

**FIS
PROCEDURAL
GUIDELINES
2007/2008**

to the

FIS ANTI-DOPING RULES

compiled in accordance with

The World Anti-Doping Code

November 2007

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PROCEDURAL GUIDELINES TO THE FIS ANTI-DOPING RULES

INTRODUCTION

These Procedural Guidelines take into account the FIS Anti-Doping Rules compiled in accordance with the World Anti-Doping Code and the International Standard for Testing.

FIS.A TESTING

FIS.A.1 Reference is made to the FIS Anti-Doping Rules, Article 5.1 Authority to Test and Article 5.2 – Responsibility for Testing.

FIS.A.2 Anti-Doping Agencies and/or Sample Collection Agencies conducting Testing on behalf of FIS are responsible for the obligations of the Anti-Doping Organisation (ADO) referred to in the International Standard for Testing, Article 5.0 – Notification of Athletes, Article 6.0 – Preparing the Sample Collection Session, Article 7.0 – Conducting the Sample Collection Session, 8.0 – Security – Post Test administration, 9.0 – Transport of Samples and documentation, Annex F – Urine Samples – Samples that do not meet laboratory pH or specific gravity guidelines, Annex G – Sample Collection Personnel and other aspects of Doping Control procedures delegated by FIS.

FIS.A.3 The Doping Control procedure at any In-Competition Testing or Out-of-Competition Testing may include blood Sampling in addition to urine Sampling. The Doping Control Notification shall state whether the Athlete is required to undergo blood Sampling in addition to urine Sampling. Blood Sampling may be performed prior to, or after the urine Sampling procedure at the convenience of the Doping Control Officer.

FIS.A.4 The following procedures apply to both In- and Out-of-Competition Testing and are defined in the International Standard for Testing: Article 5.0 – Notification of Athletes, Article 6.0 – Preparing the Sample Collection Session, Article 7.0 – Conducting the Sample Collection Session, 8.0 – Security – Post Test administration, 9.0 – Transport of Samples and documentation, Annex C – Collection of urine Samples and Annex D – Collection of blood Samples, Annex F – Urine Samples – Samples that do not meet laboratory pH or specific gravity guidelines, Annex G – Sample Collection Personnel Requirements:

FIS.A.5 All Samples provided by Athletes (urine and/or blood Samples) immediately become the property of FIS.

FIS.A.6 Analysis of Samples

FIS.A.6.1 The principles for the Analysis of Samples are described in the FIS Anti-Doping Rules, article 6 and the International Standard for Laboratory Analysis.

FIS.A.6.2 Analysis of blood Samples may be carried out by the specialist Doping Control Agency's qualified expert using mobile Testing units or at a recognised laboratory for the analysis of blood Samples, as approved by WADA, and provided for in the International Standard for Testing, Annex D – Collection of blood Samples, article D.4.14 or at a WADA accredited laboratory.

FIS.A.6.3 If at any stage a question or issue arises on the Testing or interpretation of results, the person responsible for Testing at the laboratory may consult FIS for guidance.

FIS.A.6.4 If at any stage a question or issue arises in relation to the Sample and its analysis, the laboratory may conduct any further Tests necessary to clarify the issue raised and such Tests may be relied upon by the FIS when deciding whether a Sample has Tested positive for a Prohibited Substance or Method.

FIS.A.7 Analysis of B Samples

FIS.A.7.1 In the event that the National Ski Association on behalf of the Athlete requests the analysis of the B Sample as provided for in the FIS Anti-Doping Rules, Article 7.1, the costs associated with the analysis of the B Sample (attendance by Athlete or representative, etc.) are the responsibility of the National Ski Association of the Athlete who provided the positive A Sample. If a representative of FIS is appointed to attend the analysis of the B Sample, the representative's travel expenses are paid by FIS.

FIS.A.7.2 At FIS World Championships, the analysis of the B Sample should begin as soon as practically possible by the laboratory following the notification of the adverse analytical finding A Sample to the National Ski Association of the Athlete concerned (if possible within 24 hours). An Athlete may accept the A Sample analytical results by waiving the requirement for B Sample analysis (FIS Anti-Doping Rules 7.1.4).

FIS.A.7.3 The analysis of the B Sample must be performed at the same laboratory as the A Sample, as defined in the International Standard for Laboratories, Article 5.2.4.3.2.2.

FIS.A.7.4 In the case of blood Samples that are measured on-site for parameters including haemoglobin, hematocrit and reticulocytes, only an A Sample is drawn (FIS Anti-Doping Rules Procedural Guidelines B3. - B.4).

FIS.B BLOOD SCREENING / TESTING

FIS.B.1 At the FIS World Championships and FIS World Cup competitions and other International Events as determined by FIS, blood screening and/or testing may be conducted by a specialist Doping Control Agency appointed by FIS.

Athletes may be selected for blood testing by the specialist Agency or at the request of WADA at any time, as either In- or Out-of-Competition Testing.

FIS B.2 Full field Testing

Full field blood Testing may take place on the days prior to the competition(s) and/or on the competition day(s). It will be scheduled so as not to interfere with the competition programme. Team captains, coaches or Athletes will be contacted directly by the specialist Agency's coordinator in regard to the time and location of the blood testing.

