anti-Doping  
Code 2015**

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## **INTRODUCTION**

These ISU Anti-Doping Procedures take into account the ISU Anti-Doping Rules. Both, the ISU Anti-Doping Rules and the ISU Anti-Doping Procedures have been compiled in accordance with the 2015 World Anti-Doping Code (hereinafter “the Code”).

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

References to the WADA Prohibited List are to the currently valid version of the List, as published by WADA at [www.wada-ama.org](http://www.wada-ama.org).

### **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 (hereinafter ISTI) available at [www.wada-ama.org](http://www.wada-ama.org). 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 by 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 Blood Sampling in addition to Urine Sampling. Blood Sampling may be performed prior to or after the Urine Sampling procedure.
- 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.
- A.8 All tests conducted under ISU Testing Authority shall use the ISU Anti-Doping Forms or, if approved by the ISU, the Anti-Doping Forms from the assigned Sample Collection Authority.  
ISU Anti-Doping 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 Doping Control Station is described in the current ISU Memorandum/Medical and Anti-

Doping for Figure Skating, Speed Skating, Short Track Speed Skating and Synchronized Skating available on the Clean Sport/Memorandum - Medical and Anti-Doping page of the ISU website (www.isu.org). Although the term 'Doping Control Station' is also used for Out-of-Competition Testing, this facility might then be a Skater's home or a hotel room, etc.

#### A.10 Notification of Skaters

##### 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 either the ISU or the Sample Collection Authority Anti-Doping 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.4.9. 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 Anti-Doping 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.4.9 of these ISU Anti-Doping Procedures.
- x) 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 within the time laid down in Article A.10.1, this fact shall be recorded on the Doping Control Officer Report Form. If the Skater does arrive at the Station before the testing procedures are completed on other skaters, 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 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 Personal belongings of the Skater and the accompanying person may be searched for evidence of manipulation any time during the Testing procedure.

A.11.3 No photographs, video or audio recordings may be taken inside the Doping Control Station during Testing. All communication devices must be switched off during the sampling procedure. 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.11.4 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.11.5 The DCO shall collect the Sample from the Skater according to the following protocol(s):

- Collection of Urine Sample; refer to Appendix A.
- 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 B 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 C for further guidance.
- Collection of Blood Sample; refer to Appendix D.

A.11.6 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. The Skater is subject to sanctions according to Article 10 of the ISU Anti-Doping Rules.

A.11.7 The bottle code numbers shall be entered on the Doping Control Form.

A.11.8 The Skater shall declare any medication and nutritional supplements that he/she may have taken in the preceding seven days and the Doping Control Officer shall record this on the Doping Control Form.

A.11.9 The Skater and the accompanying person 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 DCO 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 shall be sealed. The chain of custody shall be maintained by signature until 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 available at [www.wada-ama.org](http://www.wada-ama.org).

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 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 Synchronized Skating Junior World Challenge Cup
- ISU Speed Skating World Cup Senior and Junior
- ISU Short Track Speed Skating World Cup.

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 the financial responsibility of the organizing Member to provide Anti-Doping equipment, facilities for analysis of samples, transportation of samples and to carry out Testing 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 will be responsible for the logistical costs of the Doping Control Officers on site, including accommodation and meals.

### **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 When 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. It 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 Memorandum/Medical, 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

The organizing Member shall appoint an Anti-Doping Testing Coordinator who shall be responsible for the organization of Testing, including contact with Doping Control Officers, the representative of the ISU and organization and supervision of Chaperones. There must be a sufficient number of Chaperones, all of whom must be of legal age under the laws of the host country, to accompany the Skaters after they 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 other languages. The Chaperones should be able to recognise the Skaters on sight, otherwise the organizing Member shall provide an additional person who can assist the Chaperone to identify a Skater. It is helpful if the Chaperones can assist with translation during Testing.

#### 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, receive appropriate accreditation to enable them to access the necessary areas.

