



Testing Procedures – Urine, Blood and Athlete Biological Passport

Introduction to Doping Control

The aim of testing is to detect and deter doping amongst athletes and to protect clean athletes. Any athlete under the testing jurisdiction of IHF may be tested at any time, with no advance notice, in- or out-of-competition, and be required to provide a urine or a blood sample.

Athletes can be tested by IHF, NADOs or Major Event Organisers. Certain International Federations and Major Event Organisers delegate part or all of their anti-doping programs to independent organisations like the International Testing Agency (ITA). For more information on IHF's collaboration with the ITA, please visit <https://ita.sport/partner/international-handball-federation-ihf/>

What to expect during the Doping Control Process

The doping control process is clearly defined by the World Anti-Doping Agency. This means that no matter where and when an athlete is tested, the process should remain the same.

The key steps of the doping control process are listed out in this Doping Control resource prepared by the International Testing Agency (also available in Arabic (عربي), Chinese (中文), French (français), German (deutsche), Italian (italiano), Japanese (日本語), Korean (한국어), Portuguese (português), Russian (русский) and Spanish (español).

To learn more about the doping control process, please watch this ITA webinar on urine and blood sample collection.

Rights & Responsibilities during Sample Collection

Athletes have a number of rights and responsibilities during sample collection.

Athlete rights during sample collection are to:

- Have a representative accompany them during the process
- Request an interpreter, if one is available
- Ask for Chaperone's/Doping Control Officer's identification
- Ask any questions
- Request a delay for a valid reason (e.g., attending a victory ceremony, receiving necessary medical attention, warming down or finishing a training session)
- Request special assistance or modifications to the process
- Record any comments or concerns on the Doping Control Form

Athlete responsibilities during sample collection are to:

- Report for testing immediately if selected
- Show valid identification (usually a government-issued ID)
- Remain in direct sight of the Doping Control Officer or Chaperone
- Comply with the collection procedure

Athlete Biological Passport (ABP)

The Athlete Biological Passport (ABP) was introduced in 2009 and is a pillar method in the detection of doping. It is an individual electronic profile that monitors selected athlete biological variables that indirectly reveal the effects of doping. ABP is integrated directly into ADAMS.

If you wish to learn more about ABP, you can watch this ITA webinar recording.