FIS.B.2.1 Selection of the Athletes

Every Athlete selected to undergo blood testing is obliged to report for and undergo Testing, even if the Athlete has withdrawn from the competition. Failure to do so will be dealt with under the International Standard Annex A – Investigating a possible failure to comply.

FIS.B.3 On-Site Measurements

At FIS World Cup, FIS World Championships and other International Events as deemed necessary by FIS, a qualified expert from the specialist Agency appointed by FIS will be responsible for evaluating the measurement of the blood Samples.

FIS.B.3.1 Measurement of the blood Samples will be carried out using measuring machines that are capable of measuring parameters including haemoglobin, hematocrit and reticulocytes. Only the qualified expert(s) from the specialist Agency shall be present during the on-site measurement of the blood Sample. The Athlete's haemoglobin, hematocrit and reticulocytes values will be stored in a database accessible only to FIS and WADA.

FIS.B.3.2 If an Athlete's haematological parameters show any signs of abnormality in relation to his/her personal blood profile, an unannounced urine test may be carried out thereafter, and/or additional analyses of the Athlete's blood.

FIS.B.3.3 An Athlete whose reticulocytes or hematocrit are equal to or exceed the following values will be subject to an unannounced Doping Control, in either an In-Competition or an Out-of-Competition form:

Parameters	Men	Ladies
Reticulocytes (%)	2.0	2.0
Hematocrit (%)	50	47

FIS.B.4 Start Prohibition

Parameters	Men	Ladies
Hb (g/dL)	17.0	16.0

- FIS.B.4.1 If an Athlete has a haemoglobin value that is equal to or exceeds the above values on the first measurement, a second measurement of the blood Sample that has already been drawn will be performed immediately and by the same procedure. The Athlete is not allowed to leave the testing area before providing a urine Sample or received instructions thereto. The time between the two consecutive measurements may not exceed 5 minutes.
- FIS.B.4.2 If an Athlete shows a haemoglobin value that is equal to or exceeds the above values after the two consecutive measurements, the Athlete or Team Official will be notified by the representative of the Jury that he/she is not allowed to start any competitions for five consecutive days, including the day on which the test took place: e.g. if the blood test takes place on Monday the Athlete will not be permitted to start again until Saturday (and then only subject to the results of a new blood test, see FIS.B.4.5).
- FIS.B.4.3 Only the Athlete or his/her National Ski Association has the right to comment on this notification. This prohibition from participating in the competition(s) is not a sanction, but is considered a protection of the health of the Athlete. Consequently, no disciplinary measures will be taken.
- FIS.B.4.4 Neither a request by the Athlete, his/her team or National Ski Association to carry out another measurement of a new blood Sample, or an appeal against the measurement of the blood values is permitted.
- FIS.B.4.5 Before the Athlete may start again in a FIS competition; he/she will be subject to a new blood test according to the above procedures and regulations.
- FIS.B.4.6 In the case of blood values equal to or exceeding those listed in FIS.B.4, the appointed jury member will hand over details of the values to the Athlete or the Team Official in writing on advising the Athlete of his/her start prohibition. The Athlete or Team Official is required to sign the form acknowledging the procedure.
- FIS.B.4.7 The National Ski Association of the Athlete concerned may obtain the haemoglobin values of its own Athlete(s) from FIS, on request in writing. This information will not be released to coaches, team officials or National Ski Association representatives at the competition site.
- FIS.B.4.8 At the Olympic Winter Games, in the event of an athlete with reticulocytes, hematocrit or haemoglobin values that are equal to or exceed those defined in articles FIS.B.3.3 or FIS.B.4, the follow-up

urine doping control will be carried out by the International Olympic Committee in the form of an unannounced out-of-competition test.

FIS.B.4.9 Announcement of naturally elevated levels

Athletes whose normal (natural) haemoglobin values are equal to or exceed the limits of 16.0 g/dl for ladies and 17.0 g/dl for men are required to provide certification for review by a specialist appointed by the FIS before the start of each season, latest by 1st September. These will be reviewed by the FIS anti-doping expert within 4-6 weeks (send to the FIS Office). Requests for dispensation when the competition season has already started will be treated where possible within 6 weeks and only if the necessary documentation is provided.

This certification must come from an officially recognised Haematological Department and contain the Athlete's full history and haematological profile from an early age in life.

The application must include a proof of high red cell mass, haemoglobin concentration and related blood variables from childhood and/or in the immediate family. Evaluation is to be undertaken by a specialist in haematology for the disease polycythaemia vera.

The above documentation should be complemented with repeated blood testing over the period of one year with proof of not being at altitude at the time of the haemoglobin test.

The Athlete may be subject to a further examination by a haematological institution designated by WADA or FIS, and, during the period of the Olympic Winter Games the IOC.

Approval is valid for one season only and updated documentation is required for every season an application is submitted.

In cases arising from decisions made by FIS based on non-granting of an exemption, the decision may be appealed exclusively to the Court of Arbitration for Sport ("CAS") in accordance with the provisions applicable before such court.

FIS.B.5 Costs for blood Testing

The costs for the blood testing at FIS World Cup events are covered by FIS (fees, equipment and travel costs) and the Organisers (accommodation and meals for up to four persons from the Agency) as defined in the World Cup Organisers Contract.

