



UK Anti-Doping Procedures Guide for Sport

**Version 9
1 January 2009**

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Introduction

The National Anti-Doping Organisation ("**NADO**") (as that term is defined in the World Anti-Doping Code), for the United Kingdom, in accordance with the UK National Anti-Doping Policy, has responsibility for delivering an anti-doping programme for sport in the United Kingdom, with elements including an education programme for Athletes and Athlete Support Personnel on their anti-doping rights and responsibilities, a mechanism for processing applications by Athletes for Therapeutic Use Exemptions, and Testing programmes for particular sports, both In-Competition and Out-of-Competition (the "**UK National Anti-Doping Programme**").

This UK Anti-Doping Procedures Guide for Sport (the "**Guide**") forms an integral part of that Programme by setting out the procedures by which the NADO will discharge its functions with respect to processing applications for TUEs and appeals against TUE decisions (Section 1), as well as its Testing procedures (Section 2).

The Guide also includes a section on Athlete Whereabouts requirements (Section 3), provides a template Parental Consent form (Section 4), and a list of Definitions (Section 5) for ease of reference.

The predecessor to this Guide shall remain in effect until 1 January 2009, when it shall be deemed withdrawn. This Guide shall come into force on 1 January 2009 and shall continue in force, as amended from time to time by the NADO, until further notice.

It shall be read in conjunction with the UK Anti-Doping Rules (the "**Anti-Doping Rules**") that come into effect on 1 January 2009 as amended or supplemented by a National Governing Body. Any deviation from any of the procedures set out in this Guide shall not invalidate any finding, procedure, decision or result unless the person seeking to rely on the deviation establishes that it casts material doubt on the reliability of that finding, procedure, decision or result, and that showing is not rebutted.

Section 1: Therapeutic Use Exemption (TUE)

- 1.1 The Code permits Athletes and their physicians to apply for permission to use, for therapeutic purposes, substances or methods on the Prohibited List, the use of which is otherwise prohibited.
- 1.2 The Anti-Doping Rules and the International Standard for Therapeutic Use Exemption ("**ISTUE**") set out the circumstances in which Athletes may apply for a Therapeutic Use Exemption ("**TUE**"). This Guide adopts and incorporates the ISTUE, as amended from time to time. In the case of any conflict between the Guide and the ISTUE, the ISTUE shall prevail.
- 1.3 Save where paragraph 1.4 applies, an Athlete seeking permission to use a Prohibited Substance or a Prohibited Method for therapeutic purposes must follow the process for applying for a TUE detailed in Section 1A of this Guide.
- 1.4 For the use of glucocorticosteroids by non-systemic routes, namely intra-articular, periarticular, peritendinous, epidural or intradermal injections and inhaled routes, a Declaration of Use must be submitted in accordance with Section 1C of this Guide.
- 1.5 For the management, review or appeal of a TUE application, an Athlete who applies for a TUE from the NADO consents to his/her TUE application being processed according to Section 1 of this Guide, including:
 - a) the disclosure by the Athlete's physician(s) of any further information required by the NADO or the UK TUEC to process the Athlete's TUE application;
 - b) the communication, by the NADO, of the information provided in the application and/or any further information from the Athlete's physician(s) to members of the UK TUEC and (as required) to other independent medical or scientific experts consulted by the UK TUEC; and
 - c) the communication of the approval or denial of the TUE application, including the details of any conditions or restrictions on such approval, and any supporting documentation or information, to the Athlete's National Governing Body, his/her International Federation, WADA and other Anti-Doping Organisations where applicable.
- 1.6 Should the Athlete wish to revoke the consent set out in the preceding paragraph, he/she must notify his/her National Governing Body, the NADO and his/her physician(s) in writing of the fact; provided that upon such revocation of consent the application for a TUE (or for renewal of an existing TUE) will be deemed withdrawn and not granted.

Section 1A: Process for applying for a Therapeutic Use Exemption

1A1 Using the table below and following the Definitions in Section 5 of this Guide, the following requirements will apply:

- a) Athletes should submit an application for a Therapeutic Use Exemption (TUE) to the NADO in accordance with the requirements outlined in Section 1A2 or should submit a Retroactive TUE in accordance with Section 1E of this Guide.
- b) For the use of glucocorticosteroids by non-systemic routes, namely intra-articular, periarticular, peritendinous, epidural or intradermal injections and inhaled routes, Athletes should submit a Declaration of Use to the NADO in accordance with the requirements outlined in 1C or should submit a Retroactive Declaration of Use in accordance with Section 1E of this Guide.

Athlete	TUE	Asthma TUE	Declaration of Use
National Registered Testing Pool Athletes	TUE application	TUE application	Declaration of Use
National-Level Athletes	TUE application	TUE application	Declaration of Use
Domestic Pool Athletes	TUE application	Retroactive TUE application	Declaration of Use
All other Athletes	Retroactive TUE application	Retroactive TUE application	Retroactive Declaration of Use

1A2 A TUE application:

- a) must be made using the correct form according to the specific requirements of your sport;
- b) must be completed legibly, fully and accurately, in English;
- c) should be submitted no less than (21) days before the Athlete needs the approval (for instance an Event);
- d) must not have been made to any other Anti-Doping Organisation;
- e) must be signed by the Athlete and by any physician(s) supporting the application;
- f) should be signed by the Athlete and by any physician(s) supporting the application within one month of each other;

- g) must specify the Athlete's sport and, where appropriate, the discipline and any forthcoming competition/fixture for which they are applying for a TUE;
- h) must specify the dose, frequency, route and duration of the proposed administration of the Prohibited Substance or Prohibited Method;
- i) must include a detailed statement by an appropriately qualified physician attesting to the necessity of the Prohibited Substance or Prohibited Method in the treatment of the Athlete and describing why an alternative, permitted medication cannot, or could not, be used in the treatment of this condition;
- j) must include a comprehensive medical history of the Athlete and the results of all clinical examinations, laboratory investigations and imaging studies relevant to the application. Where imaging studies and respiratory function tests have been taken, copies of the images and/or physiological data must be submitted, as well as any interpretative reports that may have been produced;
- k) must meet the specific requirement(s) set out in Section 1B of this Guide for the use of inhaled beta-2 agonists to treat asthma;
- l) must list any previous and/or current requests for permission to use a Prohibited Substance or Prohibited Method, the Anti-Doping Organisation to whom that request was made, and the decision of that Anti-Doping Organisation;
- m) must provide accurate and up-to-date contact details for the Athlete and for each physician supporting the application, including in each case a current mailing or e-mail address and phone number; and
- n) must be sent to the NADO either by mail to the following address, in an envelope clearly labelled "Private and Confidential";

TUE

**Drug-Free Sport
UK Sport
40 Bernard Street
London WC1N 1ST**

or by e-mail to tue@uksport.gov.uk

or by fax to 0800 2983362

- 1A3 Athletes should retain a copy of the application and enclosures sent to the NADO, along with proof of the date of mailing/emailing/faxing.
- 1A4 The NADO will carry out an administrative review to confirm that the application:
 - a) is within the NADO's jurisdiction. If the applicant is an International-Level Athlete or is applying for a TUE in advance of an international Competition, the NADO will forward the TUE application to the International Federation for review. Any delay shall be at the risk of the Athlete, whose responsibility it is to make the application to the correct authority in the first place;
 - b) has been completed fully and accurately in accordance with paragraph 1A2 above; and
 - c) is accompanied by sufficient medical information to process the application.

- 1A5 If the application is incomplete and/or otherwise does not meet the necessary requirements, it will be returned to the Athlete with an explanation to that effect, and he/she shall be invited to re-apply in compliance with the necessary requirements. Any delay shall be at the risk of the Athlete, whose responsibility it is to submit an accurate and complete application.
- 1A6 If the application passes the administrative review, the NADO will forward it to three (3) of its designated UK TUE Committee (TUEC) members. One UK TUEC member will be assigned the Chair of the UK TUEC. The Chair shall coordinate the responses of the UK TUEC and provide a final decision to the NADO with respect to the application. The Chair shall also be responsible for requesting, where necessary, further specialist input to support the UK TUEC in making a final decision. Timeframes for the review of TUE applications are set out in Section 1D of this Guide.
- 1A7 The members of the UK TUEC shall meet the following criteria:
- a) each of them shall be a physician with experience in the care and treatment of Athletes and a sound knowledge of clinical sports and exercise medicine;
 - b) if the applicant has a Disability, at least one UK TUEC member must possess specific experience in relation to the care and treatment of Athletes with a Disability;
 - c) they must not have any official responsibility within the sport(s) in which the Athlete participates. At the discretion of the Chair, however, if sport-specific expertise is required a request can be made by the Chair to the NADO, which at its discretion can either add a fourth member with such expertise to the UK TUEC or source a person to advise and provide the UK TUEC with such sport-specific expertise; and
 - d) they must declare that they do not have any conflict of interest or political responsibility in the NGB or sport in which the TUE application may apply.
- 1A8 The UK TUEC will review the application, including the medical information provided, in accordance with the criteria set out in the ISTUE and the timeframes set out in Section 1D of this Guide. Specifically, the UK TUEC will only grant the TUE where each of the following criteria is met, which the application must demonstrate to the satisfaction of the UK TUEC:
- a) the Athlete would experience a significant impairment to health if the Prohibited Substance or Prohibited Method in question were to be withheld in the course of treating an acute or chronic medical condition;
 - b) the therapeutic use of the Prohibited Substance or Prohibited Method in question would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition. The use of any Prohibited Substance or Prohibited Method to increase "low-normal" levels of any endogenous hormone is not considered an acceptable therapeutic intervention;
 - c) there is no reasonable therapeutic alternative to the use of the otherwise Prohibited Substance or Prohibited Method; and
 - d) the necessity for the use of the otherwise Prohibited Substance or Prohibited Method cannot be a consequence, wholly or in part, of the Athlete's prior non-therapeutic use of any substance from the Prohibited List.

