



WORLD
SKATE

WORLD SKATE (WSK)
ANTI-DOPING RULES

**Anti-Doping Guidelines for
Event Organizers and
Sampling Agencies**

(Based International Standards for Testing)

November 2017

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World Skate has adopted the WADA guidelines (Annex E and annex K of International Standards for Testing) in its entirety for Blood Collections Officers Error! Bookmark not defined.

Annex E - Collection of Blood *Samples* Error! Bookmark not defined.

E.1 Objective **Error! Bookmark not defined.**

E.2 Scope **Error! Bookmark not defined.**

E.3 Responsibility **Error! Bookmark not defined.**

E.4 Requirements **Error! Bookmark not defined.**

Annex K - Collection, Storage and Transport of Blood ABP Samples Error! Bookmark not defined.

K.1 Objective **Error! Bookmark not defined.**

K.2 Requirements **Error! Bookmark not defined.**

K.4 Transportation Requirements **Error! Bookmark not defined.**

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Anti-doping Guidelines for Organizers, Athletes & Support Personnel **World Skate (WSK) of World Championship & World Skate Events**

Doping controls are carried out in the WSK events in accordance with the World Anti-Doping Code, the WSK Anti-Doping Policy (ADP) and the International Standards for Testing (IST). Doping tests are conducted at WSK events according to the agreement between WSK and the organiser.

The number of doping tests during an event depends on the WSK ADP, Test Distribution Plan (TDP) and the technical Document for Sport Specific Analysis (TDSSA) for the discipline. Trained and accredited doping control personnel to carry out all tests.

Tasks and Duties

Before the event

- The number of tests shall be according to WSK ADP and test distribution plan and shall be written in the agreement between the WSK and the organiser
- Contact the National Anti-Doping organisation (NADO) (at least 6 months before) and the laboratory in good time before the event and agree on the date, place, doping control officers (DCO), number of chaperones required (one per test is ideal and essential in short events) and who is responsible for providing them
- Agree with NADO about providing chaperones and the number required. Confirm if the NADO provides its own chaperones for the testing or that they will educate local volunteers as chaperones. The minimum age for chaperones is 18 years and he/she must be of the same gender as the athlete to be tested.
- Decide where the doping control room will be situated in the arena and ensure that the doping control room meets WSK requirements.
- Include information about doping control in the information letters sent to National Federations before the event and include information into team manuals for the event.
- Nominate a person to act as point of contact for WSK and the DCOs

During the event

- Ensure DCOs have required accreditation
- Check photo ID of DCOs
- Organise accreditation to enter all areas of the venue for DCOs and chaperones
- Meet with DCOs and the WSK anti-doping officer or delegate to check facilities and

- procedures
- Make sure that the DCO receive competitor lists for events so that selection can occur
 - Make sure DCOs meet and advise the chaperones
 - Make sure there is an educated chaperone for each athlete to be tested
 - Ensure sealed drinks are available both cooled and at room temperature

Things to Note

General

- Ensure that the WSK may pursue any local anti-doping laws are consistent with the WSK ADP and the WADA code
- In WSK events, the WSK is in control of doping testing and shall determine the criteria for athlete selection in accordance with risk assessment and TDP
- Sampling may be and is usually delegated to a provider accredited with WADA e.g. NADO.
- Athletes for testing may be selected by target, placement or randomly. The random selection process shall be made by drawing lots and the WSK anti-doping officer shall act as supervisor during the selection process
- All controls will be conducted in accordance with the current WADA International Standards for Testing

Compliance with TDSSA

All National Federations, Confederations, Technical committees and others organising tests with WSK as Test Authority and Results Management Authority must comply with technical Document Sports Specific Analysis

2018 TDSSA requirement

Event	ESA	Number	GHRF	HGH	Number for both HGH and GHRF
Speed >1000m	30%	1 in 3	10%	10%	1 in 10
Speed 1000m or less	15%	1 in 6	10%	10%	1 in 10
Hockey	5%	1 in 20	10%	10%	1 in 10
Artistic	5%	1 in 20	5%	5%	1 in 20
Skateboarding	5%	1 in 20	10%	10%	1 in 10

Inline alpine & downhill	10%	1 in 10	10%	10%	1 in 10
Inline Freestyle	0%		5%	5%	1 in 20
Roller Freestyle	5%	1 in 20	10%	10%	1 in 10
Roller Derby	5%	1 in 20	5%	5%	1 in 20

TDSSA for the new disciplines will apply from 1 January 2018

Co-operation with World Skate & NADOs

- WSK has jurisdiction with doping control at all WSK International events
- The local organiser shall contact the WSK to agree on the number of tests to be conducted and the timetable for the tests and the organisation to provide the sampling usually the NADO
- It is important that the local organiser and the WSK anti-doping officer agree on who contacts the NADO to reserve the dates for the tests and to make agreement with the NADO and the laboratory for the number of samples to be analysed and any special requirements such as sampling and transportation of blood controls.

