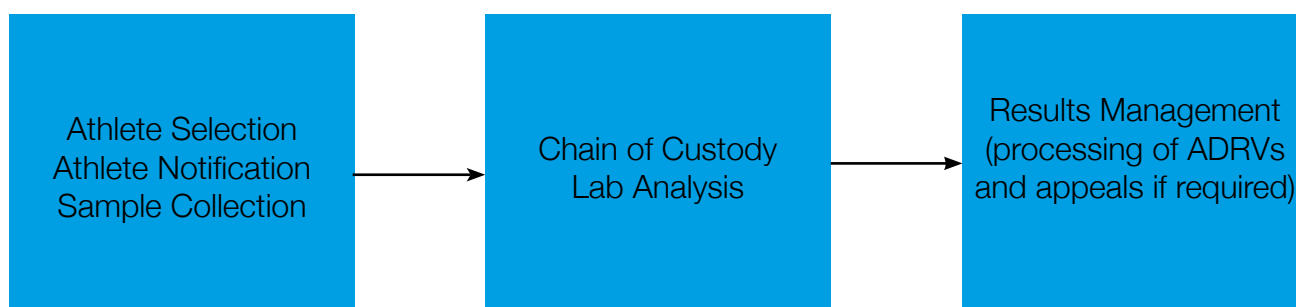


TESTING – UNDERSTANDING THE PROCESS

Sport is meant to be played fairly and in line with the rules, with participants behaving in a way that makes us proud and excited to watch. Just like referees keep order and score matches, testing has an important role to play in deterring those who may be vulnerable to doping decisions, and detecting banned substances when people chose to cheat.

Testing functions to support your health and protect the spirit of sport. It's part of the Doping Control Process that includes a) the athlete being selected and notified to give a sample, either urine or blood (or both); and b) the sample being taken to a lab.

THE DOPING CONTROL PROCESS (Testing)



Who can be tested, by whom, and when?

Athletes can be tested any time, any place, without advance notice. An athlete can be tested in-competition (from 11:59 pm the day before the competition until the competition ends and all testing for that competition has finished). They can be tested out-of-competition, which is any time before or after the in-competition period.

Organizations that have authority to test athletes are National Anti-doping Organizations (NADOs), International Federations, such as World ParaVolley, or Major Event Organizers (MEOs) such as the International Paralympic Committee for the Paralympic Games.

What types of tests are there?

There are two types of anti-doping tests – urine and blood. Once a sample of blood or urine is collected, it is sent to a WADA-accredited laboratory to be analyzed. The lab personnel do not know who the sample is from as the samples are anonymous, only identifiable by a sample number.

Who does the test?

Doping Control Officers (DCOs) are trained and authorized to conduct testing. Sometimes athletes are notified by a “Chaperone” who is a person who can observe sample provision. They always have to show identification when they notify athletes, and then they will make sure you are accompanied at all times until the process is completed. A Blood Collection Officer (BCO) is a trained and experienced phlebotomist, who carries out the blood withdrawal procedures according to the instructions of the DCO in charge of testing.

What happens when an athlete gets tested?



Testing happens in stages:

A. For a Urine Sample

• Notification of selection for a drug test

- o An athlete is selected for doping control
- o A Chaperone or DCO will notify you to say you have been selected for testing and will show you their identification.
- o You will be told your rights and responsibilities, asked to show your identification to ensure the DCO has the right athlete, and then you will be asked to sign the top part of the Doping Control Form (DCF) to confirm you have been notified.

• Reporting for testing

- o You will be observed at all times by the chaperone or DCO until you arrive at the Doping Control Station (DCS), where the testing will take place.
- o You should report immediately to the DCS unless you request a delay for a permitted reason.

• Selecting a collection vessel

- o You will be asked to choose a sample collection kit. Inspect the kit carefully to ensure the kit you select is sealed and has not been tampered with.

