

# Understanding testing

Sometimes an athlete is asked to pee in a cup, or give a blood sample, or do both. This is testing. And testing is part of the doping control process that takes place to help protect clean sport.

As an athlete, it is important for you to know and understand the testing process and what your rights and responsibilities are.

## *Lesson 1*

### **In this module you will learn about...**

- The doping control process, including how an athlete is selected for testing, what happens when you have to provide a sample, and all the people and paperwork involved
- How testing supports your health and protects the spirit of sport
- What your rights and responsibilities are during the doping control process
- What the Athlete Biological Passport (ABP) is

### **Learning objectives**

#### **By the end of this module you should be able to:**

1. Name the steps of the doping control process and identify when, where and why you can be tested
2. Explain who Chaperones, Doping Control Officers (DCO) and Blood Collection Officers (BCO) are and what they do
3. Identify what information to include on a Doping Control Form (DCF)
4. Explain how testing protects the spirit of sport
5. Apply your rights and perform your responsibilities during the doping control process

Our aim is to help you feel confident in your ability to meet the requirements of the doping control process and understand its value so you can support clean sport.

## *Lesson 2*

### **Why are athletes tested?**

You work hard and you deserve a fair chance when you compete on the field of play. Testing, like other rules in sport, helps keep sport safe, fun and fair.

Like all other policies and procedures described in the world Anti-Doping Code (Code), testing aims to support your health and protect the spirit of sport.

#### **Testing and health**

Banned substances are included on the Prohibited List (List) for a variety of reasons, one of which is that they may be harmful to your health. Testing helps to deter those considering using these banned substances and can detect those who do.

#### **Testing and the spirit of sport**

You work hard and you deserve fair competition. Testing supports fairness as well as other values associated with clean sport.

For example, testing supports excellence in performance and dedication and commitment. It does this by allowing you to showcase your skills and talents developed through lots of effort and dedicated training practices, and by allowing you to compete against other athletes who are also bringing their best.

And by being open to and complying with the testing procedures you are showing respect for your competitors, your sport, the anti-doping rules, and importantly, for yourself and the hard work you have put in.

Of these values that promote the spirit of sport, which values do you associate with testing?



Ethics, fair play and honesty



Fun and joy



Respect for self and other participants



Health



Teamwork



courage



Excellence in performance



Dedication and commitment



Community and solidarity



Character and education



Respect for rules and laws

So, what is testing?

## Testing is...

Testing is part of the doping control process.

It's the part where you are selected and notified to give a sample, either urine or blood (or both), and that sample is brought to a lab.

## And the doping control process is...

Doping control involves all the steps from an Anti-Doping Organization (ADO) planning who to test, to the test being conducted, the sample being analyzed in a lab, and the results being managed, including the processing of Anti-Doping Rule Violations (ADRVs) and appeals, if needed.



## *Lesson 3*

### Who can be tested, when and where?

Who?

Who can be tested?

Which organizations can plan a test?

Any athlete under the jurisdiction of an Anti-Doping Organization(ADO) and subject to their anti-doping rules can be tested.

National Anti-Doping Organizations (NADOs), International Federations (IFs), and Major Event Organizations (MEOs) all have authorization to conduct testing.

ADOs such as NADOs and IFs decide which athletes should be tested. MEOs also plan and conduct testing at their events. So, for example, the International Olympic Committee (IOC) can test at the Olympics and the International Ski Federation can test at the World Championships for skiing and Panam Sports can test at the Pan American Games.

## How does an ADO decide who to test?

ADOs decide who they are going to test based on things like finishing position at a competition, ranking status of an athlete (higher ranked athletes typically get tested more often), training periods and competition calendars, history of doping in the sport, research on doping trends, past infractions, information received from whistleblowers, an athlete's ABP (you will learn more about ABPs later on in this module), and so on.

This type of testing is targeted but athletes can also be chosen for testing at random. Athletes who can be tested are typically in an ADO's testing pool.

**So, athletes who are tested are usually part of a testing pool. How is this different from a Registered Testing Pool (RTP)?**

In addition to a testing pool, ADOs also establish RTPs. RTPs identify who the highest priority athletes are for testing. So while there may be many athletes included in an ADO's testing pool, the RTP athletes are typically the ones who ADOs will prioritize for testing.