Selection of Athletes

- Selection of athletes is in accordance with WSK ADP for the discipline concerned
- Target testing based on risk assessment is encouraged
- Numbered discs or playing card can be used for selection process
- The WSK anti-doping officer has the right to oversee the selection process
- Chaperones will be allocated to selected athletes
- Selected athletes will be notified by the assigned chaperones as soon as their competition performance is complete

Anti-doping Guidelines for Conducting Tests - Facilities the Doping Control Room

The doping control room must be located inside the competition venue close to the skating surface, change rooms and first aid facilities. To ensure privacy, the doping control room must be inaccessible to the public, located away from the media and spectator areas and access may be granted only to authorised personnel

- Doping control officer and chaperones
- Selected players
- Accompanying person for each selected player
- WSK doping control officer or Confederation /National Federation representative if a Confederation or National event
- Interpreter if required
- Other authorised personnel e.g. WADA observers

Doping control signs must be on the door of the doping control room as well as in the corridors in indicate the way to the doping control area. The signs should be in English “Doping Control”. The doping control area must contain the following areas.

Needs for Anti-Doping facility

- Reserved for doping control only
- Accessible only to authorised personnel
- Provision of security staff for each Doping Control Station to employ during sample collection session
- Possibility to lock doors to store samples and equipment
- Private enough to ensure privacy and confidentiality of athletes
- Ideally each Doping Control station
 - 2 rooms + toilet(s) including
 - Processing room
 - Waiting area
 - Toilet
- Large enough to accommodate the number of athletes being tested, athlete representative and sample collection personnel
- Located within a reasonable distance to the competition venue ‘Facilities to wash hands prior to provision of a urine sample

Equipment (per processing station)

- One table for every DCO processing documentation
- One table at the entrance of each processing station to record flow of athletes/staff

- entering and leaving the doping control station
- Two chairs per athlete being tested and one chair for each member of the sample collection personnel
- If necessary access to dividers to ensure privacy and division of processing areas
- Lockable fridge to store samples
- Appropriate lighting to conduct processing
- If requested security personnel outside station
- Telephone lines and access to internet
- Screens to monitor and follow ongoing competition
- Telephones or walkie talkie for DCOs and chaperones and WSK representative to communicate

The designated doping control station, including toilets, must not be used as a public facility, office, team locker room, massage or medical area, or shared with any event operation during the testing session. It must be used solely for doping control purposes until the end of the sample collection session. Any communicating doors with other areas must be locked and not accessible by anyone except the doping control team.

Waiting area

Equipment

- At least 5 seats, table, fridge with sealed drinks and refreshments, reading material and television, CD player or radio
- Only authorised people are allowed in the waiting area

Sample Collecting Area / Administration Areas

Equipment

- One desk, 4 chairs, a table for samples, washbasin, soap and towels. If possible a lockable refrigerator for storage of samples
- If a separate room is not available the waiting area and administrative area can be separated by a screen or partition
- Large rubbish bin with liner

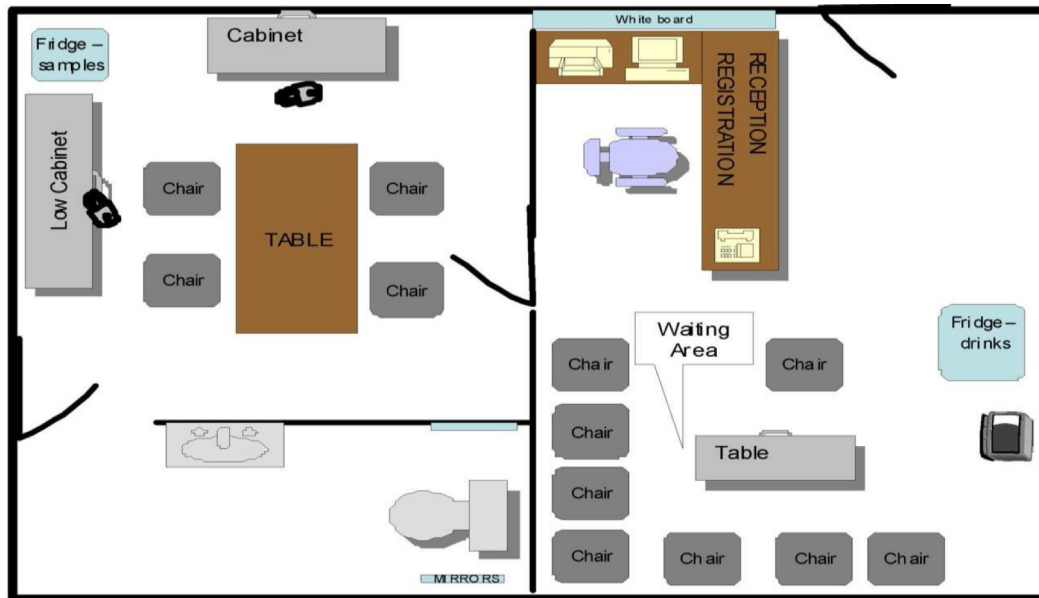
Toilets

- At least one toilet is required in the sample collection area and if possible a separate sample collection area should be provided for each gender being tested