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

B.4.1 The method of selecting Skaters and the total number to undergo post-competition Testing must be decided before the beginning of each Competition and is outlined in Article B.4.3 and B.5 to B.8 of these ISU Anti-Doping Procedures.

B.4.2 Skaters selected at random will be drawn by the representative of the ISU and by the DCO from the Sample Collection Authority, based on these ISU Anti-Doping Procedures.



B.4.3 The selection of the Skaters 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.

B.4.5 Any Skater participating in an ISU Event, Olympic Qualifying Event and Open 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 on the Doping Control Form.

B.4.6 In team disciplines, any Team member who is selected for Doping Control testing must have participated in the team Competition during the Event for which they are selected.

#### B.4.7 World Record

Any Skater who achieves a world record time must be selected for Testing on the day of the race and the result must be negative on urine full menu in addition to ESAs (Erythropoiesis-stimulating agents) and GHRFs (Growth Hormone Releasing Factors) of the currently Prohibited Substances and Methods in order to have the world record ratified. See Rule 221, paragraph 2 f) and Rule 292 paragraph d) of the ISU Special Regulations for Speed Skating and Short Track Speed Skating. If the existing world record is broken more than once on the same day in Competitions at the same venue, the top three skaters achieving a world record time must be selected for Testing.

Skater(s) achieving a world record time, will be accompanied at all times by a representative of the Sample Collection Authority who shall be of the same gender. The Skater(s) will report for Testing at the time notified according to Article A.10.1, but if the 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. In this case the Skater(s) will be accompanied at all times also during the period between their races. If the Skater setting the world record time chooses to complete his/her Testing immediately after the world record race they will not be accompanied following completion of this Testing. However, the Skater may be subject to random selection for Testing following any subsequent races that day. If this Skater sets a world record time in any subsequent race on the same day, separate Testing must be done after this race. If a world record is achieved in team disciplines a minimum of two skaters from the team shall be tested.

#### B.4.8 Special issue for In-Competition Notification

At Speed Skating and Short Track World Cup Competitions, the notification of the Skater(s) randomly 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.

#### B.4.9 Valid reason for requesting a delay to undergo Testing

- i) Participation in a victory ceremony;
- ii) Fulfilment of media commitments;
- iii) Competing in further competitions the same day;
- 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.5 Figure Skating: Skaters selected for Post-Competition Testing

The following guidelines are given to determine which Skaters are to be tested and selected at random.

##### B.5.1 ISU Championships

The following minimum Testing will be carried out:

At the Short Program / Short Dance one randomly selected Skater in each discipline shall be tested. In Pair Skating and Ice Dance either the man or the lady, shall be tested and shall be selected by random draw.

After the Free Program / Free Dance, the three best ranked Skaters of the final result in Singles, Pair Skating and Ice Dance shall be tested. One Skater from the remainder of the Skaters shall be selected by random draw in Singles, Pair Skating and Ice Dance. In Pair Skating and Ice Dance either the man or the lady, but not both, shall be tested and shall be selected by random draw.

##### B.5.2 ISU Junior Grand Prix of Figure Skating and Final, ISU Grand Prix of Figure Skating and Final, Figure Skating Olympic Qualifying Events and ISU World Team Trophy

The Testing will be carried out on the first placed Skater of the final result in Singles (after the final free program), Pair Skating (after the final free program) and Ice Dance (after the final free dance). One Skater from the remainder of the Skaters shall be selected by random draw in Singles, Pair Skating and Ice Dance.

In Pair Skating and Ice Dance either the man or the lady, but not both, shall be tested and shall be selected by random draw. Testing will be carried out according to the current ISU Anti-Doping Rules.

##### B.5.3 Open International Competitions

B.5.3.1 Testing is mandatory and all Skaters competing at International Open Competitions, including ineligible Skaters, may be tested. In addition to the first placed Skater, a minimum of one Skater per discipline shall be selected for Testing by random draw.

B.5.3.2 Prior to Open International Competitions all Skaters entered must accept in writing to submit to Testing that will be conducted under the control of the organizing Member and in consultation with the ISU Medical Commission. Skaters who refuse to accept will not be allowed to skate. In the case of refusal to give the required Sample after the Competition and in the

case of positive results, sanctions as per the ISU Anti-Doping Rules will apply for eligible Skaters.

