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AGENCY
INDIA

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Play fair

ATHLETE DOPING CONTROL PROCESS



CREDIBLE NADA. VISIBLE NADA. INCLUSIVE NADA

Introduction

Doping control (testing) is one tool that Anti-Doping Organizations (ADOs) use to level the playing field and protect clean sport.

A crucial aspect of any anti-doping programme is sample collection. This involves collection of athlete's blood, urine, dried blood spot, or any other WADA-approved sample, which is followed by proper documentation, preparation and shipment of the samples to a WADA accredited laboratory.

Athletes who compete in sports and who are under the jurisdiction of the ant-doping rules, can have their urine and /or blood tested anytime, anywhere by their International Federations(IF), National Anti-Doping Organization (NADO) or Major Event Organizer (MEO). For this purpose, specially trained Doping Control Personnel (DCP) carry out all tests.

Testing can be conducted in-competition and out-competition such as at an athlete's home, place of work or training venue.

How are athletes selected for testing?

- In-competition: athletes can be chosen by random selection, finishing position, or by being targeted for a particular reason.
- Out-of-competition: athletes may be tested anytime, anywhere, and with no advance notice.

If the athlete is a minor or is an athlete with an impairment, modifications to the sample collection procedure can be made, where necessary and possible.



Testing (Urine)

The 11 stages of the testing process include:

Step 1
Athlete selection

Athletes can be selected for testing at any time and any place.

Step 2
Notification

The athlete is notified by a doping control officer (DCO) or chaperone that they have been selected for doping control procedure (testing) and they are informed under which ADOs authority they are being tested.

Step 3
Reporting to the Doping Control Station

The athlete must report to the doping control station immediately (although they may be excused for medal ceremonies etc. once they are notified by the DCO/BCO & Chaperone).

Step 4
Choosing sample collection vessel

The athlete will choose a urine sample collection vessel from a selection made available by the doping control personnel.

Step 5
Providing a sample

The DCO or chaperone will witness the passing of the urine sample when the athlete is ready to provide it.

Step 6
Volume of urine

A minimum 90mL is required for urine samples. If the first sample is not 90ml the athlete may be asked to wait and provide an additional sample.



Step 7
Splitting of the sample

The athlete will divide their urine into the A and B bottles, saving a residual amount of urine in the sample collection vessel. The B sample affords the athlete the opportunity to have second analysis performed in the event their 'A sample returns and adverse analytical finding (a 'positive' result)

Step 8
Sealing of the sample

The athlete will seal the A and B bottles.

Step 9
Measuring specific gravity

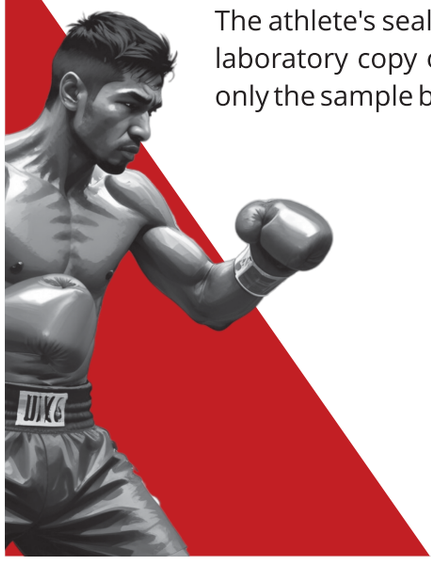
The DCO measures the specific gravity of the athlete's urine to determine whether it meets laboratory standards. If the sample is too dilute the athlete will be asked to provide additional sample(s).

Step 10
Completing the Doping Control Form (DCF)

The athlete completes the DCF, either in paper or digital format, with the DCO. The athlete is asked to provide personal information, a list of substances or methods used, and any comments they may have related to the doping control process. The athlete receives a print or digital copy of the DCF.

Step 11
The sample is sent to the laboratory

The athlete's sealed sample is secured and sent to a WADA-accredited laboratory. The laboratory copy of the DCF that accompanies the sample is anonymized, indicating only the sample bottle number, sport and the athlete's gender.



