



# WELCOME!

## THE DOPING CONTROL PROCESS

*Including testing procedures (urine and blood)  
and Athlete Biological Passport (ABP)*



# SIMULTANEOUS TRANSLATION

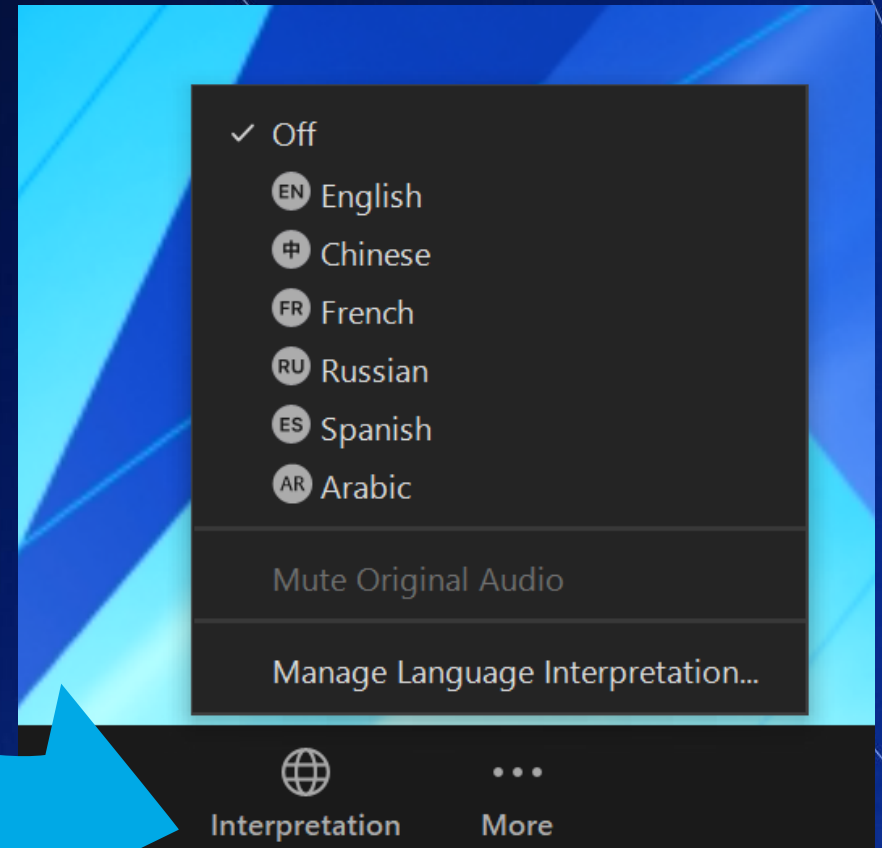
مع الترجمة الفورية للغة العربية

С русским переводом

Traducción en simultáneo en español

Traduction simultanée en français

普通话同声传译





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**WORLD  
SQUASH**

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# A FIVE-WEEK COURSE

**WEBINAR SERIES**

**INTRODUCTION TO ANTI-DOPING**  
26 May

**THE DOPING CONTROL PROCESS**  
2 June

**MEDICATIONS, SUPPLEMENTS PROHIBITED LIST AND TUES**  
9 June

**PRINCIPLES AND VALUES OF CLEAN SPORT**  
16 June

**OUT-OF-COMPETITION TESTING**  
23 June

All webinars from 14:00 to 15:00 CET  
English, 普通话, العربية, español, français, русский

# PARTICIPATION CERTIFICATES



# TODAY'S AGENDA

## THE DOPING CONTROL PROCESS

**01.**

DEFINITIONS AND  
KEY ROLES

**02.**

KEY STEPS OF  
DOPING  
CONTROL

**03.**

SAMPLE  
COLLECTION –  
URINE

**04.**

COMMON  
SCENARIOS

**05.**

SAMPLE  
COLLECTION –  
BLOOD

**06.**

THE DOPING  
CONTROL  
FORM

**07.**

ABP

**08.**

Q&A

# BY THE END OF TODAY'S SESSION, YOU SHOULD....

- Be familiar with key doping control terms and roles
- Understand the key steps of Doping Control
- Know athlete rights and responsibilities during sample collection
- Have a good overview of the urine and blood sample collection process and the Doping Control Form
- Be aware of common circumstances and case scenarios such as delays, partial and diluted sample

