



Sample Collection Procedures - Urine and Blood

A guide to the procedures that are followed when
an athlete is selected to undergo a drug test

**THE
IRISH SPORTS
COUNCIL**



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Introduction

Under the National Anti-Doping Programme, the Irish Sports Council undertakes testing using two methods of detection: Direct Detection and Indirect Detection.

Direct Detection:

A urine or blood sample is analysed to detect prohibited substances or the use of prohibited methods (such as a blood transfusion). If the threshold of a prohibited substance is exceeded, or any illegal manipulation detected, sanctions are imposed.

Indirect Detection:

The Athlete Biological Passport is an indirect method of detection. The focus is on the effect of prohibited substances/methods on the body. It can now be proved if an athlete has used doping substances or methods by analysing his/her biological parameters and comparing a number of samples over a period of time. Indirect detection is more effective than direct detection because the effects on the body of using banned substances, as measured through the biological parameters, remain for a lot longer than the period during which it is possible to discover traces of the substances in the body, (i.e. after the substance is no longer in your body, the effect will still be seen on the biological profile).

Both testing approaches follow the same general sample collection procedures as outlined in this leaflet.

Step 1: Athlete Selection

Testing takes place in two situations in-competition and out-of-competition.

In-Competition	Out-of-Competition
In-Competition testing takes place at sporting events. Selection is usually random, from members of a team/squad or athletes entering a competition. Selection can also be based on criteria such as finish position, jersey numbers, discipline or targeted for a particular reason. Athletes who have not taken part in the competition, e.g. reserves or non-starters, are still subject to doping control.	Out-of-Competition testing takes place anytime, anywhere, with no advance notice. If you are on a Registered Testing Pool (RTP*), you will be required to provide whereabouts information and could be tested at home, at your training location, overseas or other relevant locations. Teams/National Squads are mainly tested at team/squad training sessions but athletes may also be tested at other locations including their homes.

*The RTP is a pool of athletes who are subject to both in- and out-of-competition testing, who must meet whereabouts and TUE requirements of the Irish Sports Council. Individual athletes are informed in writing of their inclusion in the RTP.

Step 2: Athlete Notification

A Doping Control Officer (DCO)/Chaperone will notify you if you have been selected for testing - either urine, blood or both. They will explain your rights and responsibilities and ask you to sign the Doping Control Form. You must report immediately to the Doping Control Station. The Doping Control Officer/Chaperone will stay at your side at all times until the process is finished.

Your Rights:

- > Request to see the testers ID cards
- > Bring a representative with you e.g. parent, team doctor, coach
- > Request to have an interpreter (if necessary)
- > Request information regarding the sample collection procedure
- > Request necessary modifications to the sample collection procedure if you have disability
- > Request a delay in reporting to the Doping Control Station (DCS), where the tester will remain with you, for valid reasons such as:
 - > In-Competition: Participation in a victory ceremony; Fulfillment of media commitments; Competing in further competitions; Performing a warm

down; Receiving necessary medical treatment; Locating a representative and/or interpreter; Obtaining photo identification; Any other exceptional circumstances which may be justified, and which shall be documented

- > Out-of-Competition: Locating a representative and/or interpreter; Completing a training session; Receiving necessary medical treatment; Obtaining photo identification; Any other exceptional circumstances which can be justified, and which shall be documented
- > Be provided with a choice of sample collection equipment including sample collection vessels and kits
- > Record comments about the sample collection procedure on the Doping Control Form
- > Receive copies of all documentation you have signed

Your Responsibilities

- > Co-operate with the DCO and Chaperones during the sample collection procedure
- > You must stay within the sight of the DCO/Chaperone at all times until you have provided your sample and are released by the DCO
- > You must comply with the sample collection procedures; the first sample that you provide, after notification, must be at the DCS; you must retain control of your urine sample until it is securely sealed.
- > You should avoid excessive re-hydration as there is a requirement to produce a sample with a suitable Specific Gravity for analysis
- > Report immediately to the Doping Control Station (DCS) for a test unless there is a valid reason for a delay (see above)
- > Produce photo identification, when requested, to the DCO/Chaperone
- > Ensure all applicable documentation is accurate, complete and signed off
- > If you choose to consume food or fluids prior to providing a sample it is at your own risk. Sealed drinks will be supplied by your NGB and will be available at the Doping Control Station

Step 3: Sample Collection

One or more urine samples and/or blood samples will be collected from you. Testing abroad may be slightly different; if you have any concerns with the process record it on the Doping Control Form.