Testing (Blood)

The 9 stages of the testing process include:

Step 1
Athlete selection

Athletes can be selected for testing at any time and any place.

Step 2
Notification

The athlete is notified by a doping control officer (DCO) or chaperone that they have been selected for doping control (testing) and they are informed under which ADOs authority they are being tested.

Step 3
Reporting to the Doping Control Station

The athlete must report to the doping control station immediately (although they may be excused for medal ceremonies etc. once they've checked in).

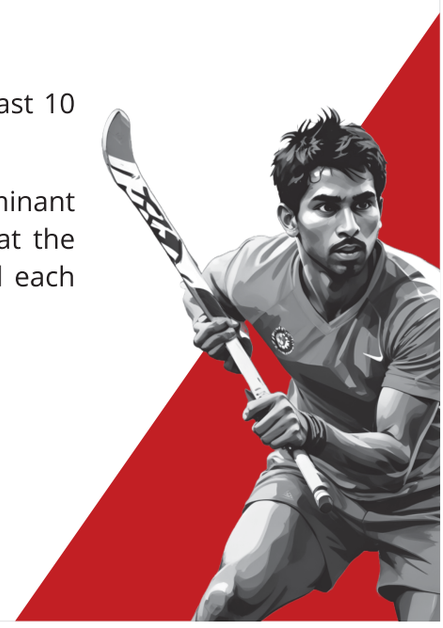
Step 4
Choosing blood collection kit

The athlete will choose a blood collection kit from a selection made available by the doping control personnel.

Step 5
Providing a sample

The athlete will be asked to remain seated and relaxed for at least 10 minutes before undergoing venepuncture.

The Blood Collection Officer (BCO) will ask for the athlete's non-dominant arm, apply a tourniquet to the upper arm, and clean the skin at the puncture site. The BCO will draw blood from the athlete and fill each Vacutainer blood tube with the required volume of blood.



For a Dried Blood Spot Analysis:The DCO/BCO will assess the most suitable location for the puncture that is unlikely to adversely affect the athlete or their sporting performance.

The athlete will warm the sample collection site. The DCO/BCO will disinfect the blood sample site with a sterile disinfectant pad or swab.

The DCO/BCO will collect the blood from the fingertips or from the upper arm.

Step 6
Splitting of the sample

The BCO will place the Vacutainer tubes into the A and B kits (only one vial may be necessary if the blood sample is collected as part of an ABP program).

For a Dried Blood Spot Analysis:The DCO/BCO will transfer the DBS samples into a secure kit that is labelled as A&B.

Step 7
Sealing of the sample

The athlete will seal the A and B bottles.

Step 8
Completing the Doping Control Form (DCF)

The athlete completes the DCF, either in paper or digital format, with the DCO. The athlete is asked to provide personal information, a list of substances or methods used, and any comments they may have related to the doping control process. The athlete receives a print or digital copy of the DCF.

Step 9
The sample is sent to the laboratory

The athlete's sealed sample is secured and sent to a WADA-accredited laboratory. The laboratory copy of the DCF that accompanies the sample is anonymized, indicating only the sample bottle number, sport and the athlete's gender.



