

ANTI-DOPING TESTING PROCEDURE

During an athlete's sporting career, they may be tested by World Triathlon or another Anti-Doping Organisation. To protect the integrity of sport, testing is one of its essential components.

As an athlete, it is important that they be educated about the sample testing procedures. All of the rules of the testing procedures can be found in the [WADA International Standard For Testing and Investigations](#).

Who can be tested?

All athletes can be tested any time at any place by an Anti-Doping Organisation (ADO) (such as World Triathlon as an International Federation, a National Anti-Doping Organisation (NADO), or a Major Event Organisers (MEO): such as the Organising Olympic and Paralympic Committee).

All athletes can be tested at any time regardless of their competitiveness. The level of the athlete is not a condition to be tested by any ADO: for instance, from Elite to Age-Group athletes of all ages can be tested.

What can be tested?

Urine and blood are currently the two different types of samples that can be taken. Other methods are being explored, such as hair samples. All samples are sent anonymously for analysis to an accredited laboratory. All the procedures for testing in place are standardised between all of the laboratories around the world: one can see these procedures in the [WADA International Standard for the Laboratories](#).

The sample is split into two during the sample collection procedure. First sample A will be analysed, and Sample B will be stored securely. Remember samples can be stored for up to 10 years.

When can an athlete be tested?

Testing can take place In-Competition during any event, or Out-of-Competition in a training venue or anywhere else, even at one's home. An athlete will never be informed before they are going to be tested to guarantee the effectiveness of the testing and the results.

Who is conducting the test?

An accredited person called a Doping Control Officer, who received specific education on how to conduct a doping testing procedure will supervise the sample collection. These people will have identification on them that can be shown when they notify the athlete that they have been selected for testing.

What are the steps of a Doping Control Procedure for Urine Test?

- 1- **Selection of Athlete:** The athlete is selected for doping control by an ADO. This ADO (that can be World Triathlon, your NADO or a MEO), which has the Testing Authority to test the athlete, will also oversee the whole management of the case (from the sample collection to the closure of the case).
- 2- **Notification to the Athlete:** A Chaperone or a Doping Control Officer will notify the athlete that they have been selected for testing and they will show their identification. The athlete's rights and responsibilities will be explained (see below), and the chaperone will ask for identification. Once it has been established that the chaperone has the right person, the athlete will sign the notification form, confirming that they have been notified that they have been chosen for doping control.
- 3- **Reporting:** The chaperone will escort the athlete to the doping control station (DCS) where the testing will be taking place. They should report immediately to the station unless a delay of testing has been granted for a permitted reason (see section below).
- 4- **Selecting Sample Collection Equipment:** A choice of sample collection kits will be offered to the athlete. The athlete will select one and make sure this kit is sealed and has not been tampered with.
- 5- **Providing a Sample:** Once ready to submit the sample, the athlete will wash their hands or wear the provided gloves and then provide their urine sample. The Doping Control Officer (who must be of the same gender as the athlete) will directly observe the providing of the sample. Clothing should be removed or lifted above one's chest and below one's knees so there is an unobstructed view.
- 6- **Splitting the Sample:** A minimum of 90ml of urine must be provided. It is not mandatory to provide this volume at once: this can be done on more than one occasion until the required amount is reached. Once achieved, the Doping Control Officer will ask that the athlete splits the sample between the A and B bottles (starting with the B bottle first). The athlete will make sure that these sample collection bottles have not been tampered with and check that the code on the kit matches with what is written on the doping control form.
- 7- **Sealing the Sample:** Once the sample is split the athlete will seal the bottles while making sure that the tamper-evident bottle lids are securely fastened so that there is no leakage.

- 8- **Checking the Sample's Concentration (Specific Gravity):** For the accredited laboratory to be able to analyse the sample, it needs to be of a specific concentration. The Doping Control Officer will test the urine sample to make sure it is within range. If not, an athlete may be asked to provide another sample.
- 9- **Filling the Doping Control Form:** The Doping Control Form (DCF) must be completed and signed to complete the process. The athlete must list any medications and/or supplements that they have taken within the last seven days. The athlete can consent to allowing their sample to be used for research purposes too, if they want to. The Doping Control Officer must also sign the DCF. The athlete will be given a paper copy or sent an electronic copy of the DCF that they should keep for reference.