- 1A9 The UK TUEC must reach its decision unanimously for a TUE to be granted.
- 1A10 If the UK TUEC grants the TUE, it shall detail in its decision (a) the duration of the exemption granted; and (b) any conditions or requirements associated with the TUE that the Athlete must satisfy. If there is a change to the dose, frequency, route or duration of the administration of the Prohibited Substance or Prohibited Method where a TUE has been granted the TUE may no longer be valid and the Athlete must notify the NADO in writing of the change immediately.
- 1A11 If the UK TUEC denies the TUE or imposes any conditions or requirements on this grant, it shall state its reasons for doing so in the decision itself.
- 1A12 The NADO will send details of the UK TUEC decision to the Athlete. The NADO may also send copies to the Athlete's National Governing Body, his/her International Federation, WADA and other Anti-Doping Organisations where applicable. If the application is granted, then the NADO will also make available a copy of the decision via the Anti-Doping Administration and Management System (ADAMS).
- 1A13 If the UK TUEC denies the TUE application or imposes any conditions or requirements on its grant beyond simply confirming the dose, frequency and route of administration requested in the application, then at the same time as the NADO sends a copy of the decision to the Athlete, it shall also advise him/her of the right to appeal the decision in accordance with Article 13.2 of the Anti-Doping Rules and Section 1F of this Guide.
- 1A14 Each UK TUEC member shall keep all matters relating to the TUE application strictly confidential at all times, during and after the application.

Section 1B: TUE applications for the use of inhaled beta-2 agonists to treat asthma

- 1B1 Where applicable, using the table set out in 1A1 of this Guide, the following requirements will apply for a Therapeutic Use Exemption (TUE) or a Retroactive TUE for the use of inhaled beta-2 agonists to treat asthma.
- 1B2 The TUE application should be submitted in accordance with Section 1A of this guide and the medical file that accompanies the TUE application must include:
- a) a complete medical history;
 - b) a comprehensive report of the clinical examination with specific focus on the respiratory system;
 - c) a report of spirometry with the measure of the Forced Expiratory Volume in 1 second (FEV1);
 - d) if airway obstruction is present, the spirometry will be repeated after the inhalation of a short acting beta-2 agonist to demonstrate the reversibility of bronchoconstriction;
 - e) in the absence of a reversible airway obstruction, a bronchial provocation test is required to establish the presence of airway hyper-responsiveness; and
 - f) the exact name, speciality, and address (including telephone, e-mail, fax) of the examining physician.
- 1B3 Despite the granting of a TUE for asthma, the presence of salbutamol in the urine Sample in excess of 1000 ng/mL will be considered as an Adverse Analytical Finding unless the Athlete proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of the use of a therapeutic dose of inhaled salbutamol.
- 1B4 Where applicable, a Retroactive TUE should be submitted in accordance with 1E of this Guide.

Section 1C: Declaration of Use process for glucocorticosteroids

- 1C1 Where applicable, using the table set out in 1A1 of this Guide, the following requirements will apply for the use of glucocorticosteroids by non-systemic routes, namely intra-articular, periarticular, peritendinous, epidural or intradermal injections and inhaled routes.
- 1C2 For the use of glucocorticosteroids in the manner set out in 1C1, administered within four (4) weeks of a Competition, a Declaration of Use must be submitted on ADAMS (www.myadams.co.uk).
- 1C3 The Declaration of Use should specify the Athlete's name, the diagnosis, the name of the substance, the dose undertaken, and the name and contact details of the prescribing physician.
- 1C4 In addition to the above declaration, the use of glucocorticosteroids in the manner set out in 1C1, administered within four (4) weeks of Sample Collection, must be declared on the Sample Collection Form at the time of Testing.
- 1C5 Where applicable, using the table set out in 1A1 of this Guide, an Athlete that is not required to submit a Declaration of Use prior to Doping Control must declare such use on the Sample Collection Form if subject to Testing and will be notified by their National Governing Body if they are required to submit a Declaration of Use on ADAMS (www.myadams.co.uk) following Sample Collection.
- 1C6 If the Athlete is an International-Level Athlete they may be required to declare the use of a glucocorticosteroid used in the manner set out in 1C1 to their International Federation in advance of an international Competition.
- 1C7 For the avoidance of doubt, Section 1C does not apply to the use of glucocorticosteroids systemically. An Athlete must obtain a Therapeutic Use Exemption (TUE) for such use, in accordance with Section 1A.

Section 1D: Timing of TUE applications and effective dates for TUE grants

- 1D1 In accordance with the Anti-Doping Rules and the International Standard for TUE (ISTUE), subject only to the possibility of retroactive approval of a Therapeutic Use Exemption (TUE) in line with Section 1E of this Guide, an Athlete is required to submit an application, in accordance with Section 1A, no less than twenty-one (21) days before the Athlete needs the exemption (for instance an Event). International-Level Athletes or Athletes applying for a TUE in advance of an international Competition must apply to their International Federation.
- 1D2 A TUE granted by the UK TUE Committee (TUEC) may be cancelled if the Athlete does not promptly comply with any requirements or conditions imposed by the UK TUEC upon approval of the TUE.
- 1D3 On expiry of the term of a TUE granted by the NADO, an Athlete who wishes to continue to use the Prohibited Substance or Prohibited Method in question must again apply for a TUE in accordance with Section 1A of this Guide.
- 1D4 In accordance with the ISTUE, decisions of the UK TUEC should be reached within thirty (30) days of receipt of all relevant documentation. On receipt of the TUE application the NADO will conduct an administrative review within five (5) working days and in accordance with 1A of this Guide. If sufficient information has been provided to support the application, the NADO will forward the TUE application to the UK TUEC.
- 1D5 The UK TUEC will reach a decision as soon as reasonably practicable and will aim to inform the NADO of that decision within five (5) working days of its receipt of a complete and accurate TUE application. The UK TUEC may require further information before a decision can be reached. In such instances the NADO will stipulate the deadline for submission of such further information. Where it considers it appropriate to seek further medical or scientific opinion or information in relation to the application from the Athlete's physician or from a third party, the UK TUEC shall do so as quickly as is practicable, provided that the identity of the Athlete is not disclosed to any third party.
- 1D6 The NADO will notify the Athlete, by their preferred means (as identified in the TUE application) within two (2) working days of receiving the UK TUEC decision.

Section 1E: Retroactive or Emergency TUE applications

1E1 Where applicable, using the table set out in 1A1 of this Guide, the following requirements will apply.

Retroactive TUE Application

1E2 A Retroactive TUE application will be reviewed by the UK TUEC where:

- a) the Retroactive TUE process applies to Athletes as provided for in the table in Section 1A1 of this Guide; or
- b) due to exceptional circumstances, there was insufficient time or opportunity for an Athlete to submit, or for the UK TUEC to consider, an application for a TUE prior to Testing.

1E3 The Retroactive TUE application must meet the requirements set out in Section 1A of this Guide.

1E4 Athletes will be notified by their National Governing Body (NGB) if they are required to submit a Retroactive TUE application following Sample Collection, as provided for in the table in Section 1A1 of this Guide.

1E5 Retroactive TUE applications will be denied if the conditions set out in Section 1A of this Guide are not met. Athletes should ensure that with the assistance of their medical practitioner they can fulfill the criteria outlined in Section 1A (and 1B for asthma) of this Guide.

Retroactive Declaration of Use

1E6 A Retroactive Declaration of Use will be accepted by the NADO where:

- a) the Retroactive Declaration of Use process applies to Athletes as provided for in the table in Section 1A1 of this Guide; or
- b) due to exceptional circumstances, there was insufficient time or opportunity for an Athlete to submit the Declaration of Use prior to Testing.

1E7 The Retroactive Declaration of Use must meet the requirements set out in Section 1C of this Guide.

1E8 Athletes will be notified by their National Governing Body (NGB) if they are required to submit a Retroactive Declaration of Use following Sample Collection, as provided for in the table in Section 1A1 of this Guide.

1E9 International-Level Athletes should submit a TUE application or a Declaration of Use to their International Federation (IF) in accordance with their IF rules.

Emergency TUE Applications

1E10 Emergency approval of an application for a TUE may be granted only where:

- a) emergency treatment or treatment of an acute medical condition was necessary;
or

b) due to exceptional circumstances, there was insufficient time or opportunity for the Athlete to submit, or for the UK TUEC to consider, an application prior to Doping Control.

1E11 Emergency TUE applications will be denied if the applicable conditions set out in Section 1A of this Guide are not met.

Section 1F: Process for appealing a denial or conditional grant of a Therapeutic Use Exemption (TUE)

- 1F1 An Athlete who wishes to appeal a decision of the UK Therapeutic Use Exemption Committee (TUEC) must lodge written notice of the appeal with the NADO, specifying the grounds of the appeal, within ten (10) working days of the date of receipt of the decision in question.
- 1F2 The notice should be sent to the NADO at the following address, in an envelope clearly labelled "Private and Confidential":

**TUE Appeal
Drug-Free Sport
UK Sport
40 Bernard Street
London WC1N 1ST**

or by e-mail to tue@uksport.gov.uk

or by fax to 0800 298 3362.

- 1F3 The NADO will pass the notice of appeal, along with the complete file of the original application, to the UK TUE Appeal Panel, made up of three (3) new members who were not involved in the original decision being appealed (in accordance with the criteria set out at paragraph 1A6 and 1A7 of this Guide).
- 1F4 The UK TUE Appeal Panel will review the application, including the medical information provided, and make a decision as soon as reasonably practicable, in accordance with the criteria set out in the ISTUE, and without being bound in any way by the decision being appealed.
- 1F5 The UK TUE Appeal Panel must make its decision unanimously for a TUE to be granted.
- 1F6 Where it does not need any further opinion or information in relation to the appeal, the timeframes set out in Section 1D will apply. Where it considers it appropriate to seek further medical or scientific opinion or information in relation to the appeal, whether from the Athlete or his physician or from a third party, the UK TUE Appeal Panel shall do so as quickly as is practicable.
- 1F7 If the UK TUE Appeal Panel grants the TUE, it shall detail in its decision (a) the duration of the exemption; and (b) any conditions or requirements associated with the TUE that the Athlete must satisfy.
- 1F8 If the UK TUE Appeal Panel denies the TUE or imposes any conditions or requirements on its grant, it shall state its reasons for doing so in the decision itself.
- 1F9 The NADO will send a copy of the UK TUE Appeal Panel decision to the Athlete. The NADO may also send copies to the Athlete's National Governing Body, his/her International Federation, WADA and other Anti-Doping Organisations where applicable. If the TUE is granted, then the NADO will also make available a copy of the decision via ADAMS.
- 1F10 The provisions set out in Section 1F shall be without prejudice to:
- a) the right of an Athlete to request that WADA review the denial of a TUE in accordance with Code Article 4.4;

- b) the right of the Athlete to appeal the decision of the UK TUE Appeal Panel to the World Anti-Doping Agency TUE Committee or to the Court of Arbitration for Sport (CAS); and
- c) the right of the NADO and/or the National Governing Body to appeal to CAS against any decision made by WADA or the UK TUE Appeal Panel with respect to a TUE application originally submitted to the UK TUEC.

