



WORLD
SKATE

SPORTS MEDICAL COMMISSION ATHLETE TESTING GUIDELINES



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**SPORTS MEDICAL
COMMISSION**
**ATHLETE TESTING
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World Skate
Sports Medical Commission
Athlete Testing Guidelines
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SECTION 0

**INSTRUCTIONS
FOR ATHLETES**

WHAT IS IN THIS BOOKLET

This booklet is designed to help you, the athlete, understand what will happen during and after a testing session, and your rights and responsibilities in relation to testing.

HOW TO USE THIS BOOKLET

Make sure you understand anti-doping and what it means to you. Keep booklet in your gym bag or pocket.

Use this Athlete Testing Guide when you are notified for a testing session, or when you want to brush up on your understanding about testing sessions.

HOW TO KEEP UP-TO-DATE WITH ANTI-DOPING

Under the World Anti-Doping Code, ignorance is no excuse, so keep your anti-doping knowledge up-to-date by visiting [WADA](#) and [World Skate websites](#).





SECTION 1

SAMPLE COLLECTION OVERVIEW

Sample collection (also known as doping control or drug testing) is an essential part of promoting and protecting doping-free sport. It is the process to detect the use of a prohibited substance, or prohibited method, by an athlete.

Sample collection consists of testing, conducted by an anti-doping organisation such as World Skate, and sample analysis, conducted by a laboratory that has been accredited by the World Anti-Doping Agency (WADA).

World Skate's doping control program complies with the [World Anti-Doping Code](#), and the [International Standard for Testing and Investigations](#).



SECTION 2

**ATHLETES SUBJECT TO
TESTING**

If you are in an [International athlete](#) or competing in any World Skate sanctioned event you are subject to testing. Any other athlete who satisfies the definition of an athlete under the [World Skate Antidoping Rules 2021 \(ADR\)](#) is also subject to testing.

The World Skate ADR can be found online by clicking [here](#) .

The test can be either in-competition or out-of-competition such as at an athlete's training venue or home. Almost all of the testing is carried out with no-advance notice. The test can involve the collection of urine, blood or both.

You must comply with a valid request for testing. You may face sanctions if you refuse to comply. The penalty for refusing to provide a sample upon valid request may be the same as providing a sample that contains a prohibited substance.



SECTION 3

SAMPLE COLLECTION PROCEDURES

- 1. ATHLETE SELECTION**
- 2. NOTIFICATION**
- 3. REPORTING TO THE DOPING CONTROL STATION**
- 4. SELECTING A COLLECTION VESSEL**
- 5. PROVIDING THE SAMPLE**
- 6. SELECTION OF THE SAMPLE COLLECTION KIT**
- 7. SPLITTING AND SEALING THE SAMPLE**
- 8. MEASURING SPECIFIC GRAVITY**
- 9. FINAL PAPERWORK**
- 10. SECURING AND TRANSPORTING THE SAMPLE**

1.ATHLETE SELECTION

You can be selected for testing anywhere, any time, and are subject to both random and targeted selection methods.



The role of the Doping Control Officers (DCO) is to organise and manage the sample collection session. The role of the Chaperone is to notify, accompany, and witness you providing a sample.

The DCO can also perform all the duties of a Chaperone. DCOs and Chaperones ensure that sample collection occurs in strict accordance with the relevant procedures, so all athletes are treated in a fair and equitable manner.

2.

NOTIFICATION

The DCO or Chaperone will notify you for sample collection generally in person, or less frequently by telephone, written notice, or by a third party.



Once notified of selection for testing, you must remain in direct observation of the DCO or Chaperone until the DCO is satisfied that the sample collection procedure is complete.

Any attempt to evade notification may result in an anti-doping rule violation and a ban from sport.

Third party notifications

We recommend that a third party (for example, guardian or coach) is also notified of athlete selection for sample collection when an athlete is under the age of 18 or has difficulty communicating verbally in English.

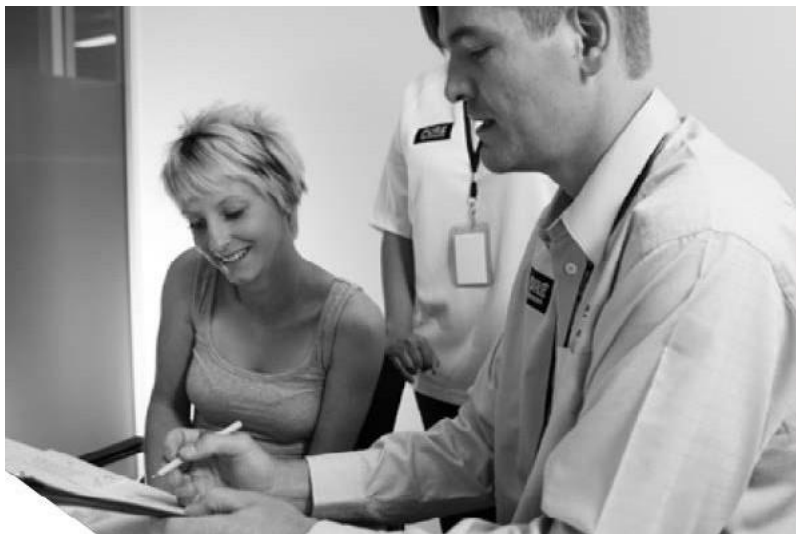
In the case of an athlete with an intellectual disability, it is a World Skate requirement that a third party is notified.

