

INTERNATIONAL STANDARD FOR TESTING AND INVESTIGATIONS (ISTI)

Summary of Major Changes from the 2023 ISTI to the 2026 ISTI

The International Standard for Testing and Investigations (ISTI) establishes mandatory standards for test distribution planning (including the collection and use of athlete whereabouts information), notification of athletes, preparing for and conducting sample collection, security/post-test administration of samples and documentation, and transport of samples to laboratories for analysis. In addition, it also establishes mandatory standards for the efficient and effective gathering, assessment and use of anti-doping intelligence, and for the efficient and effective conduct of investigations into possible anti-doping rule violations.

A summary of the major changes to the 2023 ISTI are outlined below:

ANNEX D - COLLECTION OF VENOUS BLOOD SAMPLES

Article D.3.1 c) clarifies that if a sample is to be collected in a serum tube from an athlete, sample collection shall not occur within sixty (60) minutes of the athlete's training, participation in competition or other similar physical activity. If the athlete has trained or competed less than sixty (60) minutes before the time the athlete has been notified of their selection, the DCO or other designated sample collection personnel shall keep the athlete under direct observation until this 60-minute period has elapsed.

Comment to Annex D.3.1 c) clarifies that part of the sixty (60) minute wait includes the athlete sitting in an upright stationary position with their feet on the floor for at least ten (10) minutes. It also highlights that the sixty (60) minute wait does not apply to whole blood Samples collected in EDTA tubes that will not be analyzed for the Hematological Module of the Athlete Biological Passport.

A new WADA 'Blood Collection Supplementary Report Form' template is created and according to Article D.3.1 c) the DCO shall document on this form whether the athlete was engaged in any type of physical activity sixty (60) minutes prior to sample collection. This information shall be made available to the laboratory.

ANNEX I - COLLECTION, STORAGE AND TRANSPORT OF BLOOD ATHLETE BIOLOGICAL PASSPORT SAMPLES

Articles I.2.1 and I.2.2 clarify that the wait time for athletes providing a blood sample for the Hematological Module of the (ABP) post training or competition is reduced from two hours to 60 minutes.

Changes are also recommended to the mandatory questions that athletes are asked when providing a blood sample for the Hematological Module of the ABP as follows:

I.2.9 c) New question that asks whether the athlete is competing in the next three days including the day of the sample collection.

I.2.9 d) Revised question that asks if the athlete had a training session or competition in the sixty (60) minutes prior to the blood collection (instead of two (2) hours in the 2023 ISTI).

I.2.9 e) Revised question that asks the athlete if they trained, competed or resided at an altitude greater than 1,500 meters within the prior four (4) weeks (instead of two (2) weeks in the 2023 ISTI).

I.2.9 f) Revised question that asks if the athlete use any form of altitude simulation such as a hypoxic tent, mask, etc. during the prior four (4) weeks (instead of two (2) weeks in the 2023 ISTI).

I.2.9 h) Revised question that asks if the athlete has been exposed to any extreme environmental conditions during the last sixty (60) minutes prior to blood collection, including any sessions in any artificial heat environment, such as a sauna (instead of two (2) hours in the 2023 ISTI).

Finally, Article I.2.9 states that the above information shall be recorded on a Blood Collection Supplementary Report Form (which will be replacing the ABP Supplementary Report Form) or other related form that is signed by the athlete.