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 Erythropoiseis 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 Vaccutainer®(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

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.