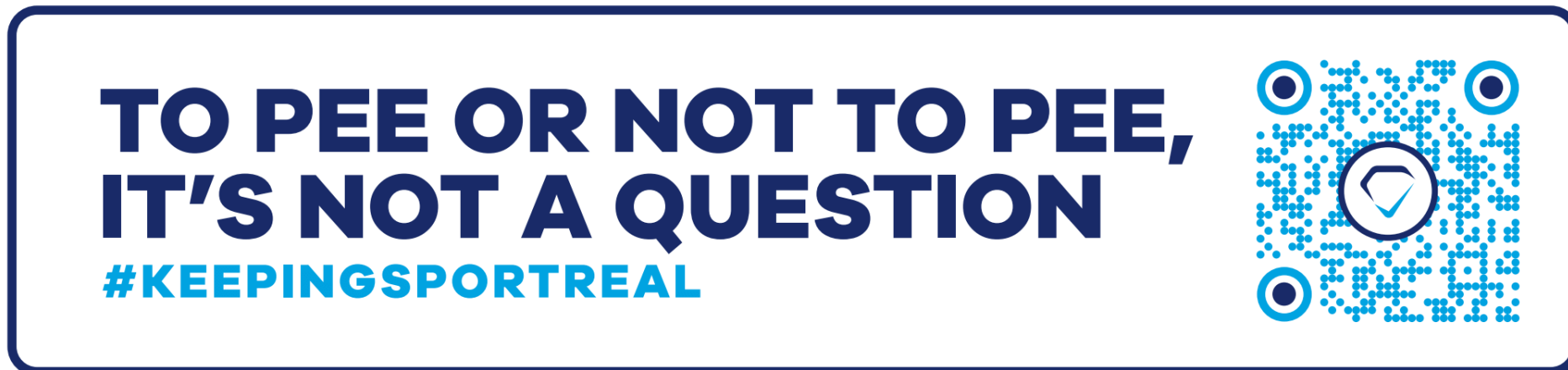


# POLL QUESTION 1

Which of the following taglines has the ITA used in our education campaigns?

- Born to pee wild
- To pee or not to pee, it's not a question.
- Train. Eat. Sleep. Compete. Pee. Repeat!
- Keeping Sport Real
- None of the above
- All of the above





# WHAT IS DOPING CONTROL?

All steps and processes from test distribution planning through to ultimate disposition of any appeal and the enforcement of Consequences, including all steps and processes in between, including but not limited to, Testing, investigations, whereabouts, TUEs, Sample collection and handling, laboratory analysis, Results Management and investigations or proceedings relating to violations of Article 10.14.

*WADA Code, Appendix 1, Definitions*



# KEY ROLES AND TERMS IN DOPING CONTROL



## **Doping Control Officer (DCO)**

An official trained and authorised to collect a urine sample from an athlete.



## **Blood Collection Officer (BCO)**

An official qualified and authorised to collect a blood sample from an athlete.



## **Chaperone**

An official trained and authorised to carry out specific duties such as notification, accompanying and verifying the sample provision.



## **Doping Control Form (DCF)**

The official form the athletes complete during the doping control process.



## **Doping Control Station (DCS)**

A location where the sample collection is carried out.

## POLL QUESTION 2



What is the correct order of the key steps of the Doping Control Process?

- Selection, Notification, Sample Collection, Form Completion, Chain of Custody, Analysis, Results Management
- Selection, Form Completion, Notification, Sample Collection, Chain of Custody, Analysis, Results Management
- Notification, Selection, Sample Collection, Form Completion, Chain of Custody, Analysis, Results Management
- Selection, Notification, Sample Collection, Form Completion, Chain of Custody, Analysis, Results Management