If the third party attempts to hinder the notification process this may be considered to be an anti-doping rule violation and may result in a sanction for the third party.

3. REPORTING TO THE DOPING CONTROL STATION

For no-advance notice testing, including in-competition testing, you are required to report to the doping control station immediately unless you request a delay in reporting for valid reasons. These are listed under [Athlete Rights](#) (page 14).

You can ask the DCO for information on the sample collection process.



4. SELECTING A COLLECTION VESSEL

You will be given a choice of individually sealed collection vessels, and you will select one. You will verify that the equipment is intact and has not been tampered with, and you will maintain control of the collection vessel at all times.



5. PROVIDING THE SAMPLE

Urine sample provision

Only a Chaperone (or DCO) of the same gender is permitted in the area of privacy when you provide the sample. If you are under 18 years of age, you may request your representative be present. The Chaperone (or DCO) will directly witness the urine sample leaving your body and going into the collection vessel.

You are required to thoroughly wash and dry your hands before providing a urine sample. You are also required to remove any clothing from the knees to the mid-torso and from the hands to the elbows.

You are responsible for controlling your sample and keeping it in view of the DCO or Chaperone until it is sealed in a sample collection kit. If you provide a sample less than the required volume, you are required to temporarily seal it and provide further volume.

The first urine sample(s) that you are able to provide post notification must be collected.

Blood sample provision

You will be asked to select blood collection equipment and check that it is intact and has not been tampered with.





During a ten-minute resting period, you may be asked to complete a short questionnaire. A blood collection official will collect the sample in the presence of a DCO and, if applicable, the athlete's representative.

In some instances, you may be required to wait two hours after training or competition before the blood is drawn.

If you have provided a blood sample, World Skate advises you to not do any strenuous exercise using that arm for a minimum of 30 minutes, to minimise bruising at the puncture site.

Athletes with disabilities

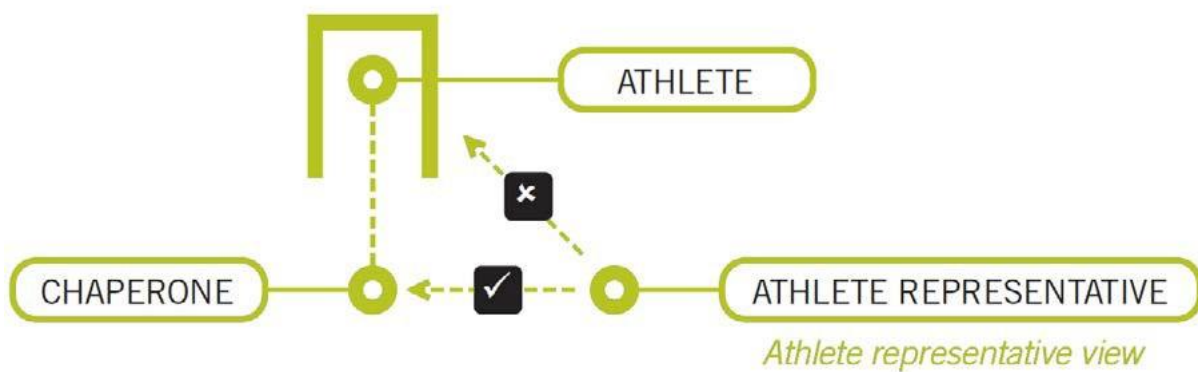
If you have a disability, you have the right to request a modification to the process; however, the DCO must approve it. Where required, World Skate will provide you with assistance during the sample collection procedure, and modify the procedures.

If you use a leg bag you will be required to drain any urine from the leg bag prior to the witnessed sample provision. If possible, you are required to use a clean, sterile catheter. If you choose to use a non-sterile catheter, you do so at your own risk.

Athlete representative

If you are under 18 years of age, you are encouraged to have a representative present while you are providing a urine sample. The representative will not directly witness you providing the sample unless you specifically request them to do so.