1F11 Where a decision of the UK TUE Appeal Panel is appealed to CAS or WADA, such grant or denial of the TUE shall remain in full force and effect, until such time as the granting or the denial of a TUE application made pursuant to this Guide has been reversed by WADA, or overturned on appeal.

Section 2: Testing

- 2.1 The Sample Collection procedures outlined in Section 2 of this Guide apply to Testing conducted by the NADO and shall be carried out in accordance with the International Standard for Testing (IST) in force at the time of Testing, as determined by the World Anti-Doping Code. Sample Collection procedures by other Anti-Doping Organisations may vary from country to country, however, Sample Collection procedures should meet the IST and therefore, the principles for Testing and the rights of the Athlete as outlined in this Guide should be upheld.
- 2.2 In the case of any conflict between the Guide and the IST, the IST shall prevail.

Section 2A: Sample Collection Procedures

The following procedures outlined in Section 2A apply to the collection of urine and blood Samples. Specific procedures for urine and blood are detailed in:

- a) Section 2B: Urine Sample Collection Procedure
- b) Section 2C: Blood Sample Collection Procedure

Requirements prior to notification of Athletes

- 2A1 Other than by exception, Out-of-Competition Testing shall be conducted on a No Advance Notice basis.
- 2A2 To conduct or assist with a Sample Collection session, the NADO shall appoint and authorise Doping Control Staff who have been trained for their assigned responsibilities, who do not have a conflict of interest in the outcome of the Sample Collection session and who are not under the age of 18 years.
- 2A3 All Doping Control Staff shall have official authorisation documentation that is provided and controlled by the NADO. In addition to this, Doping Control Staff shall also carry an official identification card, provided and controlled by the NADO, that names the NADO as the appointing authority with, as a minimum, the Doping Control Staff's name, photograph and expiry date of the identification card.
- 2A4 The NADO or member of Doping Control Staff as applicable, shall consider whether a third party is required to be present during notification of the Athlete, including when the Athlete is a Minor (as provided for in Section 2E), where required by reason of an Athlete's Disability (as provided for in Section 2F), or in situations where an interpreter is required (as provided for in Section 2G). When a third party is the first person notified, the DCO or Chaperone shall record this and the test may be reported as a short notice test by the NADO.
- 2A5 The NADO shall not reschedule or change a Sample Collection session from No Advance Notice to short notice unless unforeseen circumstances on the day are such as to require advance notice of the Sample Collection session to be given. Any such decision shall be recorded on the Doping Control documentation.

Notification of Athletes

- 2A6 The notification of Athletes starts when a member of Doping Control Staff or authorised representative of the NADO initiates the notification of the selected Athlete and ends when the chaperoned Athlete arrives at the Doping Control Station or when the Athlete's Refusal or Possible Failure to Comply is communicated by the Athlete to a member of Doping Control Staff.
- 2A7 An Athlete selected for Testing must provide, on demand, proof of his/her identity satisfactory to the Doping Control Staff. This should be photographic identification where available.
- 2A8 When initial contact is made and the identity of the Athlete is confirmed, the Doping Control Staff shall ensure that the Athlete (and/or a third party if required) is informed:
 - a) that the Athlete is required to undergo Sample Collection;
 - b) of the authority under which the Sample Collection session is to be conducted;

- c) of the type of Sample Collection, i.e. blood or urine, and any conditions that need to be adhered to prior to Sample Collection, such as:
 - i) in the event of a urine Sample, the Sample provided by the Athlete to the Doping Control Officer (DCO) should be the first urine passed by the Athlete following notification;
- d) of the Athlete's rights, including the right to:
 - i) have a representative and, if required and available, an interpreter as provided for in Section 2G of this Guide;
 - ii) ask for additional information about the Sample Collection process;
 - iii) request a delay in reporting to the Doping Control Station for valid reasons, as approved by the Lead DCO and in accordance with 2A10, 2A17 and 2A18 below;
 - iv) in the case of an Athlete with a Disability, request that modifications be made to the procedure as provided for in Section 2F of this Guide and as approved by the DCO; and
 - v) for urine Sample Collection, have Sample Provision observed by a DCO of the same gender.
- e) of the Athlete's responsibilities, including the requirement to:
 - i) remain within direct sight of the Doping Control Staff at all times from the point of in-person notification by the Doping Control Staff until the completion of the Sample Collection session;
 - ii) comply with the requirements of Sample Collection throughout, given that a Refusal or Failure to Comply may be treated as an Anti-Doping Rule Violation under the Anti-Doping Rules;
 - iii) report immediately to the Doping Control Station, unless, upon request by the Athlete and at the discretion of Doping Control Staff, permission is given to delay reporting in accordance with 2A10, 2A17 and 2A18 (throughout which time the Athlete must be chaperoned); and
 - iv) produce verifiable identification. This should be photographic identification but in the absence of such identification, other means may be used. Doping Control Staff must be satisfied that the identity of the Athlete has been validated.
- f) of the location of the Doping Control Station.

2A9 The Athlete shall sign the Sample Collection Form to acknowledge notification of Testing. Doping Control Staff shall provide the Athlete with a copy of the notification section of the Sample Collection Form. If the Athlete refuses to sign to confirm that he/she has been notified or seeks to evade notification, the Doping Control Staff shall seek to inform the Athlete of the consequences of a Refusal or Failure to Comply, and the Chaperone or DCO shall immediately report all relevant facts to the Lead DCO. Wherever possible, the DCO shall continue to collect a Sample. In any event, the Lead DCO shall document the facts and report the circumstances to the

NADO. The Lead DCO and the NADO shall follow the steps prescribed in Section 2D of this Guide.

- 2A10 The DCO or Chaperone shall consider any reasonable request by the Athlete to delay reporting to the Doping Control Station and/or to leave the Doping Control Station temporarily after arrival, to enable the Athlete to complete one or more of the following, provided that the Athlete can be continuously chaperoned and kept under direct observation during the activity:

For In-Competition Testing, to

- a) locate a representative and/or interpreter;
- b) warm down;
- c) obtain warm or dry clothing;
- d) participate in a victory ceremony;
- e) compete in further Competitions;
- f) fulfil media commitments;
- g) obtain photo identification;
- h) obtain necessary medical treatment; or
- i) any other exceptional reason which may be justified.

For Out-of-Competition Testing, to

- a) locate a representative and/or interpreter;
- b) complete a training session;
- c) obtain warm or dry clothing;
- d) obtain photo identification;
- e) obtain necessary medical treatment; or
- f) any other exceptional reason which may be justified.

The DCO shall document the reasons for any such delay, in case they require further investigation by the NADO.

The DCO shall reject a request for delay from an Athlete if it is not possible for the Athlete to be continuously chaperoned and kept under direct observation.

Preparing for the Sample Collection session

- 2A11 The NADO shall be responsible for the overall conduct of the Sample Collection process, with specific responsibilities delegated to the Doping Control Staff.

- 2A12 The Lead DCO shall seek to ensure that the Doping Control Station used, as a minimum, ensures the Athlete's privacy, provides a high standard of cleanliness and, wherever possible, is used solely for Sample Collection for the duration of the Sample Collection session. The Doping Control Station for blood Sample Collection may be shared with the facility used for urine Sample Collection. The DCO shall record any significant deviations from these criteria.

- 2A13 The Lead DCO shall decide who, in addition to the Doping Control Staff, may be present during the Sample Collection session. As a minimum, the following people may be present for the duration of the Sample Collection session with the exception of where the Athlete is providing a urine sample unless requested to do so by the Athlete:

- a) the Athlete's representative and/or interpreter;

- b) in the case of urine Sample Collection, a Minor's representative as provided for in Section 2E of this Guide, to observe the DCO when the Minor is passing a urine Sample, but without the representative directly observing the passing of the Sample unless requested to do so by the Minor;
 - c) in the case of urine Sample Collection, the DCO's representative where the Athlete is a Minor, to observe the DCO, but without the representative directly observing the passing of the urine Sample;
 - d) the representative of an Athlete with a Disability, as provided for in Section 2E of this Guide;
 - e) a WADA Independent Observer; and
 - f) a NADO Authorised Observer under the UK National Anti-Doping Programme.
- 2A14 The DCO shall only use Sample Collection Equipment that is authorised by the NADO, which shall, as a minimum:
- a) have a unique numbering system incorporated into all bottles, containers, tubes or any other item used to seal the Athlete's Sample;
 - b) have a sealing system that is tamper-evident;
 - c) ensure the equipment does not reveal the identity of the Athlete; and
 - d) be in tact and sealed in tamper-evident packaging.

Conducting a Sample Collection session

- 2A15 The Doping Control Staff shall ensure that the Athlete was informed of his/her rights and responsibilities at the time of notification as specified in paragraphs 2A8 (d) and (e) above.
- 2A16 At an event, sealed drinks may be provided by the NGB or event organiser. Athletes that choose to consume other drinks or food do so at their own risk.
- 2A17 The DCO shall consider any reasonable request by the Athlete to leave the Doping Control Station, in accordance with 2A10, until the Athlete is able to provide a Sample. The Athlete shall only leave the Doping Control Station if he/she can be continuously chaperoned and with the approval of the Lead DCO.
- 2A18 If the Lead DCO gives approval for the Athlete to leave the Doping Control Station, the Lead DCO will agree with the Athlete:
- a) the purpose of the Athlete leaving the Doping Control Station;
 - b) that the Athlete must remain under direct observation at all times;
 - c) the time of return (or return upon completion of an agreed activity); and
 - d) where the Athlete has been notified for urine Sample Collection, that the Athlete shall not pass urine until he/she returns to the Doping Control Station.
- 2A19 The DCO shall document this information, the actual time of the Athlete's departure and return, and any other relevant details.