# KEY STEPS OF THE DOPING CONTROL PROCESS



**ATHLETE  
SELECTION**



**ATHLETE  
NOTIFICATION**



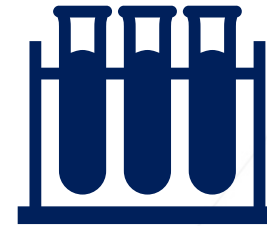
**SAMPLE  
COLLECTION**



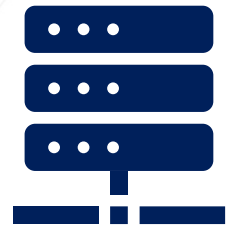
**FORM  
COMPLETION**



**CHAIN OF  
CUSTODY**



**LAB  
ANALYSIS**



**RESULTS  
MANAGEMENT**

## WHO CAN TEST ATHLETES?

- ✓ National Anti-Doping Organisations (NADOs)
- ✓ International Federations (IFs)
- ✓ Major Event Organisers (MEOs)
- ✓ Delegated third parties like the International Testing Agency (ITA)

## WHO CAN BE TESTED?

- ✓ Any athlete jurisdiction of an Anti-Doping Organisation (ADO) and subject to their anti-doping rules





**ATHLETE  
SELECTION**



**ATHLETE  
NOTIFICATION**



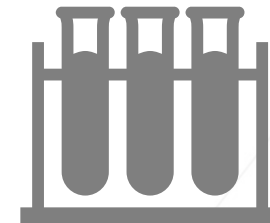
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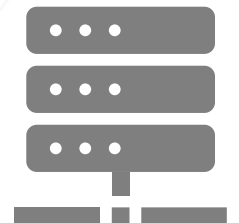
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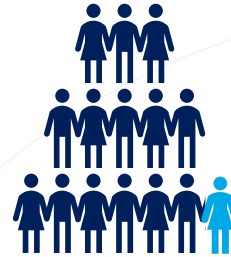


**RESULTS  
MANAGEMENT**

# ATHLETE SELECTION



**BASED ON  
PERFORMANCE ON  
THE FIELD OF PLAY**



**RANDOM  
SELECTION**



**TARGETED FOR A  
SPECIFIC REASON**





**ATHLETE  
SELECTION**



**ATHLETE  
NOTIFICATION**



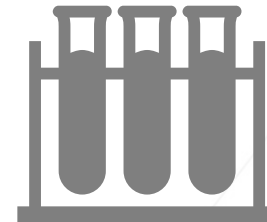
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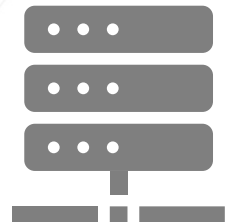
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**RESULTS  
MANAGEMENT**

# NOTIFICATION










# ATHLETES' RESPONSIBILITIES DURING DOPING CONTROL






-  Report for testing immediately if selected
-  Show valid identification
-  Remain in direct sight of DCO or Chaperone
-  Comply with the sample collection procedure



# ATHLETES' RIGHTS DURING DOPING CONTROL

-  Have a representative with you
-  Request an interpreter, if available
-  Ask for Chaperone's/DSCO's identification
-  Ask any questions
-  Request special assistance or modifications for valid reasons
-  Record any comments or concerns on the form
-  Request a delay for valid reasons

# VALID REASONS TO DELAY TESTING

-  Attending a victory ceremony
-  Finishing a training session or competing in further events
-  Receiving necessary medical attention
-  Fulfilling media commitment
-  Warming down

## POLL QUESTION 3



Select all the correct statements from the list below.  
There is more than one correct answer.

- An athlete can refuse to be tested if a Doping Control Officer is unable to produce valid identification.
- An athlete can request physical assistance if they are injured.
- Ultimately, the Doping Control Officer decides whether the request to delay testing is valid.
- An athlete can only request a delay during an in-competition doping control.
- An athlete can leave the Doping Control Station unattended if the Doping Control Officer allowed them to delay testing.



