

# THE DRUG FREE SPORT CONSORTIUM

AUSTRALIAN SPORTS DRUG AGENCY

CANADIAN CENTRE FOR ETHICS IN SPORT

NORWEGIAN OLYMPIC COMMITTEE AND CONFEDERATION OF SPORTS

## AN ATHLETE'S GUIDE

### WORLD ANTI-DOPING AGENCY

**This information is designed to help athletes understand the basic sample collection process carried out by drug testing agencies under the World Anti-Doping Agency (WADA) testing program. It will also help you understand your rights and responsibilities when being drug tested.**

### World Anti-Doping Agency

The World Anti-Doping Agency (WADA) is an independent drug testing body established in 1999. WADA has a contractual agreement with International Federations to conduct Doping Control on their behalf. The Drug Free Sport Consortium (DFSC) has been appointed by WADA to perform the sample collection and projects.

DFSC consists of the following agencies:

Canadian Centre for Ethics in Sport (CCES)

Australian Sports Drug Agency (ASDA)

Norwegian Olympic Committee & Confederation of Sports (NIF) and partner agency

WADA is responsible for drug testing in sport internationally. WADA's anti-doping program helps to protect the ethical value of sport and the health of athletes. Through its doping control program, international initiatives and its educational resources and services, WADA works to deter elite athletes from using banned doping practices.

### Introduction to WADA Drug Testing Process

The standard sample collection process is outlined below. Each step is necessary to ensure fairness and validity in the doping control process.

The method of sample collection may vary in some circumstances and for athletes with disabilities. However, the minimum standards that follow should apply. If you are concerned with any part of the sample collection process, you should note your concerns on the drug testing form and you should notify your International Federation in writing as soon as possible.

For further information on the drugs banned in your sport, please contact your relevant International Federation.

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#### ASDA

Postbox 345,  
Curtin ACT 2605, AUSTRALIA  
Tel: +61 (0)2 62060218  
Fax: +61 (0)2 62060201  
E-mail: [lagripper@asda.org.au](mailto:lagripper@asda.org.au)

#### CCES

300-2197 Riverside Drive  
Ottawa, Ontario K1H 7X3, CANADA  
Tel: +613 521 3340  
Fax: +613 521 3134  
E-mail: [pmelia@cces.ca](mailto:pmelia@cces.ca)

#### NIF

Servicebox 1, Sognsveien 75L  
Ullevaal Stadion, 0840 Oslo, NORWAY  
Tel: +47 21029067  
Fax: +47 21029009  
E-mail: [Anne.Cappelen@nif.idrett.no](mailto:Anne.Cappelen@nif.idrett.no)

General Correspondence to: The Consortium Secretariat, 300-2197 Riverside Drive, Ottawa, Ontario K1H 7X3, CANADA E-mail: [pmelia@cces.ca](mailto:pmelia@cces.ca)

Version 1.1 / 6 February 2002

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## WADA Drug Testing

Doping Control to detect a prohibited substance or the use of a prohibited method consists of:

- a sample collection process conducted by a drug testing agency; and
- sample analysis conducted by an accredited IOC laboratory

## WADA Sample collection process

### Selection

You can be selected for doping control at any time, anywhere.

### Notification

A doping control official will notify you of your selection for doping control:

- in person (at any time);
- by telephone (out-of-competition); or
- by written notice (out-of-competition).

You may have a representative accompany you to the doping control, however your representative will not witness the passing of your sample. Your international sporting organisation will be notified if you fail to comply with the request to provide a sample without reasonable cause. Their doping rules will apply.

### Presenting for a drug test

- You may ask the doping control official for information on the doping control process.
- The doping control official will record your details on a notification form.
- You will sign the form and be given a copy for your records.

### Providing a sample (Urine only)

- You will be asked to select a beaker.
- You will be asked to provide a urine sample\* in the presence of a doping control official who is the same gender as yourself.
- You are responsible for controlling your sample until it is sealed in a sample collection kit.