Athletes in an RTP need to provide Whereabouts information so that they can be located for testing. They must give a 60-minute time slot where they will be available for testing every day. You can find out more about being in an RTP and providing Whereabouts in the "Whereabouts essentials" module.

In some cases, an ADO's anti-doping rules may apply to a broad group of athletes. Remember, any athlete under the anti-doping rules can be tested. You need to make sure you know which organization's anti-doping rules you are under and whether you are in their testing pool.

What if I am serving a period of ineligibility?

What if I retire from sport?

What if I train or compete abroad?

If you are serving a period of ineligibility and you haven't retired from sport, you can still be tested.

If you are retired then you don't get tested. But, if you were part of an RTP and you want to return to competition, you need to make yourself available for testing 6-months prior to competition.

Even if you are away from the country where you live, you can still be tested.

So, you can be tested if you are under the jurisdiction of an ADO and subject to their anti-doping rules, whether in your home country or training or competing abroad.

**When?**

When can an athlete be tested?

Any time, without advanced notice.

You can be tested in-competition. This starts at 11:59 PM the day before the competition and ends once the competition has ended and all the testing for that competition is finished.

You can be tested out-of-competition, which means any time before or after the in-competition period.

\* Some events and some sports may have a different definition for "in-competition" so it is important that you always verify the rules of the event, competition or sport.

## Where?

Where can an athlete be tested?

Any place, without advanced notice.

You can be tested at your training facility, at home, at an event, in your hotel room, or any other place that has suitable facilities.

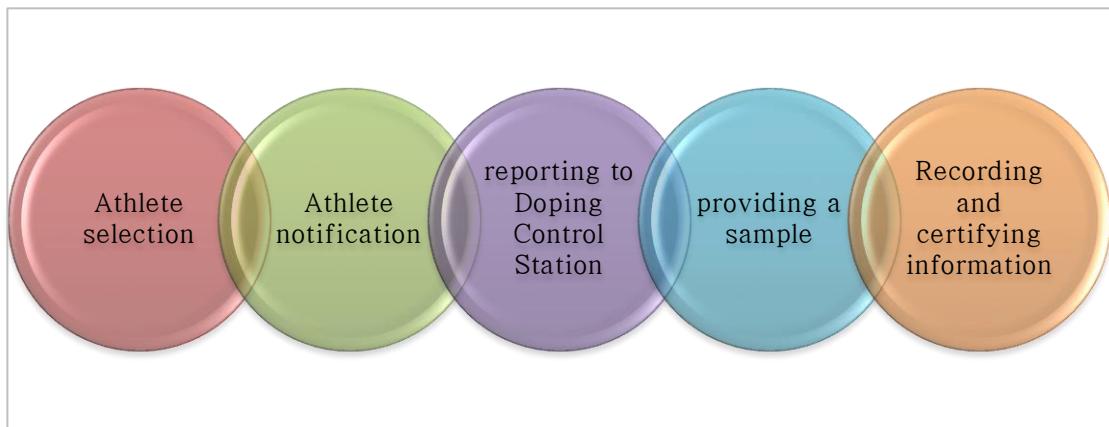
You can be tested any time in any place.

Testing usually takes place between 5AM and 11PM but can take place outside these hours too, especially where the ADO has the justification to do so.

## *Lesson 4*

### **The testing process happens in stages**

1. First, you are selected for testing by your ADO.
2. Then, you are notified by a trained and authorized Chaperone/Doping Control Officer (DCO) that you have been selected for testing.
3. After being notified, you report to the Doping Control Station (DCS).
4. Then, you provide a sample, either urine or blood or both.
5. Then, you need to record and certify your information on the Doping Control Form (DCF).



#### **1. Athlete selection**

You can be selected for testing for a variety of reasons such as random selection, your finishing place or your ranking.

Sometimes athletes are selected for an intelligence-led test. This means that their ADO is testing because they have information on the athlete or because this is the optimal time when an athlete is most likely to dope.

## **2. Athlete notification**

If you are selected for testing, a Chaperone or DCO will notify you. They will show you their identification and explain that you have been selected for a test.

You will be asked to show a piece of photo identification (ID), too. This is to ensure the Chaperone or DCO has the right athlete.