**ATHLETE  
SELECTION**



**ATHLETE  
NOTIFICATION**



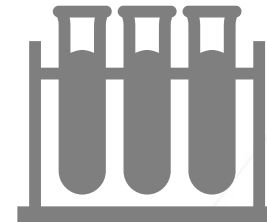
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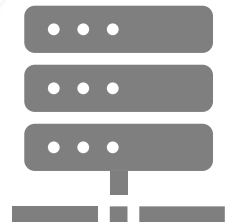
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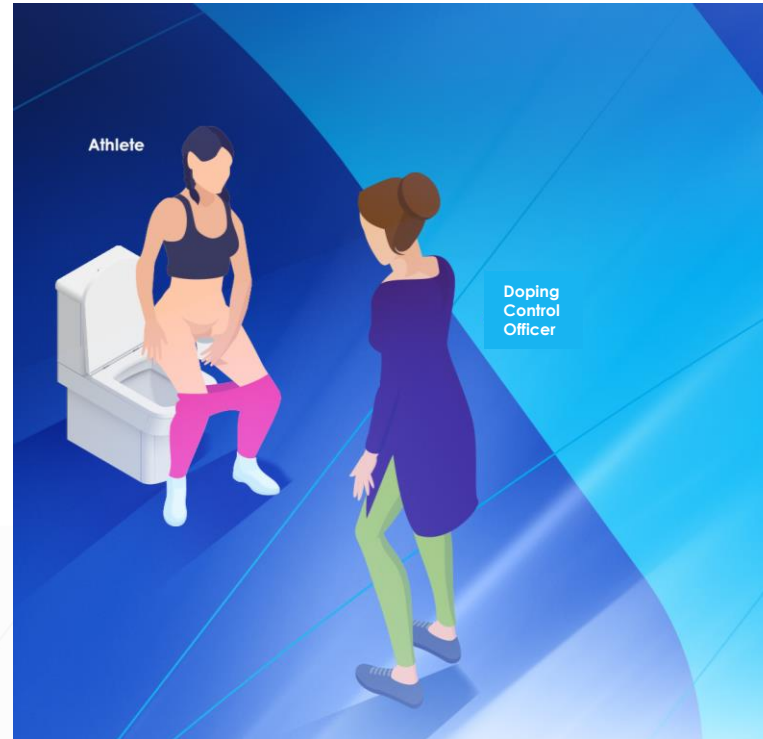
**RESULTS  
MANAGEMENT**

# URINE SAMPLE COLLECTION



## SAMPLE COLLECTION FROM A MALE ATHLETE

The Doping Control Officer stands to the side of the athlete.



## SAMPLE COLLECTION FROM A FEMALE ATHLETE

The Doping Control Officer stands in front of the athlete.



## SAMPLE COLLECTION WITH AN ACCOMPANYING PERSON

The Doping Control Officer (DCO) watches the athlete. The witness watches the DCO.





# URINE SAMPLE COLLECTION

# URINE SAMPLE COLLECTION: PARTIAL SAMPLE

- ✓ Athletes must provide at least 90mL of urine during sample collection
- ✓ Anything below 90mL is considered a **partial sample**
- ✓ Important to produce enough urine as labs test for nearly 200 substances
- ✓ The B bottle must have sufficient urine volume to allow a confirmation test if needed



# URINE SAMPLE COLLECTION: SPECIFIC GRAVITY

Doping Control Officers always test a urine sample's specific gravity – the measure used to determine whether a sample is concentrated enough to be tested in a laboratory.

Points to note:

- ✓ A specific gravity measurement lower than the requirement means another sample must be collected
- ✓ Athletes continue to provide a sample until they reach a suitable specific gravity measurement
- ✓ Don't drink too much too quickly, as you could end up with a diluted sample and will have to provide another
- ✓ Alcohol is not allowed in Doping Control



# SPECIFIC GRAVITY



# BLOOD SAMPLE COLLECTION

## KEY STEPS:

- ✓ NOTIFICATION AND IDENTIFICATION  
*Same as urine sample collection*
- ✓ SELECTION OF TESTING KIT  
*Same as urine sample collection*
- ✓ REMAIN SEATED FOR 10 MINUTES
- ✓ BCO COLLECTS BLOOD SAMPLE  
*Minimum of 3 ml and a maximum of 16 ml*
- ✓ SEALING OF THE SAMPLE
- ✓ COMPLETION OF THE DOPING CONTROL FORM & SIGNATURE  
*Same as urine sample collection*





**ATHLETE  
SELECTION**



**ATHLETE  
NOTIFICATION**



**SAMPLE  
COLLECTION**



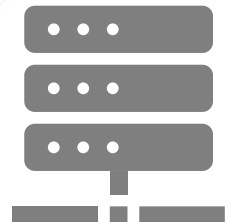
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# DOPING CONTROL FORM