For ineligible Skaters the ISU Council will take the necessary decision, which may consist of preventing the ineligible Skater involved from being invited to Open International Competitions for a certain period of time and withholding the payment of prize money and other benefits. The organizing Member will pay the Skaters' benefits only after the Competition and upon receipt of the Testing results.

#### B.6 Synchronized Skating: Skaters selected for Post-Competition Testing

The following guidelines are given to determine which Skaters are to be tested and selected at random.

In ISU Synchronized Skating Championships and ISU Synchronized Skating Junior World Challenge Cup, two Skaters randomly selected from the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed teams and two Skaters from one randomly selected team shall be tested. At the time of the draw two alternative numbers from all teams to be tested will be drawn to ensure that the Skaters tested have skated in the competition.

#### B.7 Speed Skating: Skaters selected for Post-Competition Testing

The following guidelines are given to determine which Skaters are to be tested and selected at random.

##### B.7.1 Two Day Senior Championships

Minimum number of Skaters to be selected for Testing:

- **First day** - For both ladies and men, two Skaters, randomly drawn from the overall ranking, shall be tested.
- **Second day** – For both ladies and men, the three first ranked of the final result and one other Skater, randomly drawn, shall be tested. If the randomly drawn skater does not compete in the final distance, she/he will be notified after completion of the third distance.

##### B.7.2 Three Day Senior Championships

Minimum number of Skaters to be selected for Testing:

- **First day** – For both ladies and men, two Skaters, randomly drawn from the overall ranking, shall be tested.
- **Second day** – For both ladies and men, two Skaters, randomly drawn from the overall ranking, shall be tested.
- **Third day** - For both ladies and men, the three best-ranked Skaters of the final result and one other Skater, randomly drawn, shall be tested. If the randomly drawn skater does not compete in the final distance, she/he will be notified after completion of her/his last distance skated. In a three days Championships where the program for the ladies and/or men is completed in two days the 2-day selection procedure in Article B.7.1 will apply.

#### B.7.4 Team competitions at ISU Championships and ISU World Cups

In Senior team competitions (Team Pursuit and Team Sprint), for both ladies and men, one Skater from the winning team and one Skater from a randomly selected team shall be tested. The Skater from each team will be randomly selected from the team list.

In Junior team competitions (Team Pursuit and Team Sprint), for both ladies and men, one Skater from a randomly selected team shall be tested. The Skater will be randomly selected from the Team list.

#### B.7.5 World Single Distances Speed Skating Championships

Minimum number of Skaters to be selected for Testing:

For both ladies and men, the two best ranked and one randomly selected Skater in each distance, including Mass Start, shall be tested. For the 500 m distance, selection will occur from the overall ranking after the second race. The same Skater will be tested only once on the same day with the exception of necessary Testing for the setting of a world record. (See Article B.4.7. above). If the randomly selected Skater is competing in two different distances on the same day, the procedures regarding random selections referred to in Article B.4.8 will apply. If the winner of a race is competing in a second distance on the same day she/he will be treated according to Article B.4.7.

For Team Competitions article B.7.4 will apply

#### B.7.6 ISU Senior World Cup Competitions

Minimum number of Skaters to be selected for Testing:

On each day of competition for both ladies and men, for each distance, including Mass Start, two randomly selected Skaters shall be tested. In competitions where there are Divisions A and B, one randomly selected Skater from Division A and one randomly selected Skater from Division B will be tested. If the same distance (eg: 500, 1000, or 1500 m) is skated twice during the same World Cup Competition, but on different days, each day one randomly selected Skater from Division A and, if applicable, one randomly selected Skater from Division B will be tested. The same Skater selected on this random basis will be tested only once on the same day. However if this same Skater subsequently sets a world record, she/he will be notified of further Testing based on the world record time and not on random selection, in accordance with Article B.4.7. In this case an additional randomly selected Skater will be tested.

