

# INTERNATIONAL SKATING UNION

## Communication No. 1520

### ISU PROCEDURES FOR BLOOD TESTING

The ISU will conduct Blood Testing at various ISU Championships, World Cup Events and other International Events as deemed necessary by the ISU. Blood screening or Testing is conducted by a specialist Anti-Doping Agency appointed by the ISU under the direction of the ISU Medical Advisors.

Out-of-Competition Blood Tests may be carried out at any time by specialist Anti-Doping Agencies, appointed by the ISU or WADA.

#### 1. Logistics

Skaters may be selected at random for Blood Testing by the ISU, the specialist Agency or at the request of WADA at anytime.

##### 1.1 Selection of the Skaters.

Every Skater selected to undergo Blood Testing is obliged to report for and undergo Testing, even if the Skater has withdrawn from the competition. Failure to do so will be reported to the appointed ISU Official responsible for the event. If this is a failure to comply it will be considered a violation of the ISU Anti-Doping Rules.

##### 1.2 Information to Team Leaders

Information about the location of the Testing will be available to Team Leaders. A communication will be provided at the event to notify all teams that Blood Testing will occur at that event. For the information of the Team Leaders, Coaches or Skaters, a notice with regard to the time of the Blood Testing will be posted on the notice board of the hotel(s). This notice will also be placed in the mailbox of each Team Leader the night before the Testing. It is the responsibility of the Team Leader to notify their team/Skaters of the place and time of the Blood Testing.

##### 1.3 Time of Testing

Blood Testing may take place on the days prior to the first competition and/or on the competition days. Blood Testing may also be carried out post competition on any Skater, including those Skaters selected for post race Anti-Doping Testing.

#### 1.4 Place of Testing

The location for the Blood Testing will be indicated and could be at the rink or at the Skaters' hotel depending on the logistics of the specific competition venue. The post competition Testing will be carried out in the Anti-Doping Station. The Blood Testing Station requires a separate area for the blood drawing and an additional secure area for the analysis of the blood Samples if analyzed on site.

### 2. Collection of Blood Samples

- 2.1 Blood Testing materials should be of an approved standard, determined by the ISU before the start of the season. The needles must be in sealed and sterile packaging.
- 2.2 A sample of blood will be taken from the forearm or the antecubital fossa. The quantity of blood taken will be up to 3.0 ml per tube.
- 2.3 The Skater's medical doctor may take the blood sample if requested but the procedure must be under the supervision of the Chairperson of the Blood Testing Commission.
- 2.4 The Skater's medical doctor is limited to 3 attempts at obtaining a sample. If the Skater's medical doctor fails to obtain a sample after 3 attempts then the phlebotomist of the Blood Testing Commission will take over. The maximum number of attempts is limited to 3 in each arm.
- 2.5 The samples will be given an anonymous code number.
- 2.6 In the case of refusal by a Skater to give a blood sample for such purpose, the ISU will forbid participation of the Skater in the present and future ISU sanctioned events until such a blood sample has been provided according to ISU procedures.

### 3. Measurements

At ISU World Cups, ISU World Championships and other International Events as deemed necessary by the ISU, the ISU Medical Advisor or a qualified expert appointed by the ISU will be responsible for evaluating the measurement of the blood samples.

- 3.1 Measurement of the blood samples will be carried out using measuring machines that are capable of measuring various parameters including haemoglobin, hematocrit and % reticulocytes.
- 3.2 If a Skater's haematological parameters show any signs of abnormality in relation to his/her personal blood profile, an unannounced urine test and/or additional analyses of the Skater's blood may be carried out thereafter.
- 3.3 Further investigation and Testing will be decided as per the following S.A.F.E. Testing table. When the result of the blood analysis requires further investigation, the Skater will be notified. This further investigation will be performed on the same day as the Blood Testing or as soon as possible thereafter.

## S.A.F.E. Testing Table

Category Name/ Parameter	A	B	C	D	E
<b>Hemoglobin (Hb)</b>	Men: less than 17.2 g/dl  Ladies: less than 15.7 g/dl	Men: greater than or equal to 17.2 g/dl and less than 18.0 g/dl  Ladies: greater than or equal to 15.7 g/dl and less than 16.5 g/dl			Men: <sup>*alt</sup> greater than or equal to 18.0 g/dl  Ladies: greater than or equal to 16.5 g/dl
<b>OFF score</b>			<sup>*alt</sup> Men: greater than or equal to 104.6 and less than 125.6  Ladies: greater than or equal to 92.2 and less than 113.7 and/or	<sup>*alt</sup> Men: greater than or equal to 125.6  Ladies: greater than or equal to 113.7 and/or	
<b>Additional erythropoiesis indices</b>	Normal	Normal	Abnormal	Hb change +2.4; OFF change +45	
<b>Compete</b>	Yes	Yes	Yes	No	No
<b>Investigation</b>	No	Yes	Yes	Yes	Yes

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

\* alt = if Testing is carried out at a site above 610 meters in altitude:

For Men 113.7 should be read instead of 104.6 and 134.0 should be read instead of 125.6 and 18.5 should be read instead of 18.0;

For Ladies 99.9 should be read instead of 92.2 and 120.5 should be read instead of 113.5 and 17.0 should be read instead of 16.5

\*\*Investigation could include any of the following: analysis of the previously obtained blood sample for determinations of ferritin, soluble transferrin receptor, total protein, erythropoietin receptors, serum EPO level, plasma expanders, oxygen carriers. Urine Sampling for rhEPO (and related substances) and further Blood Testing, including familial and genetic tests may be performed. Blood test results demonstrating a significant change in either Hemoglobin or OFF Score, other alterations in erythropoiesis or haematological values different from the normal range may lead to similar investigation(s) as well.

