

Mountain & Trail Running Anti-Doping Guide



This guide provides essential anti-doping information for all Mountain Running & Trail Athletes and Athlete Support Personnel (ASP):

- What is the AIU? 3
- What is Doping? 4
- Prohibited List 6
- Supplement Use 7
- Medication Use 8
- Therapeutic Use Exemptions (TUE) 9
- How Testing Works 10
- Responsibilities & Rights of Athletes 12



What is the AIU?

The Athletics Integrity Unit (AIU) is the independent body created by World Athletics that oversees and manages the sport's integrity issues both doping and non-doping.

We

engage

support

empower

advocate

educate

communicate

test

investigate

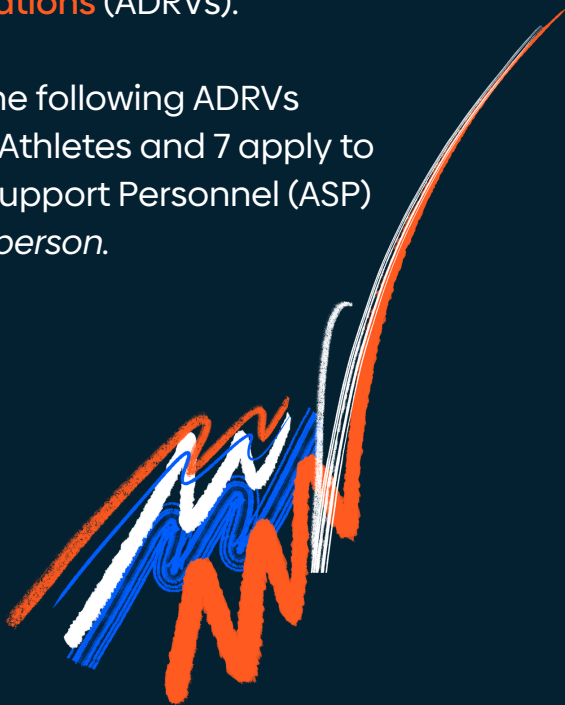
prosecute



What is **doping**?

Doping is not just a positive test. It is defined as the occurrence of one or more of the **Anti-Doping Rule Violations** (ADRVs).

All 11 of the following ADRVs apply to Athletes and 7 apply to Athlete Support Personnel (ASP) or other *person*.



1. **Presence** of a prohibited substance, its metabolites or markers in an Athlete's sample
2. **Use** or attempted use of a prohibited substance or method by an Athlete
3. **Refusing, evading or failing to submit to sample** collection by an Athlete
4. **Failure** to file whereabouts information and/or missed tests by an Athlete
5. **Tampering** or **attempted tampering** with the doping control process by an Athlete or other *person*
6. **Possession** of a prohibited substance or method by an Athlete or Athlete Support Personnel (ASP)
7. **Trafficking** or **attempted trafficking** of a prohibited substance or method by an Athlete or other *person*
8. **Administering** or **attempting to administer** a prohibited substance or method to an Athlete
9. **Complicity** or **attempted complicity** in an ADRV by an Athlete or other *person*
10. **Prohibited Association** by an Athlete or other *person* with a sanctioned ASP
11. **Acts to discourage** or **retaliate** against reporting to authorities

Prohibited List



The World Anti-Doping Agency (WADA) Prohibited List outlines and defines Substances and Methods banned In-Competition, and at all times. It is updated at least annually, and is effective from 1 January each year.

→ Check the Prohibited List

Athletes are responsible for knowing what substances and methods are prohibited. They are also personally liable for any prohibited substance found in their system, regardless of intent.

- Keep a record of all the medications and supplements you take.
- Clearly declare them on the Doping Control Form.

Supplement use

Using supplements is at an athlete's own risk. Even an "all natural" supplement could contain a prohibited substance.

Be very cautious!