2A20 The DCO shall collect the Sample from the Athlete according to the following procedures, depending on whether urine or blood is being collected:

Section 2B: Urine Sample Collection Procedure

Section 2C: Blood Sample Collection Procedure

2A21 Any anomalies or behaviour by the Athlete and/or Persons associated with the Athlete that might compromise the Sample Collection session shall be recorded.

2A22 If there are doubts as to the origin or authenticity of the Sample or the suitability of the Sample is in question, the Athlete shall be asked to provide an additional Sample. The reason(s) for such doubts shall be recorded. If the Athlete refuses to provide an additional Sample, the DCO shall follow the procedures set out in Section 2D of this Guide.

2A23 The DCO shall provide the Athlete with the opportunity to document any concerns he/she may have about how the Sample Collection session has been conducted.

2A24 In conducting the Sample Collection session, the following information shall be recorded as a minimum:

- a) date, time and type of notification (No Advance Notice, short notice, In-Competition or Out-of-Competition);
- b) arrival time at Doping Control Station;
- c) date and time of Sample provision;
- d) the name of the Athlete;
- e) the date of birth of the Athlete;
- f) the gender of the Athlete;
- g) identification used to verify the identity of the Athlete;
- h) the Athlete's sport and discipline;
- i) the name of the Athlete's coach and general practitioner/sports medicine practitioner;
- j) the Sample code number and Mission Order (MO) number;
- k) the name and signature of the person who notified the Athlete;
- l) the name and signature of the Athlete to confirm notification;
- m) the name and signature of the NADO Blood Collection Official who collected the blood Sample, (where applicable);
- n) where applicable, a declaration by the Athlete of medication, supplements and recent blood transfusions taken within seven (7) days of Sample Collection;
- o) where applicable, a declaration by the Athlete of the use of glucocorticosteroids, taken within one (1) month of Sample Collection, where the route of administration was intra-articular, periarticular, peritendinous, epidural or intradermal injection and inhaled routes;
- p) in the event of a urine Sample, details in relation to partial Samples – partial Sample code number, volume and signature of the Athlete;
- q) total Sample volume collected;
- r) specific gravity reading on Sample/s collected;
- s) comments or concerns by the Athlete regarding the conduct of the Sample Collection session;
- t) consent by the Athlete, if given, for the use of the Sample(s) for research purposes;
- u) consent by the Athlete for the processing of test data in ADAMS;
- v) the name and signature of the Athlete on completion of the Sample Collection session;
- w) the name and signature of the Athlete's representative (if applicable); and
- x) the name and signature of the witnessing DCO.

- 2A25 The Athlete and DCO shall sign the Sample Collection Form to indicate their satisfaction that the documentation accurately reflects the details of the Athlete's Sample Collection session, including any comments recorded by the Athlete. Any other person present who had a formal role during the Sample Collection session should sign the Sample Collection Form to confirm the accuracy of the information recorded on the documentation.
- 2A26 The DCO shall provide the Athlete with a copy of the Sample Collection Form(s) once signed by the Athlete.

Requirements for security and post test administration

- 2A27 The DCO shall ensure that any sealed Sample is stored in a manner that protects its integrity, identity and security prior to transport from the Doping Control Station. The storage arrangements and monitoring of the secure storage of the Sample must be recorded on the Doping Control documentation, and should detail the location of the Sample, the security arrangements for that location and who has access to the Sample until the Sample is sent to the Laboratory.
- 2A28 The NADO shall provide instructions for the type of analysis to be conducted, where required, to the laboratory to which the Sample is sent.

Requirements for transport of Samples and documentation

- 2A29 The NADO shall ensure that Samples and Doping Control documentation are transported to the laboratory in a manner that protects their integrity, identity and security.
- 2A30 The Samples and Doping Control documentation sent to the laboratory shall not identify the Athlete.

Section 2B: Urine Sample Collection Procedure

Selection of the Sample Collection vessel

- 2B1 The DCO shall be responsible for ensuring that each Sample is properly collected, sealed and documented. The Athlete shall be given a choice of at least three (3) Sample Collection vessels, from which he/she must select one and then he/she and the DCO shall check that the vessel chosen is clean and the seal is intact.
- 2B2 If either the Athlete or DCO is not satisfied with the Sample Collection vessel, the Athlete shall make another selection. If the Athlete is not satisfied with any of the Sample Collection vessels, and the DCO does not agree with the Athlete's opinion that none of the available vessels are satisfactory, the DCO shall instruct the Athlete to proceed with the test and the Athlete's views will be recorded on the Sample Collection Form by the Athlete and/or the DCO. If the Athlete fails to proceed, the DCO shall follow the procedures set out in Section 2D of this Guide.
- 2B3 If the DCO and the Athlete agree that none of the Sample Collection vessels are satisfactory, the DCO shall terminate the Sample Collection session and record the reasons on the Doping Control documentation.
- 2B4 Once selected, the Sample Collection vessel shall be handled only by the Athlete until the Sample is sealed. The DCO shall determine whether the Athlete's request for somebody other than the Athlete to handle the vessel is reasonable. The decision of the DCO is final and should be recorded along with the reason on the Doping Control documentation.

Sample Provision

- 2B5 The DCO witnessing urine Sample Provision shall be of the same gender as the Athlete providing the Sample.
- 2B6 The DCO shall escort the Athlete to the Sample Collection area. The Athlete will carry his/her own Sample Collection vessel at all times. The Athlete will be requested to wash his/her hands thoroughly or to wear gloves during Sample Provision.
- 2B7 Once in the privacy of the Sample Collection area, the Athlete must remove all clothing between the waist and mid-thigh, in order that the DCO has an unobstructed view of the passing of the urine Sample. Sleeves should be rolled up so that the Athlete's arms and hands are also clearly visible.
- 2B8 The DCO shall directly observe the Athlete when providing the Sample, adjusting his/her position so as to have a clear view of the entire Sample leaving the Athlete's body.
- 2B9 Once a Sample which satisfies applicable volume requirements [minimum 90mls] has been collected, or the Athlete has provided a partial Sample and is unable to provide any more urine for the time being, the Sample Collection vessel containing the Sample shall be sealed with a lid by the Athlete and the procedure in 2B13-2B25 will be followed. The DCO shall escort the Athlete, who shall carry his/her own Sample back to the processing area.
- 2B10 If an Athlete wishes to wash his/her hands after providing the Sample, the Sample should at this time be placed in a safe and secure location, in full view of both the Athlete and the DCO.

- 2B11 If the DCO observes any unusual behaviour by the Athlete while witnessing the provision of the Sample, this should be reported to the Lead DCO as soon as possible and fully documented. If there are doubts as to the origin or authenticity of the Sample or the suitability of the Sample is in question, the Athlete shall be asked to provide an additional Sample.
- 2B12 The DCO shall sign the Sample Collection Form to verify that he/she witnessed Sample provision in accordance with these procedures.

Partial Sample

- 2B13 In the event that an Athlete is unable to provide the required volume of urine (minimum 90mls), the DCO shall adhere to the following partial Sample procedure.
- 2B14 The DCO shall record on the Sample Collection Form the volume of the partial Sample and the lid number of the Sample Collection vessel in which it is stored. The Athlete shall sign the Sample Collection Form to confirm that the Sample Collection vessel is secured and that the DCO has accurately recorded the volume of the partial Sample and the lid number of the Sample Collection vessel. The Athlete shall place the sealed Sample Collection vessel in the area designated for partial Sample storage.
- 2B15 The DCO shall retain control of the sealed partial Sample and advise the Athlete of the security arrangements. The Athlete has the right to be satisfied with the security arrangements for their partial Sample. The DCO shall ensure that the partial Sample is securely stored under continuous observation or locked away in a secure area.
- 2B16 The Athlete shall return to the waiting area and shall remain under observation until he/she is ready to provide a further Sample.
- 2B17 When the Athlete is ready to provide more urine, the Sample Collection process shall recommence.
- 2B18 To ensure continuity of the process and for the comfort of the Athlete, the DCO shall be the same DCO as for the initial attempt. However, a change of DCO is permitted where necessary at the discretion of the Lead DCO and provided that the change in DCO in no way affects the integrity of the process. A change in DCO shall be documented.
- 2B19 The Athlete shall select a new Sample Collection vessel in accordance with paragraphs 2B1 to 2B4 of this Guide.
- 2B20 The Athlete shall then repeat the process for providing a Sample in accordance with paragraphs 2B5 to 2B10 of this Guide.
- 2B21 The Athlete shall take the new Sample Collection vessel and the Sample Collection vessel containing the initial partial Sample to the processing area and the Athlete will be asked to confirm that the lid number of the Sample Collection vessel containing the initial partial Sample is the same as the lid number recorded in accordance with paragraph 2B14.
- 2B22 The Athlete will be requested to wash his/her hands thoroughly or wear gloves prior to combining the two Samples.
- 2B23 The Athlete shall combine the two Samples by pouring the second Sample into the Sample Collection vessel containing the initial partial Sample until the required volume of urine is met (minimum 90mls).

- 2B24 If the cumulative volume of urine of the combined Samples is still insufficient, the Sample Collection vessel containing the combined Samples will be resealed with a new numbered lid. The process detailed in paragraphs 2B1 to 2B10 of this Guide will be repeated until the DCO is satisfied that the Athlete has provided the required volume of urine (minimum 90mls).
- 2B25 Once the required volume of urine has been collected, the DCO and Athlete shall proceed to divide and seal the Sample.

