

Plasma cortisol level determination General information

Organisation of blood tests for 2020 events

- - When plasma cortisol testing is carried out without prior warning in racing, the blood tests are performed by technicians from the appointed laboratory, a member of the RBML-Biomnis, accredited by the FCF /ICU.
 - - Samples are taken in hotels for each major cyclist between 6.30 am and 9.00 am
 - - it is not necessary to have an empty stomach.
 - - The samples are taken by the laboratory itself according to the conditions required by law. The technicians will have a mission letter with them signed by **Dr. Pierre LEBRETON**.
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- - Riders must:
 - Show the laboratory technician their licences
 - Provide a completed information form
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- - There is only one accredited laboratory per day of sampling.
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- - The laboratory differs according to the day and location of the race. All authorised laboratories are members of the RBML and meet the same obligations set out by French law.
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- - The day samples are taken, the same automatic apparatus will be used to determine the plasma cortisol levels for all cyclists.
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- - Results will be fully transmitted by Dr. LEBRETON, MPCC-appointed doctor, to the teams doctors on the same day. They will then transmit the results to the riders.
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- - There is no normal lower figure. This depends on the apparatus and kit used. Irrespective of the apparatus, it is compliant with the rules validated by the accreditation and satisfies legal obligations. Each time the apparatus used will be specified, together with the figures for the normal lower and upper limits.
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- - No information is transmitted to the media. The doctor assigned transmits cyclist results only to the doctor of the team concerned.

- - The MPCC President is advised if there is a contraindication, without the figure being specified. However, as only one parameter is measured, non-departure may well be linked to this test.
- - Use of inhaled corticoids cannot prevent the contraindication decision. The fact that a plasma cortisol level is low is the reason for the medical contraindication (biological renal insufficiency with the risk of decompensation) even if the corticoid was taken legally and justified.
- - In case of below normal cortisol levels (meaning below the lowest gauge of the machine providing the test), the riders will be rested by the head doctor of his team and will not be starting any race the following day. The rider shall be back to competition after a minimum of 8 days of rest, when the cortisol levels are back to normal. This operation comes under the sole authority of Dr. Armand MEGRET, the national federal doctor for the French Cycling Federation for samples taken in France,

This operation is set under the sole authority of Dr. Pierre LEBRETON, MPCC-appointed doctor.

The same provision (abnormally low plasma cortisol level with compulsory rest period) is also valid for biological testing by the ICU.

It is a health monitoring practice, not an anti-doping test.

Possible situation:

Anti-doping tests carried out without warning may be initiated by the ICU / WADA and be carried out the same morning as the MPCC tests.

ICU / WADA tests take priority, in this case, call Dr. Armand MEGRET (+33 6 07 63 02 22) to define how to proceed.

Taking two samples from the same cyclist on the same day is something to be avoided.

For 2020, following a request from the MPCC doctors in charge, the TSH parameter will be added to the cortisol levels measurements during the blood tests carried out by MPCC.

This parameter will be included in order to gather relevant anonymous data for the MPCC task force. The objective here will be to define the scope of the new internal regulations of MPCC regarding thyroid hormones. In case of an anomaly, it falls to the head doctor to take the necessary measures.