

WELCOME!

THE DOPING CONTROL PROCESS

Testing procedures (urine and blood) and
athlete biological passport (ABP)

WEBINAR 2
IF SERIES JULY-AUGUST 2023



Off

- ✓ ☒ EN English
- ☐ 中 Chinese
- ☐ FR French
- ☐ RU Russian
- ☐ ES Spanish
- ☐ AR Arabic

Mute Original Audio

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Participants



Chat



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Reactions



Interpretation

FAIRNESS RESPECT INTEGRITY



CHAT

Q&A

QUESTIONS AND ANSWERS





WEBINAR SERIES

from 14:00
to 15:00 CEST

#KEEPINGSPORTREAL

6 July

INTRODUCTION TO ANTI-DOPING

13 July

THE DOPING CONTROL PROCESS

20 July

**MEDICATIONS, SUPPLEMENTS,
PROHIBITED LIST AND TUES**

27 July

**PRINCIPLES AND VALUES
OF CLEAN SPORT**

3 Aug

OUT-OF-COMPETITION TESTING

العربية | ENGLISH | ESPAÑOL | FRANÇAIS | РУССКИЙ | 普通话

PARTICIPATION CERTIFICATES



CERTIFICATE

Mairi Irvine

has successfully completed the International Testing Agency
Anti-Doping Course for International Federations

ITA Education

28 August 2023

Benjamin Cohen
ITA Director General

#KeepingSportReal

TODAY'S AGENDA

THE DOPING CONTROL PROCESS

01.

DEFINITIONS AND
KEY ROLES

03.

SAMPLE
COLLECTION –
URINE

05.

SAMPLE
COLLECTION –
BLOOD

07.

ABP

02.

KEY STEPS OF
DOPING CONTROL

04.

COMMON
SCENARIOS

06.

THE DOPING
CONTROL
FORM

08.

Q&A

BY THE END OF TODAY'S SESSION, YOU SHOULD....

- ☒ Be familiar with key doping control terms and roles
- ☒ Understand the key steps of Doping Control
- ☒ Know athlete rights and responsibilities during sample collection
- ☒ Have a good overview of the urine and blood sample collection process and the Doping Control Form
- ☒ Be aware of common circumstances and case scenarios such as delays, partial and diluted samples

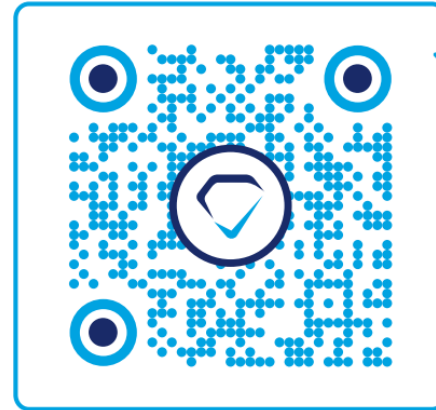
POLL QUESTION 1

WHICH OF THE FOLLOWING TAGLINES HAS THE ITA USED IN EDUCATION CAMPAIGNS?

- ✓ Born to pee wild
- ✓ To pee or not to pee, it's not a question.
- ✓ Train. Eat. Sleep. Compete. Pee. Repeat!
- ✓ None of the above
- ✓ All of the above



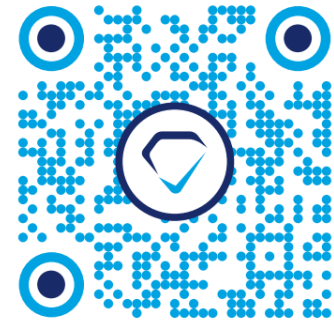
**BORN TO
PEE WILD**
#KEEPINGSPORTREAL



**TRAIN.
EAT.
SLEEP.
COMPETE.
PEE.
REPEAT!**

#KEEPINGSPORTREAL

**TO PEE OR NOT TO PEE,
IT'S NOT A QUESTION**
#KEEPINGSPORTREAL



WHAT IS DOPING CONTROL?



All steps and processes from test distribution planning through to ultimate disposition of any appeal and the **enforcement of *Consequences***, including all steps and processes in between, including but not limited to, *Testing*, investigations, whereabouts, *TUEs*, *Sample collection* and handling, laboratory analysis, *Results Management* and investigations or proceedings relating to violations of Article 10.14.