Dividing and sealing the urine Sample

- 2B26 From a choice of not less than three (3) Sample bottle kits consisting of an A-Sample and B-Sample bottle, the Athlete shall select a Sample bottle kit in which the Sample is to be sealed.
- 2B27 The Athlete and DCO shall check the Sample bottles to ensure the seals are intact and that the equipment has not been tampered with. If neither the Athlete nor the DCO is satisfied with the Sample bottles, the Athlete shall make another selection.
- 2B28 If the Athlete is not satisfied with any of the Sample bottle kits and the DCO does not agree with the Athlete's opinion that all of the available Sample bottle kits are unsatisfactory, the DCO shall instruct the Athlete to proceed with the Sample Collection session and record his/her views on the Doping Control documentation. If the Athlete fails to proceed, the DCO shall follow the procedures set out in Section 2D of this Guide.
- 2B29 If the DCO and the Athlete agree that none of the Sample bottle kits are satisfactory, the DCO shall terminate the Sample Collection session and record the reasons on the Doping Control documentation.
- 2B30 On proceeding, the Athlete and the DCO shall check the Sample bottles to ensure that all the numbers recorded on the A-Sample and B-Sample bottles correspond.
- 2B31 If the numbers do not correspond, the DCO shall instruct the Athlete to select another Sample bottle kit. The DCO shall document this on the Doping Control documentation.
- 2B32 The Athlete shall pour the volume of urine specified by the DCO into the A-Sample bottle and seal it. If sufficient urine has been provided, then the DCO shall instruct the Athlete to fill the A-Sample bottle to capacity as per the equipment manufacturer and laboratory's instructions.
- 2B33 The Athlete shall pour the required amount of the urine into the B-Sample bottle and seal it.
- 2B34 A residual amount of urine should be retained in the Sample Collection vessel to be used in determining whether the Sample meets the Suitable Specific Gravity for Analysis.
- 2B35 Both the DCO and the Athlete shall check that the Sample bottles are securely sealed.
- 2B36 The DCO shall record the Sample bottle numbers and the time of sealing the Sample on the Sample Collection Form. The Athlete and the DCO shall check the Sample Collection Form to ensure that the DCO has accurately recorded the Sample bottle numbers.

- 2B37 The DCO shall confirm that the Sample meets the Suitable Specific Gravity for Analysis by testing the residual volume of urine remaining in the Sample Collection vessel. A reading of 1.005 or higher is deemed suitable for analysis if recorded on a refractometer. A reading of 1.010 or higher is deemed suitable for analysis if recorded by a 'Labstix' strip.
- 2B38 The DCO shall ensure that any residual urine that will not be sent for analysis is discarded by the Athlete in full view of the DCO and only after both the A-Sample and B-Sample bottles have been filled to capacity (as per the recommendation of the equipment manufacturer).

Urine Samples not meeting laboratory requirements for analysis

- 2B39 If the Sample does not meet the Suitable Specific Gravity for Analysis, the DCO shall inform the Athlete that he/she is required to provide an additional Sample.
- 2B40 While waiting to provide an additional Sample, the Athlete shall remain under continuous observation by a DCO or Chaperone. The Athlete should be advised that if they choose to hydrate excessively, this may produce a Sample that does not meet the Suitable Specific Gravity for Analysis. In such cases, the Athlete will be required to provide additional Samples until a suitable Sample is provided.
- 2B41 When the Athlete is able to provide an additional Sample, the DCO shall repeat the procedures for collection of the Sample in accordance paragraphs 2B1 to 2B10 of this Guide.
- 2B42 The DCO shall sign the Sample Collection Form to verify that he/she witnessed Sample provision in accordance with the procedures.
- 2B43 If the additional Sample does not meet the Suitable Specific Gravity for Analysis, the DCO should continue to collect additional Samples until the requirement for Suitable Specific Gravity for Analysis is met, or until the Lead DCO determines that exceptional circumstances mean the Sample Collection session should not continue.
- 2B44 The DCO shall ensure that all Samples provided by the Athlete (i.e. the first Sample and all additional Samples) can be linked through the Doping Control documentation and that the laboratory is informed of the initial Sample. All Samples shall be sent to the laboratory for analysis with all related Doping Control documentation.
- 2B45 The Laboratory shall, in conjunction with the NADO, determine which Samples shall be analysed.

Documentation

- 2B46 If the DCO is unable to verify that he/she observed the passing of the Sample, or reports unusual behaviour by the Athlete, the Lead DCO can require the Athlete to provide an additional Sample. This must be documented and all Samples collected must be sent to the laboratory for analysis. The Laboratory shall, in conjunction with the NADO, determine which Samples shall be analysed.
- 2B47 If the Athlete fails to proceed, the DCO shall follow the procedures set out in Section 2D of this Guide.
- 2B48 The DCO shall invite the Athlete to declare the following information on the Sample Collection Form regarding medications taken prior to the Sample Collection session:

- a) where applicable, a declaration by the Athlete of medication, supplements and blood transfusions taken within seven (7) days of Sample Collection; and
 - b) where applicable, and in accordance with the International Standard for Therapeutic Use Exemption, a declaration by the Athlete of the use of glucocorticosteroids, taken within one (1) month of Sample Collection, where the route of administration was intra-articular, periarticular, peritendinous, epidural or intradermal injection or an inhaled route.
- 2B49 The DCO shall check all information on the Sample Collection Form, fill in any incomplete areas in view of the Athlete (or, where applicable, have the Athlete fill them in) and sign to confirm the Sample Collection session was conducted in accordance with the applicable procedures.
- 2B50 The Athlete and the Athlete's representative, if applicable, shall be invited to check that the information pertaining to the Sample Collection session is accurately reflected on the Sample Collection Form. The Athlete shall be invited to complete the comments section of the Sample Collection Form if he/she has any concerns or comments regarding the procedure.
- 2B51 The Athlete's representative, if present, shall sign the Sample Collection Form. The Athlete and DCO shall then sign the Sample Collection Form.
- 2B52 The DCO must give the Athlete's copy of the Sample Collection Form to the Athlete.
- 2B53 Unless the Athlete is also required to provide a blood Sample (see Section 2C of this Guide), he/she is then free to leave the Doping Control Station.
- 2B54 A transport document shall be completed for all blood and urine Samples collected at a Sample Collection session to document the security and transport of the Samples from Sample Collection to arrival at the laboratory.
- 2B55 The DCO is responsible for keeping the Samples secure until the Samples are signed over to a courier or laboratory.

Section 2C: Blood Sample Collection Procedure

Section 2A of this Guide precedes the Blood Sample Collection Procedures set out below.

2C1 The NADO shall authorise individuals with qualifications, as recognised by relevant public authorities, to collect blood Samples on its behalf. Such persons shall be known as Blood Collection Officials (BCOs). All BCOs shall carry identification and authorisation in accordance with Section 2A3 of this Guide.

Preparing for the Blood Sample Collection session

2C2 If the Athlete is required to provide a urine Sample and a blood Sample in the same session, the DCO shall decide in which order the Samples shall be provided.

2C3 The Athlete shall remain at rest in the Doping Control Station for a minimum of ten (10) minutes before undergoing blood Sample Collection.

2C4 Before beginning blood Sample Collection, the BCO shall explain the Sample Collection procedure to the Athlete.

2C5 The BCO shall ask the Athlete to provide information in relation to each of the following:

- a) the Athlete's use of medication that may affect the blood Sample Collection, particularly in relation to any medication that may affect blood clotting; and
- b) any disorder suffered by the Athlete that affects bleeding.

Such a disorder should not exempt the Athlete from the requirement to provide a blood Sample. The BCO, in consultation with the Lead DCO has the right to terminate the blood Sample Collection session if they believe that collecting a sample may be unsafe or detrimental to the Athlete's health.

Selection of the blood Sample Collection kit

2C6 After the required rest period, the Athlete shall be given a choice of blood Sample Collection kits. He/she will be asked to choose two (2) from a selection of at least six (6). The Athlete and DCO/BCO shall check the equipment to ensure the seals are intact and that the equipment has not been tampered with.

2C7 If either the Athlete or DCO/BCO is not satisfied with the blood Sample Collection kit, the Athlete shall make another selection. If the Athlete is not satisfied with any of the equipment, and the DCO/BCO does not agree with the Athlete's opinion that all of the available equipment is unsatisfactory, the DCO/BCO shall instruct the Athlete to proceed with the Sample Collection session and the Athlete's views will be recorded on the Sample Collection Form by the Athlete and/or the BCO. If the Athlete fails to proceed, the Lead DCO shall follow the procedures set out in Section 2D of this Guide.

2C8 On proceeding with the Sample Collection session, the BCO shall direct the Athlete to select one (1) blood Sample storage kit (containing an A-Sample and B-Sample bottle) from a selection of at least three (3). The Athlete and BCO shall check the equipment to ensure the seals are intact and that the equipment has not been tampered with.

2C9 If either the Athlete or DCO/BCO is not satisfied with the blood Sample storage kit, the Athlete shall make another selection. If the Athlete is not satisfied with any of the equipment, and the DCO/BCO does not agree with the Athlete's opinion that all

of the available equipment is unsatisfactory, the DCO/BCO shall instruct the Athlete to proceed with the Sample Collection and the Athlete's views will be recorded on the Doping Control documentation by the Athlete and/or the DCO/BCO. If the Athlete fails to proceed, the Lead DCO shall follow the procedures set out in Section 2D of this Guide.

- 2C10 If the DCO/BCO and the Athlete agree that none of the equipment is satisfactory, the DCO/BCO shall terminate the Sample Collection session and record the reasons.
- 2C11 On proceeding with the Sample Collection, the selected blood Sample Collection kit and storage kit shall be assembled by the BCO in view of the Athlete.

Sample Provision

- 2C12 The BCO shall assess the most suitable area of the body for the withdrawal of blood. This will usually be the non-dominant arm by preference unless the BCO assesses the other arm to be most suitable or the Athlete requests the other arm to be used. It may be that another part of the Athlete's body is more suitable for the collection of a blood Sample.
- 2C13 If necessary, the BCO shall apply a tourniquet to the Athlete's upper arm or chosen withdrawal site.
- 2C14 The skin shall be cleaned with a sterile disinfectant wipe or swab.
- 2C15 The amount of blood to be collected from the Athlete will be specified by the NADO on the authorisation documentation.
- 2C16 The blood Sample Collection and storage kits shall always be kept in full view of the Athlete.
- 2C17 In the event the BCO is unable to draw sufficient blood from the first attempt, up to two (2) more attempts may be made; provided that in any event no more than three (3) attempts to insert a needle into the Athlete's body shall be made in any one collection attempt. The BCO shall record the reasons for terminating a Sample Collection session.
- 2C18 The BCO shall use secure containers for blood Sample Collection, which seal automatically once removed from the needle.
- 2C19 If the BCO observes any unusual behaviour by the Athlete while carrying out the Sample Collection, this should be reported to the Lead DCO as soon as possible and documented on the Doping Control documentation.
- 2C20 The BCO shall sign the Sample Collection Form to verify that he/she carried out Sample Collection in accordance with these procedures.
- 2C21 The blood Sample Collection equipment shall be disposed of by using appropriate clinical waste bags and sharps bins.
- 2C22 After withdrawing the needle, the BCO shall place a dressing to the puncture site and instruct the Athlete to press firmly on the dressing for one (1) minute. The Athlete will be given a plaster to place on the puncture site and will be advised by the DCO/BCO not to undertake any strenuous activity using the arm for at least 30 minutes to minimise the potential for bruising.