• Providing the sample under supervision

- o When you are ready, you will be asked to wash your hands or wear gloves and then to provide your sample. The DCO, who will be the same gender as you, will directly observe you providing your sample. You will be asked to remove/lift your clothing above your chest and below your knees so the DCO has an unobstructed view and witness the passing of the sample from the athlete's body to the collection vessel.
- o You will be required to provide at least 90 mL of urine. If you are not able to produce 90 mL all at once, you will be asked to wait in the DCS until you can provide a full sample.

• Selecting the sampling kit

- o You will be asked to choose an A and B bottle kit (ensure they haven't been tampered with and that the code on the bottles match and correspond to the code on the box).

• Dividing the sample and testing the sample specific gravity

- o You will be asked to divide the sample, beginning with the B bottle.
- o The DCO will then check the concentration of your sample – if it is too diluted you may be asked to provide another sample.

HINT: You should always follow your normal hydration strategies – overhydrating can make your sample too dilute, which can result in you having to provide another sample

- **Sealing the Samples**

- o You will be asked to secure and seal the A and B bottles. The lids are specially made to not allow opening without special equipment. They also contain tamper-evident seals.

- **Verifying the Sample**

- o You will need to review the information on the Doping Control Form (DCF) to ensure the information is all correct, add in some information, and sign it.
 - o Remember to add any medications and/or supplements you have taken within the last 7 days and consider allowing your sample to be used for research purposes. Whatever you decide, it will not affect your doping control.
 - o If you have any concerns to share about the process, write them on the DCF.
 - o You will be given a copy of the DCF that you should keep in a safe place.

Your samples will be sent to a WADA-accredited Lab, where the A sample will be analyzed and the B sample will be stored securely. Samples can be stored for up to 10 years.

B. For a Blood Sample

- **Notification of selection for a drug test**

- o an athlete is selected for doping control
 - o a Chaperone or DCO will notify you to say you have been selected for testing and will show you their identification.
 - o You will be told your rights and responsibilities, asked to show your identification to ensure the DCO has the right athlete, and then you will be asked to sign the top part of the Doping Control Form (DCF) to confirm you have been notified.

- **Reporting for testing**

- o You will be observed at all times by the chaperone or DCO until you arrive at the Doping Control Station (DCS), where the testing will take place.
 - o You should report immediately to the DCS unless you request a delay for a permitted reason.

- **Rest for a period of time**

- o Before your blood is collected, you will be asked to be seated for a period of time

- **Selecting the Sample Kits**

- o You should inspect the kit to ensure it has not been tampered with
 - o Verify the sample code numbers match; if the kit includes pre-printed bar code labels, you can place those on the tubes.
 - o Blood kits can include up to 5 tubes: 2 tubes (an A and a B sample) to analyze whole blood, 2 tubes (another A and a B sample) to analyze serum, and 1 tube (A sample only) is for the Athlete Biological Profile (ABP).

- **Providing the Sample**

- o The Blood Collection Officer (BCO) will determine where to draw blood from
 - o The BCO will clean the area with a sterile disinfectant swab, and apply a tourniquet to help with the collection.
 - o A total of ~15-16 mL of blood will be drawn in total which should not affect athletic performance. The BCO can attempt to draw blood up to 3 times
 - o You may be asked to stay at the DCS if your blood samples need to be left at room temperature for a certain length of time

- **Sealing the Samples**

- o You will be asked to seal your blood samples in tamper-evident devices.

- **Verifying the Sample**

- o The BCO will ask you if you have had any blood transfusions in the last three months.
 - o You will need to review the information on the Doping Control Form (DCF) to ensure the information is all correct, add in some information, and sign it once completed.
 - o Remember to add any medications and/or supplements you have taken within the last 7 days and consider allowing your sample to be used for research purposes. Whatever you decide, it will not affect your doping control.
 - o If you have any concerns to share about the process, write them on the DCF.
 - o You will be given a copy of the DCF that you should keep in a safe place.