Toilet should be large enough for the DCO to directly observe the athlete providing the

sample

Layout for Doping Control Area



Inadequate Facilities

If the DCO finds facilities are inadequate he is to contact the FIRS doping control representative

The following action should be taken

- Every effort is to be made for the tests to continue
- There must be a dedicated toilet area with no public access
- Screens can be provided to make the interview and waiting area as private as possible
- DCO must keep control of samples at all times
- If alternative DC Station is to be used – eg a hotel room the athlete must remain with the chaperone.
- Controls must not be cancelled without the approval of World Skate

Anti-doping – Guidelines for Sampling Process **12 Steps of Doping Control**

Athlete Selection

- All athletes entering World Skate events can be selected for doping control, including those who retire or are disqualified
- Athletes may be selected by target, placement and/or at random
- The appointed World Skate anti-doping representative is responsible for athlete selection in accordance with test distribution plan

Notification & Athlete Rights

- A doping control officer or chaperone will notify the athlete of selection for doping control.
- The athlete will check identity of the athlete by photo ID
- The DCO or chaperone will inform the athlete of his/her rights and responsibilities, including the right to have a representative present throughout process and have an interpreter.
- Date and time of notification will be recorded
- The athlete will be asked to sign the notification form to confirm that he/she has been notified for doping control

Athlete ID

Validation of an *Athlete's* identity for testing will be by one or more of the following documents which must have photo-identification.

- *Athlete's* passport
- Driver's license with *Athlete's* photo ID
- Country ID documents with photo ID
- Event accreditation document with photo ID

Reporting to the Doping Control Station

- The athlete should report to the doping control station immediately. The DCO may allow the athlete to delay reporting to the station for activities such as a press conference, medical treatment or to compete in another event. The athlete must be accompanied by the DCO or chaperone from notification until completion of the sample collecting process.
- Sealed drinks are provided at the doping control station
- The athlete may consume his own food and drink at his own risk.
- The athlete must not urinate between being notified and providing his sample
- Athletes and support personnel must sign in and sign out of the doping control station every time they enter and leave

Selection of a Collection vessel

- The athlete is given a choice of individually sealed collection vessels and may select one. The athlete should verify that the equipment is sealed and has not been tampered with. The athlete should maintain control of the collection vessel at all times.

Provision of the Sample

- Only the athlete and the DCO or chaperone of the same gender are permitted in the washroom during the sample collection process.
- The athlete must wash his/her hands before providing the sample
- The athlete may wear gloves which are provided
- The chaperone or DCO must observe the sample leaving the athlete's body.
- If the athlete is a minor a third person may observe the DCO or chaperone but not the athlete during the sample collection process

Volume of Urine

- The DCO shall ensure, in full view of the athlete, that at least 90mls of urine is provided. If the athlete is unable to provide 90mls then the athlete is asked to provide further samples until the minimum volume is provided. Special partial sample kits are used in the process.

Partial Samples

- If the sample provided is less than 90mls the DCO the procedure in the international standards for testing must be followed.
- Each partial sample is sealed and security coded by the athlete
- Codes are recorded on the DCF
- When sufficient urine has been provided, all samples are mixed in a clean breaker selected by the athlete, the B and A bottles are filled and sealed as usual and then the SG is tested.

Selection of Sample Collection Kit

- The athlete is given a choice of one of several individually sealed sample collection kits. The athlete should confirm that the kit is sealed and has not been tampered with and after opening the kit confirm that the sample code numbers on the bottles, lids and container all match.

Filling the Sample Bottles

- Only the athlete should handle the sample bottles
- The athlete pours urine into the B bottle to the line indicated and then the

- The athlete seals both bottles and ensures they are properly sealed, checks the numbers match on the bottles, lids, packaging and with the
- paperwork. The bottles are then placed in the package box and sealed.

Measuring Specific Gravity

- The DCO is required to measure the specific gravity of the sample provided. If the sample does not meet specific gravity requirements (too dilute) the athlete will be asked to provide additional sample (s) in not less than 1 hour until the requirement is met.
- Specific gravity requirements are 1.010 with reagent strips and 1.005 with refractometer
- All samples provided are sent to the laboratory. Only the first and the last are tested
- The DCO should persist for as long as it takes for the athlete to provide a compliant sample unless exceptional circumstances exist
- The DCO should counsel the athlete against drinking more fluids
- The DCO should ask the athlete to wait at least an hour before providing another sample
- The DCO may terminate the test in exceptional circumstances – guide is three dilute samples collected at least one hour apart

Exceptional circumstances are few examples are

- The athlete has a serious acute medical condition and is in urgent need of medical treatment (hospital admission) and it is not possible to collect a sample. E.g. severe hypoglycaemia in a diabetic athlete, severe life threatening allergic reaction.
- Routine medical treatment for an injury is not sufficient reason to abandon a test
- The venue is closing and it is obligatory to leave. In this situation, the DCO should make every effort to arrange for the athlete and chaperone to move to a suitable alternate location e.g. hotel room
- Necessity to catch transport, including air travel, is not considered an exception circumstance.