Urine

- When you are ready to provide a sample, you will be required to put on gloves.
- Select a sealed Sample Collection Vessel, from a choice of vessels, and check that seals are intact and it has not been tampered with.
- Proceed to the toilet area with the Chaperone/DCO of the same gender.
- The Chaperone/DCO must witness the sample leave your body and enter the vessel with a clear and unobstructed view. You must ensure that the Sample Collection Vessel remains in the sight of the Chaperone/DCO while you provide your sample. You will be asked to adjust clothing so that mid-chest to knees and up to elbows are visible; if necessary, you may need to adjust your position so that a clear view is possible.
- Only you the athlete should handle the sample until it is securely sealed.
- The DCO will check the volume of urine provided. If it is not a sufficient volume of urine to meet laboratory requirements (normally 90mls), you will be required to proceed with the Partial Sample Procedure.
- U18 - Your representative may be present in the toilet area to witness the actions of the Chaperone/DCO; if as an U18 athlete you would prefer not to use your own representative, you can liaise with the Chaperone/DCO to organise another appropriate person to witness the actions of the Chaperone/DCO.
- If you are an athlete with a disability who requires assistance in the toilet area, your representative can assist you.
- Following provision of the sample, you will be required to choose a kit containing a pair of bottles marked A and B; check that seals are intact, it has not been tampered with and sample code numbers match. This sample code number is recorded on the Doping Control Form. You will divide the sample between the A and B bottles. You will be asked to tightly seal the two bottles with their lids.
- A few drops of urine should be left in the Sample Collection Vessel to allow the DCO to check the specific gravity of the sample. The specific gravity of the sample will be checked by the DCO. If the reading is outside of laboratory requirements, you may be requested to provide another sample.

Partial Sample Procedure (<90mls)

If you provide an insufficient volume of urine on the first attempt, the first partial sample will be sealed and secured using partial sample equipment, and should remain in your possession (or with the DCO) until further samples are provided. The Chaperone/ DCO will remain with you at all times.

Blood

- Select the blood collection equipment (vacutainer test tubes, needles, blood transport kit etc) from a choice available; check that seals are intact, it has not been tampered with and sample code numbers match.
- A certified and experienced phlebotomist, Blood Collection Officer (BCO), will label all test tubes before blood is collected.
- Normally two to four tubes of blood are collected, each containing 3-5mls. The volume of blood collected for the purposes of doping control would not have an impact on your performance.
- You will be asked to remain seated relaxed for at least 10 minutes before undergoing Venipuncture. (In some cases, depending on the test, you may have to wait for 2 hours post-exercise to provide a sample).
- The Blood Collection Officer makes every possible effort to make the collection of blood samples as easy and painless as possible for you; however, if you are prone to fainting when giving blood, or should the sight of blood make you nervous, afraid, and/or nauseous, inform the Blood Collection Officer and Doping Control Officer of your concerns.

The Blood Collection Officer (BCO) will:

- Ask for your non-dominant arm, apply a tourniquet (a constricting or compressing device used to control venous and arterial circulation to an extremity for a period of time) to the upper arm, and clean the skin at the puncture site.
- Draws blood and fill each vacutainer blood test tube with the required volume of blood.
- Place the vacutainer test tubes into the A and B transport containers.
- The BCO will instruct you on how to tightly seal the transport containers for secure transport to the lab).

Recording and Certification of the Information

You should declare any medications and/or supplements taken during the past 14 days on the Doping Control Form.

For blood testing, you will be required to declare information regarding recent blood transfusions, time spent at altitude, blood loss and altitude simulation training. Record any comments about the doping control session on the Doping Control Form. You and your representative (if applicable) should check that all information on the Doping Control Form is complete and accurate. You, your representative (if applicable) and the DCO sign off on the form, and you are given a copy of the form and then free to leave the Doping Control Station.

Step 4: Sample Analysis

Samples are sent to a WADA accredited laboratory for analysis. The laboratory receives a copy of the Doping Control Form that reveals none of your personal details. On arrival at a WADA accredited laboratory, the A sample is opened and analysed and the B sample is securely stored. On receipt of the samples, laboratory staff complete checks on the integrity of the sample (signs of tampering, correlation between sample code numbers on forms and those on the bottles) before proceeding with the analysis of the sample.

Step 5: Results Management

The laboratory sends the result to the Irish Sports Council who will then forward the result to your National Governing Body (NGB). It is the responsibility of your NGB to notify you of the result in writing. If you have not received your result from your NGB within 6 weeks of the sample collection, please contact your NGB for the result. A copy of the result is sent to WADA by the lab to ensure accountability in the process. In the case of an adverse analytical finding, you will be contacted directly by the Irish Sports Council.