For Team Competitions article B.7.4 will apply

#### B.7.7 ISU Junior World Cup Competitions

Minimum number of Skaters to be selected for Testing:

On each day of competition for both ladies and men, for each distance, including Mass Start, one randomly selected Skater shall be tested. If the same distance (eg: 500, 1000, or 1500 m) is skated twice during the same World Cup Competition but on different days, each day one randomly selected Skater will

be tested. The same Skater selected on this random basis will be tested only once on the same day. However if this same Skater subsequently sets a world record she/he will be notified of further Testing based on the world record time and not on random selection, in accordance with Article B.4.7. In this case an additional randomly selected Skater will be tested.

For Team Competitions article B.7.4 will apply

#### B.7.8 ISU World Junior Championships

Minimum number of Skaters to be selected for Testing:

For both ladies and men, the best ranked and one randomly selected Skater in each distance shall be tested. In addition, for the allround competition the first ranked skater overall after the second day shall be tested. If the first ranked skater has already been selected for testing that day, the second ranked skater shall be tested instead and so on.

The same Skater will be tested only once on the same day with the exception of necessary testing for the setting of a world record (see Article B.4.7. above). If a randomly selected Skater is competing in an additional distance(s) on the same day the procedures regarding random selections referred to in Article B.4.8 will apply. If the first ranked skater of a race is competing in an additional distance(s) on the same day he/she will be treated according to Article B.4.7.

For Team Competitions article B.7.4 will apply

### B.8 Short Track Speed Skating: Skaters Selected for Post Competition Testing

The following guidelines are given to determine which Skaters are to be tested and selected at random.

#### B.8.1 World Junior Short Track, World Short Track and European Short Track Speed Skating Championships

Minimum number of Skaters to be selected for Testing:

- No regular testing is done after the qualifying and ranking races, except when a world record is broken.
  - For both ladies and men, the winner of the Final A and one randomly selected Skater who participated in the Main Program (see Rule 281, para 1.i, Rule 283, para 1.g and Rule 285, para 1.i of the Special Regulations & Technical Rules Speed Skating and Short Track Speed Skating), in each of the distances 1500, 1000, 500 meters shall be tested. On the final day, after the super finals, for both ladies and men, the 1<sup>st</sup> and 2<sup>nd</sup> placed Skater of the overall ranking and one randomly selected Skater, who participated in the Main Program on that day, shall be tested.
  - On the final day of the relay competition, for both ladies and men, one Skater who participated in the relay competition on that day, from a team selected at random, shall be tested. This Skater from the relay team will be selected at random from the

team list provided by the Competitors Steward. The same Skater will be tested only once on the same day.

If the first placed Skater of a distance is competing in a second distance on the same day he/she will be treated according to Article B.4.7.

If an individual or relay world record is broken, the procedure in B.4.7 will apply.

#### B.8.2 Short Track Speed Skating World Cup Competitions

Minimum number of Skaters to be selected for Testing:

- For each distance classification (500 m, 1000 m, 1500 m), for both ladies and men, the first and one Skater selected randomly shall be tested.
- Upon completion of the relay competition, for both ladies and men, one Skater in the relay competition from a randomly selected team of the top 4 ranked teams, shall be tested. This Skater from the relay team will be selected at random from the team list provided by the Competitors Steward. The same Skater will be tested only once on the same day.

If the first placed Skater of a distance is competing in an additional distance(s) on the same day he/she will be treated according to Article B.4.7.

If there are qualifying rounds, Testing may be carried out. In this case at least one Skater will be randomly selected from each distance, ladies and men. Skaters may be tested more than once during the competition.

#### B.9 Additional In-competition Testing

Any Skater may be selected for urine and/or blood Testing by the representative of the ISU or, at his/her discretion, by the DCO. Such selection may be based upon a random draw determined by the placement in a previous part of that competition, or upon the final result.

Additional urine and/or blood Target Testing may also be based on the purpose of Intelligent Testing.