Selection of Sample Collection Kit

- The athlete is given a choice of one of several individually sealed sample collection kits. The athlete should confirm that the kit is sealed and has not been tampered with and after opening the kit confirm that the sample code numbers on the bottles, lids and container all match.

Filling the Sample Bottles

- Only the athlete should handle the sample bottles
- The athlete pours urine into the B bottle to the line indicated and then the remainder into the A bottle
- The athlete seals both bottles and ensures they are properly sealed, checks the numbers match on the bottles, lids, packaging and with the paperwork. The bottles are then placed in the package box and sealed.

Completion of the Doping Control Form

- The athlete must provide information about any prescription and over the counter medication including nutritional supplements he/she has taken in the last 7 days.
- The athlete may also note any comments or concerns about the doping control session. The athlete will confirm that the information on the form, including the sample code number is correct and sign the doping control form.
- The athlete will agree or not that his/her de identified sample may be used for research
- The athlete representative if any will sign the DCF
- The athlete will confirm that the laboratory copy has no information that can identify him/her and receive a copy of the doping control form

Concluding a Sample Collection Session

- Once the athlete has left the doping control station the DCF cannot be altered. It is important the DCO checks the DCF with the athlete before he/she leaves the room. If an error is noticed after the athlete leaves the room the error and the explanation should be recorded on a supplementary report form. The form number should be recorded in the DCO report
- The DCO should ensure the entry/exit log is complete and records every time an athlete enters and leaves the doping control room and signed by the DCO
- When the DCO leaves the doping control station they must ensure that the room used is tidy and any rubbish disposed of appropriately. Any needles and syringes must be stored in a needle safe container and removed from the doping control station
- All documentation and equipment including promotional leaflets and brochures associated with the testing session must be removed by the DCO

Chain of Custody Forms

- The DCO will check sample codes, record required analysis and chain of custody of security forms and pack samples for transportation to laboratory
- Every sample collected must have numbers recorded on the Chain of

Custody form. Requested analysis is recorded on the Chain of Custody Form.

- DCO should place completed samples in the courier transport bag as soon as possible after collection together with the laboratory section of the DCF and ensure the transport bag remains in the control of the DCO at all times.
- Once all the samples are in the transport bag together with the laboratory copies of the DCF and the Chain of Custody Form the transport bag can be sealed
- The DCO must ensure that the Chain of Custody is completed fully from the time the bag is sealed until the courier transport bag is handed over to the courier or the laboratory. All changes of custody of the samples must be recorded so that the chain of custody is not broken.
- The DCO should record the seal number used to secure the courier transport bag on the Chain of Custody Form
- Each time the courier transport bag is sealed/opened the DCO should record the time sealed/opened and the new seal number used to re-seal the bag on the Chain of Custody Form. The DCO should also record the reason for opening and resealing the bag.

Copies of Documentation to WORLD SKATE

- The lead DCO is responsible for ensuring that a copy of all documentation including the DCFs, Chain of Custody forms, DCO reports, attendance record and any other documents contented with the sampling session are forwarded to WSK office within 5 working days.
- The sampling agency may add the DCFs to ADAMS by arrangement with WSK.

Laboratory Process

- The samples are packed for shipping and their security is tracked. They are sent to a WADA accredited laboratory to ensure that International standards are adhered to when processing the samples and that the chain of custody is maintained at all times.

The A sample is analysed and the B sample is securely stored and is used to confirm an atypical finding on the A sample if requested. The laboratory report is of the sample analysis is sent to WADA, the results management authority and to FIRS.

Athletes Who Are Minors

Athletes who are minors are defined as athletes under the age of 18 years

The appointed WSK anti-doping representative must inform the DCO of athletes who are minors

Due to the sensitivity of a minor being involved in the sample collection process, extra precautions can be taken, and in such cases, athletes are encouraged to take advantage of the minor policy.

Athletes who are minors are subject to doping control by the same process as other athletes with some modifications

When WSK is testing authority for an athlete who is a minor (under the age of 18), WSK strongly recommends that he or she be accompanied by an athlete representative always during the sample collection procedure, including in the washroom area; however, the representative will not witness the passing of the sample. If the athlete decides not to have a representative present,

WSK recommends that the DCO asks a third party to be present. In this instance, the third party will not witness the passing of the sample, but will witness the observing DCO or chaperone.