3.4 At the time of Skater notification that the result of the first blood analysis requires further investigation, a second sample will be obtained. The second sample may be up to 15ml and will be drawn as soon as possible under the direction of the ISU Medical Advisor or appointed representative. The Skater or their medical representative (appointed in writing to the Chairperson of the Blood Testing Commission) has the right to observe the analysis of the second sample.

4. Start Prohibition

The maximum values for Hgb or OFF Score as listed in the S.A.F.E. table are the following:

<b>Parameters</b>	<b>Men</b>	<b>Ladies</b>
<b>Hgb</b>	18 g/dl (18.5 at alt) or change in Hgb >2.4	16.5 g/dl (17.0 at alt) or change in Hgb >2.4
<b>Off score</b>	>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

- 4.1 If a Skater's result falls within categories D or E, and the Skater does not have an exemption certificate for elevated Hgb, a second measurement of the initial blood Sample that had already been drawn will be performed immediately and by the same procedure. If this repeat Testing on the same sample is still elevated, a second sample will be drawn and analysed by the same procedure.
- 4.2 If a Skater's results exceed the above values after two consecutive measurements on two samples, the Skater/Member will be notified in writing by the ISU Medical Advisor that he/she is not allowed to start in any competitions for 18 consecutive days, including the day on which the test took place. The withdrawal applies for all competitions held under ISU regulations.
- 4.3 Only the Skater or his/her Member has the right to comment on this notification. This 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 to fall within the ISU Anti-Doping Rules and Procedures.
- 4.4 Neither a request by the Skater, his/her team or Member to carry out another measurement of a new blood Sample, nor an appeal against the measurement of the blood values is permitted.
- 4.5 Before the Skater may start again in an ISU competition, he/she will be subject to a new blood test utilizing the same methods. The results must demonstrate normalization of previous abnormal results and satisfy the requirements of the S.A.F.E. algorithm, prior to the Skater being allowed to resume participation in competition. Prior notification to the ISU is required for re-testing to be conducted. The Skater must notify the ISU well in advance of the planned return to competition in order for the Testing to be carried out under the direction of the ISU. The results must be sent to and received by the ISU Secretariat.
- 4.6 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.

5. Information to the Skater

In the case of blood values exceeding those listed in Article 3.3 above, the ISU Medical Advisor will provide details of the values to the Skater/Member in writing when advising the Skater/Member of his/her start prohibition. The Skater/Member is required to sign the form acknowledging the notification of the values.

6. In-Competition Testing

6.1 At designated ISU World Cup events, ISU World Championships and other selected International Events where In-Competition Testing is organised by the ISU Medical Advisor or a specialist Agency appointed by the ISU, all Skaters entered in the competition will have a screening blood test prior to being allowed to participate.

6.2 Other than the Skaters and their team physician/official, only the medical or administrative personnel approved by the ISU will be allowed to be present in the Blood Testing room, and will be approved to conduct Blood Tests. These personnel will be comprised of:

- ISU representative
- A Chairperson, who shall be one of the ISU Medical Advisors or in the case of unavailability, another physician approved by the Chairperson of the ISU Medical Advisors
- A physician responsible for the Blood Testing room
- One or more technicians to assist with collecting and analysing the samples
- Administration persons as necessary, as determined by the Chairperson

7. Administration of the results

7.1 The results of the Testing will be stored in a database accessible only to the ISU.

7.2 WADA, the Member or the National Anti-Doping Organization of the Skater may obtain the haemoglobin values of its own Skater(s) from the ISU, on written request.

8. Costs

The costs for the Blood Testing are covered by the ISU and the Organizers. The fees, equipment, accommodation and travel costs are paid by the ISU. The Organizers are responsible for providing the facility/rooms for the Testing.

9. Blood Collection Officials

The Organizer is required to assist in the organization of the necessary number of qualified Blood Collection Officials. The costs for these officials will be covered by the ISU. They should be able to communicate in English and will be required to meet with the ISU Medical Advisor or the coordinator from the appointed specialist Agency prior to the Blood Testing in order to go through the procedures thoroughly.

10. Announcement of Congenitally Elevated Levels

Skaters whose congenital (natural) haemoglobin values exceed the limits of 16.5 g/dl for ladies and 18.0 g/dl for men are reminded to consult the current ISU Communication regarding making an application for a Certificate of Medical Exemption due to high haemoglobin concentration.

Milan,  
July 30, 2008  
Lausanne,

**Ottavio Cinquanta**, President

**Fredi Schmid**, General Secretary