Are there any differences for the Blood Testing Procedure?

Although the main sample collection process is similar for the blood and urine procedures, there are still some specifics for blood sample collection that the athlete should be aware of.:

- **Providing a Sample:** The Doping Control Officer shall ensure the athlete is offered comfortable conditions and shall instruct the athlete to remain in a normal seated position with their feet on the floor at least 10 minutes prior to providing a blood sample.
- The Blood Collection Officer (BCO: an official who is qualified and authorized to collect a blood sample) shall assess the most suitable location for venipuncture that is unlikely to adversely affect the athlete or their performance (This is usually non-dominant arm unless the other arm is more suitable).
- In the event the amount of blood that can be removed during the first attempt is insufficient, the BCO shall repeat the procedure up to a maximum of 3 times in total.
- **Sealing your Sample:** The athlete must seal the sample into a Tamper Evident Kit as directed by the Doping Control Officer who will check that the sealing is satisfactory.

Athlete with Impairments May Request Modifications to the Procedure

To ensure that the needs of an athlete with impairments are considered, some modifications might be necessary in the standard sample collection procedures. These modifications may not compromise the identity, security or integrity of the sample.

The Doping Control Officer may decide that alternative equipment or station will be used if required to enable the athlete with impairment to provide the sample.

Athletes who are Minors Have Special Considerations

An athlete who is a Minor (a person under the age of the majority in his/her country) should be notified in the presence of an Athlete representative (who shall not be Minor too) and should be accompanied by a representative throughout the entire sample collection procedure.

What about a need of delay for In-Competition Testing?

There may be situations where a delay in immediately reporting to the Doping Control Station may be appropriate. There is a right to request a delay for the following reasons, but the delay may not be granted:

- Participate in a medal ceremony;
- Fulfil media commitments;
- Compete in further competitions;
- Perform a warm-down;
- Obtain medical treatment;
- Locate a representative and/or interpreter;
- Obtain photo identification;
- Any other exception circumstances which may justified, and which shall be documented.

What about a need of delay for Out-Of-Competition Testing?

These are the permitted reasons to request a delay for an Out-Of-Competition Testing but, again, the delay may not be granted:

- Locate a representative;
- Complete a training session;
- Receive medical treatment;
- To obtain photo identification;
- Any other exception circumstances which may justified, and which shall be documented.

What are an athlete's rights?

Athletes have rights within the Testing Procedure that must be strongly respected. From the notification of Doping Control, the athlete has the right to:

- Be accompanied by a representative and/or interpreter of their choice
- Request a delay in reporting to the Doping Control Station for valid reasons as detailed above
- Ask for additional information about the sample-collection process
- Request modifications.

What are an athlete's responsibilities?

Having rights implicates also having responsibilities. An athlete has the responsibility to:

- Always remain within direct observation of the Doping Control Officer or the Chaperone from the notification until the completion of the sample collection procedure.
- Produce identification such as competition accreditation or ID/Passport/Driving's licence.
- Comply with the entire sample collection procedure.
- Report immediately for a test, unless there are valid reasons for a delay (as detailed above).

What happen if an athlete refuses to submit to a sample collection?

As defined in article 2.3 of the WAD-Code, if a person evades, refuses, or fails to submit a sample collection for an Anti-Doping Control, they will be committing an Anti-Doping Rules Violation and so subject to the relevant consequences (outlined in article 10 of the Code).

What should an athlete do if something unusual happened during a Testing Procedure?

On the doping control form, there is a section where an athlete has opportunity to write comments about the procedure. This is an important tool that the athlete should use to record anything of note that they would like the Anti-doping Organisation undertaking the test to know. If the athlete thinks of something after the fact, then they should contact the World Triathlon Anti-Doping Administrator to make a report of any abnormalities.