WADA Code, Appendix 1, Definitions

KEY ROLES AND TERMS IN DOPING CONTROL

- ✓ **Doping Control Officer (DCO):** An official trained and authorised to collect a urine sample from an athlete.
- ✓ **Blood Collection Officer (BCO):** An official qualified and authorised to collect a blood sample from an athlete.
- ✓ **Chaperone:** An official trained and authorised to carry out specific duties such as notification, accompanying and verifying the sample provision.
- ✓ **Doping Control Form (DCF):** The official form the athletes complete during the doping control process.
- ✓ **Doping Control Station (DCS):** A location where the sample collection is carried out.

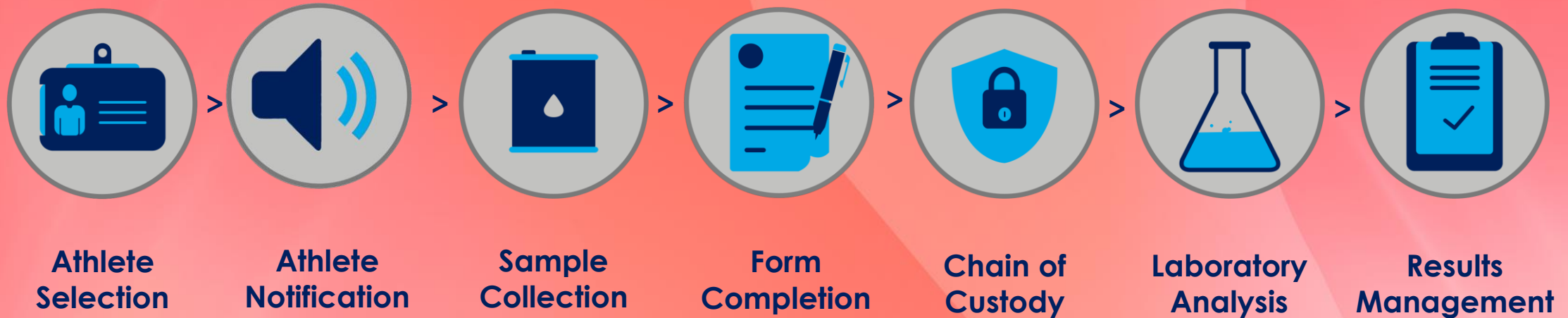
POLL QUESTION 2

WHAT IS THE CORRECT ORDER OF THESE KEY STEPS OF THE DOPING CONTROL PROCESS?

- ✓ Selection, Notification, Form Completion, Sample Collection.
- ✓ Selection, Notification, Sample Collection, Form Completion.
- ✓ Notification, Selection, Sample Collection, Form Completion.
- ✓ Notification, Selection, Form Completion, Sample Collection.



KEY STEPS OF THE DOPING CONTROL PROCESS



KEY STEPS OF THE DOPING CONTROL PROCESS



**Athlete
Selection**



**Athlete
Notification**



**Sample
Collection**



**Form
Completion**



**Chain of
Custody**



**Laboratory
Analysis**



**Results
Management**



WHO CAN TEST ATHLETES?

- ✓ National Anti-Doping Organisations (NADOs)
- ✓ International Federations (IFs)
- ✓ Major Event Organisers (MEOs)
- ✓ Delegated third parties like the International Testing Agency (ITA)

WHO CAN BE TESTED?

- ✓ Any athlete jurisdiction of an Anti-Doping Organisation (ADO) and subject to their anti-doping rules

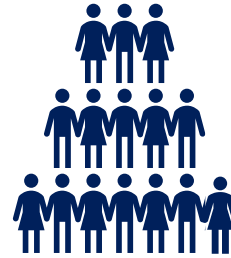
KEY STEPS OF THE DOPING CONTROL PROCESS



ATHLETE SELECTION



**Based on performance
on the field of play**



**Random
Selection**



**Targeted for a specific
reason**

KEY STEPS OF THE DOPING CONTROL PROCESS



NOTIFICATION



ATHLETES' RESPONSIBILITIES DURING DOPING CONTROL

- ☒ Report for testing immediately if selected
- ☒ Show valid identification
- ☒ Remain in direct sight of the DCO or Chaperone
- ☒ Comply with the sample collection procedure