# DOPING CONTROL FORM



**1** FILL IN YOUR PERSONAL INFORMATION

### 1. ATHLETE INFORMATION

NAME:   
SPORT DISCIPLINE:  ATHLETE ID PROVIDED:  YES /  NO

**2** HAVE YOU READ AND FULLY UNDERSTOOD THE ATHLETE RIGHTS AND RESPONSIBILITIES?

I CONSENT TO GIVE SAMPLES AND UNDERSTAND THAT NOT COOPERATING MIGHT BREAK THE DOPING CONTROL RULES. I HAVE READ THE INFORMATION ON MY RIGHTS AND RESPONSIBILITIES.

SIGNATURE

**3** CHECK YOUR SAMPLE CODES CAREFULLY

<b>SAMPLE 1</b> BLOOD: <input type="radio"/> A / <input type="radio"/> B BLOOD SAMPLE CODE NUMBER: <input type="text"/> TIME: <input type="text"/>	<b>SAMPLE 2</b> BLOOD: <input type="radio"/> A / <input type="radio"/> B BLOOD SAMPLE CODE NUMBER: <input type="text"/> TIME: <input type="text"/>
<b>SAMPLE 1</b> URINE: <input type="radio"/> A / <input type="radio"/> B URINE SAMPLE CODE NUMBER: <input type="text"/> TIME: <input type="text"/>	<b>SAMPLE 2</b> URINE: <input type="radio"/> A / <input type="radio"/> B URINE SAMPLE CODE NUMBER: <input type="text"/> TIME: <input type="text"/>

LIST ANY PRESCRIPTION MEDICATIONS AND OVER-THE-COUNTER MEDICATIONS/SUPPLEMENTS YOU HAVE TAKEN IN THE PAST WEEK. IF POSSIBLE, NOTE DOWN THE DOSAGE. IF YOU HAVE RECEIVED ANY TRANSFUSIONS IN THE PAST 4 MONTHS, NOTE DOWN THE INFORMATION.

SUPPLEMENTARY REPORT FORM NUMBER:   
CONSENT FOR RESEARCH (OPTIONAL):  I ACCEPT /  I REFUSE

SIGNATURE

**4** DECLARE ALL YOUR MEDICATION AND SUPPLEMENTS

### 4. CONFIRMATION OF PROCEDURE FOR URINE AND/ OR BLOOD TESTING

ANY COMMENTS SHOULD BE NOTED HERE. IF NECESSARY CONTINUE ON A SUPPLEMENTARY REPORT FORM. MAKE NOTE OF YOUR THERAPEUTIC USE EXEMPTIONS

<b>URINE SAMPLE WITNESS</b> NAME: <input type="text"/> SIGNATURE: <input type="text"/>	<b>ATHLETE REPRESENTATIVE</b> NAME: <input type="text"/> POSITION: <input type="text"/> SIGNATURE: <input type="text"/>
----------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------

I CONFIRM THAT I'VE GIVEN ALL INFORMATION TRUTHFULLY AND THAT THE SAMPLE WAS COLLECTED ACCORDING TO THE RULES. I UNDERSTAND AND ACCEPT THAT THE RESULTS WILL BE SHARED WITH RELEVANT ORGANISATIONS.

SIGNATURE

**5** SIGN TO CONFIRM ALL INFORMATION ON THE FORM IS CORRECT

**1** FILL IN YOUR PERSONAL INFORMATION

**2** TAKE THE TIME TO READ THE ATHLETE RIGHTS AND RESPONSIBILITIES

**3** CHECK SAMPLE CODES CAREFULLY

**4** DECLARE ALL MEDICATIONS AND SUPPLEMENTS AND MAKE NOTE OF ANY THERAPEUTIC USE EXEMPTIONS

**5** REVIEW THE FORM TO MAKE SURE THAT ALL THE INFORMATION IS CORRECT AND SIGN. NOTE ANY COMMENTS.





**ATHLETE  
SELECTION**



**ATHLETE  
NOTIFICATION**



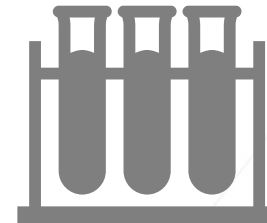
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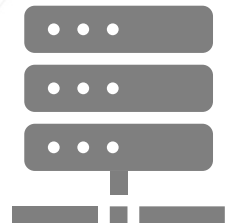
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# WHAT HAPPENS TO MY SAMPLE?