Requesting a Delay

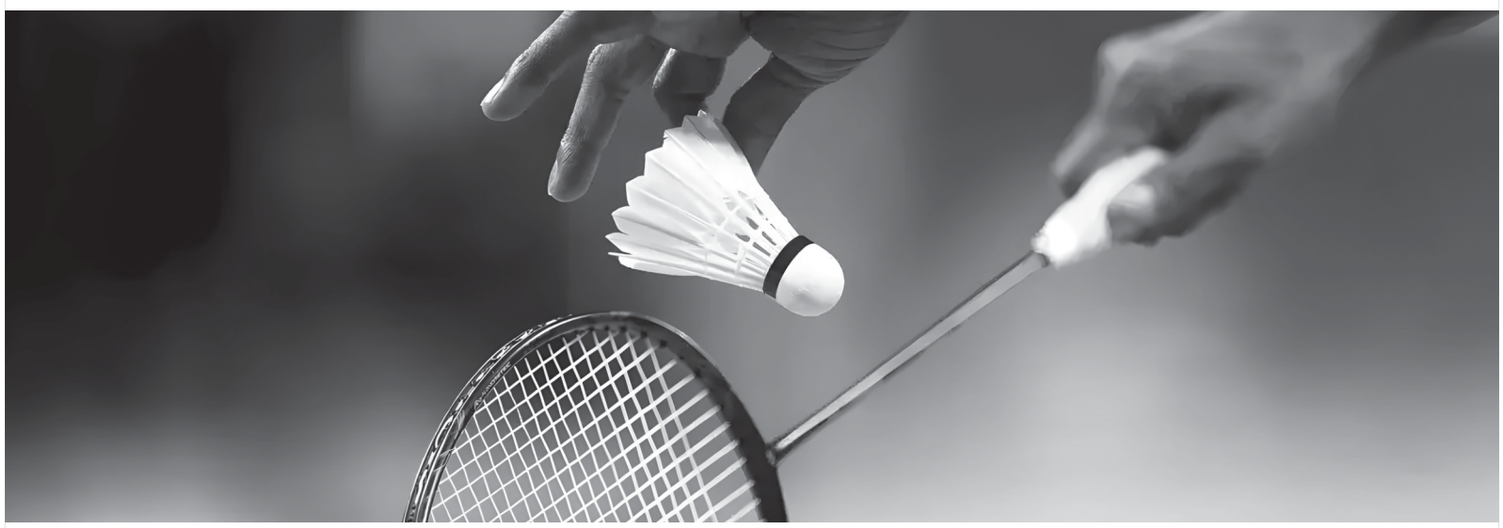
There may be situations where an athlete would like to delay immediately reporting to the Doping Control Station. Athletes have the right to request a delay for the following permitted reasons. Any delay granted is a decision made by the Doping Control Personnel who has notified you.

For an In-Competition Test athlete can request a delay to:

- To participate in a medal ceremony
- To fulfil media commitments
- Compete in further competitions
- Warm-down
- Get medical treatment
- Locate an interpreter
- Any other exceptional circumstances which may be justified, and which shall be documented

For an Out-of-Competition Test athlete can request a delay to:

- Locate a representative
- Complete a training session
- Receive medical treatment
- To obtain photo identification
- Any other reasonable circumstances approved by the officer



Modifications for Minors and Athletes with Disability

When testing minors, here are the main modifications to the process that athletes should be aware of:

- Minors should be notified for testing by a Doping Control Personnel (DCP) in the presence of an Athlete Representative (who is not a Minor). This could be a National Governing Body representative, coach, parent, etc. If the Minor declines a representative, the DCP will ensure another adult is present e.g. another DCP. If an adult is not present, notification will be paused until an adult can be present.

- Minors are encouraged to take a representative with them if they are notified for testing. This representative can be the same adult present during the notification or a different person. The athlete will be chaperoned by the DCP and an adult to locate the representative.

- At no point will the DCP be left alone with an unaccompanied minor following notification.

- When an athlete is ready to provide a sample, the DCP watching the athlete provide their sample must always have an observer watching them and their conduct. If present, the athlete's representative shall also accompany the DCP and observe the DCP watching the athlete provide their sample. Only the DCP is to directly observe the athlete providing their sample. Neither the Second Observer nor the athlete's representative should directly observe the passing of the urine, unless requested by the athlete.

When testing athletes with disability, here are the main modifications to the process that athletes should be aware of:

- Athletes with a physical disability, or have restricted mobility or manual dexterity may ask an adult athlete representative or the DCO to assist when handling the sample collection equipment, splitting of the sample, or completing the DCF. The representative may complete the required sections of the DCF and sign the form on the athlete's behalf if the athlete is unable to do so.



What is Athlete Biological Passport (ABP) Program

- The principle behind the Athlete Biological Passport (ABP) is the monitoring of selected biomarkers (biological parameters) over time that may indirectly reveal effects of doping on the body.
- The longitudinal profile for each athlete is generated based on statistical tools that utilize data from an athlete's previous samples to predict the likely individual limits or reference range for future samples.