ATHLETES' RIGHTS DURING DOPING CONTROL

- ✓ Have a representative with you
- ✓ Request an interpreter, if available
- ✓ Request special assistance or modifications for valid reasons
- ✓ Ask any questions
- ✓ Ask for Chaperone's/DCO's identification
- ✓ Record any comments or concerns on the form
- ✓ Request a delay for valid reasons



VALID REASONS TO DELAY TESTING

- ☒ Attending a victory ceremony
- ☒ Finishing a training session or competing in further events
- ☒ Receiving necessary medical attention
- ☒ Fulfilling media commitment
- ☒ Warming down

POLL QUESTION 3

SELECT THE CORRECT STATEMENT FROM THE LIST BELOW.

- ✓ An athlete can request physical assistance if they are injured.
- ✓ An athlete can only request a delay during an in-competition doping control.
- ✓ An athlete can leave the Doping Control Station unattended if the DCO allowed them to delay testing.

KEY STEPS OF THE DOPING CONTROL PROCESS

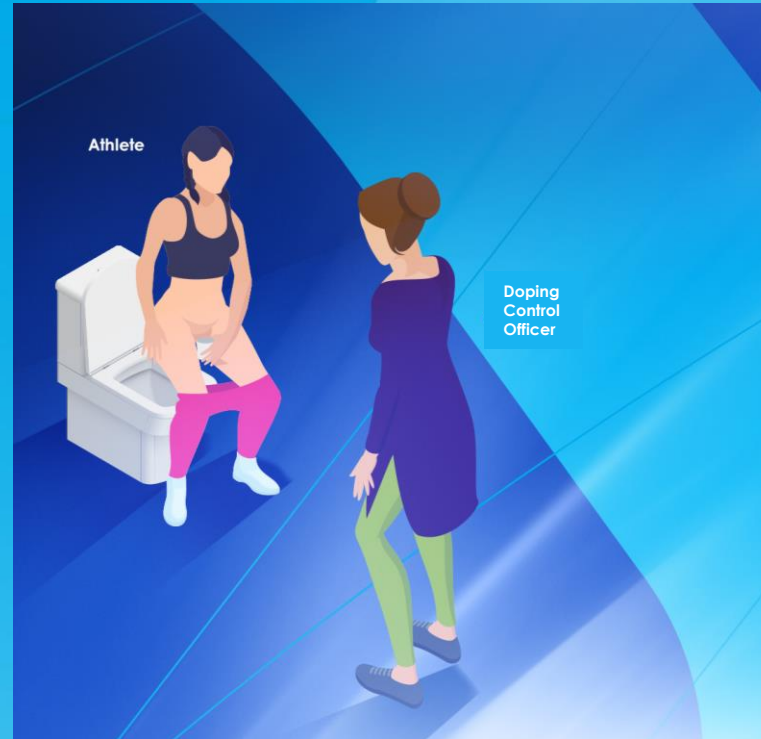


URINE SAMPLE COLLECTION



SAMPLE COLLECTION FROM A MALE ATHLETE

The Doping Control Officer (DCO) stands to the side of the athlete.



SAMPLE COLLECTION FROM A FEMALE ATHLETE

The DCO stands in front of the athlete.



SAMPLE COLLECTION WITH AN ACCOMPANYING PERSON

The DCO watches the athlete. The witness watches the DCO.

SAMPLE COLLECTION-DEMONSTRATION



URINE SAMPLE COLLECTION: PARTIAL SAMPLE

- ✓ Athletes must provide **at least 90mL of urine** during sample collection
- ✓ Anything below 90mL is considered a **partial sample**
- ✓ Important to produce **enough urine** as labs test for nearly 200 substances
- ✓ **The B bottle must have sufficient urine volume** to allow a confirmation test if needed



URINE SAMPLE COLLECTION: SPECIFIC GRAVITY

- ✓ **Doping Control Officers always test a urine sample's specific gravity** – the measure used to determine whether a sample is concentrated enough to be tested in a laboratory.