If you have a disability and require a representative, they will not directly witness you providing the sample unless you require their assistance to provide a sample.



6. SELECTION OF THE SAMPLE COLLECTION KIT

You will select an individually sealed sample collection kit that is intact and has not been tampered with. You will open the kit and confirm that the sample code numbers on the bottles, the lids, and the containers all match. All sample collection kit numbers will be recorded on the Doping Control Test Form.



7. SPLITTING AND SEALING THE SAMPLE

Urine

You will pour a measured amount of the urine into each of the 'A' and 'B' labelled bottles, and then secure the kits. You will be asked to leave a small amount of urine in the collection vessel so the DCO can measure the specific gravity. Then you will seal both the 'A' and 'B' bottles. The DCO will verify that the bottles are sealed properly.

Blood

You will place and secure the blood samples in the relevant labelled containers and secure the kits.



8. MEASURING SPECIFIC GRAVITY

The DCO will check the specific gravity of the residual urine left in the collection vessel and will record the value on the Doping Control Test Form. You should avoid over hydrating; this can happen if you drink too much fluid. If your sample is too diluted and does not meet the required specific gravity you will be required to provide additional urine samples as directed by the DCO.



9. FINAL PAPERWORK

Your personal information is recorded on the Doping Control Test Form, including contact details.

You will be asked to provide information on prescription and non-prescription medications, vitamins, herbal products, food supplements, and any other substances you have used within the last seven (7) days. These are recorded on the Doping Control Test Form.

Declare any substance used in the last seven days including any substances for which you have a current and valid Therapeutic Use Exemption.

Not declaring use may affect results management and have adverse consequences for you.

You will be invited to note comments and concerns about how the session was conducted on the form.

At the conclusion of the session, you must check that all the information recorded is correct and sign the doping control paperwork. The paperwork must also be signed by the parties present, including the DCO and, if applicable, Chaperone, the athlete representative and blood collection official. The DCO will provide a copy of the doping control paperwork to you for your records.



The copy of the doping control paperwork that the laboratory receives does not contain any information that could identify you.

10. SECURING AND TRANSPORTING THE SAMPLE

The secure sample(s) and the laboratory copy of the Doping Control Test Form are sent to the laboratory for analysis. There is a strict chain of custody regarding transportation, storage and opening of the sample. The laboratory will inspect the samples upon arrival to ensure there is no evidence of tampering.

All urine and blood samples will be sent to a WADA-accredited laboratory for analysis or storage for future analysis.

The analytical procedure

The laboratory will analyse the 'A' sample (urine) or blood sample for the presence of substances on the [WADA Prohibited List](#).

World Skate can store samples in a nominated deep freeze facility for up to ten years, and retrospectively analyse the samples to detect prohibited substances and methods and enforce sanctions against athletes.



SECTION 3

RESULTS MANAGEMENT

If we are advised by a WADA-accredited laboratory that your 'A' sample has recorded an adverse analytical finding, which is the presence of a prohibited substance or its metabolites or markers, or evidence of use of a prohibited method on the [WADA Prohibited List](#), you will be notified.

If your 'A' sample, whether urine or blood (where an 'A' and 'B' sample were collected) returns an adverse analytical finding, you have the right to have the 'B' sample analysed to confirm the result.

If your 'A' sample returns an adverse analytical finding and you waive your right to have the 'B' sample analysed, World Skate can elect to test your 'B' sample.

World Skate also collects urine and blood samples in accordance with WADA's Athlete Biological Passport Guidelines. If following the review of an athlete's profile World Skate considers further investigations are required we may contact you for more information.



SECTION 6

ATHLETE RIGHTS

You have the right to:

- › have a representative present
- › have an interpreter, if available
- › ask for additional information about the sample collection process
- › request modifications if you are an athlete with a disability
- › request a delay in reporting to the doping control station for valid reasons such as:

for in-competition testing

- › perform a warm down
- › compete in further competitions
- › fulfil media commitments
- › participate in a victory ceremony
- › obtaining necessary medical treatment
- › obtain photo identification
- › locate a representative and/or interpreter
- › any other reasonable circumstances as approved by the DCO

for out-of-competition testing

- › locate a representative
 - › complete a training session
 - › receive necessary medical treatment
 - › obtain photo identification
 - › any other reasonable circumstances as approved by the DCO.
-



ATHLETE RESPONSIBILITIES

You have the responsibility to:

- › remain within direct observation of the DCO or Chaperone at all times from the point of notification until the completion of the sample collection procedure
- › produce appropriate identification
- › comply with the directions of the DCO and Chaperone during the sample collection session
- › report immediately for a test, unless there is a valid reason for a delay.

This [video](#) gives you a brief overview of the doping control process, as seen by the athlete.



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