National Federations of athletes who are minors are responsible for submitting consent forms signed by a parent or guardian when submitting Nomination for a World Skate World Championship or other WSK competition. The team manager may sign the consent form only if he/she has written delegated authority from the athlete's parent or guardian

WSK encourages athletes who are minors to be accompanied by an adult representative at the time of notification to completion of the test.

The adult may be a representative chosen by the athlete or if none available the DCO or WSK Anti-Doping manager may appoint a representative

The athlete may request that an adult representative observes the DCO or chaperone while the sample is being provided

The observer must be positioned in such a way that he/she cannot see the athlete providing the sample.

Athletes with Disabilities

As outlined in the World Anti-Doping Code, athletes with a disability may request slight modifications to the sample collection process.

- An athlete with a restricted mobility or restricted manual dexterity may ask the athlete representative or the DCO to assist when handling equipment, splitting the sample, or completing paperwork.
- Athletes with significant lack of coordination may use a larger collection vessel if available.
- Athletes with a visual impairment may be accompanied by an athlete representative always during the sample collection including the washroom area; the representative will not witness the passing of the sample. The athlete representative or the DCO may read the doping control form for the athlete, and the DCO, the athlete representative may be asked to sign the doping control form on behalf of the athlete.
- Athletes with an intellectual disability may be accompanied by an athlete representative always during the sample collection procedure, including the washroom area; the representative will not witness the passing of the sample.
- Athletes using condom drainage or indwelling catheter drainage should remove the existing collection bag and drain the system so that a fresh sample can be obtained.

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- Athletes who self-catheterize may use their own catheter to provide a sample (this catheter should be produced in tamper-evident wrapping), or use one provided by the DCO if available.

Blood Sample Collection Process

If you are selected for a blood test, you must be accompanied by a representative throughout the sample-collection procedures.

Only a person trained in the collection of blood will be able to perform the blood collection procedure.

The Blood Collection Officer (BCO) shall assess the most suitable vein for sample collection and clean the site. They will then unseal the hypodermic needle and attach the vacutainers (self-sealing secure containers) and withdraw blood to fill the required number of tubes. No more than three attempts will be made per session.

The athlete must not have been involved in intense training or competition for at least two (2) hours prior to blood sampling. If the athlete is notified within two (2) hours of strenuous exercise then the athlete must be chaperoned until the two (2) hour period has passed.

The athlete must be seated with his/her feet on the floor in the place where the sample is to be taken for at least ten (10) minutes prior to blood sampling. Seating the athlete in the waiting room and then getting up to walk to the doping control room is not acceptable.

Please refer to appendix A for further details

Failure to Comply – guidelines for DCO

The DCO shall consider any incidents he/she considers is unusual or incidents that the chaperone reports as soon as possible and preferably before the end of the sample collection session.

- 1 If the athlete refuses to comply with instructions given at notification or refuses to submit for a test or the DCO suspects the athlete is evading the chaperone or in any other way trying to avoid a test he/she should complete the DCO supplementary report form listing behaviour that would suggest evasive action by the athlete

The following behaviours may indicate intention to avoid a test

- Skating away from the chaperone when he/she approaches with notification
- Reluctance to report to the doping control station
- Rude or abusive behaviour from athlete or support personal
- Retiring from the event
- Drinking excessively to avoid providing sample of sufficient specific gravity

- Claiming urgent travel arrangements
 - Other behaviour to make the testing process difficult
 - Situations where the DCO or chaperone are unable to confirm the integrity of the athlete's sample
- 2 The DCO shall consider the information about the unusual behaviour and decide how to proceed.
 - 3 The DCO shall counsel the athlete about possible consequences of non-compliance including possible sanction and sports ban. The DCO will record the circumstances on the DCO supplementary report form
 - 4 If the DCO considers that integrity of the sample has not been compromised, he/she should continue with the testing process as usual.
 - 5 If the DCO considers that the sample has or may have been compromised then the athlete shall be requested to provide another sample. Both samples will be sent to the laboratory under the procedure for an additional sample above.
 - 6 If the athlete refuses to provide an additional sample then the DCO should counsel the athlete about the consequence of non-compliance and complete a supplementary report form as in 2 to 3
 - 7 Any perceived action by athlete support personnel to hinder the sample collection process should be recorded on the supplementary report form

Refusal

- 1 The DCO will notify the athlete that his behavior will be recorded on a supplementary report form
- 2 If possible the DCO shall review the DCO and supplementary form with the athlete and get him/her to sign the report
- 3 The athlete may also fill in a supplementary report
- 4 The DCO shall give the athlete a copy of the forms if possible
- 5 The DCO will inform WSK as soon as possible of any potential failure to comply. All forms and documentation shall be forwarded to the WSK
- 6 If after the refusal to comply documentation has been completed and provided the athlete has not left the sight of the DCO or chaperone, he/she requests to provide a sample, the DCO should contact the World Skate anti-doping representative.