Points to note:

- ✓ A specific gravity measurement lower than the requirement means another sample must be collected
- ✓ Athletes continue to provide a sample until they reach a suitable specific gravity measurement
- ✓ Don't drink too much too quickly, as you could end up with a diluted sample and will have to provide another
- ✓ Alcohol is not allowed during Doping Control



SPECIFIC GRAVITY



BLOOD SAMPLE COLLECTION (KEY STEPS)



- ✓ **Notification and identification**
(Same as urine sample collection)
- ✓ **Selection of testing kit**
(Same as urine sample collection)
- ✓ **Remain seated for 10 minutes**
- ✓ **BCO collects blood sample**
(Minimum of 3 ml and a maximum of 16 ml)
- ✓ **Sealing of the sample**
- ✓ **Completion of the doping control form & signature**
(Same as urine sample collection)

KEY STEPS OF THE DOPING CONTROL PROCESS



DOPING CONTROL FORM



DOPING CONTROL FORM

DOPING CONTROL FORM

- 1 Fill in your personal information.
- 2 Take the time to read the athlete rights and responsibilities.
- 3 Check sample codes carefully.
- 4 Declare all medications and supplements.
- 5 Review the form to make sure that all the information is correct and sign.
Note any comments.

1 FILL IN YOUR PERSONAL INFORMATION

1. ATHLETE INFORMATION

NAME:

SPORT DISCIPLINE: ATHLETE ID PROVIDED: YES / NO

2 HAVE YOU READ AND FULLY UNDERSTOOD THE ATHLETE RIGHTS AND RESPONSIBILITIES?

I CONSENT TO GIVE SAMPLES AND UNDERSTAND THAT NOT COOPERATING MIGHT BREAK THE DOPING CONTROL RULES.
I HAVE READ THE INFORMATION ON MY RIGHTS AND RESPONSIBILITIES.

SIGNATURE

3 CHECK YOUR SAMPLE CODES CAREFULLY

3. INFORMATION FOR ANALYSIS

SAMPLE 1

BLOOD: A / B

BLOOD SAMPLE CODE NUMBER:

TIME:

SAMPLE 2

BLOOD: A / B

BLOOD SAMPLE CODE NUMBER:

TIME:

SAMPLE 1

URINE: A / B

URINE SAMPLE CODE NUMBER:

TIME:

SAMPLE 2

URINE: A / B

URINE SAMPLE CODE NUMBER:

TIME:

LIST ANY PRESCRIPTION MEDICATIONS AND OVER-THE-COUNTER MEDICATIONS/SUPPLEMENTS YOU HAVE TAKEN IN THE PAST WEEK, IF POSSIBLE. NOTE DOWN THE DOSEAGE, IF YOU HAVE RECEIVED ANY TRANSFUSIONS IN THE PAST 6 MONTHS, NOTE DOWN THE INFORMATION.

SUPPLEMENTARY REPORT FORM NUMBER:

CONSENT FOR RESEARCH (OPTIONAL): I ACCEPT / I REFUSE

SIGNATURE

4 DECLARE ALL YOUR MEDICATION AND SUPPLEMENTS

4. CONFIRMATION OF PROCEDURE FOR URINE AND/ OR BLOOD TESTING

ANY COMMENTS SHOULD BE NOTED HERE. IF NECESSARY CONTINUE ON A SUPPLEMENTARY REPORT FORM.

URINE SAMPLE WITNESS

NAME:

SIGNATURE:

ATHLETE REPRESENTATIVE

NAME:

POSITION:

