



Bahrain Athletics Athletes Anti-Doping Quarterly Newsletter Issue 2: Q1 2025

Welcome to the Anti-Doping Quarterly Newsletter

Dear Athletes,

We hope your preseason training is progressing well. Whether you live in Bahrain or compete on the global stage, staying updated on anti-doping regulations is vital for your career, health and the integrity of our wonderful sport.

Key Updates on Anti-Doping Regulations

1. Tokyo 2025 World Athletics Championships

Please be reminded that as part of the requirements for participation at the 2025 World Athletics Championships in Tokyo, we would like to inform you about the mandatory testing regulations required by World Athletics. Compliance with the following key requirements is essential to ensure your eligibility to compete.

- Minimum Number of Tests:
 - You must undergo three no-notice out-of-competition tests in the 10 months leading up to the Tokyo World Championships.
- Timing of Tests:
 - The first test must be conducted no later than 24 May 2025 (16 weeks prior to the Championships).
 - There must be a minimum of 21 full days between each test.
 - All three tests must be completed by 29 August 2025.
- Additional Testing for Specific Disciplines:
 - If you compete in any of the following disciplines: Middle- or long-distance disciplines (800m and up), Combined event disciplines and Race walk disciplines, at least one of your three tests must include an Athlete Biological Passport (blood) test and one EPO test (blood or urine).

What You Need to Do:

- Ensure you are available for no-notice out-of-competition testing as required.
- Maintain accurate and up-to-date whereabouts information at all times to facilitate testing.



- Plan your competition schedule and training accordingly to meet these requirements.

The BAA shall work with both the Athletics Integrity Unit and BNADO on ensuring sufficient testing is conducted on you. Your compliance with this rule is crucial to your eligibility for the Tokyo World Championships. If you have any questions or require further clarification, please do not hesitate to contact the BAA.

Thank you for your attention to this matter. We look forward to supporting you on your journey to Tokyo!

Education

1. Medication & Supplements

We will soon be asking all athletes to report your use of medications and supplements. This reporting is critical for health management, anti-doping compliance and ensuring the integrity of our sport.

We shall be circulating further details in due course. In the meantime, if you are taking any medications and supplements visit the following pages of the BNADO website to make sure you know the rules:

- [Supplements](#)
- [Therapeutic Use Exemptions](#)

2. Anti-Doping Education Modules

The BAA has recently agreed an education programme for 2025 with BNADO. The first education session will be held online and shall focus on whereabouts information, and the importance of submitting your information on time and updating it when it changes.

You will receive an invitation to the session. Please accept the invitation as attendance at this session is mandatory. Thank you for your cooperation.

3. Top Tip: Know Your Testing Rights and Responsibilities!

If you're selected for doping control, you have rights—such as having a representative present and asking for additional information—but you also have responsibilities. Always stay with the Doping Control Officer, provide your sample when requested, and complete the process properly. Not following procedures could lead to a rule violation. Be prepared, know the rules!



Upcoming Events and Deadlines

Whereabouts Filing

Date: **15 March 2024**

For those in the International or National Registered Testing Pools, and the BNADO Testing Pool, please ensure your whereabouts information is always accurate through ADAMS (Anti-Doping Administration & Management System). Filing Failures and Missing tests can lead to serious consequences including a ban from athletics.

We're Here to Support You

If you have any questions or require assistance our Anti-Doping & Integrity Officer is available to provide support and signpost you to the right resources if required:

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Protecting the integrity of our sport is vital to the BAA, for your career and to inspire the next generation of Bahrain champions. Help us help you compete and stay clean.

Yusuf Ahmed Abdulqader, Secretary General, Bahrain Athletics Association