If any data from a sample falls outside of the athlete's reference range, this abnormal value may be an indication of doping or a pathological condition.

Currently three modules are implemented in ABP program: haematological, steroidal and endocrine modules.

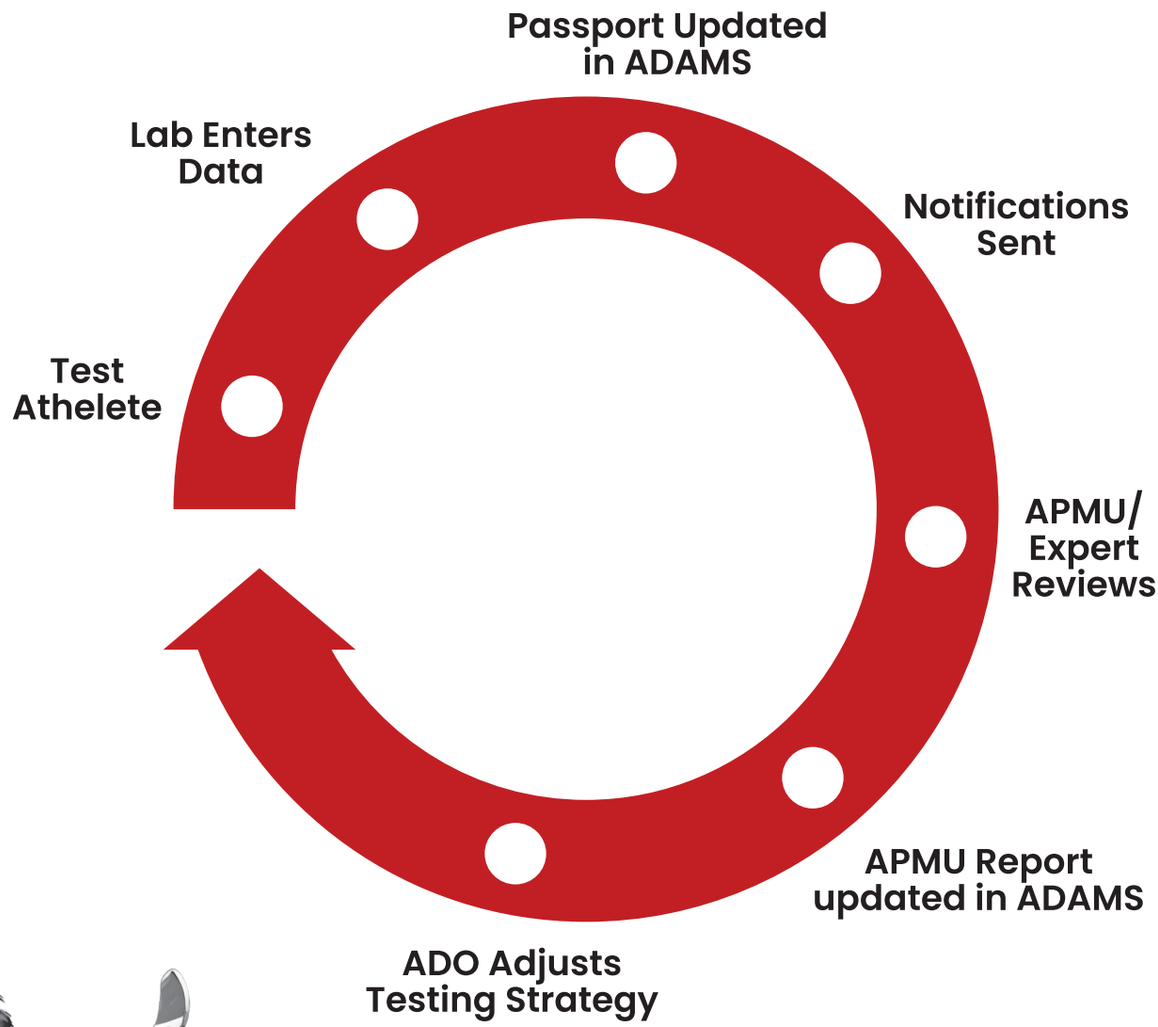
Objectives of ABP program

The principal objectives of the ABP program are:

- It can be used to conduct targeted, conventional anti-doping tests on athletes with abnormal profiles.
- It can also be used as corroborating evidence of doping during an anti-doping rule violation case.