FIS.B.5.1 Location and facilities

The Blood Testing Station requires a separate room for the blood drawing containing, if possible, a lockable refrigerator, one table and two chairs, and an additional secure and lockable room with electricity and a room temperature between +15 to 28 degrees C for the analysis of the blood Samples that can only be accessed by the qualified expert.

Where possible the blood testing should take place in the same facility as the doping control station.

FIS.B.5.2 Blood Collection Officials

The Organiser is required to organise and cover any related costs for two qualified Blood Collection Officials (nurses) for Cross-Country and Nordic Combined events and one qualified Blood Collection Official for Alpine and other events. They should be able to communicate in English and will be required to meet with the coordinator from the appointed specialist Doping Control Agency prior to the blood testing in order to go through the procedures thoroughly.

In addition, six to eight Chaperones (twelve for sprint races) are required to accompany the athletes from the appointed announcement place to the blood testing station. (If urine testing is also taking place these may be the same chaperones as foreseen under art. FIS.C.3.5.)

FIS.B.6 Laboratory Analysis

Blood Samples may also be analysed at accredited laboratories for erythropoietins and other products that enhance the uptake, transport or delivery of oxygen (see Prohibited List M1.b) as well as any other substances that are contained on the Prohibited List, such as human growth hormone (hGH).

FIS.C IN-COMPETITION TESTING

FIS.C.1 In-Competition Tests will be carried out by a specialist Doping Control Agency appointed by FIS at selected FIS World Cup competitions in Alpine Skiing, Cross-Country, Ski Jumping, Nordic Combined, Freestyle and Snowboarding in accordance with the FIS Anti-Doping Rules.

FIS.C.1.1 FIS pays for the Doping Control services carried out by the specialist Agency, whilst the local Organising Committee will be responsible for the logistical costs of the Doping Control Officers on site, including accommodation and meals for two to four persons depending on whether urine and blood Testing will be carried out, as well as the provision of Blood Collection Officials (nurses) for blood testing (see FIS.B.5.2 for details of provision of Blood Collection Officials).

FIS.C.1.2 The specialist Doping Control Agency will identify where In-Competition Testing is carried out and make direct contact with the Organisers in regard to the logistical arrangements.

FIS.C.1.3 All Doping Control Officers and Chaperones require the necessary (neutral) accreditation to access the relevant areas to accompany the athlete.

FIS.C.1.4 At other FIS events, In-Competition Testing organised by the National Anti-Doping Agency (including other FIS World Cup events) and the costs thereof remain the responsibility of the Testing Organisation (National Anti-Doping Agency), the Organising Committee or the National Ski Association depending on the national arrangements.

FIS.C.1.5 FIS will cover the costs of additional doping controls carried out at the FIS World Ski Championships, over and above the requirements for the 6 in-competition controls per event that are paid for by the Organising Committee. Consequently, the Organisers can accurately budget for the testing and related services, whereby FIS can ensure even at short notice that new tests and methods are included in the testing programme of the Championships.

FIS.C.2 Supervision

FIS.C.2.1 A FIS Medical Supervisor is appointed by the FIS Council for the FIS World Championships and will be responsible at the designated event for liaising with the Organising Committee and the doping Agency carrying out the testing about the organisational aspects, and providing information to the teams and Jury.

FIS.C.2.1.1 For the FIS Junior World Championships in the Nordic, Alpine, Freestyle and Snowboard Events the Medical Supervisor is in principle the organising nation's member of the FIS Medical Committee. In the event that the organising nation does not have one, a suitable alternative member of the FIS Medical Committee will be assigned to support the Organising Committee.

The Medical Supervisor will be responsible prior to the designated event for liaising with the Organising Committee to check the medical organisation and assisting the Organising Committee in communicating with the Agency carrying out the doping control testing. It is not mandatory for the Medical Supervisor to be present during the event unless it is agreed between the Organising Committee and the Medical Supervisor that it is necessary.

FIS.C.2.2 When no FIS Medical Supervisor is present, a representative of the appointed Doping Control Agency may carry out this role.

FIS.C.2.3 The person(s) carrying out the Testing are required to liaise with FIS Race Directors at FIS World Cup Events or the Technical Delegate at other FIS Events in order to determine the programme for conducting the Testing

FIS.C.3 Facilities, Equipment and Personnel

FIS.C.3.1 Doping Control Station

The Organiser shall provide a Doping Control Station that is used solely as a Doping Control Station for the duration of the event, situated near to the location where the press conference is taking place (finish area, press conference vicinity) and is clearly marked, where urine and blood Sampling can be undertaken. The Doping Control Station must consist of a waiting area, a working room and toilets (men and ladies).

FIS.C.3.2 Sealed refreshments (mineral water, soft drinks, fruit juice, etc.) must be available in the waiting area. These drinks should only contain water, minerals, sweeteners and carbohydrates. It is recommended that the Doping Control Station is also equipped with running water and TV set.

The Doping Control Station shall be adequately equipped and facilities to allow the Doping Control Officer(s) and Blood Collection Official(s) to wash his/her hands and fulfil usual medical standards.

FIS.C.3.3 Blood testing Station

Requirements for the Blood Testing Station are described under Article FIS.B.2.4.