They will also explain what your rights and responsibilities are and ask you to sign the section of the DCF that acknowledges you understand.

## **3. Reporting to the Doping Control Station (DCS)**

Once you have been notified, you need to report immediately to the DCS – this is where you will provide your sample. From the moment of notification you will be chaperoned and kept under direct observation at all times (by either the DCO or the Chaperone).

You have the right to ask for an interpreter, and also the right to take a representative with you – a good idea especially if this is your first test. It is also your right to request a delay in reporting to the DCS for a valid reason.

**For an in-competition test, you can request a delay for the following valid reasons:**

- Obtaining photo identification
- Finishing your warm down
- Locating a representative or an interpreter
- Competing in further events
- Receiving necessary medical treatment
- Participating in a medal ceremony
- Fulfilling media commitments

**For an out-of-competition test, you can request a delay for the following valid reasons:**

- Obtaining your photo identification
- Locating a representative
- Finishing your training session
- Receiving necessary medical treatment

For both in- and out-of-competition testing, you may also request a delay for any other reasonable circumstance that can be justified. The DCO will decide whether the delay can be granted.

What if I don't feel like being tested?  
Can I refuse the test?

It is important to take the test.  
Refusing to do so can lead to an ADRV and sanction.

## 4. Providing a sample

Remember from earlier in the course that testing can be either a urine or a blood test or both. The process is very similar but there are some differences that you should be aware of. Both urine and blood tests can be used for the ABP.

### So, what happens in a urine test?

First, you will be asked to choose a sample collection vessel, wash your hands (with water only), or wear gloves.

When picking a sample collection vessel, make sure it is properly sealed and has not been tampered with.

Then, you will be asked to provide at least 90mL of urine under direct observation. Yes, direct observation, so you and the DCO are confident the sample is yours.

The DCO or witnessing Chaperone will be the same gender as you. To help them directly observe the passing of the urine you will be asked to lift and/or lower clothing above the chest and below the knees so that the DCO has an unobstructed view.

If you are being tested for the first time, try not to worry. Remember, this is your moment to prove you are a clean athlete.

If you are not able to produce 90mL of urine all at once, you will be asked to wait in the DCS until you can provide a full sample.

After the sample is given, you will be asked to choose an A and B bottle kit (the A and B bottles can sometimes have different looks – flip the cards to see).

Make sure the A and B bottles you choose have not been tampered with. Also make sure that the code on the bottles match and correspond to the code on the box.

Then, you will be asked to divide your sample, beginning with the B bottle. The DCO will tell you how much of your sample you should pour into each bottle.

The DCO will then check the concentration of your sample – if it is too weak you may be asked to provide another sample. The concentration affects whether the lab can analyze your sample for banned substances.

### Top Tip

You should always follow your normal hydration strategies – over hydrating can make your sample too dilute and you may then need to wait and provide another sample.

Finally, you will be asked to secure and seal your A and B bottles.

The A and B bottles have special lids that are unable to be opened without special equipment. They also contain "tamper evident" seals – which will show if anyone other than the lab has tried to open them. You should

thoroughly check that the A and B bottles are secured and cannot be reopened.

Throughout the urine collection process, only you will touch the sample collection vessel and the A and B bottles, unless you need assistance.

## Now, what happens for a blood sample?

When a blood sample needs to be collected, a Blood Collection Officer (BCO) will do so. They are a trained and experienced phlebotomist, who carries out the blood test. They will accompany the DCO throughout the blood collection process. Sometimes DCOs are also certified phlebotomists and will take the blood sample.

Before the blood test, you will be asked to be seated for a period of time. Then, you will choose your sample collection kit, inspect it and verify that all the sample code numbers match. If the kit includes pre-printed bar code labels, you will be asked to place these on the tubes.

Numbers and letters are used as codes for the collection tubes so that athletes remain anonymous. This means that when the lab receives your sample they do not know who you are or who provided the sample.

Blood kits can include up to 5 tubes: 2 tubes (an A sample and B sample) are for analysis of whole blood, 2 tubes (another A sample and B sample) are for analysis of serum, and 1 tube (just an A sample) is for the Athlete Biological Passport (ABP).