- 2C23 The blood Sample Collection vessels containing the blood Sample should then be inverted gently and placed in full view of the Athlete and BCO.
- 2C24 The BCO or Athlete shall remove the bar code labels from the blood Sample storage kit and shall verify with the BCO that they are all identical and that the numbers on the bottle lids, the outer box and the numbers on the bar code labels all correspond. If they do not match, the Athlete shall select another blood Sample storage kit and the BCO shall document the occurrence on the Doping Control documentation.
- 2C25 The BCO will affix a label containing the blood Sample storage kit number to each of the blood Sample Collection tubes.

Sealing the Blood Sample

- 2C26 The BCO, under the observation of the Athlete, shall place the blood Sample Collection tube securely into each of the blood Sample storage bottles and seal the bottles. Both the BCO and the Athlete shall check to ensure that the blood Sample storage bottles are securely sealed.

Documentation

- 2C27 The BCO will record the blood Sample bottle codes on the Sample Collection Form (Blood).
- 2B28 The DCO/BCO shall check all information on the Sample Collection Form, fill in any incomplete sections/information in view of the Athlete (or, if applicable, get the Athlete or Athlete's representative to fill them in), and sign to confirm the Sample Collection session was conducted in accordance with the procedures outlined in this Guide.
- 2C29 The Athlete and the Athlete's representative, if present, shall be invited to check that the information on the Sample Collection Form accurately reflects the details of the Sample Collection session. The Athlete shall be invited to complete the comments section of the Sample Collection Form if he/she has any concerns or comments regarding the procedure.
- 2C30 The Athlete, Athlete's representative (if any), DCO and BCO must sign the Sample Collection Form to confirm that the information on the form, including the blood collection storage number, is accurate and reflects the blood Sample Collection session accurately.
- 2C31 The BCO must give a full copy of the Sample Collection Form to the Athlete.
- 2C32 If a urine Sample is collected from the Athlete along with a blood Sample, the BCO shall ensure that the blood and urine Sample Collection documentation are cross-referenced without the Athlete's identity being revealed.
- 2C33 Unless the Athlete is also required to provide a urine Sample (see Section 2B of this Guide), the Athlete is then free to leave the Doping Control Station.

Transport and Analysis

- 2C34 The DCO/NADO should ensure all blood Samples arrive at the laboratory no less than 48 hours after collection.

Section 2D: Investigating a Refusal or a Possible Failure to Comply

- 2D1 The NADO is responsible for ensuring that:
- a) any matters with the potential to compromise the Sample Collection session are assessed to determine if an Anti-Doping Rule Violation has occurred;
 - b) all relevant information, including (where applicable) information from those persons in the immediate vicinity, is obtained as soon as practicable to be considered as part of the assessment; and
 - c) appropriate documentation is completed to report any Refusal or a Possible Failure to Comply.
- 2D2 Any matters with the potential to compromise the Sample Collection session shall be reported to the NADO by any witnesses to such matters, as soon as practicable.
- 2D3 If the matter has the potential to compromise the Sample Collection session, the Athlete shall be notified if possible:
- a) that the matter will be investigated and appropriate follow-up action will be taken; and
 - b) the consequences if it is found that the Athlete has Refused or Failed to Comply with the Sample Collection session.
- 2D4 The necessary information shall be obtained from all relevant sources as soon as possible and recorded on the Doping Control documentation.
- 2D5 If possible, the Athlete's Sample Collection session shall be completed.

Section 2E: Modifications for Athletes who are Minors

- 2E1 The specific needs of Athletes who are Minors (as defined by the UK Anti-Doping Rules) will be accommodated to the greatest extent possible in relation to the collection of a Sample.
- 2E2 All aspects of notification and Sample Collection for Athletes who are Minors shall be carried out in accordance with the standard notification and Sample Collection procedures, save to the extent that modifications are necessary due to the Athlete's age.
- 2E3 The NADO is responsible for ensuring that the DCO has any information relevant to the collection of a Sample, provided by the Athlete who is a Minor.
- 2E4 In planning or arranging a Sample Collection session with a Minor, using the information provided by the Athlete, the NADO and the DCO have the authority to make modifications as the situation requires when possible and as long as such modifications do not compromise the rights of the Minor or the integrity of the Sample.
- 2E5 The DCO shall determine who, in addition to the Doping Control Staff may be present during the Sample Collection session, namely:
- a) the Minor's representative; and
 - b) the DCO's representative
- 2E6 An Athlete who is a Minor may be accompanied by a representative throughout the entire Sample Collection session. The representative shall not witness the provision of a urine Sample unless requested to do so by the Minor. The role of the Minor's representative is to ensure that the DCO is observing Sample Provision correctly.
- 2E7 If the Minor declines a representative, the DCO shall document this. The DCO shall nevertheless arrange for a representative of the DCO to be present during the Sample Collection session, although such a representative shall not directly witness the passing of a urine Sample unless requested to do so by the Minor.
- 2E8 The DCO will record any modifications made to the Sample Collection procedures for a Minor.

Section 2F: Modifications for Athletes with a Disability

- 2F1 The objective of this Section is to ensure that the specific needs of an Athlete with a Disability is accommodated to the greatest extent possible in relation to the collection of a Sample.
- 2F2 All aspects of notification and Sample Collection session for an Athlete with a Disability shall be carried out in accordance with the standard notification and Sample Collection procedures, save to the extent that modifications are necessary due to the Athlete's Disability.
- 2F3 Where an athlete has a physical, intellectual or sensory impairment, the Athlete is responsible for alerting the NADO as to any Disability that may require modifications to the Sample Collection session, without compromising the integrity or the process. If the Athlete is within the NRTP for his/her sport, he/she should provide details of his/her Disability at the same time as he/she provides Whereabouts information to the NADO. Athletes should provide details of both registered disabilities and other disabilities where assistance may be required. If an Athlete's requirements change or an Athlete subsequently incurs a further Disability, the Athlete should inform the NADO immediately.
- 2F4 Where the information has been provided by the Athlete, the NADO is responsible for ensuring that the DCO has any relevant information regarding a Disability as provided by the Athlete and any additional Sample Collection equipment required, in light of the Athlete's Disability, to collect a Sample from the Athlete.
- 2F5 In planning or arranging a Sample Collection session, using the information provided by the Athlete with a Disability, the NADO and/or the DCO shall consider whether modifications are required to the standard procedures for notification or Sample Collection, including Sample Collection equipment and facilities and the presence of additional representatives, in order to collect a Sample from the Athlete, as long as such modifications do not compromise the identity, security or integrity of the Sample.
- 2F6 An Athlete with a physical, intellectual or sensory impairment may be assisted by the Athlete's representative or Doping Control Staff during the Sample Collection session where authorised by the Athlete and agreed to by the DCO. The Athlete's representative must sign all relevant Doping Control documentation.
- 2F7 Athletes who are using urine collection or drainage systems are required to eliminate existing urine from such systems before providing a urine Sample for analysis. Where possible, the existing urine collection or drainage system should be replaced with a new, unused catheter or drainage system.
- 2F8 The DCO will record modifications made to the Sample Collection procedures for an Athlete with a Disability on the Doping Control documentation.

Section 2G: Athletes requiring an interpreter

- 2G1 If an Athlete who has been selected for Sample Collection demonstrates the need for interpretation, and if the Athlete's National Governing Body or International Federation (in the case of In-Competition Testing) or the Athlete him/herself has arranged for an interpreter to be available, then the DCO may permit the interpreter to be present during the Sample Collection process as necessary to enable the procedures to be carried out.
- 2G2 The role of the interpreter is limited to translating verbal or written instructions or documentation to ensure that all aspects of notification and Sample Collection may be carried out in accordance with the standard notification and Sample Collection procedures.
- 2G3 The absence of an interpreter shall not constitute grounds for delaying or refusing to provide a Sample.

Section 3: Athlete Whereabouts requirements

- 3.1 The Sample Collection procedures for Out-of-Competition Testing are the same as those outlined in Section 2 of this Guide and apply to Testing conducted by the NADO. The Testing conducted by the NADO shall be carried out in accordance with the International Standard for Testing (IST) in force at the time of Testing, as determined by the World Anti-Doping Code.
- 3.2 In the case of a conflict between the IST and this Guide, the IST shall prevail.
- 3.3 Other than by exception, Out-of-Competition Testing shall be conducted on a No Advance Notice basis.
- 3.4 An Athlete within the NADO's National Registered Testing Pool (NRTP) is required to provide accurate and complete information about his/her Whereabouts on a quarterly basis via ADAMS. Failure to do so will amount to a Filing Failure in accordance with the applicable anti-doping rules.
- 3.5 If an Athlete is included in both an International Registered Testing Pool and a NRTP, then his/her IF and NADO will agree who will receive his/her Whereabouts Filings and advise the Athlete accordingly.
- 3.6 The Athlete shall file such Whereabouts information using ADAMS.
- 3.7 The NADO shall receive and maintain such Whereabouts information on the confidential basis set out in the Code, and shall use that information to plan and conduct Out-of-Competition Testing on such Athletes.
- 3.8 An Athlete in the NRTP is required to give consent to the NADO for the sharing of his/her Whereabouts Filings with other ADOs having authority to test him/her. Athletes will be asked to do this when they first log-on to ADAMS with a secure user name and password. To refuse consent to the sharing of his/her Whereabouts Filings can render an Athlete in breach of the applicable anti-doping regulations and failure to provide consent may preclude them from participation in their sport.
- 3.9 An Athlete in the NRTP is required to provide a complete mailing address where correspondence may be sent to the Athlete for formal notice purposes. This should be an address where he/she lives or otherwise knows that mail received there will be immediately brought to his/her attention. Any notice or other item mailed to that address will be deemed to have been received by the Athlete five (5) working days after it was deposited in the mail.
- 3.10 An Athlete with a Disability must provide details of his/her Disability on ADAMS and identify any reasons why the Disability may require modifications to Sample Collection.
- 3.11 Athletes should file a Whereabouts Filing fourteen (14) days prior to the first day of the quarter (i.e. 1 January, 1 April, 1 July and 1 October, respectively).
- 3.12 In addition to the requirements set out in 3.8, 3.9 and 3.10, by the first day of each quarter (i.e. 1 January, 1 April, 1 July and 1 October, respectively), an Athlete's Whereabouts Filing must contain at least the following information:
 - a) for each day in the forthcoming quarter, one specific 60-minute time slot between 6 a.m. and 11 p.m. where he/she will be available for Testing at a specified location.