FIS.C.3.4 Sample collection equipment

Sample collection equipment is provided by the specialist Agency in conformance to the International Standard for Testing, Article 6.3.4 and Annexe C – Collection of urine Samples and Annex D – Collection of blood Samples.

FIS.C.3.5 Support Personnel

The Organiser shall provide a sufficient number of Chaperones (six to eight per competition are normally required) to accompany the Athletes after they have been selected to undergo a Doping Control.

They should be able to communicate in principle in English and if possible other languages and be able to recognise the Athletes on sight. Otherwise the Organiser shall provide an additional person who can assist the Doping Control Officer identify an Athlete. It is helpful if the Chaperones can assist with translation during the Doping Control procedure. The chaperones need to be on-site for a briefing at least two hours before the start of the competition.

FIS.C.3.5.1 For Cross-Country Sprint competitions, the number of Chaperones required is 12.

FIS.C.3.6 Accreditation of Doping Control Personnel

The Organiser shall be responsible for providing all Doping Control Personnel, including WADA Independent Observers, appropriate accreditation to enable them to access the necessary areas.

FIS.C.4 Selection and number of Athletes to be controlled

FIS.C.4.1 The selection of Athletes and the total number to undergo In-Competition testing must be carried out according to the FIS Anti-Doping Rules, Article 5.7 and the FIS Procedural Guidelines, Article, FIS.C.5 by the representative of the specialist Doping Control Agency and if possible in conjunction with a representative of the competition jury.

FIS.C.4.2 The numbers of Athletes to be tested is defined in the FIS Anti-Doping Rules, Article 5.7.1.

FIS.C.4.3 Athletes selected at random will be drawn by the representative of the specialist Agency with the representative of the jury based on the FIS Procedural Guidelines, Article FIS.C.5 Athletes Selected at Random.

FIS.C.4.4 The selection of the Athletes has to be implemented so that the Athletes or team officials have no warning before the end of the race in which the Athlete is scheduled for Doping Control.

FIS.C.4.5 Once an Athlete has received notification for Testing, the Doping Control Officer/Chaperone shall keep the Athlete under observation at all times (International Standard, Notification of Athletes, 5.4.2). This applies to all activities such as a post-competition warm down which must be carried out under the observation of the Doping Control Officer/Chaperone.

FIS.C.4.6 Any Athlete participating in FIS competitions may be subject to Testing. The notification may not infringe on the competition itself and shall respect the competition programme. Inappropriate timing of a request to provide a Sample however will not invalidate the request. Athletes may note any concerns on the Doping Control forms.

FIS.C.5 Athletes Selected at Random and logistical recommendations

FIS.C.5.1 The following guidelines for the different disciplines and events are given to assist the Doping Control Officers, FIS Medical Supervisor and jury representative in the logistics of scheduling and carrying-out In-Competition Testing and the Athletes selected at random.

FIS.C.5.2 In all disciplines, reserve Athletes will be drawn in case a random selection finishes in the top 4 positions.

FIS.C.5.3 Cross-Country

FIS.C.5.3.1 Individual Events

Randomly-selected Athletes are selected using the starting numbers (bibs). Testing is carried out following the conclusion of the race, or following an Athlete's withdrawal if he/she does not finish.

FIS.C.5.3.2 Cross-Country Sprint Events

Randomly-selected Athletes are selected from the Finals starting field using the starting numbers (bibs) or position (results). If an Athlete qualifies for the quarter-finals, semi-finals or finals then the Athlete will be given notification to the Doping Control only after the Athlete has concluded the competition (he/she is eliminated, withdraws or is the winner). Testing on the top 4 Athletes takes place following the conclusion of the competition.

FIS.C.5.3.3 Team Races

Athletes are selected according to the starting position within the team (1st leg, 3rd leg, etc). In the case of the Team Sprint, if a team qualifies for the semi-finals or finals, then the Athlete will be given notification to the Doping Control only after the athlete has concluded the competition. Testing on Athletes in the top 4 teams takes place following the conclusion of the competition.

FIS.C.5.4 Ski Jumping

FIS.C.5.4.1 Individual Events

Randomly-drawn Athletes are selected using the starting position in the final competition jump (note: the starting bib does not refer to the starting position in the final competition jump). Testing takes place following the conclusion of the competition.

FIS.C.5.4.2 Team Competitions

Athletes are selected according to the starting position within the team (1st competitor, 3rd competitor, etc). Testing takes place following the conclusion of the competition.

FIS.C.5.5 Nordic Combined

FIS.C.5.5.1 Individual Events

Randomly-selected Athletes are selected using the starting numbers (bibs). Notification to the Doping Control will only be issued after the final part of the competition is concluded. In the case of the Mass Start events, the Ski Jumping event is last; in Individual Events the Cross-Country race is last. If a randomly-drawn Athlete withdraws during the competition, Testing may be conducted following the withdrawal.

FIS.C.5.5.2 Team Competitions

Athletes are selected using the starting position within the team (1st competitor, 3rd competitor, etc). Notification to the Doping Control will only be issued after the final part of the competition is concluded.