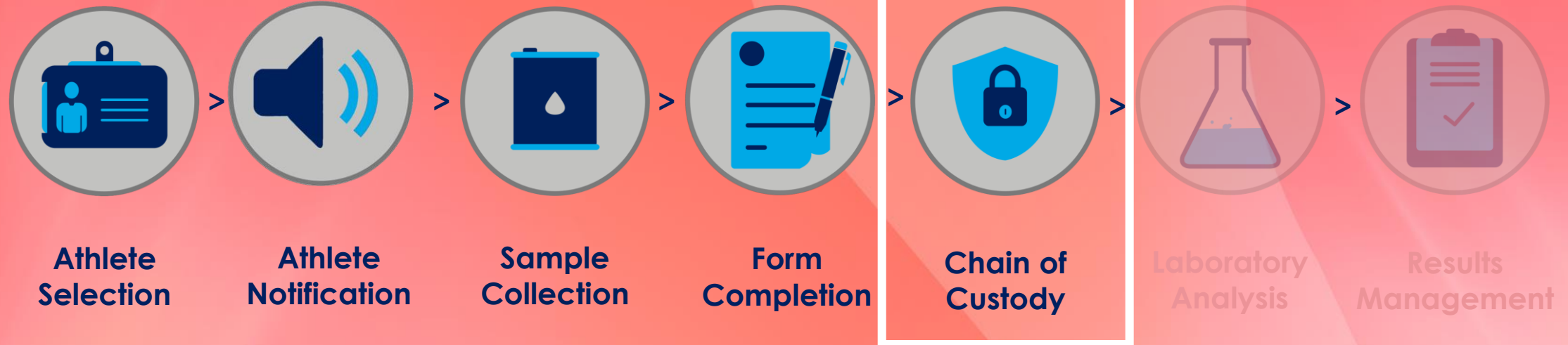
SIGNATURE:

I CONFIRM THAT I'VE GIVEN ALL INFORMATION TRUTHFULLY AND THAT THE SAMPLE WAS COLLECTED ACCORDING TO THE RULES.
I UNDERSTAND AND ACCEPT THAT THE RESULTS WILL BE SHARED WITH RELEVANT ORGANISATIONS.

SIGNATURE

5 SIGN TO CONFIRM ALL INFORMATION ON THE FORM IS CORRECT

KEY STEPS OF THE DOPING CONTROL PROCESS



WHAT HAPPENS TO MY SAMPLE?

- ✓ Collected samples are securely packaged
- ✓ Samples are sent to a WADA-accredited laboratory for analysis
- ✓ The transportation is tracked and monitored by a chain of custody procedures to ensure security
- ✓ Blood samples are always placed in a cool box with the temperature logger



ADVICE FOR ACCOMPANYING PERSONS

- ✓ Athlete Support Personnel play a key role in creating a supportive environment for the athlete
- ✓ Athlete Support Personnel have a right and a responsibility to write comments on the Doping Control Form

POLL QUESTION 4

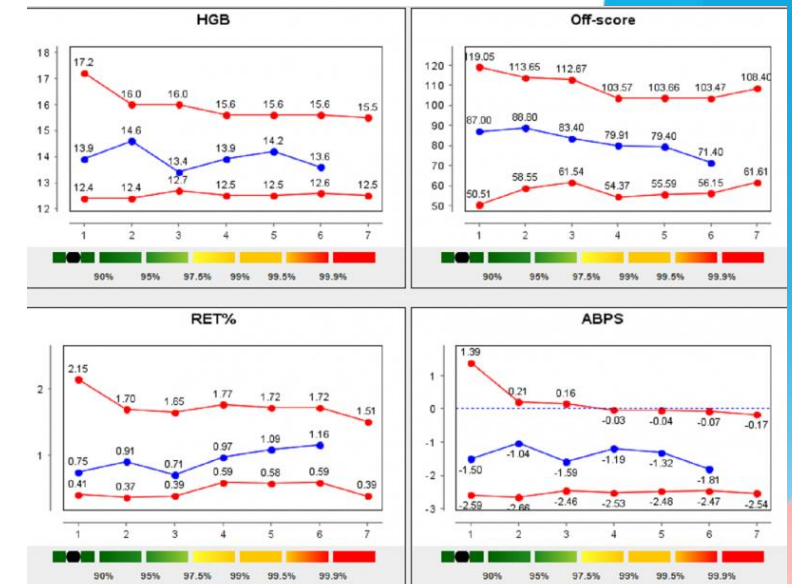
WHAT DOES **ABP** STAND FOR?

- ✓ Antibodies Blood Portal
- ✓ Athlete Biological Passport
- ✓ Analytical Biomarker Port
- ✓ Anti-Doping Biological Passport



ATHLETE BIOLOGICAL PASSPORT (ABP)

- ✓ ABP was introduced in 2009 and established as a pillar method in detection of doping
- ✓ ABP is an individual electronic profile that monitors selected athlete biological variables
 - Contains athlete urine and blood sample results which are tracked
 - Any significant variation from normal can be assessed for possible manipulation
- ✓ ABP monitors biological variables that indirectly reveal the effects of doping over time
- ✓ ABPs are integrated into ADAMS, the Anti-Doping Administration & Management System



IN SUMMARY...