### **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 in 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, but must not call or send a text message to the Skater. Nevertheless, in the last 5 minutes of the 60-min time-slot, the DCO may contact the Skater by phone call.

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)**

### 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 ([www.isu.org](http://www.isu.org)).

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

The ISU will notify the Skater designated for inclusion in its Registered Testing Pool and his/her Member, 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 Article 5.6 of the ISU Anti-Doping Rules and in Annex I of the International Standard for Testing and Investigations. 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 on 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)**

### E.1 Testing Pool Criteria

The criteria to determine the Skaters listed in the ISU Testing Pool are published on the ISU web site ([www.isu.org](http://www.isu.org)).

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

The ISU will notify the Skater designated for inclusion in its Testing Pool and his/her Member, 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 Testing Pool (RTP) on the sole discretion of the ISU Medical Commission and/or ISU Anti-Doping Administrator.



## **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, in line with the International Standard for TUEs (available at [www.wada-ama.org](http://www.wada-ama.org)), 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 (see Appendix E for TUE application form). 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 Therapeutic Use Exemption Committee (TUEC) of the ISU 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 TUE Committee, and if granted, the Certificate which includes information about the duration of the exemption and any conditions associated with the TUE will be conveyed in writing to the Skater through the Member by the ISU. 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.

**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 TUE Committee to receive, an application prior to Doping Control.

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

F.2.1 A TUE may be cancelled by the TUE Committee at any time. The Skater, his/her Member and WADA shall be notified immediately.

F.2.2 The cancellation shall take effect immediately following notification of the decision to the Skater.

Milan,  
Lausanne,

October 12, 2015

**Ottavio Cinquanta**, President

**Fredi Schmid**, Director General

## Appendix A: Collection of Urine Sample

### A.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.

### A.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.

### A.3 Responsibility

A.3.1 The DCO has the responsibility for ensuring that each *Sample* is properly collected, identified and sealed.

A.3.2 The DCO has the responsibility for directly witnessing the passing of the urine *Sample*.

A.3.3 The ISU Medical Advisor or his/her delegate, if present, has a supervision function.

### A.4 Requirements

A.4.1 The DCO shall ensure that the *Skater* is informed of the requirements of the *Sample* Collection Session.

A.4.2 The DCO shall ensure that the *Skater* is offered a choice of appropriate equipment for collecting the *Sample*.

A.4.3 The DCO shall instruct the *Skater* to select a collection vessel.

A.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.

A.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.

A.4.6 The DCO who witnesses the passing of the *Sample* shall be of the same gender as the *Skater* providing the *Sample*.

A.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*.

A.4.8 The DCO and *Skater* shall proceed to an area of privacy to collect a *Sample*.

A.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.

A.4.10 The DCO shall verify, in full view of the *Skater*, that the Suitable Volume of Urine for Analysis has been provided.

A.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 F – Urine Samples – Insufficient Volume.

A.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).

A.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.

A.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.

A.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.

A.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 C (Urine Samples that do not meet the requirement for Suitable Specific Gravity for Analysis).

A.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.

A.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 B: Urine Samples - Insufficient Volume**

### **B.1 Objective**

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

### **B.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.

### **B.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.

### **B.4 Requirements**

**B.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.

**B.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).

**B.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.

**B.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.

**B.4.5** While waiting to provide an additional Sample, the Skater shall remain under continuous observation and be given the opportunity to hydrate.

**B.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 A – Collection of Urine Samples until a sufficient volume of urine will be provided by combining the initial and additional Sample(s).

**B.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.

**B.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.

**B.4.9** The DCO and the Skater shall then continue with Article A.4.12 or Article A.4.14 of Appendix A as appropriate.

B.4.10 The DCO shall check the residual urine in accordance with Article A.4.16 of Appendix A to ensure that it meets the requirement for Suitable Specific Gravity for Analysis.