FIS.C.5.6 Alpine Skiing

FIS.C.5.6.1 Downhill, Super G

Athletes are selected using the starting numbers (bibs). Reserve starting numbers are selected in case one or more of the previously drawn Athletes does not finish the race and is injured. Both Downhill and Super G are 1 run races (Downhill may be carried out in 2 runs on occasions). Testing of the top 4 Athletes is carried out following the conclusion of the race and the positions are finally determined. For randomly-selected Athletes testing may be conducted once it is apparent they are not in the top 4 positions.

FIS.C.5.6.2 Slalom, Giant Slalom

Athletes are selected after the first run and before the second (final) run using the starting numbers (bibs). Reserve starting numbers are selected in case one or more of the previously drawn Athletes does not finish the race. Testing of the top 4 Athletes is carried out following the conclusion of both runs of the race and the positions are finally determined. For randomly-selected Athletes testing may be conducted once it is apparent they are not in the top 4 positions.

FIS.C.5.6.3 Combined

Athletes are selected before the final run (there may be two or three runs in the Combined) using the starting numbers (bibs). Reserve starting numbers are selected in case one or more of the previously selected Athletes does not finish the race. Testing of the top 4 Athletes is carried out following the conclusion of all runs of the competition and the positions are finally determined. For randomly-selected Athletes testing may be conducted once it is apparent they are not in the top 4 positions in the Combined competition.

FIS.C.5.7 Freestyle Skiing

FIS.C.5.7.1 Moguls, Dual Moguls, Aerials and HalfPipe

Randomly-selected Athletes are selected using the starting numbers (bibs) from the start list of the final rounds or runs, before the start of the final. The bib number of the finalists are randomly chosen. For

randomly-selected Athletes testing may be conducted once it is apparent they are not in the top 4 positions in the competition. Testing on the top 4 Athletes takes place following the conclusion of the competition.

FIS.C.5.7.2 Ski Cross

Randomly-selected Athletes are selected from the Finals starting field using the starting numbers (bibs). If a randomly-selected Athlete qualifies for the future rounds, quarter-finals, semi-finals or finals then the Athlete will be notified to the Doping Control only after the athlete has concluded the competition. Testing on the top 4 Athletes takes place following the conclusion of the competition.

FIS.C.5.8 Snowboarding

FIS.C.5.8.1 Giant Slalom, Slalom

Randomly-selected Athletes are selected using the starting numbers (bibs). Reserve starting numbers are selected in case one or more of the previously selected Athletes does not finish the race and is injured. If a randomly-selected Athlete qualifies for the second (final) run then he will be notified to the Doping Control only after the end of the competition. Testing on the top 4 Athletes takes place following the conclusion of the competition.

FIS.C.5.8.2 Parallel Giant Slalom, Parallel Slalom, Snowboard Cross, Halfpipe, Big Air

Randomly-selected Athletes are selected from the starting field using the starting numbers (bibs). If an randomly-selected Athlete qualifies for the future rounds, quarter-finals, semi-finals or finals then he will be notified to the Doping Control only after the athlete has concluded the competition. Testing on the top 4 Athletes takes place following the conclusion of the competition.

FIS.C.6 Notification and attendance at the Doping Control Station

FIS.C.6.1 Details of the notification procedure and attendance at the Doping Control Station are described in the International Standard for Testing, Article 5.4.

FIS.C.6.2 In addition to the persons defined in the International Standard for Testing, Article 6.3.3, the FIS Doping Expert and the appointed Medical Supervisor may be authorised to be present in the Doping Control Station.

FIS.C.6.3 Photographs or films may not be taken in the Doping Control Station at any time during Doping Control. It is recommended that a security officer be positioned outside the Doping Control Station to monitor the flow of people in and out and to keep unauthorised persons from entering the station.

FIS.D. OUT-OF-COMPETITION TESTING

FIS.D.1 Registered Testing Pool

The following criteria determine Athletes in the FIS Registered Testing Pool. In addition FIS can select athletes to be included in the FIS RTP (e.g. athletes applying for an exemption according to FIS.B.4.9).

FIS.D.1.1 Cross-Country Skiing

Athletes ranked in the top 50 of the World Ranking List in Distance, Sprint or Overall on May 1st of each year. Any Athlete who progresses into the top 50 of the above lists during the season will automatically be included in the FIS Registered Testing Pool. An Athlete who drops out of the top 50 of the above lists will only be excluded at the end of the season (31st March) or following official announcement of retirement to FIS by his National Ski Association. Additionally any Athlete who is not ranked in the top 50 of the World Ranking List in Distance, Sprint or Overall and may be entered for a major Event (FIS Nordic World Ski Championships, Olympic Winter Games) is also to be included in the FIS Registered Testing Pool by the National Ski Association concerned.

FIS.D.1.2 Nordic Combined

Athletes ranked in the top 50 of the World Ranking List on May 1st of each year. Any Athlete who moves into the top 50 of the World Ranking List during the season will automatically be included in the FIS Registered Testing Pool. An Athlete who drops out of the top 50 of the World Ranking List will only be excluded at the end of the season (31st March) or following official announcement of retirement to FIS by his National Ski Association. Additionally any Athlete who is not ranked in the top 50 of the World Ranking List and may be entered for a major Event (FIS Nordic World Ski Championships, Olympic Winter Games) is also to be included by the National Ski Association concerned.