Collected samples are securely packaged



Samples are sent to a WADA-accredited laboratory for analysis



The transportation is tracked and monitored by a chain of custody procedures to ensure security



Blood samples are always placed in a cool box with the temperature logger

# ADVICE FOR ACCOMPANYING PERSONS

- ✓ Athlete Support Personnel play a key role in creating a supportive environment for the athlete
- ✓ Athlete Support Personnel have a right and a responsibility to write comments on the Doping Control Form





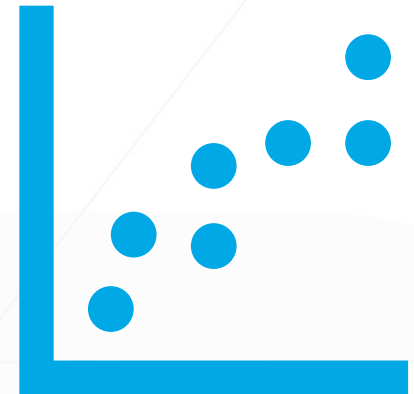
## POLL QUESTION 4

What does ABP stand for?  
Choose the correct response.

- Antibodies blood portal
- Athlete Biological Passport
- Analytical Biomarker Port
- Athlete Biochemistry Passport
- Anti-Doping Biological Passport

# ATHLETE BIOLOGICAL PASSPORT (ABP)

- 🔍 ABP was introduced in 2009 and established as a pillar method in detection of doping
- 🔍 ABP is an individual electronic profile that monitors selected athlete biological variables
  - ✓ Contains athlete urine and blood sample results which are tracked
  - ✓ Any significant variation from normal can be assessed for possible manipulation
- 🔍 ABP monitors biological variables that indirectly reveal the effects of doping over time
- 🔍 ABPs are integrated into ADAMS, the Anti-Doping Administration & Management System



# IN SUMMARY...



Athletes should know and exercise their rights and responsibilities in the Doping Control process – this includes the right to request a delay for a valid reason and other modifications to the process.



Athletes should always follow the instructions of the Chaperone, Doping Control Officer and Blood Collection Officer. Athletes should also feel free to ask any questions during this process!



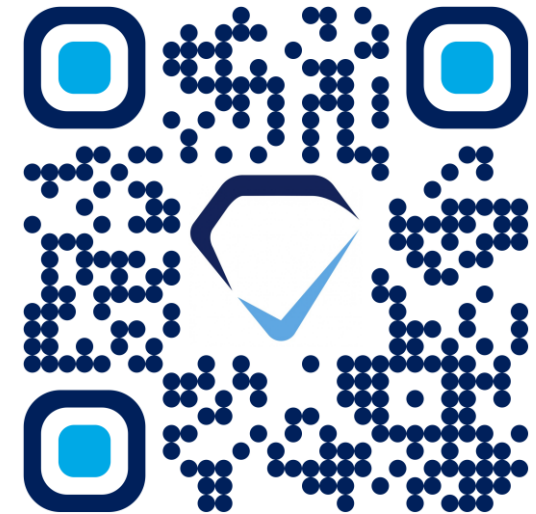
Athletes who are unable to provide enough urine or provide a sample that is diluted will be asked to provide additional samples.



Athletes must complete the Doping Control form correctly and double check all the details – especially the sample codes!

# KEY STEPS OF THE DOPING CONTROL PROCESS

- ✓ Arabic
- ✓ Chinese
- ✓ English
- ✓ French
- ✓ German
- ✓ Italian
- ✓ Japanese
- ✓ Korean
- ✓ Portuguese
- ✓ Russian
- ✓ Spanish



# USEFUL RESOURCES

- ✓ WADA Anti-doping Education and Learning (ADEL)
- ✓ What to expect from the Doping Control Process (SIA)
- ✓ International Standard for Testing and Investigations
- ✓ ITA – ABP Administration
- ✓ WADA - ABP Overview