B.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 A 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 C: Urine Samples that do not meet the requirement for Suitable Specific Gravity for Analysis**

### **C.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.

### **C.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.

### **C.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.

### **C.4 Requirements**

**C.4.1** The DCO shall determine that the requirements for Suitable Specific Gravity for Analysis have not been met.

**C.4.2** The DCO shall inform the Skater that he/she is required to provide a further Sample.

**C.4.3** While waiting to provide a further Sample, the Skater shall remain under continuous observation.

**C.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).

**C.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 A – Collection of Urine Samples.

**C.4.6 The DCO should not collect more than 1 additional sample (no more than 2 samples in total should be collected)**

*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 second Sample is provided.*

**C.4.7** The DCO shall record that the Samples collected belong to a single Skater and the order in which the Samples were provided.

**C.4.8** The DCO shall then continue with the Sample Collection Session in accordance with Article A.4.17 of Appendix A.



C.4.10 The DCO shall send to the laboratory for analysis both Samples which were collected, irrespective of whether or not they meet the requirement for Suitable Specific Gravity for Analysis.

C.4.11 The laboratory shall determine which Samples shall be analyzed.

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

### **D.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 Samples intended for use in connection with the measurement of individual Skater blood variables within the framework of the Skater Biological Passport program are collected in a manner appropriate for such use;
- 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.

### **D.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.

### **D.3 Responsibility**

D.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.

D.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.

### **D.4 Requirements**

D.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.

D.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.

D.4.3 The DCO shall ensure that the Skater is properly notified of the requirements of the Sample collection. If the Sample is to be used in connection with the Skater Biological Passport program, the DCO/BCO shall use either the Doping Control Form – Skater Blood Passport or the Doping Control Form in conjunction with the Supplementary Report Form for ABP / Haematological Passport.

D.4.4 The DCO/BCO shall ensure the Skater is offered comfortable conditions and shall instruct the Skater to remain in a normal seated position with feet on the floor for

at least 10 minutes prior to providing a Sample. If the Sample is to be used in connection with the Skater Biological Passport program, it shall not be collected within two hours of the Skater training or competing. If the Skater has trained or competed within two hours of the time that the Skater is notified of his/her selection for Sample collection, the DCO/BCO/Chaperone shall monitor the Skater continuously until the two hour period has elapsed, after which the Sample shall be collected. The nature of the exertion (Competition, training, etc.), as well as its duration and general intensity, shall be recorded by the DCO/BCO in the mission documentation.

D.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.

D.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.

D.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.

D.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.

D.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.

D.4.10 The BCO shall apply a dressing to the puncture site(s).

D.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.

D.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.

D.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.

D.4.14 If the Sample is intended for use in connection with a Skater Biological Passport program, the DCO/BCO shall place it in a storage device that is capable of maintaining blood Samples at a cool temperature for the duration of the period of storage and transport but without allowing whole blood Samples to freeze (such as a refrigerator, an insulated cool box, an isotherm bag, or any other device with such capability). A temperature data logger shall be used to record the temperature of the Sample during storage and transport. In choosing the storage device, the Sample Collection Authority shall take into account the duration of the period of storage and transport, the number of Samples to be stored together, and the prevailing environmental conditions (hot or cold temperatures).

D.4.15 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.

D.4.16 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. If the Sample is intended for use in connection with an Skater Biological Passport program, it shall be transported rapidly to the laboratory so that analysis can be performed

## Appendix E

# INTERNATIONAL SKATING UNION

HEADQUARTERS ADDRESS: AVENUE JUSTE-OLIVIER 17 - CH 1006 LAUSANNE - SWITZERLAND  
TELEPHONE (+41) 21 612 66 66 TELEFAX (+41) 21 612 66 77 E-MAIL: [info@isu.ch](mailto:info@isu.ch)

## Therapeutic Use Exemptions

### Application Form

*I apply for approval from the International Skating Union for the therapeutic use of a prohibited substance on the WADA List of Prohibited Substances and Prohibited Methods.*

