

INTERNATIONAL SKATING UNION

Communication No. 1662

ISU BLOOD TESTING

(this ISU Communication replaces ISU Communication No. 1520)

A. **TESTING**

A.1 Pre-competition Screening Testing

At designated ISU Events, pre-competition Screening Testing will be organised by the assigned ISU Medical Advisor or an Agency appointed by the ISU and all Skaters entered in the competition, including substitutes, will have a screening blood test prior to being allowed to participate. Screening Testing may take place on the 3 days prior to the first competition and/or on the competition days.

A.1.1.

After arrival for the entered competition, all Skaters are obliged to report for and undergo pre-competition Screening Testing. If, after arrival, a Skater withdraws from the competition, he/she remains obliged to undergo pre-competition Screening Testing. Failure to do so will be reported to the appointed ISU Official responsible for the Event. Such failure to comply with the procedure will be considered a violation of the ISU Anti-Doping Rules.

A.2 Post-competition Testing

Blood Testing may also be carried out post-competition on any Skater, including those Skaters selected for post-race Anti-Doping Testing.

A.3 Out-of-competition Testing

Out-of-Competition Testing may be carried out at any time at any place on Skaters, including suspended Skaters of the ISU Members. This testing will be conducted by a designated Agency, appointed by the ISU or WADA and in line with the WADA Athlete Biological Passport Operating Guidelines.

B. **PROCEDURES**

B.1 Collection of Blood Samples for Pre-competition Screening Testing

B.1 Blood Testing materials shall be of an approved standard, determined by the ISU before the start of the season. The needles must be in sealed and sterile packaging.

B.2 A sample of blood will be taken from a forearm vein, after the athlete has been sitting for a minimum of 10 minutes.

B.3 The Skater's medical doctor may take the blood sample if requested but the procedure must be under the supervision of the ISU Medical Advisor or the Medical Advisor's Designate.

B.4 The Skater's medical doctor is limited to 2 attempts at obtaining a sample. If the Skater's medical doctor fails to obtain a sample after 2 attempts then the ISU assigned phlebotomist will take over.

B.5 Each sample will be given an anonymous unique ISU code number.

B.6 In the case of refusal by a Skater to give a blood sample for Screening Testing purpose, the ISU will forbid participation of the Skater in the present and future ISU Events until such a blood sample has been provided according to the ISU procedures.

B.7 The samples are transported in a sealed transmittal container to a designated laboratory with an appropriate Chain of Custody Form.

C PRE-COMPETITION BLOOD TESTING

C.1 Information to Team Leaders

A communication will be provided at the Event to notify all teams that Blood Testing will occur at that Event. Information about the location and time of the Testing will be available to Team Leaders, Coaches and/or Skaters. It is the responsibility of the Team Leader or Coach to notify their team of the place and time of the Blood Testing.

C.2 Place of Testing

The location and time for the Blood Testing will be indicated depending on the logistics of the specific competition venue.

C.3 In addition to the Skater and one team representative, only the following persons may be present in the blood testing room:

- ISU representative;
- ISU Medical Advisor or in the case of unavailability, another physician approved by the ISU Medical Commission;
- The Skater's medical doctor;
- Technician(s) to assist with collecting and analysing the sample;
- Administration person(s) as necessary.

C.4 After the blood sample has been obtained the Skater will sign a master control sheet prepared by the ISU Medical Advisor or the designated physician to confirm that the Skater's name is linked to a specific, unique ISU barcode.

D RESULTS MANAGEMENT

D.1 The ISU Medical Advisors or a qualified expert appointed by the ISU will be responsible for evaluating the results of the blood samples.

D.2 Analysis of the blood samples will be carried out using a calibrated haematological analyzer that is capable of measuring various parameters, including haemoglobin (Hb) and % reticulocytes. Further investigation of the samples may be performed including, but not limited to, any of the following: analysis of the previously obtained blood sample for determination of ferritin, soluble transferrin receptor, total protein, erythropoietin receptors, serum EPO level, plasma expanders, oxygen carriers, familial and genetic tests.