Claim of Retirement

In an out of competition test (or in competition test), even if the athlete claims to have retired the sample collection session should be completed

The DCO may not cancel the sample collection based on the athlete's claim of retirement or now competing for another International Federation.

The DCO should complete a supplementary report form and the athlete may do so

If the athlete refuses to comply with the test then the procedure for refusal to take a test should be followed. The DCO should counsel the athlete about possible consequences of refusing to comply with the test.

Appendix A



WORLD SKATE (WSK)
ANTI-DOPING RULES

**Anti-doping Guidelines for WORLD
SKATE EVENTS**

Blood Sampling Guidelines

WORLD SKATE (WSK) has adopted the WADA guidelines (Annex E and annex K of International Standards for Testing) in its entirety for Blood Collections Officers

Annex E - Collection of Blood Samples

E.1 Objective

To collect an *Athlete's* blood *Sample* in a manner that ensures:

- a) consistency with relevant principles of internationally recognised standard precautions in healthcare settings, and is collected by a suitably qualified person, so that the health and safety of the *Athlete* and Sample Collection Personnel are not compromised;
- b) the *Sample* is of a quality and quantity that meets the relevant analytical guidelines;
- c) the *Sample* has not been manipulated, substituted, contaminated or otherwise tampered with in any way;

- d) the *Sample* is clearly and accurately identified; and
- e) the *Sample* is securely sealed.

E.2 Scope

The collection of a blood *Sample* begins with ensuring the *Athlete* is informed of the *Sample* collection requirements and ends with properly storing the *Sample* prior to transport to the laboratory that will be analysing the *Sample*.

E.3 Responsibility

E.3.1 The DCO has the responsibility for ensuring that:

- a) Each *Sample* is properly collected, identified and sealed; and
- b) All *Samples* have been properly stored and dispatched in accordance with the relevant analytical guidelines.

E.3.2 The Blood Collection Officer has the responsibility for collecting the blood *Sample*, answering related questions during the provision of the *Sample*, and proper disposal of used blood sampling equipment not required to complete the *Sample* Collection Session.

E.4 Requirements

E.4.1 Procedures involving blood shall be consistent with the local standards and regulatory requirements regarding precautions in healthcare settings where those standards and requirements exceed the requirements set out below.

E.4.2 Blood Sample Collection Equipment shall consist of (a) a single sample tube for *Samples* to be used in connection with an *Athlete Biological Passport* program; or (b) both an A and B sample tube for *Samples* not to be used in connection with an *Athlete Biological Passport* program; or (c) other equipment as otherwise specified by the relevant laboratory. Collection tubes shall be labelled with a unique *Sample* code number by the DCO/BCO if they are not pre-labelled. The types of equipment to be used and the volume of blood to be collected for particular analyses shall be as set out in *WADA's Blood Collection Guidelines*.

E.4.3 The DCO shall ensure that the *Athlete* is properly notified of the requirements of the *Sample* collection, including any modifications as provided for in Annex B – *Modifications for Athletes with Impairments*.

E.4.4 The DCO/Chaperone and *Athlete* shall proceed to the area where the *Sample* will be provided.

E.4.5 The DCO/BCO shall ensure the *Athlete* is offered comfortable conditions and shall instruct the *Athlete* to remain in a normal seated position with feet on the floor for at least 10 minutes prior to providing a *Sample*.

E.4.6 The DCO shall instruct the *Athlete* to select the *Sample* collection kit(s) required for collecting the *Sample* and to check that the selected equipment has not been tampered with and the seals are intact. If the *Athlete* is not satisfied with a selected kit, he/she may select another. If the *Athlete* is not satisfied with any kits and no others are available, this shall be recorded by the DCO. If the DCO does not agree with the *Athlete* that all of the available kits are unsatisfactory, the DCO shall instruct the *Athlete* to proceed with the Sample Collection Session. If the DCO agrees with the *Athlete* that all available kits are unsatisfactory, the DCO shall terminate the Sample Collection Session and this shall be recorded by the DCO.

E.4.7 When a *Sample* collection kit has been selected, the DCO and the *Athlete* shall check that all code numbers match and that this code number is recorded accurately by the DCO on the *Doping Control* form. If the *Athlete* or DCO finds that the numbers are not the same, the DCO shall instruct the *Athlete* to choose another kit. The DCO shall record the matter.

E.4.8 The BCO shall clean the skin with a sterile disinfectant wipe or swab in a location unlikely to adversely affect the *Athlete* or his/her performance and, if required, apply a tourniquet. The BCO shall take the blood *Sample* from a superficial vein into the tube. The tourniquet, if applied, shall be immediately removed after the venipuncture has been made.

E.4.9 The amount of blood removed shall be adequate to satisfy the relevant analytical requirements for the *Sample* analysis to be performed, as set out in *WADA's Blood Collection Guidelines*.