**Please complete all sections in BLOCK CAPITALS**

#### 1. Athlete Information

Surname: .....	Given Names: .....
Female <input type="checkbox"/> Male <input type="checkbox"/> ( <i>tick appropriate box</i> )	Date of Birth (d/m/y): .....
Address: .....	
City: .....	Country: ..... Postcode: .....
Tel: .....	Email: .....
Sport: .....	Discipline: .....
ISU Member: .....	
Please mark the appropriate box:	
<input type="checkbox"/> I am part of the ISU Registered Testing Pool	
<input type="checkbox"/> I am part of my National Anti-Doping Organization Testing Pool	
<input type="checkbox"/> I am participating in an ISU international event for which a TUE granted pursuant to the ISU's Anti-Doping Rules is required – Name of the competition: .....	
<input type="checkbox"/> None of the above	

#### 2. Medical information

Diagnosis with sufficient medical information (see note 1): ..... ..... ..... .....
If a permitted medication can be used to treat the medical condition, provide clinical justification for the requested use of the prohibited medication: ..... ..... ..... .....

**STRICTLY CONFIDENTIAL**

3. Medication details

Prohibited Substance(s): Generic Name	Dose	Route	Frequency
1.			
2.			
3.			

Anticipated duration of treatment <i>(please tick appropriate box)</i>	<b>once only</b> <input type="checkbox"/> <b>emergency</b> <input type="checkbox"/> <b>or duration (week/month):</b> <input type="checkbox"/> .....
---	--

<p><b>Have you submitted any previous TUE application?</b> <input type="checkbox"/> yes <input type="checkbox"/> no</p> <p>For which substance? .....</p> <p>To whom? ..... When?.....</p> <p>Decision:    Approved <input type="checkbox"/>                      Not approved <input type="checkbox"/></p>
---

4. Medical doctor's declaration

<p>I, ..... Certify that I am a licensed Medical Doctor treating the applicant athlete and I further certify that the above-mentioned treatment is medically appropriate and that the use of alternative medication not on the prohibited list would be unsatisfactory for this condition.</p> <p>Name .....</p> <p>Medical speciality: .....</p> <p>Address: .....</p> <p>Tel.: ..... Fax: .....</p> <p>Email: .....</p> <p>Signature of Medical Doctor: .....Date: .....</p>
--

## STRICTLY CONFIDENTIAL

### 5. Athlete's declaration

I, ..... certify that the information under 1. is accurate and that I am requesting approval to use a Substance or Method from the WADA Prohibited List. I authorize the release of personal medical information to the Anti-Doping Organization (ADO) as well as to WADA staff and to the WADA TUEC (Therapeutic Use Exemption Committee) and to other ADOs under the provisions of the Code.

I understand that my information will only be used for evaluating my TUE request and in the context of possible anti-doping violation investigations and procedures. I understand that if I ever wish to i) obtain more information about the use of my information; ii) exercise my right of access and correction; or iii) revoke the right of these organizations to obtain my health information I must notify my medical practitioner and my ADO in writing of that fact. I understand and agree that it may be necessary for TUE-related information submitted prior to revoking my consent to be retained for the sole purpose of establishing a possible anti-doping rule violation, where this is required by the Code.

I understand that if I believe my personal information is not used in conformity with this consent and the International Standard for the Protection of Privacy and Personal Information, I can file a complaint to WADA or CAS.

**Athlete's signature:** ..... **Date:** .....

**Parent's/Guardian's signature:** ..... **Date:** .....

(if the athlete is a minor or has a disability preventing him/her to sign this form, a parent or guardian shall sign together with or on behalf of the athlete)

### 6. Notes

<b>Note</b>	<b>Diagnosis</b>
<b>1</b>	<i>Evidence confirming the diagnosis must be attached and forwarded with this application. The medical evidence should include a comprehensive medical history and the results of all relevant examinations, laboratory investigations and imaging studies. Copies of the original reports or letters should be included when possible. Evidence should be as objective as possible in the clinical circumstances and in the case of non-demonstrable conditions independent supporting medical opinion will assist this application.</i>

**Incomplete Applications will be returned and will need to be resubmitted.**

Please submit the completed form to the ISU and keep a copy for your records.