Your samples will be sent to a WADA-accredited Lab, where the A sample will be analyzed and the B sample will be stored securely. Samples can be stored for up to 10 years. Throughout this process, forms are completed and signed to show the “chain of custody” and who has been in possession of the sample from the moment it left the DCS up to and including when it arrives at the Lab. The bottles are inspected at the Lab for signs of tampering or leaking. The sample in the A bottle is opened and analyzed. The B bottle will only be opened if a banned substance is found in the A bottle and if you or the testing authority request it to be opened.

Requesting a Delay

You may request a delay to reporting to the DCS. Athletes have the right to request a delay for the following permitted reasons. Any delay granted is a decision made by the DCO or Chap-erone who has notified you.

A delay can be requested for:

In-Competition

- Participation in a medal ceremony
- Media commitments
- Competing in further competition
- Completing a cool-down
- Receiving medical treatment
- Locating a representative or an interpreter
- Obtaining photo ID
- Any other justifiable exceptional circumstance

Out-of-Competition

- Locating a representative
- Completing a training session
- Receiving Medical treatment
- Obtaining photo ID
- Any other justifiable exceptional circumstance

Athletes Rights & Responsibilities in Relation to testing

From notification for Doping Control, athletes have the **right** to:

- Be accompanied by a representative (coach, parent, athlete support personnel) and/or interpreter of their choice
- Request a delay in reporting to the DCS for valid reasons
- Ask for additional information about the doping control process
- Request modifications if you have an impairment that requires modifying the process
- Document any concerns or problems during the process on the DCF

Athletes have a **responsibility** to:

- Always remain within direct observation of the DCO/Chaperone from the point of notification by the DCO/Chaperone until the completion of the sample collection procedure
- Be in control of the sample
- Produce identification such as competition accreditation, passport, or driver's license
- Comply with sample collection procedures
- Report immediately for a test, unless there are valid reasons for a delay (see above)

What is the Athlete Biological Passport (ABP)?

The ABP is a biological picture of an athlete, which is built with repeated sample collections over time. Once an anti-doping organization has collected enough information from samples to establish what an athlete's "normal" profile is, they are also able to determine if a subsequent sample is out of the normal range, even if they don't know the reason for the skewed result. The tracking of changes over time is a different approach. In traditional urine and blood tests the lab is screening for a banned substance in the sample. In the ABP, they are looking instead for the effects on the body that the substance might trigger.

ABP is used to have a more intelligent target testing of athletes. The samples that can be used for ABP are urine, blood, or both, collected in the same way as a normal test. The only difference is that if the athlete has exercised within two hours before the DCO arrives, they will have to wait a two-hour period before providing the blood sample. Samples used for ABP require an additional form specific to ABP.

The results are reported into ADAMS and assessed and managed by special units of WADA-accredited labs called Athlete Passport Management Units (APMUs). If the passport is abnormal, then the APMU will ask an ABP expert to review it and determine whether there was a likelihood of doping. If that determination is made, then the passport will be reviewed by a panel of three ABP experts. If the experts make the same conclusion, the athlete will be notified and have opportunity to provide an explanation. If after this step the experts maintain the "likely doping" explanation, then an ADRV may be pursued.

Why is all this important for you to know?

Athletes should familiarize themselves with the testing process so they are prepared and confident if they are selected for doping control. Get educated! Watch the video on the testing process. Learn about your rights and responsibilities during the testing process (keep reading!). Ask other teammates who have been tested about the process.

Remember the DCOs are there to assist and can help explain the process to you, plus you can bring a representative such as a parent, coach or team doctor or therapist with you.

And don't forget, refusing a test carries a four-year ban, so prepare yourself, and take the test if you are notified for testing.

References:

USADA – videos – Sample Collection Process

UK Anti-Doping website – Introduction to Testing & The Testing Process

WADA ADEL for International-level Athletes

International Standard for Testing & Investigations