E.4.10 If the amount of blood that can be removed from the *Athlete* at the first attempt is insufficient, the BCO shall repeat the procedure up to a maximum of three attempts in total. Should all three attempts fail to produce a sufficient amount of blood, then the BCO shall inform the DCO. The DCO shall terminate the Sample Collection Session and record this and the reasons for terminating the collection.

E.4.11 The BCO shall apply a dressing to the puncture site(s).

E.4.12 The BCO shall dispose of used blood sampling equipment not required to complete the Sample Collection Session in accordance with the required local standards for handling blood.

E.4.13 If the *Sample* requires further on-site processing, such as centrifugation or separation of serum (for example, in the case of a *Sample* intended for use in connection with the *Athlete Biological Passport* program, after the blood flow into the tube ceases, the BCO shall remove the tube from the holder and homogenize the blood in the tube manually by inverting the tube gently at least three times), the *Athlete* shall remain to observe the *Sample* until final sealing in secure, tamper-evident kit.

E.4.14 The *Athlete* shall seal his/her *Sample* into the *Sample* collection kit as directed by the DCO. In full view of the *Athlete*, the DCO shall check that the sealing is satisfactory. The *Athlete* and the BCO/DCO shall sign the *Doping Control* form.

E4.16 The sealed *Sample* shall be stored in a manner that protects its integrity, identity and security prior to transport from the Doping Control Station to the laboratory that will be analysing the *Sample*.

E.4.17 Blood *Samples* shall be transported in accordance with Section 9.0. The transport procedure is the responsibility of the DCO. Blood *Samples* shall be transported in a device that maintains the integrity of *Samples* over time notwithstanding changes in external temperature. The transport device shall be transported by secure means using a method authorized by the Testing Authority.

[Comment to E.4: The requirements of this Annex apply to Blood Samples collected for the purposes of direct analysis as well as for the purposes of the ABP. Additional requirements applicable only to the ABP are contained in Annex K.]

Annex K - Collection, Storage and Transport of Blood ABP Samples

K.1 Objective

To collect an *Athlete's* blood *Sample*, intended for use in connection with the measurement of individual *Athlete* blood variables within the framework of the *Athlete Biological Passport* program, in a manner appropriate for such use.

K.2 Requirements

K.2.1 If collection occurs after training or *Competition*, test planning shall consider the *Athlete's* whereabouts information to ensure *Testing* does not occur within two hours of such activity. If the *Athlete* has trained or competed less than two hours before the time the *Athlete* has been notified of his/her selection, the DCO or other designated Sample Collection Personnel shall chaperone the *Athlete* until this two-hour period has elapsed.

If the *Sample* was collected within two hours of training or *Competition*, the nature, duration and intensity of the exertion shall be recorded by the DCO to make this information available to the APMU and subsequently to the Experts.

K.2.2 Although a single blood *Sample* is sufficient within the framework of the *ABP*, it is recommended to collect an additional "B" *Sample* for a possible subsequent analysis of *Prohibited Substances* and *Methods* in whole blood (e.g. detection of Homologous Blood Transfusion (HBT), and/or Erythropoiesis Stimulating Agents (ESAs).

For *Out-of-Competition Testing*, "A" and "B" urine *Samples* should be collected together with the blood *Sample(s)* in order to permit Analytical Testing for ESAs unless otherwise justified by a specific intelligent testing strategy.

[Comment: WADA's Blood Sample Collection Guidelines reflect these protocols and include practical information on the integration of ABP Testing into "traditional" Testing activities. A table has been included within the Blood Sample Collection Guidelines that identifies which

particular timelines for delivery are appropriate when combining particular test types (i.e. ABP + Growth Hormone (GH), ABP + HBT, etc.), and which types of Samples may be suited for simultaneous transport.]

K.2.3 The *Sample* shall be refrigerated from its collection until its analysis with the exception of when the *Sample* is analyzed at the collection site without delay. The storage procedure is the DCO's responsibility.

The storage and transport device shall be capable of maintaining blood *Samples* at a cool temperature during storage. Whole blood *Samples* shall not be allowed to freeze at any time. In choosing the storage and transport device, the DCO shall take into account the time of storage, the number of *Samples* to be stored in the device and the prevailing environmental conditions (hot or cold temperatures). The storage device shall be:

- a) Refrigerator.
- b) Insulated cool box.
- c) Isotherm bag.
- d) Any other device that possesses the capabilities mentioned below.

K.2.4 A temperature data logger shall be used to record the temperature from the collection to the analysis of the *Sample* except when the *Sample* is analyzed at the collection site without delay. The temperature data logger shall be able to:

- a) record the temperature in degrees Celsius at least once per minute;
- b) record time in GMT;
- c) report the temperature profile over time in text format with one line per measurement following the format "YYYY-MM-DD HH:MM T";
- d) have a unique ID of at least six characters.

