

# THE ATHLETE BIOLOGICAL PASSPORT (ABP)

## WHAT IS THE ABP?

- A tool for monitoring individual athletes' physiological changes over time.
- Detects doping indirectly by tracking natural biomarkers in blood and urine. These markers are known to show specific patterns after the use of some prohibited substances or methods.

## HOW

DOES THE ABP WORK?

### 1. Builds a Personal Profile

- Tracks common biomarkers and establishes levels that are unique to each athlete.
- Establishes normal baseline values and reference ranges for individual athletes. The athlete's values are monitored to their own natural baseline values.

### 2. Detects Abnormal Changes

- Focuses on biomarker variations that exceed what is naturally expected.
- Identifies patterns that can indicate likely doping.

## ABP MODULES

### 1. Hematological Module

**Purpose:** Detects blood manipulation (e.g., EPO abuse or blood transfusions)

**Sample Type:** Blood

### 2. Steroidal Module

**Purpose:** Detects steroid abuse and sample swapping

**Sample Type:** Urine and blood

### 3. Endocrine Module

**Purpose:** Detects human growth hormone abuse

**Sample Type:** Blood



# WHY

IS THE ABP IMPORTANT?

**Timeless Tool:** Detects suspicious physiological changes even if new substances aren't identifiable in the lab.

**Longer Detection Windows:** Physiological changes can be monitored over time.

**Deterrent Effect:** Acts as a strong deterrent against doping.

# KEY SAMPLE COLLECTION INFORMATION

During sample collection for the ABP, there are strict rules in place to ensure that when an expert reviews an ABP, the influence of external factors are minimised and normal variations are more easily distinguished from doping.

An athlete must **wait 1 hour** after exercise before providing a sample for the ABP.

An athlete should **complete a supplementary report form** when providing a sample for the hematological module - this includes questions that cover altitude exposure, extreme environmental conditions, and recent medical procedures.