It is your personal responsibility to:

1. Choose supplements from a trustworthy supplier.
2. Check if the supplements are certified and batch-tested.

→ Informed Sport, Hasta, NSF



Medication use

It is your personal responsibility to:

1. Inform your doctor that as an international-level athlete, you are subject to the Anti-Doping Rules.
2. Consult with your doctor to understand what is prohibited and what is not.
3. Check the medication you are given yourself.
→ Global DRO
4. Verify whether a Therapeutic Use Exemption (TUE) is applicable to you, and if so, submit the request as soon as possible.



Therapeutic Use Exemption (TUE)



A Therapeutic Use Exemption (TUE) allows you to use a Prohibited Substance or Method when you can provide genuine, documented medical proof that it is required.

Athletes must ensure they have a valid TUE prior to using a prohibited substance or method. Retroactive TUEs may also be requested in certain circumstances.

Athletes must apply for a TUE by completing the TUE application form, and submitting it to their National-Anti-Doping Organisation (NADO) at least 30 days before their next competition.

→ [TUE requirements](#)

If you have any TUE-related questions, please contact: tue@athleticsintegrity.org

How testing works

Athletes can be tested **any time**, and **anywhere**. The AIU, your National Anti-Doping Organisation (NADO), other NADOs or Anti-Doping Organizations with testing authority, or Major Event Organizations, may test you **in** or **out of competition**.

In-competition period	Out-of-competition
The period commencing at 23:59 on the day before a Competition in which the athlete is scheduled to participate through to the end of such Competition and the sample collection process related to such Competition.	Any period not in-competition. This means at all other times.



There are currently three types of anti-doping tests: Urine, Venous blood and dried blood spot. Once a sample is collected, it is sent to a WADA-accredited laboratory for analysis.

Sample Collection Steps

1. Notification of selection for a test
2. Report to the Doping Control Station
3. Select a collection vessel and/or blood collection kit
4. Provide the sample under supervision
5. Split and seal the sample
6. Complete the Doping Control Form
7. Sample is sent for analysis



In-Competition Doping Controls

Responsibilities & Rights of athletes



Responsibilities

- Report to the **Doping Control Station DCS (DCS)** immediately after notification unless there are valid reasons for delay.
- **Comply** with sample collection procedures and cooperate with the Doping Control personnel.
- **Remain within sight** of the Chaperone/DCO until the sample collection procedure is completed.
- **Verify and confirm the information** on the Doping Control Form after the DCO has filled it out.

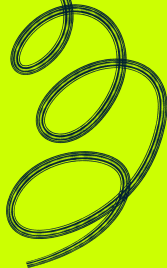


Providing photo ID

During testing, athletes must present an authentic government-issued photo ID, in paper or electronic format.

- Keep a copy of your government-issued photo ID on your mobile phone.
- Ask your coach, manager, and/or family members to carry your ID for you, or to have a copy as well.





An athlete is not permitted to:

- Go to the toilet or take a shower before the sample is collected, unless deemed medically necessary
- Hydrate excessively despite warnings from the Chaperone/DCO
- Consume medication, take injections, or take an ice bath, unless they have been medically prescribed and the Chaperone/DCO can be present in the treatment room
- Take pictures or recordings of the sample collection process, which support personnel are not permitted to do either



Rights

- Have a **representative** and/or interpreter accompany them through the sample collection process
- **Ask** for additional information about the sample collection process
- **Request a short delay** in reporting to the DCS for valid reasons, including:
 - collecting a valid photo ID
 - attending a press conference or other media commitments
 - participating in a medal ceremony
 - competing in further competition
 - receiving necessary medical treatment
 - performing a cool down
 - obtaining warm clothing
 - locating a representative and/or interpreter
 - any other reasonable circumstances as determined by the lead DCO, provided that the athlete remains under observation at all times
- **Express any concerns** about the sample collection procedure on the Doping Control Form and contact the AIU at quality@athleticsintegrity.org with any issues encountered

Write to us

For any concerns or questions,
do not hesitate to reach out to
the Athletics Integrity Unit.

education@athleticsintegrity.org

quality@athleticsintegrity.org



athleticsintegrity.org



aiu_athletics