K.2.5 Following notification to the *Athlete* that he/she has been selected for *Doping Control*, and following the DCO/BCO's explanation of the *Athlete's* rights and responsibilities in the *Doping Control* process, the DCO/BCO shall ask the *Athlete* to remain in a normal seated position with feet on the floor for at least 10 minutes prior to providing a blood *Sample*.

[Comment: the Athlete shall not stand up at any time during the 10 minutes prior to Sample collection. To have the Athlete seated during 10 minutes in a waiting room and then to call the Athlete into a blood collection room is not acceptable.]

K.2.6 6 In addition to a regular *Doping Control* form, the DCO/BCO shall use the ABP Supplementary Form if such a form is available. If an ABP-specific *Doping Control* form is unavailable, the DCO/BCO shall still use a regular *Doping Control* form but he/she shall collect and record the following additional information on a related form or supplementary report to be signed by the *Athlete* and the DCO/BCO:

- a) Confirm that there was no training or *Competition* in the two hours prior to the blood test.
- b) Did the *Athlete* train, compete or reside at an altitude greater than 1,500 meters within the prior two weeks? If so, or if in doubt, the name and location of the place where the *Athlete* had been and the duration of his/her stay shall be recorded. The estimated altitude shall be entered, if known.
- c) Did the *Athlete* use any form of altitude simulation such as a hypoxic tent, mask, etc. during the prior two weeks? If so, as much information as possible on the type of device and the manner in which it was used (e.g. frequency, duration, intensity) should be recorded.
- d) Did the *Athlete* receive any blood transfusion(s) during the prior three months? Was there any blood loss due to accident, pathology or donation in the prior three months? What was the estimated volume?
- e) The DCO/BCO should record on the *Doping Control* form any extreme environmental conditions the *Athlete* was exposed to during the last two hours prior to blood collection, including any sessions in any artificial heat environment, such as a sauna.

- f) Was the *Sample* collected immediately following at least three consecutive days of an intensive endurance *Competition*, such as a stage race in cycling?

K.2.7 The DCO/BCO shall start the temperature data logger and place it in the storage device. It is important to start recording the temperature before *Sample* collection.

The storage device shall be located in *Doping Control Station* and shall be kept secured appropriately in accordance with the ISTI.

K.2.8 The DCO/BCO instructs the *Athlete* to select the *Sample Collection Equipment* in accordance with ISTI Article E.4.6. If Vacutainer®(s) are not pre-labelled, the DCO/BCO shall label them with a unique *Sample* code number prior to the blood being drawn and the *Athlete* shall check that the code numbers match.

K.3 The *Sample* Collection Procedure

The *Sample* collection procedure for the collection of blood for the purposes of the *ABP* is consistent with the procedure set out in ISTI Articles E.4, with the following additional elements:

- a) The BCO ensures that the 10-minute (or more) seated period has elapsed prior to performing venipuncture and drawing blood; and
- b) The BCO ensures that the vacuum tubes were filled appropriately; and
- c) After the blood flow into the tube ceases, the BCO removes the tube from the holder and homogenizes the blood in the tube manually by inverting the tube gently at least three times.

K.3.1 The *Athlete* and the DCO/BCO sign the *Doping Control* and *ABP* supplementary form(s), when applicable.

The blood *Sample* is sealed and deposited in the storage device next to the temperature data logger.

K.4 Transportation Requirements

Blood *Samples* shall be transported in a device that maintains the integrity of *Samples* over time, due to changes in external temperature.

The transport procedure is the DCO's responsibility. The transport device shall be transported by secure means using an *ADO*-authorized transport method.

K.4.1 The integrity of the *Markers* used in the haematological module of the *ABP* is guaranteed when the Blood Stability Score (BSS) remains below 85, where the BSS is computed as

$$\mathbf{BSS = 3 * T + CAT}$$

with CAT being the Collection to Analysis Time (in hours), and T the average Temperature (in degrees Celsius) measured by the data logger between *Sample* collection and analysis.

Within the framework of the BSS, the following table can be used by the DCO/BCO to estimate the maximal transport time to a Laboratory or WADA- Approved Laboratory for the ABP, called the Collection to Reception Time (CRT), for a given average temperature T:

T [°C]	CRT [h]
15	35
12	41
10	46
9	48
8	50
7	53
6	55
5	58
4	60

The DCO/BCO shall apply a conservative approach and rapidly transport the *Sample* to a Laboratory or WADA- Approved Laboratory for the ABP located close to the *Sample* collection site.

K.4.2 The DCO, BCO or other Sample Collection Personnel shall report without delay into ADAMS:

- a) The *Doping Control* form;
- b) The *ABP* Supplementary form, and/or the additional information specific to the *ABP* collected on a related form or supplementary report;
- c) In the Chain of Custody, the temperature data logger ID (without any time reference) and the time zone of the testing location in GMT.