Process of Athlete Biological Passport





Modules of ABP Program

1. Haematological Module: The Haematological Module collects information on Markers of blood doping. This module aims to identify the Use of Prohibited Substances and/or Prohibited Methods for the enhancement of oxygen transport or delivery, including the Use of AAEs and any form of blood transfusion or manipulation.

The following blood variables are considered within the ABP Haematological Module i.e. Abnormal blood profile score, Haematocrit, Haemoglobin, Immature reticulocyte fraction, Mean corpuscular haemoglobin, Mean corpuscular haemoglobin concentration, Mean corpuscular volume, OFF-score, Platelet count, Red blood cell (erythrocyte) count, Red cell distribution width (standard deviation), Reticulocytes count, Reticulocytes percentage, White blood cells.

2. Steroidal Module: The Steroidal Module collects information on Markers of steroid doping measured in urine and/or serum Samples. The module aims to identify endogenous anabolic androgenic steroids (EAAS) when administered exogenously.

The Steroidal Module is also an effective means to identify urine Samples which may have been tampered with or exchanged with the urine of another individual.

3. Endocrine Module: The Endocrine Module collects information on Markers of HGH doping. The module aims to identify HGH use and as well as use of HGH analogs, fragments and releasing factors categorized under Section S2.2 of the Prohibited List.

This module may also indicate use of insulin-like growth factor-I (IGF-I), categorized under Section S2.3 of the Prohibited List.



Rights & Responsibilities of Athletes

Athletes have the right to:

1. Nominate a representative of their choice to accompany them to the Doping Control Station.
2. Request an interpreter.
3. Request information regarding the sample collection procedure.
4. Request a delay in reporting to the Doping Control Station or leave the Doping Control Station once they have reported, with the consent of a Doping Control Official, while being in full view of the chaperone, for valid reasons.
5. Request modifications if they have a disability.
6. Document any concerns they have with the process.

Athletes have the responsibility to:

1. Be aware of and comply with the anti-doping policy (including providing accurate whereabouts information).
2. Be available for and comply with the sample collection procedure.
3. Remain in sight of the official at all times until the Sample Collection Procedure is complete.
4. Report to the Doping Control Station as soon as practical or within 60 minutes.
5. Handle the equipment, self-administer the sample collection and split, seal, and secure the sample.
6. Complete all documentation accurately and ensure it is signed.
7. Be aware of prohibited substances.

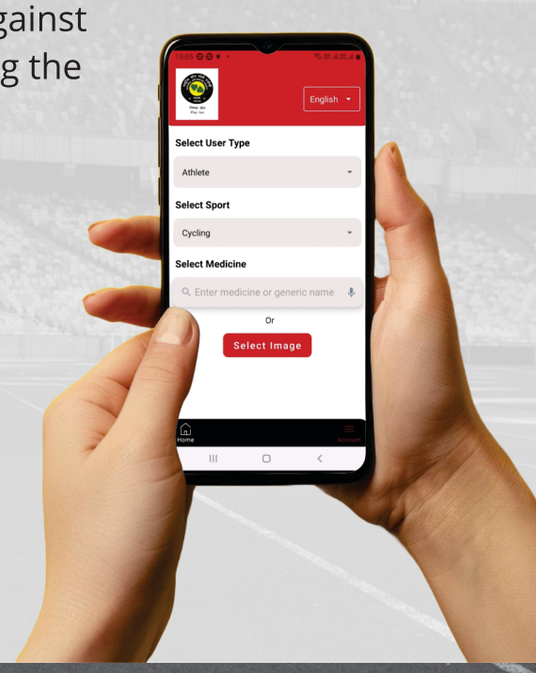


Don't let any Prohibited Medicine ruin your Sporting Career!

Athletes can safeguard themselves against inadvertent doping by easily searching the prohibited status of a medicine or its ingredients.

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