

## WADA REMINDS STAKEHOLDERS THAT THE REVISED INTERNATIONAL STANDARD FOR TESTING AND INVESTIGATIONS IS NOW IN EFFECT

**Montreal, 2 March 2020**

Dear Colleagues,

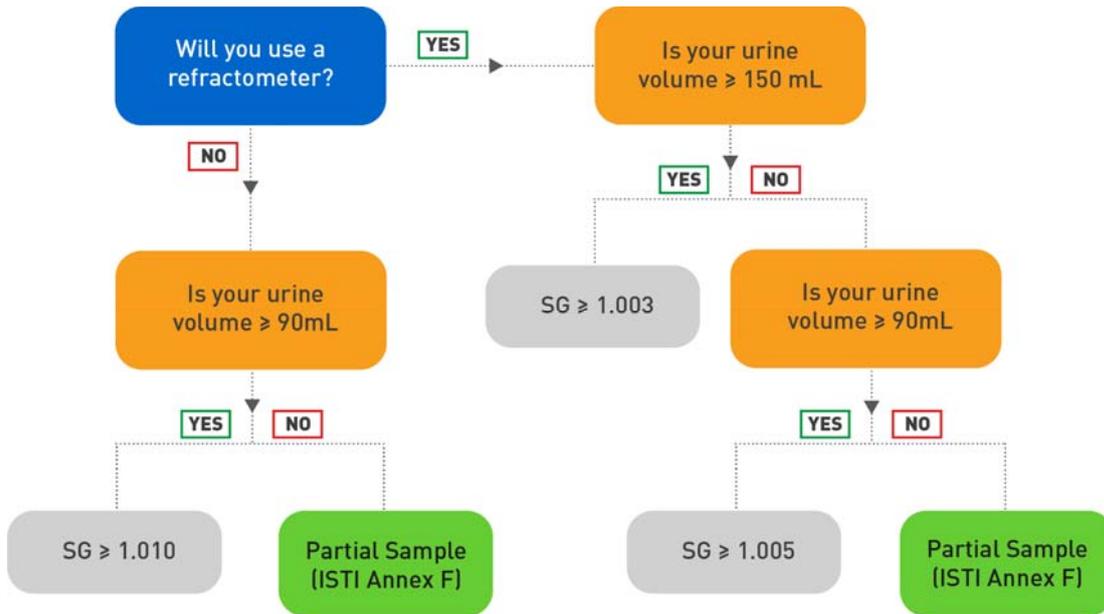
The World Anti-Doping Agency (WADA) reminds stakeholders that the [revised International Standard for Testing and Investigations \(ISTI\)](#) entered into force yesterday, 1 March 2020. The revised version, which was approved by WADA's Executive Committee (ExCo) on 4 November 2019 and was first published on 3 December 2019, is an exceptional revision to the ISTI. It is in advance of other approved revisions that will come into force on 1 January 2021 along with the 2021 World Anti-Doping Code and other International Standards that were approved by WADA's Foundation Board and ExCo in [November 2019](#).

The revision to the ISTI that came into force on 1 March 2020 is specifically related to the requirement for urine samples to meet a suitable specific gravity for analysis. Now, the minimum volume of urine required for analysis will remain at 90ml; however, if an athlete can provide 150ml of urine or more, the minimum specific gravity measurement (using a refractometer) will be lowered to 1.003 or above instead of the previous 1.005 or above.

If the athlete provides a sample with a volume greater than 90ml but less than 150ml, the specific gravity measurement of 1.005 (using a refractometer) will remain applicable.

Athletes who provide a sample with a specific gravity measurement lower than the above measurements will be required to continue to provide additional samples until they reach a suitable specific gravity measurement.

The flowchart below is designed to assist stakeholders with the revised procedure:



This revision, which was endorsed by [WADA's Laboratory Expert Group](#), recognizes significant enhancements in the sensitivity of laboratory analytical methods made over the past 20 years and will reduce the amount of time some athletes spend in doping control stations, making the process more athlete-friendly, while presenting a potential saving in resources for Anti-Doping Organizations.

It is also important to note that this revision to the specific gravity measurement will be applied during the Tokyo 2020 Summer Olympic and Paralympic Games.

Should you have any questions regarding the above revision to the ISTI, please feel free to contact [Wendy.Butts@wada-ama.org](mailto:Wendy.Butts@wada-ama.org).

Best regards,

World Anti-Doping Agency