It takes longer for the laboratory to process blood tests, so in general it will be about ten weeks before you receive a result for blood tests. As per urine testing, the Irish Sports Council will send the results of the drug test to the athlete's NGB, whose responsibility it is to send a results letter to each individual athlete. In the case of samples collected for the purpose of the Athlete Biological Passport (ABP) you will not receive results as the analysis contributes to the 'indirect detection' process. In this case, your NGB will be notified that a sample has been collected and will be added to your ABP. The outcome of the analysis (i.e. the measures recorded for your ABP) will only be available on request.

Frequently Asked Questions

What if I refuse to be tested?

Although you are entitled to refuse to provide a sample please bear in mind that a refusal is likely to be treated as a doping violation by your National Governing Body. The tester will advise you of the consequences of failing to comply with sample collection procedures. The sanction for refusal is a period of ineligibility of up to 2 years from sport. In accordance with the Irish Anti-Doping Rules, "A Participant who has been declared Ineligible may not, during the period of Ineligibility, in the case of an Athlete participate in any capacity, and in the case of an Athlete Support Personnel work with, treat or assist any Athlete participating in any capacity, in a Competition, Event or activity (other than authorised anti-doping education or rehabilitation programmes) organised, convened, authorised or recognised by any National Governing Body or by a member or affiliate organisation or licensee of a National Governing Body, which shall be deemed to include any club, team, association or league".

For more information on sanctions, read the Irish Anti-Doping Rules on www.irishsportsCouncil.ie/antidoping

Will an athlete under the age of 18 be tested?

The decision to test athletes is not based on age; it is based on the level that the athlete is competing at as well as sport-specific factors. When an U18 athlete is providing a sample they have the right to request their representative to be present in the toilet area - the representative will not witness the passing of the sample but are present to watch the actions of the Chaperone/DCO who is witnessing the sample. The athletes' consent is required before their representative may enter the toilet area. If the athlete does not wish to bring their representative, the Chaperone/DCO will liaise with the athlete to arrange another representative in the toilet area.

For more FAQs in relation to the Irish Sports Council testing programme, check out www.irishsportsCouncil.ie/antidoping

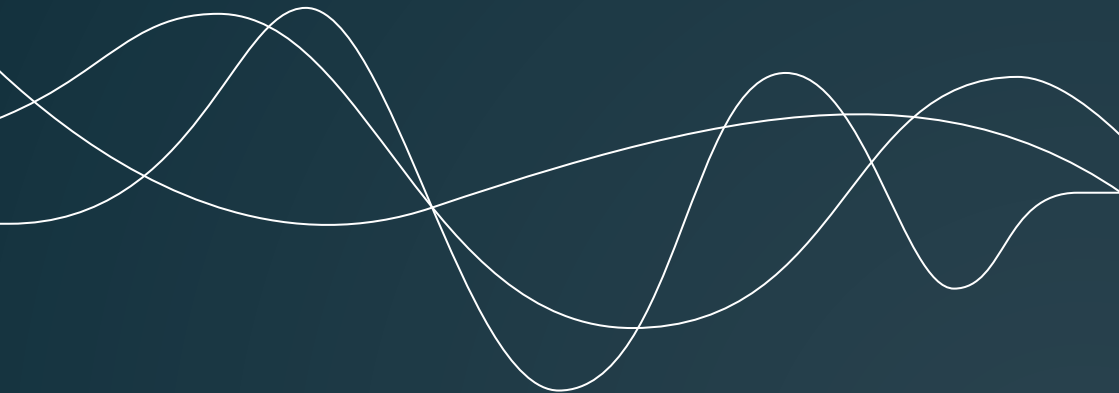
Further Resources for learning about the Sample Collection Procedures:

- 1. Watch a Short video 'Sample Collection Procedures - WADA Video' available to view on www.youtube.com/irishsportsCouncil
- 2. See www.irishsportsCouncil.ie/Anti-Doping/testing for FAQ's on urine and blood tests
- 3. Check out the video-based 'Real Winner' E-Learning Programme on www.irishsportsCouncil.ie/realwinner
- 4. Check your International Federation Website (if applicable) for more resources
- 5. The International Standards for Testing are available on www.wada-ama.org with detailed information on undertaking a testing programme

Learn more about Anti-Doping:

Check out www.irishsportsCouncil.ie/antidoping for comprehensive information on all aspects of the Irish Anti-Doping Programme including:

- How to check the status of over-the-counter and prescribed medications
- Therapeutic Use Exemption Application Procedures
- Risks associated with taking supplements
- Role of the National Governing Body in the Anti-Doping Programme
- Role of the coach in the Anti-Doping Programme



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