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# DOPING CONTROL PROCESS

KEY STEPS OF THE PROCESS

TESTING PROCEDURES (URINE AND BLOOD)

ATHLETE BIOLOGICAL PASSPORT

# OBJECTIVES OF THIS PRESENTATION

- The audience is familiar with key doping control terms and roles
- The audience understands the key steps of Doping Control
- The audience knows athlete rights and responsibilities during sample collection
- The audience has a good overview of the urine and blood sample collection process and the Doping Control Form
- The audience is aware of common circumstances and case scenarios such as delays, partial and diluted sample



# 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.

# KEY STEPS OF THE DOPING CONTROL PROCESS



**ATHLETE  
SELECTION**



**ATHLETE  
NOTIFICATION**



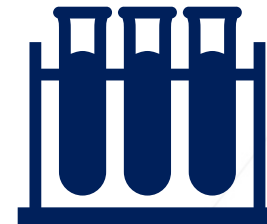
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COLLECTION**



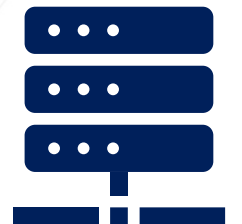
**FORM  
COMPLETION**



**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**



**SAMPLE  
COLLECTION**



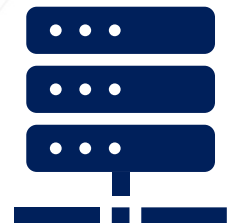
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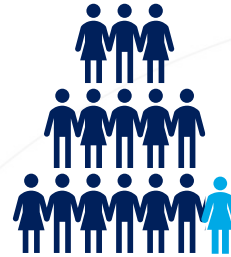


**RESULTS  
MANAGEMENT**

# ATHLETE SELECTION



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



**RANDOM  
SELECTION**



**TARGETED FOR A  
SPECIFIC REASON**





**ATHLETE  
SELECTION**



**ATHLETE  
NOTIFICATION**



**SAMPLE  
COLLECTION**



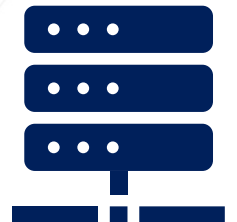
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# NOTIFICATION








-  Athletes will be notified of their selection for doping control, by a **Doping Control Officer (DCO) or chaperone** with a valid ID
-  The Athlete will be informed of their **rights and responsibilities**
-  The Athlete will be asked to provide **photo identification**

# 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 commitments
-  Warming down



**ATHLETE  
SELECTION**



**ATHLETE  
NOTIFICATION**



**SAMPLE  
COLLECTION**



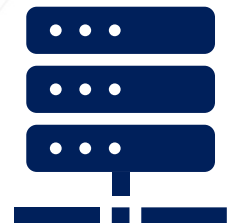
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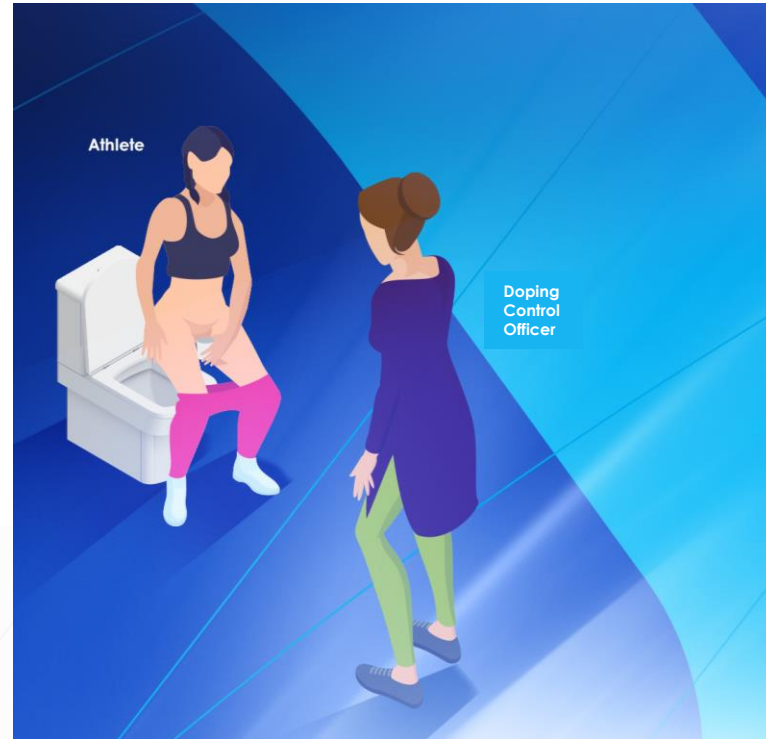
**RESULTS  
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# URINE SAMPLE COLLECTION



## 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: 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



# 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**



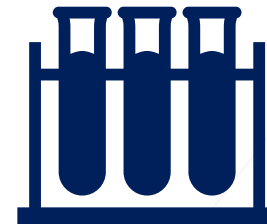
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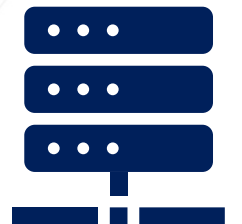
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# DOPING CONTROL FORM



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.

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'S 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

**3. INFORMATION FOR ANALYSIS**

**SAMPLE 1**  
BLOOD:  A /  B  
BLOOD SAMPLE CODE NUMBER:   
TIME:

**SAMPLE 2**  
BLOOD:  A /  B  
BLOOD SAMPLE CODE NUMBER:   
TIME:

**SAMPLE 1**  
URINE:  A /  B  
URINE SAMPLE CODE NUMBER:   
TIME:

**SAMPLE 2**  
URINE:  A /  B  
URINE SAMPLE CODE NUMBER:   
TIME:

4 DECLARE ALL YOUR MEDICATIONS AND SUPPLEMENTS

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

MAKE NOTE OF YOUR THERAPEUTIC USE EXEMPTIONS

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

ANY COMMENTS SHOULD BE NOTED HERE. IF NECESSARY CONTINUE ON A SUPPLEMENTARY REPORT FORM.

**URINE SAMPLE WITNESS**  
NAME:   
SIGNATURE:

**ATHLETE REPRESENTATIVE**  
NAME:   
POSITION:   
SIGNATURE:

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





**ATHLETE  
SELECTION**



**ATHLETE  
NOTIFICATION**



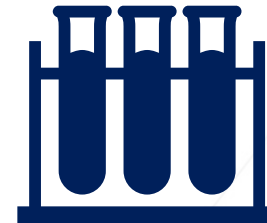
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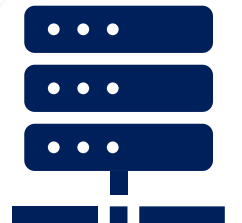
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# WHAT HAPPENS TO MY SAMPLE?



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

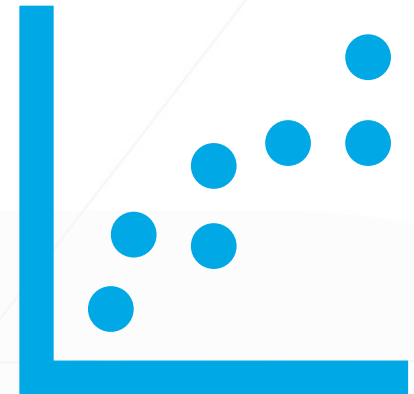
# ADVICE FOR ACCOMPANYING PERSONS

- ✓ 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



# 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