An Athlete is eligible for Testing at any time and any location. If an Athlete updates his/her 60-minute time slot for a particular day prior to the start of the 60-minute slot but he/she is subsequently located for Testing during that original 60-minute time slot, he/she must still submit to Testing at that time.

Athletes cancelling a 60-minute slot must immediately replace it with another 60-minute slot. If the Whereabouts information does not provide a 60-minute slot on every day of the quarter at any one time, the Athlete may be subject to a Filing Failure.

The DCO may arrive at the specified location at any time during that 60-minute slot. Athletes should remain at the location specified on their Whereabouts for 60-minutes to ensure they can be located for testing.

Athletes can make last minute updates to their 60-minute slot using the following services and provided the update is made before the beginning of the 60-minute slot:

- Log on to www.myadams.co.uk
- Text message: 07624 806 282
- Phone: 008000 943 7378 (WHERE R U)
- Email: drug-free@uksport.gov.uk

On arriving at the designated location specified for a 60-minute time slot in an Athlete's Whereabouts Filings, the DCO must do what is reasonable in the circumstances (i.e. given the nature of the specified location) to try to locate the Athlete, short of giving the Athlete any advance notice of the test.

If located for Testing, the Athlete must remain with the DCO until the Sample Collection session has been completed, even if this takes longer than the 60-minute time slot.

- b) for each day during the following quarter, the full address of the place where the Athlete will be residing, i.e. sleeping (e.g. home, temporary lodgings, hotel, etc).

Athletes should provide the location/s where they reside regularly and should update the NADO when the place where they will regularly be residing changes. This should be done as soon as the Athlete knows of the change.

If the Athlete's 60-minute slot should fall within a time and at a location specified as the residing location, the Athlete must update his/her Whereabouts filing before the beginning of the 60-minute slot or may be subject to a Missed Test. In this instance, Athletes can use the services provided by the NADO outlined in (a) to make last minute updates.

- c) for each day during the following quarter, the name and address of each location where the Athlete will train, work or conduct any other regular activity, as well as the usual time-frames for such regular activities. If the Athlete is not currently training, he/she should specify that fact in his/her Whereabouts Filing and detail any other routine that he/she will be following in the forthcoming filing period, e.g. his/her work routine, university or school schedule, or rehabilitation routine, or any other routine, and identify the name and address of each location where that routine is conducted and the time-frame during which it is conducted.

Athletes should only provide regular activities to fulfil this requirement.

Athletes are required to make any changes to their regular activities via ADAMS. If the Athlete's 60-minute slot should fall within a regular activity, the Athlete must update his/her Whereabouts filing before the beginning of the 60-minute slot or may be subject to a Missed Test. In this instance, Athletes can use the services provided by the NADO outlined in (a) to make emergency updates.

Athletes should update their regular activities when these change but Athletes are not required to notify the NADO of occasional departures from a regular activity. An Athlete may be at risk of committing a Filing Failure or an Anti-Doping Rule Violation if the information given in ADAMS is deliberately misleading or evasive.

- d) the Athlete's Competition schedule for the following quarter, including the name and address of each location where the Athlete is scheduled to compete during the quarter and the date(s) on which he/she is scheduled to compete at such location(s).

Athletes must continue to provide a 60-minute slot for every day of the quarter even if they are competing in an event.

- 3.13 When specifying a location in his/her Whereabouts Filing (whether in his/her original quarterly filing or in an update), the Athlete must provide sufficient information to enable the DCO to find the location, to gain access to the location, and to find the Athlete at the location. For example, declarations such as "running in the New Forest" or "training at Crystal Palace Sports Centre" are insufficient and are likely to result in a Whereabouts Failure. Similarly, specifying a location that the DCO cannot access (e.g. a "restricted-access" building or area) is likely to result in an unsuccessful attempt to test the Athlete and therefore a Whereabouts Failure.
- 3.14 When making a Whereabouts Filing, it is the Athlete's responsibility to ensure that he/she provides all of the information required accurately and in sufficient detail to enable any ADO wishing to do so to locate the Athlete for Testing on any given day in the quarter, including but not limited to during the 60-minute time slot specified for that day in the Whereabouts Filing.
- 3.15 Where an Athlete does not know precisely what his/her Whereabouts will be at all times during the forthcoming quarter, he/she must provide his/her best information, based on where he/she expects to be at the relevant times, and then update that information as necessary, and in any event prior to the start of that day. Updates may be made by email, telephone, text message and via ADAMS as outlined in Section 3.8a of this Guide.
- 3.16 If the Athlete is not available for Testing at the location specified during the 60-minute time slot recorded by an Athlete on a specific day and he/she has not updated his/her Whereabouts Filing prior to that 60-minute time slot to provide an alternative time slot/location for that day, that failure shall amount to a Missed Test in accordance with the applicable anti-doping rules unless exceptional circumstances exist.
- 3.17 Where any change in circumstance means that the information previously provided by or on behalf of the Athlete (whether in the initial Whereabouts Filing or in any subsequent update) is no longer accurate or complete (i.e. it is not sufficient to enable any ADO to locate the Athlete for Testing on any given day in the relevant quarter, including but not limited to during the 60-minute time slot that he/she has specified for that day), the Athlete must update his/her Whereabouts Filing so that the information on file is again accurate and complete. He/she must make such

updates as soon as possible and prior to the beginning of the Whereabouts Filing for that day.

- 3.18 A failure to do so shall have the following consequences:
- a) if, as a result of such failure, an ADO's attempt to test the Athlete during the 60-minute time slot is unsuccessful, then the unsuccessful attempt shall be pursued as an apparent Missed Test; and
 - b) if the circumstances so warrant, the failure may be pursued as evasion of Sample Collection under the applicable anti-doping rules, and/or Tampering or Attempted Tampering with Doping Control under the applicable anti-doping rules.
- 3.19 If an Athlete is not available for Sample Collection at any time during his/her specified 60-minute time slot at the location specified for that time slot for that day, he/she will be liable for a Missed Test even if he/she is located later that day and a Sample is successfully collected from him/her.
- 3.20 If an update is filed by the Athlete, but the updated information filed is incomplete, or inaccurate, or insufficient to enable the ADO to locate the Athlete, then it may be pursued as a Filing Failure.
- 3.21 If there are doubts as to the origin or authenticity of the Sample or if the DCO observes what he/she deems to be unusual behaviour before or during the Out-of-Competition Sample Collection session, this will be fully documented and the Athlete shall be asked to provide an additional Sample.
- 3.22 An Athlete in the NRTP may choose to delegate the making of some or all of his/her Whereabouts Filings (and/or any updates to his/her Whereabouts Filings) to a third party, such as for example a coach or team manager, provided that the third party agrees to such delegation. Each Athlete shall remain ultimately responsible at all times for making accurate and complete Whereabouts Filings whether he/she makes each filing personally or delegates it to a third party (or a mixture of the two).
- 3.23 An Athlete who has been included in the NRTP shall continue to be subject to Whereabouts requirements unless and until he/she has been given written notice by the NADO or his/her National Governing Body that he/she is no longer included in the NRTP; or he/she retires from competition in the sport in question and gives written notice to his/her National Governing Body or NADO or both (as applicable) to that effect.
- 3.24 Notwithstanding that an Athlete is providing Whereabouts information, an Athlete may nevertheless be tested at any time and any location.

Team Sports

- 3.25 Where an Athlete is in the National Registered Testing Pool (NRTP) for a team sport much of the Whereabouts information that must be provided may be the same for all of the Athletes on the team. Furthermore, on occasions when an Athlete on a team is not participating in a scheduled team collective activity (e.g. because of injury), he/she is likely to be pursuing other activities under the supervision of his/her team (e.g. treatment by a team doctor). Such team-based activities, collective or otherwise, shall be known as "Team Activity".
- 3.26 An Athlete who is included in the NRTP by reference to the fact that he/she plays for a particular team is subject to the same individual Whereabouts requirements as an

Athlete who is included in the NRTP by reference to some other criterion as set out in Section 3 of this Guide.