The BCO will determine where to draw blood (typically your non-dominant arm), will clean the area with a sterile disinfectant swab, and apply a tourniquet to help with the collection. A total of about 15–16mL of blood, will be drawn (about 3–5mL of blood per tube), which should not affect athletic performance. The BCO can attempt to draw blood up to 3 times.

Sometimes blood samples needs to be left at room temperature for a certain length of time (as specified by the tube manufacturer). These will be monitored by the DCO but you will be asked and encouraged to stay and observe your samples during this time. If you decline to do so, this in no way invalidates the test.

Then, just like with a urine sample, you will seal your blood samples in tamper-evident devices for transporting to the lab.

What if I have an impairment and need a modification?

What if I am a minor? Are there any differences in the sample collection process?

You have the right to request modifications to the sample collection process.

Yes. Modifications can be made for minors.

## 5. Recording and certifying your information

Once either the urine or blood sample has been taken...

The DCO will ask you to review the information on the DCF and add in some detail such as the name of your coach, the medications and supplements you have taken in the last 7 days, and for a blood test, if you have had any blood transfusions within the previous 3 months.

The DCO will ask you whether you consent to your sample being used in anti-doping research. Research helps find new ways to prevent and detect

doping. Your sample will no longer be identifiable as your sample when it is used for research (i.e. no one will know the sample came from you). Whatever you decide, it won't affect your doping control.

If you have any concerns to share from the sample collection process, write them on the DCF. (Remember, refusing to submit a sample, even because of how the sample collection was done, is never a good option as this can lead to an ADRV and possible sanction).

Once complete, you must check that all the information is correct and then sign the DCF.

If your sample is going to be used in connection with the ABP, the DCO/BCO will use an additional form specific to the ABP.

### Top Tip

Even though the DCF only asks for medications and supplements taken within the last 7 days, it is recommended that you write all medications and supplements that you have taken, even beyond the 7 day period, on the DCF. This is because sometimes, a substance can stay in your system for a long time.

One copy of the DCF will be given to you, one copy will go to your ADO, and one will go with your sample to the lab. Any lab that analyzes athlete samples must be a WADA-accredited lab. Don't forget – the copy that goes to the lab does not have any information about your identity.

## *Lesson 5*

### **What happens to my sample?**

So now you've provided a urine or blood sample (or both), certified and signed the DCF, and gone back to your daily routine.



### **Now what? What happens to your sample?**

Once you have done everything you need to do and the DCO has possession of your sample, they take or courier it to a WADA-accredited lab.

Throughout this process forms are filled out and signed to show the "chain of custody" and who has been in possession of the sample from the moment it left the DCS up to and including when it arrives at the lab.

### **When your sample arrives at the lab...**

Once the sample arrives at the lab, the A and B bottles are first inspected for any signs of tampering or leaking.

The A bottle will then be opened and the sample will be analyzed. The B bottle will be stored. The B bottle will be opened and analyzed only if a banned substance is found in the A sample AND if you or the applicable ADO

request the opening of the B bottle. The B bottle can be stored for up to 10 years.

## Reporting results

After the A sample is analyzed, the lab will report the results to the ADO responsible for results management. Results from sample analysis are reported by the lab into ADAMS (Anti-Doping Administration Management System), which WADA has access to.

If the A sample is positive then you have the right to request to be present for the opening of the B sample (within a certain deadline and under certain criteria).

WADA-accredited labs follow strict rules to ensure the process of sample analysis is well-regulated.

## *Lesson 6*

### **Your rights and responsibilities**

You have rights and responsibilities during the doping control process. We've touched on some already but let's go through them again here.

#### **You have the right to:**

##### **A representative**

You can ask to have a representative such as your coach, parent or other person go with you to the DCS. This is always a good idea, especially if you are a protected person (as defined by the Code) like a minor or an athlete with an impairment.

##### **An interpreter, if available**

You can ask for an interpreter if you do not speak the same language as the DCO or Chaperone.

##### **Ask for more information**

DCOs are there to help and can explain the process and answer questions when needed.

##### **Document concerns or problems**

If you have any concerns with the way in which your test has been conducted then you have the right to write these down on the DCF – and you should.