FIS.D.1.3 Ski Jumping

Athletes ranked in the top 50 of the Overall World Cup Standings on May 1st of each year. Any Athlete who moves into the top 50 of the above list during the season will automatically be included in the FIS Registered Testing Pool. An Athlete who drops out of the top 50 of the above list will only be excluded at the end of the season (31st March) or following official announcement of retirement to FIS by his National Ski Association. Additionally any Athlete who is not ranked in the top 50 of the Overall World Ranking List and may be entered for a major Event (FIS Nordic World Ski Championships, Olympic Winter Games) is also to be included by the National Ski Association concerned.

FIS.D.1.4 Alpine Skiing

Athletes ranked in the top 50 of the World Cup Starting List in Downhill, Super G, Giant Slalom, Slalom or the Overall Standings on May 1st of each year. Any Athlete who moves into the top 50 of the above lists during the season will automatically be included in the FIS Registered Testing Pool. An Athlete who drops out of the top 50 of the

above lists will only be excluded at the end of the season (31st March) or following official announcement of retirement to FIS by his National Ski Association. Additionally any Athlete who is not ranked in the top 50 of the World Cup Start List in Downhill, Super G, Giant Slalom, Slalom or the Overall Standings and may be entered for a major Event (FIS Alpine World Ski Championships, Olympic Winter Games) is also to be included by the National Ski Association concerned.

FIS.D.1.5 Freestyle Skiing

Athletes ranked in the top 30 of the World Cup Overall Standings on May 1st of each year and the top 6 in the Aerials, Moguls, Ski Cross, Half Pipe World Cup Standings. . Any Athlete who moves into the top 30 during the season will automatically be included in the FIS Registered Testing Pool. An Athlete who drops out of the top 30 of the above lists will only be excluded at the end of the season (31st March) or following official announcement of retirement to FIS by his National Ski Association.

FIS.D.1.6 Snowboarding

Athletes ranked in the top 10 of the World Cup Standings on May 1st of each year in Parallel, Snowboard Cross, Halfpipe and Big Air. Any Athlete who moves into the top 10 of the above lists during the season will automatically be included in the FIS Registered Testing Pool. An Athlete who drops out of the top 10 of the above lists will only be excluded at the end of the season (31st March) or following official announcement of retirement to FIS by his National Ski Association.

FIS.D.1.7 Retirement and Return to Competition

An Athlete ranked within the above criteria of the respective discipline at the time of retirement, who decides to return to competition and is re-registered with FIS by his National Ski Association, will be included in the FIS Registered Testing Pool for the current season (until 31st March) after which time the above criteria will apply.

FIS.D.2 Athletes Whereabouts Information

The requirement for up-to-date whereabouts information is defined in the FIS Anti-Doping Rules, Article 5.5. Any correspondence in regard to whereabouts information will be sent to the National Ski Association of the Athlete for distribution to the Athlete(s).

FIS.D.2.1 During May of each year, each National Ski Association with Athletes who qualify for inclusion in the FIS Registered Testing Pool will be sent a list of such Athletes and whereabouts forms for completion.

FIS.D.2.2 The requirement for the provision of whereabouts information for new Athletes who reach the criteria for inclusion in the FIS Registered Testing Pool during the course of the season will be sent to the National Ski Association of the Athlete after the criteria have been reached.

FIS.D.2.3 Similarly, the requirement for the provision of whereabouts information for Athletes subject to Reinstatement Testing as defined in

the FIS Anti-Doping Rules, Article 10.10 will be sent to the National Ski Association of the Athlete.

FIS.D.2.4 Notification of Athletes for Out-of-Competition Testing is defined in the International Standard for Testing, Article 5.0

FIS.D.3 Costs for Out-of-Competition Testing organised and carried out by the World Anti-Doping Agency (WADA) are covered by WADA and/or FIS.

FIS.D.4 Waiver

The nature of Out-of-Competition Doping Control makes it inevitable that little or no prior warning is given to the Athlete. Every effort will be made by the Sample Collection Personnel to collect the Samples speedily and efficiently with the minimum of interruption to the athlete's training plans and/or to his social or work schedule. If there is an interruption, however, then no athlete may take any action to gain compensation for any inconvenience caused, or loss of earnings.

Out of Competition Testing Additional Instructions for Doping Control Officers

In addition to the WADA International Standards "**Guideline for Out of Competition Testing**", the following information is designed to assist the task of the DCO with practical information about the FIS Disciplines and specifics relating to training.

FIS.D.5 On Snow Training Camps out of the competition season (Cross-Country Skiing, Alpine Skiing, Freestyle Skiing, Snowboarding)

On-snow training camps for skiing and snowboarding generally involve very early morning starts and continue for at least the entire morning. In the afternoon there may be another on-snow session if the snow conditions permit, which is more likely in spring or the autumn and this would usually mean staying on the mountain and not returning to the hotel at lunchtime. In any case a physical training session usually takes place in the afternoon. The Athletes also have other obligations such as preparing skis or discussing equipment with service personnel and analysing video of the training session.

The programme will of course be changed if on-snow training is not possible due to weather or snow conditions. Generally, physical training and other sport activities will then replace the on-snow sessions.