- 3.27 An Athlete playing on a team may delegate the task of making some or all of the Whereabouts Filings and/or any updates to Whereabouts Filings to be carried out by, for example, a coach, a manager or a National Governing Body representative, provided that the third party agrees to such delegation and depending on the applicable anti-doping rules. Each Athlete shall remain ultimately responsible at all times for making accurate and complete Whereabouts Filings whether he/she makes the each filing personally or delegates it to a third party (or a mixture of the two).
- 3.28 An Athlete in a Team Sport may delegate the making of his/her Whereabouts Filings to his/her team not only in respect of periods of Team Activity but also in respect of periods where he/she is not with the team, provided the team agrees. In such circumstances, it will be necessary for the Athlete to provide the information as to his/her individual whereabouts for the period in question to the team, to supplement the information it provides in relation to Team Activities. Each Athlete shall remain ultimately responsible at all times for making accurate and complete Whereabouts Filings whether he/she makes the each filing personally or delegates it to a third party (or a mixture of the two).
- 3.29 An Athlete that is also a member of a Team must ensure that their Whereabouts Filing provides at least the following information, whether they make the Whereabouts Filing personally or delegates it to a third party:
- a) the information specified in 3.5, 3.6 and 3.7;
 - b) the information specified in 3.8a. For the avoidance of doubt, this 60-minute time slot may be during any Team Activity conducted on the day in question.
 - c) the information specified in 3.8b;
 - d) the information specified in 3.8d; and
 - e) for each day in the following quarter, the time(s) each day of any Team Activity, whether that is a collective activity (e.g. training) or an individual activity under the supervision of the team (e.g. medical treatment), along with the venue and any other details required in order for the Athlete to be located during the time(s) in question. If the Athlete conducts other regular activities outside Team Activities (e.g., he is an amateur Athlete and therefore also works or goes to school), then the locations and time-frames of such other regular activities should also be disclosed.
- 3.30 If the team does not make a required Whereabouts Filing, or makes the Whereabouts Filing but does not include all of the required information, then the Athlete may be liable for a Filing Failure under the applicable anti-doping rules.
- 3.31 If any of the required information changes after a Whereabouts Filing is made, then an update must be filed so that the Whereabouts Filing remains accurate at all times. If an update is not made, and as a result an attempt to locate the Athlete during the 60-minute time slot is unsuccessful, then the Athlete may be liable for a Missed Test under the applicable anti-doping rules.
- 3.32 For the avoidance of doubt, 3.8 to 3.24 apply to Team Sports.

Section 4: Example Parental Consent Form

PARENTAL CONSENT FORM

This form must be completed in all cases where the athlete is under the age of eighteen (18).

Please complete in BLOCK CAPITALS

I (**[insert full name]**) declare that I am the person having parental responsibility of **[insert full name of Athlete]** ("the Athlete") and that I have full capacity to give consent to the taking of a blood or urine Sample as required by the anti-doping rules of **[insert name of NGB of relevant sport]**.

I have read and understood the anti-doping rules of **[insert name of NGB of relevant sport]** and I hereby:

- (a) agree that the Athlete will be bound by and comply with the provisions set out in the anti-doping rules of **[insert name of NGB of relevant sport]** and will submit to the authority and jurisdiction of **[insert NGB]** and any designee(s) of **[insert NGB]**, including UK Sport, to apply, police and enforce the rules; and
- (b) consent and agree to the taking of a blood or urine sample from the Athlete for the purposes of official anti-doping Testing (whether such Testing is organised by **[insert NGB]**, UK Sport or any other official body) during the period **[insert relevant details]** in accordance with the procedures set out in this Guide and the International Standard for Testing.

Dated this day of..... 20...

Full Name of Parent / Guardian

Signature of Parent / Guardian

Full Name of Athlete.....

Signature of Athlete.....

Section 5: Definitions

These definitions are a combination of the mandatory definitions under the World Anti-Doping Code, International Standard for Testing, International Standard for TUE, the UK Anti-Doping Rules and supplementary definitions of terms appearing in this Anti-Doping Procedures Guide for Sport.

ADAMS:

The Anti-Doping Administration and Management System maintained by WADA.

Anti-Doping Organisation:

A Signatory that is responsible for adopting rules for initiating, implementing or enforcing any part of the Doping Control process. This includes, for example, the International Olympic Committee, the International Paralympic Committee, other Major Event Organisations that conduct Testing at their Events, WADA, the International Federation, and National Anti-Doping Organisations such as the NADO.

Anti-Doping Rule Violation:

One of the prohibited acts or omissions set out at Article 2 of the World Anti-Doping Code 2009.

Athlete:

Any Person who competes at any level in the sport under the jurisdiction of the NGB; save that for purposes of Article 2.8 of the UK Anti-Doping Rules, an Athlete is any Person who participates at any level in any sport under the authority of any Signatory, government or other sports organisation accepting the Code.

Blood Collection Official:

An official with professional training in the collection of blood samples, authorised by the NADO, WADA or International Federation to collect blood Samples from Athletes for the purposes of Doping Control.

Chain of Custody:

The sequence of individuals or organisations who have responsibility for a Sample from the time of Sample provision until the Sample has been received by the laboratory for analysis.

Chaperone:

An individual authorised by the NADO to notify an Athlete of his/her obligation to submit to Testing and then escort him/her until he/she arrives at the Doping Control Station.

Code:

The World Anti-Doping Code.

Competition:

A single race, match, game or other athletic contest.

DCO:

Doping Control Officer authorised by the NADO to carry out Sample Collection for the purposes of Doping Control.

Disability:

An impairment or multiple impairments including intellectual, sensory and physical impairments.

Domestic Pool

A pool established by the NADO that excludes National-Level Athletes and Athletes in the International or National Registered Testing Pools.

Doping Control:

All steps and processes from test distribution planning through to the ultimate disposition of any appeal, including all steps and processes in between, such as provision of Whereabouts information, Sample Collection and handling, laboratory analysis, TUEs, results management, hearings and appeals.

Doping Control Staff

One or more of the following: Doping Control Officer; Blood Collection Official; Chaperone.

Doping Control Station:

The location where the Sample Collection session will be conducted.

Event:

A series of individual Competitions conducted together under one ruling body (e.g., the Olympic Games).

Filing Failure: A failure by the Athlete (or by a third party to whom the Athlete has delegated this task) to make an accurate and complete Whereabouts Filing.

In-Competition:

Unless provided otherwise in the rules of the International Federation or another relevant Anti-Doping Organisation, "In-Competition" means the period commencing twelve (12) hours before a Competition in which the Athlete is scheduled to participate through to the end of such Competition and the Sample Collection process related to such Competition.

Independent Observer:

A team of observers, under the supervision of WADA or the NADO, who observe and may provide guidance to the relevant ADO on the Doping Control process at certain Events and report on their observations.

International-Level Athletes:

Athletes designated by the International Federation for a sport as being within its Registered Testing Pool.

International Registered Testing Pool:

A pool of Athletes selected by the International Federation who are required to provide up-to-date Whereabouts information to their International Federation and to make themselves available for Testing at such Whereabouts location in accordance with its rules.

International Standard:

A standard adopted by WADA in support of the Code. Compliance with an International Standard (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed by the International Standard were performed properly. International Standards shall include any Technical Documents issued pursuant to the International Standard.

Lead DCO:

The authorised DCO responsible for the management of the Sample Collection team, the establishment of the Doping Control Station, the overall completion of the Sample Collection session in accordance with the procedures in this Guide and for transferring Samples by secure Chain of Custody to the laboratory.

Minor:

A Person under the age of eighteen (18).

Missed Test:

A failure by the Athlete to be available for Testing at the location and time specified in the 60-minute time slot identified in his/her Whereabouts Filing for that day in question.

National Anti-Doping Organisation:

The entity designated by each country as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of Samples, the management of test results, and the conduct of hearings, all at the national level. This includes an entity which may be designated by multiple countries to serve as the regional Anti-Doping Organisation for such countries. If this designation has not been made by the competent public authorities, the entity shall be the country's National Olympic Committee or its designee. The National Anti-Doping Organisation for the UK is the entity defined under these Rules as "the NADO".

National Governing Body:

Any national, provincial or territorial Person that governs sport in the UK or part thereof and includes that Person's affiliated members, clubs, teams, associations and leagues.

National-Level Athletes:

Athletes designated by the NADO including Athletes that compete at the national level (as determined by the NADO) and any Athlete that is in receipt of UK Sport funding, with the exclusion of Athletes identified for the International or National Registered Testing Pools.

National Olympic Committee:

The organisation recognised by the International Olympic Committee. The term National Olympic Committee shall also include the National Sport Confederation in those countries where the National Sport Confederation assumes typical National Olympic Committee responsibilities in the anti-doping area.

National Registered Testing Pool:

A pool of Athletes who are required to provide up-to-date Whereabouts information to the NADO and to make themselves available for Testing at such Whereabouts in accordance with the rules of their sport. An Athlete may be included in the National Registered Testing Pool notwithstanding that he/she is also included in an International Registered Testing Pool.

No Advance Notice:

Testing which takes place with no advance warning to the Athlete and where the Athlete is continuously chaperoned from the moment of notification through to Sample provision.

Out-of-Competition:

Testing which is not In-Competition.

Person:

A natural Person or an organisation or other entity.

Prohibited List:

The Prohibited List issued by WADA, identifying the Prohibited Substances and Prohibited Methods, as amended from time to time.

Prohibited Method:

Any method so described on the Prohibited List.

Prohibited Substance:

Any substance so described on the Prohibited List.

Retroactive:

The submission of a Therapeutic Use Exemption (TUE) application or a Declaration of Use after Doping Control in accordance with Section 1E of this Guide.

Sample/Specimen:

Any biological material collected for the purposes of Doping Control.

Sample Collection Equipment:

Containers or apparatus used to directly collect or hold the Athlete's Specimen at any time during the Sample Collection process. Sample Collection Equipment shall, as a minimum, consist of:

- For urine Sample Collection:
Sample Collection vessels for collecting the urine Sample as it leaves the Athlete's body;
Sample bottle kits which are sealable, tamper-evident bottles and lids for securing the urine Sample.
- For blood Sample Collection:
Blood Sample Collection kit including needles for collecting the blood Sample and self-sealable, tamper-evident devices for holding the blood Sample;
Blood Sample storage kits for securely storing the blood Sample for transport to the laboratory.

Sample Collection:

All of the sequential activities that directly involve the Athlete from the point of notification until the Athlete leaves the Doping Control Station having provided his/her Sample/s.

Testing:

For the purposes of this Guide, the parts of the Doping Control process involving test distribution planning, Sample Collection, Sample handling, and Sample transport to the laboratory.

Therapeutic Use Exemption (TUE):

Permission to use, for therapeutic purposes, a Prohibited Substance or Prohibited Method contained in the Prohibited List as amended from time to time.

Tourniquet:

A bandage or other device for applying pressure to check bleeding or blood flow.

Venipuncture:

The process of collecting a Sample of blood from an Athlete's vein.

WADA:

The World Anti-Doping Agency.

Whereabouts:

The Whereabouts Filings provided by the athlete for the purposes of Out-Of Competition Testing including locations and times for No Advance Notice Testing