D.3 Start Prohibition

When values for Hb, OFF Score or % reticulocytes exceed the limits listed in the table below and when these results are confirmed according to D4, the Skater will be prohibited from starting unless he/she has an exemption certificate for elevated Hb or other haematological parameters:

Parameters	Men	Ladies
Hb	≥18 g/dl (18.5 g/dl at alt*) or change in Hb >2.4 g/dl or	≥16.5 g/dl (17.0 g/dl at alt*) or change in Hb >2.4 g/dl or
Off score**	>125.6 (sea level), >134 (at alt) or change in Off score >45	>113.5 (sea level), >120.5 (at alt) or change in Off score >45
% reticulocytes	or % retics < 0.4% or > 2.4% and > 2 standard deviations from individual mean.	or % retics < 0.4% or > 2.4% and > 2 standard deviations from individual mean.

* altitude >610 meters above sea level.

** Gore et al, Hematologica 88; 333, 2003 and Stray Gundersen J, et al. Clinical Journal Sport Medicine 13(3); 132-137, 2003; OFF Score: Hb (g/l) – 60*√% reticulocytes.

D.4 During pre-competition Testing if a Skater's results would lead to start prohibition and the Skater does not have an exemption certificate for elevated Hb or other haematological parameters, a second analysis of the blood sample will be performed as soon as possible and by the same procedure. If this repeat analysis confirms the results of the first analysis, a second sample will be drawn as soon as possible and analysed by the same procedures. If the analysis of the second sample confirms the earlier results, the Skater will be prohibited from starting. In addition, at the same time as the second blood draw, samples of both blood and urine will be taken for anti-doping Testing.

D.4.1 If a Skater is prohibited from starting the Skater or the respective Team Leader/Member will be notified in writing by the ISU that the Skater is not allowed to start in any competitions for 18 consecutive days, beginning on the day on which the confirmatory sample was drawn. The prohibition applies for all ISU Events.

D.5 During out-of-competition testing an A and a B sample will be taken from a Skater. If the Skater's results from the A sample exceed the criteria of paragraph D.3 above and the Skater does not have an exemption certificate for elevated Hb or other haematological parameters, the B sample will be analysed. If the analysis of the B sample confirms the earlier results, the skater will be prohibited from starting in ISU Events for 18 consecutive days, as per paragraph D.4.1.

D.6 The prohibition from participating in the competition(s) is not a sanction, but is considered a requirement to enable the skater to comply with the Rules and allow time for further Testing.

D.7 Neither a request by the Skater, his/her team or Member to carry out another analysis of a new blood sample nor an appeal against the analysis of the blood values is possible.

D.8 Before the Skater may start again in an ISU Event, he/she will be subject to a repeat blood test utilizing the same methods. The results must demonstrate normalization of previous abnormal results and satisfy the requirements for start allowance prior to the Skater being allowed to resume participation in an ISU Event. The ISU must be notified by the skater's Member at least 7 working days in advance of the required re-testing. The results must be sent to the ISU Secretariat by the relevant laboratory.

D.9 Members are reminded that according to the current ISU Anti-Doping Rules, persons participating in Blood Testing or Anti-Doping Testing shall not make any statement regarding specific procedures or results relative to these Testing activities to the media without prior authorization from the ISU.

D.10 The results of the Testing will be stored in a database accessible only to the ISU. Results of post-competition and out-of-competition Testing may be stored in ADAMS, in accordance with the WADA Athlete Biological Passport Operating Guidelines.

D.11 WADA, the Member or the National Anti-Doping Organization of the Skater may obtain the haemoglobin values of the respective Member's Skater(s) from the ISU on written request and in line with the International Standard for Protection of Privacy and Personal Information.

E COSTS

E.2 The Event Organizers are responsible for providing the facility/rooms for the Testing and for assisting in the organization of the necessary number of personnel for blood collection.

E.2 The ISU will be responsible for the other costs including the analysis fees, officials' accommodation and travel costs, and equipment.

F ANNOUNCEMENT OF CONGENITALLY ELEVATED LEVELS

Skaters whose congenital (natural) haematological values exceed the parameter(s) outlined in paragraph D3 above are reminded to consult the ISU Communication No. 1530 or any further update of that Communication regarding application for a Certificate of Medical Exemption.

Milan,
November 30, 2010
Lausanne,

Ottavio Cinquanta, President

Fredi Schmid, Director General