



Testing Procedure (Urine & Blood)

What is Testing Procedure?

The testing procedure refers to the process followed when an athlete's urine and/or blood is collected by a qualified Doping Control Officer (DCO) or Blood Collection Officer (BCO). Testing is an important part of Anti-Doping's operations to ensure that athletes compete in clean sport. All testing follows the International Standard for Testing (ISTI). These standards are set out by the World Anti-Doping Agency (WADA). All samples are analysed by a WADA-accredited laboratory.

How does it work?

- I. A Chaperone or DCO will notify an athlete that they have been selected for testing.
- II. They will show their ID to confirm who they are and will ask the athlete for photographic ID.
- III. Athletes will be informed of their rights and responsibilities around the testing procedure.
- IV. Post notification, the athlete must report immediately to the doping control station where testing takes place. They may only request a delay for one of the permitted reasons. Example media interviews, ward ceremony, cooling down.
- V. It is the athlete's responsibility to remain within sight of the Chaperone/DCO at all times whilst on their way to the doping control station.
- VI. At the doping control station, the athlete will be offered the chance to hydrate. Excessive hydration should be avoided as the urine sample will be tested for its concentration levels, and if this is too dilute, the athlete may need to provide another.
- VII. Once ready to provide a urine sample, they will be asked by a DCO to select an empty, clean and sealed sample collection vessel from a choice of vessels.
- VIII. The athlete must make sure that they retain control of their collection vessel at all times throughout the testing procedure.
- IX. The DCO (who is of the same gender as the athlete providing the sample) will directly observe the provision of the athlete's urine sample, which must be at least 90 millilitres.
- X. The athlete always has control of their sample. This means that DCOs are instructed not to handle the sample equipment unless they are asked to do so.
- XI. The athlete will be asked to choose from a selection of sealed, tamper-evident uniquely numbered sample bottle kits containing two bottles: the A and the B. They should check that the selected kit is clean and empty and has not been tampered with.

- XII. Under the instruction of the DCO, the athlete will divide their urine sample between bottles A and B and then seal the bottles.
- XIII. Sealed bottles will be placed in a plastic bag and then into the storage box.
- XIV. The concentration (specific gravity) of their sample will be checked. If it is too dilute (below 1.005), the DCO will record this on the Doping Control Form (DCF) and will ask for another sample.
- XV. The DCO will record all the necessary personal information and certifying sample information (A and B sample bottle numbers) on the DCF.
- XVI. Additionally, medications or supplements taken within seven days of the test and/or recent blood transfusions will also be recorded on the DCF. The athlete has also the opportunity to record information regarding any Therapeutic Use Exemptions (TUEs).
- XVII. The athlete will be offered the opportunity to check that all the information recorded is accurate.
- XVIII. At the conclusion of the testing procedure, the athlete and DCO sign the DCF to indicate they are satisfied that the documentation accurately reflects the details of the athlete's sample collection, including any concerns recorded by the athlete.
- XIX. Other persons present during the testing procedure may also sign the DCF as a witness of the procedure.
- XX. The athlete and DCO will also check that the copy of the DCF sent to the laboratory does not include any of their personal details, to ensure anonymity of the sample at the lab.
- XXI. The athlete will be provided with a full copy of the signed DCF.
- XXII. The sample is sent to the lab for analysis.

Blood Sample

1. The athlete will be required to sit down for a minimum of ten minutes before providing a blood sample. In the case of a biological passport sample, if the athlete has recently competed or participated in a heavy training session, they will be required to wait for a maximum of two hours prior to the sample being taken.
2. The Blood Collection Officer (BCO) will choose the most suitable vein for testing and blood is then withdrawn (the same amount that would be necessary for a routine blood test: 6-10ml).
3. The required number of vacutainers (tubes) will be filled with blood.
4. The BCO will remove the needle, place cotton wool on the site and give the athlete a plaster.
5. Samples will be stored and transported at a controlled temperature of between 2-12 °C.