##### **Request a delay**

As we learned before, you have the right to request a delay before reporting to the DCS for a valid reason.

And remember, it is up to the DCO to approve your request and, if your request is approved, you must still remain in sight of them at all times.

## **Request modifications to the sample collection process**

If you have a visual, physical or intellectual impairment, or are a minor, you have the right to request changes to the sample collection process.

### **For minors**

- Notification should happen in front of a representative (who is not a minor). If the minor declines a representative, the DCO will consider whether another third party should be present.
- The minor's representative should also be present for the sample collection. If the minor declines to have a representative, this will be clearly documented by the DCO. This will not invalidate the test, but will be recorded.
- During sample provision, the minor's representative has the responsibility to observe the DCO/Chaperone and their conduct. The representative should not watch the provision of the urine sample unless the minor asks them to.
- During sample provision the DCO/Chaperone will also have their own representative who is there to observe the DCO/Chaperone as well and will not watch the provision of the sample either.

## **You have the responsibility to:**

- Show a piece of photo ID
- Report immediately to the DCS (unless you have asked for a delay)
- Provide a sample

- Be in control of the sample (urine)
- Remain in sight of the DCO or Chaperone until the testing process is over

What about Athlete Support Personnel (ASP)? What is their role during the testing process?

ASP can support you by acting as representatives during the testing process. They can also help you by understanding the steps of the doping control process and ensuring that you are aware of, and understand, your rights and responsibilities.

## *Lesson 7*

### **What is the ABP?**

The ABP is a biological "picture" of an athlete, built over time, through lots of sample collections. Once ADOs have enough information to establish what is "normal" for an athlete they are also able to determine if something is off, even if they don't know exactly what caused the skewed result.

So smaller changes that happen over time can be seen, which is different from traditional testing approaches that look for unnatural ratios or chemical evidence of known drugs in a single sample.

In traditional testing ADOs look for the actual banned substance. With the ABP, they are not looking for a specific substance but rather the effects on the body that the substance might trigger.

### **Why is it used?**

ADOs who use ABPs will be able to have more intelligent target testing of athletes. This will lead to better use of testing resources for ADOs and greater likelihood of finding those who dope.

### **What is an ABP sample and when is it collected?**

ABP samples are urine or blood samples (or both) that can be collected any time and any place, in the same way as a normal test. But, if the athlete needs to provide a blood sample and has exercised within the 2 hours before the DCO arrives, they will need to wait until the 2-hour period has passed to provide the blood sample.

## What does this mean for you?

- Everything about testing and doping control should remain the same when an ABP sample is being collected (with the exception of the 2-hour resting period described above)
- Your ABP sample will be sent to and analyzed in a WADA-accredited lab or a WADA-approved lab for the purposes of the ABP
- Once the results from sample analysis are reported by the lab into ADAMS, these results will be added to your passport (that is, your biological passport for the ABP)
- Your passport is assessed and managed by Athlete Passport Management Units (APMUs), which are special units of WADA-accredited laboratories. APMUs are independent from ADOs and are subject to a WADA approval process
- Like laboratories, APMUs can only see passport information associated with a passport ID, not your name
- The APMU makes recommendations to the ADO based on its passport assessment, including recommendations for additional testing, target testing, sample storage, or additional sample analysis
- If your passport is abnormal, then the APMU will ask an ABP expert to review it and make a determination as to whether you are "likely doping"
- If a determination of "likely doping" is made, the passport will be further reviewed by a panel of 3 ABP experts. Like the APMU, the experts only see passports that are labelled with a passport ID, not your name

- If the panel of 3 experts make the same “likely doping” determination, you will be notified and have opportunity to provide explanations
- If the experts maintain their determination after this step, ADRVs for the use of a prohibited substance or method could be pursued against you

## *Lesson 8*

### **A final word**

- Testing happens to support your health and protect the spirit of sport.  
Testing includes the collection of urine and/or blood samples
- Testing can be targeted or happen by random selection. ADOs like NADOs, IFs and MEOs conduct the tests
- You can be tested anytime and anywhere, without advanced notice
- Always take the test – if you refuse to give a sample you can receive an ADRV and sanction
- You have rights and responsibilities during the doping control process.  
You need to be aware of these and ask for more information from the DCO if you have any questions