If there are several days of bad weather forecast the training camp may be cancelled and re-scheduled. In this case the Athlete will have notified FIS of a change of programme, either through the FIS sms update system, e-mail, fax or the ADAMS on-line system. This updated information is communicated immediately on receipt (during cet working hours) to WADA and the agency appointed to conduct Out-of-Competition testing for FIS.

Some training camps can take place in locations that are more susceptible to extreme weather such as avalanches, which may restrict access in or out.

FIS.D.5.1 Other sport-specific Training Camps out of the competition season

(Ski Jumping on hills with plastic matting, Freestyle Aerials water jumps, Skiing and Snowboarding in indoor ski halls)

The timing of the specific training session can be different to an on-snow camp since there is not the same necessity to plan the day around the snow conditions. Specific training may include evening sessions since many competitions take place in the evening.

FIS.D.5.2 Home Training

When the Athletes are training from their home-base between team training camps, whilst the top Athletes have relatively structured training programmes in terms of the workload they need to complete in a specific period, the sessions can nevertheless be organised in such a way to account for weather conditions. If it is raining a cycle may be replaced with a gym session. Changes may also be enforced due to unexpected events, such as an injury or illness, work, team or family obligations.

A number of Athletes attend specific sports schools, many of which are residential. Sometimes the trainers and teachers change the programme without advance notice to the students, which may mean being off the premises at a snow camp or mountain tour for a few days although still officially 'in school'.

FIS.D.5.3 Training Camps during the competition season

Generally a training day during the competition season, when it is not at a competition venue in conjunction with a competition, follows similar daily patterns to pre-season training.

FIS.D.5.4 Contacting an Athlete

In accordance with the WADA Guideline for Out of Competition Testing, Article 2. No Notice Testing Guidelines, if an Athlete is not at the location(s) given on the whereabouts information the DCO may proceed to attempt an Advance Notice Test.

Details are provided in Article 3. Advance Testing Guidelines about the ways in which the DCO shall attempt to contact the Athlete:

- a) Phone number of the Athlete's mobile phone;
- b) Phone number of the Athlete's home
- c) Additional Athlete phone numbers provided on the Athlete's whereabouts form

On this particular point we recommend that the DCO has the phone number of the Athlete's coach at hand. It is provided on the Athlete's General Information form and the coach may be a useful point of contact in case the Athlete is not available by mobile 'phone or cannot be reached, since he is generally aware of the Athlete's programme.

FIS.E HEARING PROCESS

- FIS.E.1 When it is asserted following the Results Management process described in the Article 7 of the FIS Anti-Doping Rules, that an anti-doping rule violation has occurred in connection with FIS Testing or Testing at an International Event then the case shall be assigned to the FIS Council's Doping Panel to adjudicate as provided for in the FIS Anti-Doping Rules, Article 8.1. The following procedures give additional detail to Article 8.1.
- FIS.E.2 The Athlete or Other Person alleged to have violated the FIS Anti-Doping Rules has the right to a fair hearing and may present their case either in writing or in person to the FIS Doping Panel.
- FIS.E.3 The request for an oral hearing of the Athlete or Other Person must be made in writing through his National Ski Association within 21 days of the first notification of the alleged anti-doping violation to the National Ski Association of the Athlete or Other Person.
- FIS.E.3.1 If the Athlete, through his National Ski Association requests the provision of the laboratory documentation package as referred to in Article 7.1.3 of the FIS Anti-Doping Rules, then the request for an oral hearing of the Athlete or Other Person may be made in writing through his National Ski Association within 10 days of receipt of the laboratory documentation package even if this is more than 21 days after the first notification of the alleged anti-doping violation as provided for in FIS.E.3.
- FIS.E.4 If no request for a hearing of the Athlete or Other Person alleged to have violated the FIS Anti-Doping Rules is made within 21 days of the first notification of the alleged anti-doping violation, respectively within 10 days of the provision of the laboratory documentation package, the FIS Doping Panel will adjudicate the case based on the available facts of the alleged anti-doping rule violation.
- FIS.E.5 The Athlete or Other Person may forgo a hearing by acknowledging the anti-doping rule violation and accepting the consequences consistent with Articles 9 and 10 of the FIS Anti-Doping Rules as set forth in the FIS Rules, Article 8.1.7, details of which will be expressed by the FIS Doping Panel.
- FIS.E.6 An oral hearing shall in principle take place the day prior to the next Meeting or Gathering of the FIS Council, providing that this is less than 3 months and more than 28 days after the first notification of the alleged anti-doping rule violation, respectively the provision of the laboratory documentation package to the National Ski Association of the Athlete or Other Person.
- FIS.E.7 Should the next Meeting or Gathering of the FIS Council be scheduled more than three months after the date that the National Ski Association has been notified of the Adverse Analytical Finding or other

alleged violation of the FIS Anti-Doping Rules, the FIS Doping Panel shall convene, respectively handle the case beforehand.

FIS.E.8 The FIS Doping Panel, through the FIS Office will advise the National Ski Association of the time and place of the hearing.

FIS.E.9 The FIS Doping Panel shall determine the nature and circumstances of any breach of the FIS Anti-Doping Rules that may have been committed. It shall allow the Athlete or Other Person an opportunity to give an explanation orally, by telephone or in writing concerning the circumstances and the facts in relation to the alleged violation of the FIS Anti-Doping Rules.