*\*Insufficient sample: If you give an insufficient sample you will be asked to provide an additional sample in accordance with you International Federation's guidelines and the procedures outlined above.*

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## Choosing your secure containers

- You will be asked to select a sample collection kit, consisting of 'A' and 'B' labeled containers, which will hold, identify and secure your sample.
- You must check the sample collection kit and ensure its containers are secure and correctly labeled and have not been opened or tampered with.

*Please note: There are a number of sample collection kits available, which may be used for the doping control process.*

## Splitting, sealing and labeling of your sample

- You will pour a measured amount of your urine sample into each of the 'A' and 'B' labeled containers.
- You will then secure the samples within the sample collection kit.
- The sample collection kit will be identified and recorded on the doping control form.

## Checking pH and concentration of sample

- The drug control official will check the acidity (PH) and concentration of your sample (SG) to ensure it is suitable for analysis. If it is not, you may be asked to provide another sample.

## Final paperwork

- You should disclose any medications you have taken over the last seven days or any medication that might be in your system at the time of testing. You should record any medications, vitamins, herbal products or food supplements that you have taken, orally or otherwise.
- You will be asked to provide further personal information including contact details so that you can be contacted regarding the results of your test.
- You will be asked to check all the information on the doping control form to ensure it is correct.
- You will then sign the form.
- The doping control official and your representative, if any, will also sign the form.
- You will be given a copy of the form for your records.

## Security of your sample

Your secure sample and doping control form (which contains only information about the sample, medications and security seals) will be sent to an IOC accredited laboratory. You will not be personally identified to the laboratory.

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## Analysis procedure

- The laboratory will analyse part 'A' of your sample for the presence of banned drugs or doping methods.
- If part 'A' of your sample returns a positive test result you may have the right to have part 'B' of your sample analysed to confirm the positive test result. (Note: B-sample analysis is not included in some Federations policies)

## Athlete's rights and responsibilities

The rights and responsibilities set out below are available to athletes tested by or on behalf of WADA.

### Your rights

#### *Sample collection process*

You may:

- nominate a representative of your choice to accompany you to the doping control; and
- request any information about the doping control procedure; and

With the consent of your chaperone, and at all times in full view of the chaperone, you may:

- attend a victory ceremony;
- finish your training session; or
- do anything else that is reasonable before providing a sample, such as:
  - receive necessary medical attention;
  - fulfill media commitments; or
  - warm down.

If any part of the process concerns you, you should record your concerns on the doping control form and notify your relevant international federation, in writing, as soon as possible after completing the drug test.

#### *Positive test results process*

- Your relevant International Federation will be notified of a positive result from the laboratory or a failure to comply.

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- You have the right to a fair hearing in accordance with the doping rules of your relevant International Federation.

*It is important that you find out your rights and the penalties for a positive drug test result under the doping rules of your sport.*

## Your responsibilities

### *Sample collection process*

It is your responsibility to ensure that:

- you are aware of and comply with the doping rules of your sport;
- you comply with the doping control procedures\*,
- you control the sample until it is sealed in the sample collection kit;
- the sealed sample collection kit is secure and identified; and
- all appropriate documentation is accurate, complete and signed.

## Sanctions

*\*Sanctions may be applied if you do not comply with a request to provide a sample*

- WADA does not conduct a hearing or impose sanctions on athletes who return positive test results or fail to comply. This is the responsibility of your International Federation.
- Sanctions for a first offence may vary from a warning to a four-year suspension. Many sporting organisations will ban athletes for life for returning a second positive drug test.

## Substances and methods tested for

Most sporting organisations adopt the International Olympic Movement Anti-Doping Code Classes of prohibited substances and methods of doping. However, some sports have made variations to that list. It is your responsibility to ensure you are aware of the substances banned by your sport both in and out-of-competition.

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