- ✓ Athletes should know and exercise their **rights and responsibilities** in the Doping Control process – this includes the right to request a delay for a valid reason and other modifications to the process.
- ✓ Athletes should always **follow the instructions of the chaperone, doping control officer and blood collection officer**. Athletes should also feel free to ask any questions during this process!
- ✓ Athletes who are unable to provide enough urine or provide a sample that is diluted will be asked to **provide additional samples**.
- ✓ Athletes must **complete the doping control form correctly** and double check all the details – especially the sample codes!

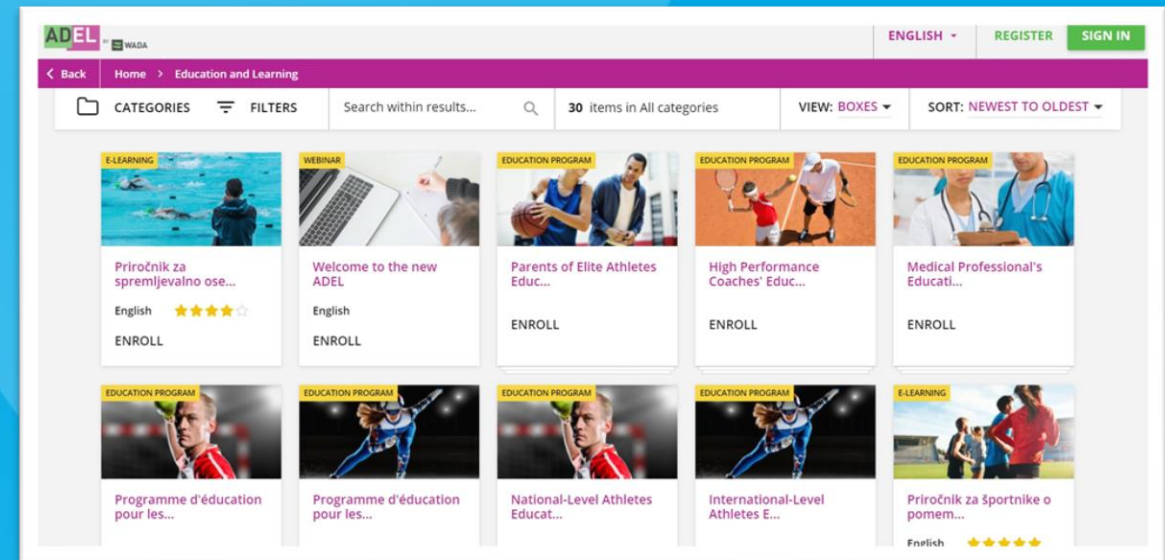
KEY STEPS OF THE DOPING CONTROL PROCESS

- ✓ Arabic
- ✓ Chinese
- ✓ English
- ✓ French
- ✓ German
- ✓ Italian
- ✓ Japanese
- ✓ Korean
- ✓ Portuguese
- ✓ Russian
- ✓ Spanish



USEFUL RESOURCES

- ✓ [WADA Anti-Doping Education and Learning \(ADEL\)](#)
- ✓ [What to expect from the Doping Control Process \(SIA\)](#)
- ✓ [International Standard for Testing and Investigations](#)
- ✓ [WADA – ABP Overview](#)
- ✓ [ITA monthly webinar – The Athlete Biological Passport](#)
- ✓ [ITA monthly webinar - What happens to my sample?](#)



Q&A

NEXT SESSION

MEDICATIONS SUPPLEMENTS, PROHIBITED LIST & TUES

THURSDAY 20 JULY 14:00 CEST

SCAN TO REGISTER



A FEW REMINDERS

- ✓ Please fill out the survey after this session.
Your feedback is very important to us!
- ✓ You will receive a copy of the slides after the webinar after via email.
- ✓ Course completion certificates will be issued to everyone who attends all five webinars – make sure you **always register with the same email address.**

THANK YOU AND SEE YOU NEXT WEEK!

MORE QUESTIONS?

education@ita.sport

WEBSITE

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