FIS.E.10 The Athlete or Other Person may submit evidence for the defence of the case that does not require the use of disproportionate means. The Doping Panel shall make a decision in this regard.

FIS.E.11 The Doping Panel may seek the opinion of experts.

FIS.E.12 After completion of the hearing, the Doping Panel shall compile a timely, written, reasoned decision.

FIS.E.13 Expedited hearing procedure at FIS World Championships

If the alleged violation of the FIS Anti-Doping Rules has taken place during the FIS World Championships, then the FIS Doping Panel shall handle the case, if possible, during the championships by telephone conference. Alternatively, the Chairman of the FIS Doping Panel may authorise the FIS President and Secretary General to convene a hearing comprising FIS Council Members present.

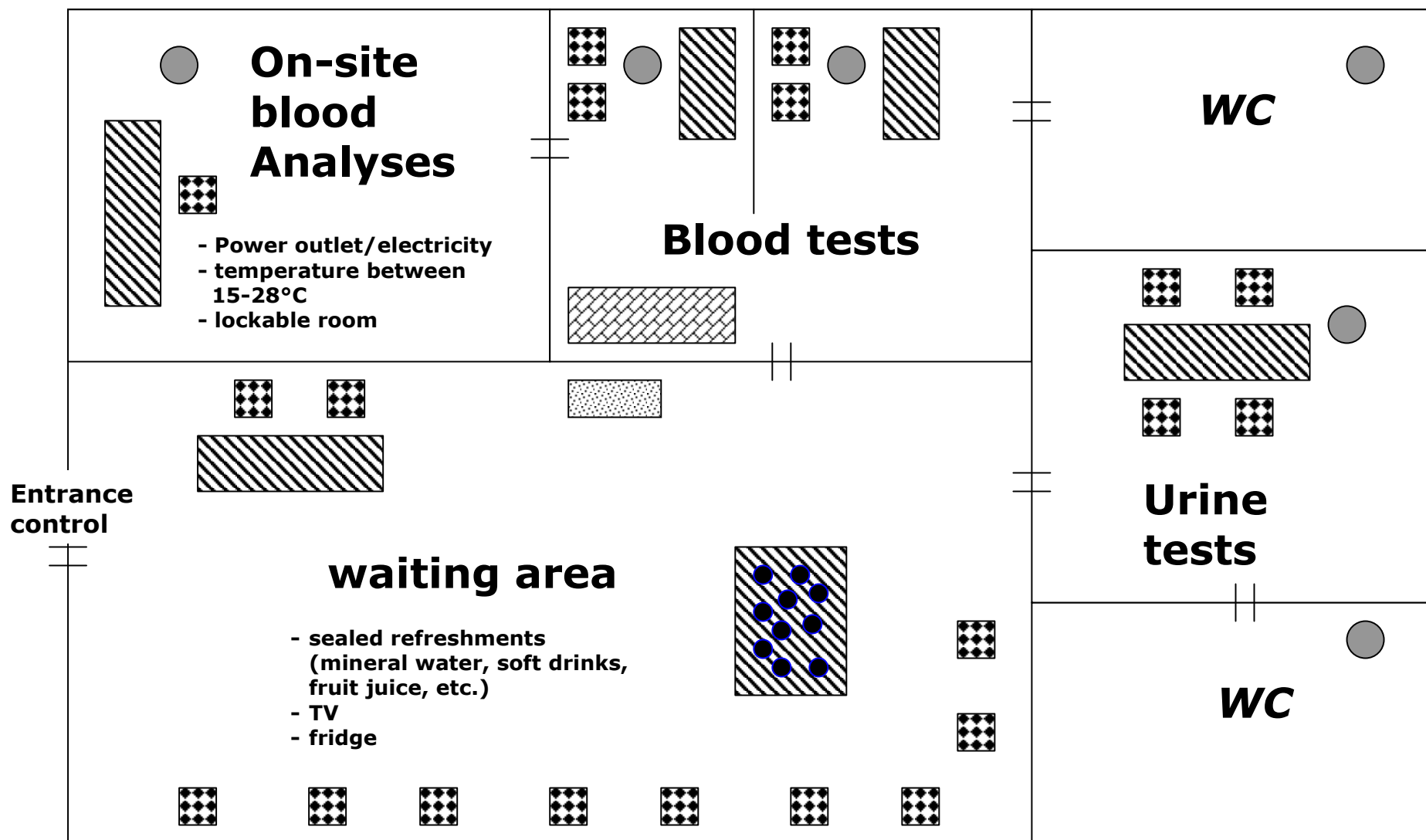
FIS.E.14 Appeals

Decisions made under the FIS Anti-Doping Rules may be appealed as set forth in the FIS Anti-Doping Rules Article 13.2 through 13.5. Decisions of the FIS Doping Panel shall remain in effect as a provisional order while under appeal, unless the appellate body orders otherwise.

FIS.E.15 Public Disclosure

A public disclosure of the anti-doping rule violation will be made as provided for in the FIS Anti-Doping Rules, Article 14.4. Prior to such an announcement all parties are obliged to treat the matter in strict confidence.

Appendix I Infrastructure for Doping tests



Caption:



= Table



= Chair



= trash



= TV



= beverages



= bed or possibility to lay down