



SPÓRT ÉIREANN
SPORT IRELAND

SAMPLE COLLECTION GUIDELINES

These guidelines are designed to help both athletes and athlete support personnel (ASP) understand what will happen during and after anti-doping testing as well as helping athletes to understand their rights and responsibilities throughout the testing process.

All athletes who are members of a National Governing Body (NGB) or who compete in any NGB sanctioned event under Sport Ireland are subject to the Irish Anti-Doping Rules. Compliance with these rules are mandatory at all times, including in and out-of-competition.

As part of the Irish Anti-Doping rules, athletes may be selected for testing at any time and without notice.

Sample Collection Overview

Sample collection (also known as doping control or drug testing) is an essential part of clean sport. It protects the integrity of sport through anti-doping measures. It is the process which is used to detect the use of a prohibited substance or method by an athlete.

Under the National Anti-Doping Programme, sample collection is conducted by Sport Ireland and sample analysis is conducted by a WADA accredited laboratory. Athletes may be obliged to provide a urine and/or blood sample.

Athletes should always comply with a valid request for testing as sanctions can be imposed if the athletes refuse to comply with the sample collection procedures.

Remember – The decision to test athletes is not based on age; it is based on the level that the athlete is competing at, as well as sport specific factors. Athletes under the age of 18 can be tested as per the Irish Anti-Doping Rules

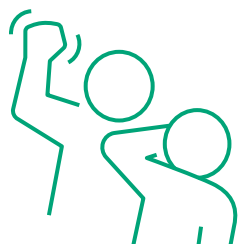


What happens if athletes don't comply with a valid request for sample collection?

Athletes have a responsibility to comply with the doping control requirements. It is in the athlete's best interest to cooperate fully with the doping control officers.

If an athlete refuses or fails to comply with sample collection procedures, the Doping Control Officer or Chaperone will read you an anti-doping rule violation warning. This is a formal warning that should be taken seriously. Failure to comply with the request to provide a sample could lead to the athlete receiving a sanction of up to four years from all sports..

Examples of situations that may warrant an anti-doping rule violation warning being issued to an athlete or athlete support personnel include:



- Evading, refusing or failing to submit or comply with sample collection.
- Tampering or attempting to tamper with any part of the doping control process.
- Taking photos or videos during sample collection.
- Any aggressive or abusive behaviour towards Sample Collection Personnel

An official anti-doping rule violation warning will be recorded on the Doping Control Form. Multiple warnings to an athlete or athlete support personnel may indicate that they are not willing to cooperate with the process and this information will be fed back to the athletes team, coach and National Governing Body. These actions may raise suspicion that the athlete has something to hide.

Anti-doping rule violations apply to both athletes and athlete support personnel.

Proceeding with Sample Collection

Your Rights

Athletes are entitled to:

- Request to see the DCO and Chaperone's ID card.
- Nominate a representative of their choice to accompany them during the sample collection process.
- Request to have an interpreter (if necessary);
- Request a delay in reporting to the Doping Control Station (DCS) for a valid reason.
- For In-Competition Testing valid reasons include:
Participation in a presentation ceremony; Fulfilment of media commitments; Competing in further Competitions; Performing a warm down; Obtaining necessary medical treatment; Locating a representative and/or interpreter; Obtaining photo identification; or Any other reasonable circumstances as determined by the DCO, and which shall be documented.
- For Out-of-Competition Testing valid reasons include:
Locating a representative; Completing a training session; Receiving necessary medical treatment; Obtaining photo identification; Any other reasonable circumstances as determined by the DCO, and which shall be documented.
- Be provided with a choice of sample collection equipment including sample collection vessel and kits.
- Request information or ask questions regarding the sample collection procedure.
- Request modifications to the sample collection procedure if required, i.e. athletes with impairment.
- Record comments about the sample collection procedure on the Doping Control Form.
- Receive copies of all signed documentation.

Your Responsibilities

- Once notified, the athlete must stay within sight of the DCO/Chaperone at all times until the sample collection process has been completed.
- Comply with the sample collection process. The first sample provided after notification must be given at the Doping Control Station, with the athlete retaining control of the urine sample until it has been securely sealed. Excessive rehydration should be avoided, as the sample must have a suitable specific gravity for analysis.
- Report immediately to the DCS unless there is valid reason for a delay (see above).
- Produce identification, when requested, to the DCO/Chaperone.
- All applicable documentation is accurate, complete and signed off.
- Co-operate with the DCOs and Chaperones during the sample collection procedure.
- If an athlete chooses to consume food or fluids prior to providing a sample it is at their own risk.

Medication and Therapeutic Use Exemptions

Athletes should take the necessary steps to familiarise themselves with the Irish Anti-Doping Rules. It is important that athletes inform their doctor and/or pharmacist that they are subject to doping control. Athletes must ensure they are aware of which medications are permitted in their sport and take full responsibility for any substance they ingest, as they are ultimately accountable for what is found in their body.

Athletes must also understand that the use of products such as dietary or herbal supplements is undertaken entirely at their own risk, and Sport Ireland do not endorse any supplements.

Athletes should familiarise themselves with the procedures for Therapeutic Use Exemptions (TUEs) and determine whether an application is required. The responsibility for obtaining a valid TUE rests solely with the athlete. Further information is available in the Sport Ireland TUE Guide.

TUE information can be found on our [TUE Guide](#)



The Sample Collection Process

STEP 1: ATHLETE SELECTION

Testing takes place in two situations: in-competition and out-of-competition.

In-Competition

In-Competition testing takes place at sporting events. Selection can be random, from members of a team/squad or athletes entering a competition. Selection can also be based on criteria such as finish position, jersey numbers, discipline or targeted for a particular reason. Athletes who have not taken part in the competition, e.g. reserves or non-starters, are still subject to doping control.

Out-of-Competition

Out-of-Competition testing takes place anytime, anywhere, with no advance notice. If the athlete is on a Registered Testing Pool (RTP)*, they will be required to provide whereabouts information and could be tested at home, at their training location, overseas or other relevant locations. Teams/National Squads are mainly tested at team/squad training sessions, but athletes may also be tested at other locations including their homes.

**The RTP is a pool of athletes who are subject to both in- and out-of-competition testing, who must meet whereabouts and TUE requirements of Sport Ireland. Individual athletes are informed in writing of their inclusion in the RTP.*

Important things to know about testing for athletes

Athlete Notification

A Doping Control Officer (DCO)/Chaperone will notify you if you have been selected for testing - either urine, blood or both. Notification happens face-to-face. They will explain your rights and responsibilities and ask you to sign the Doping Control Form. Once you are notified of testing, you must report immediately to the Doping Control Station (DCS). The DCO/Chaperone will stay at your side at all times until the process is finished. See rights and responsibilities on page 2 and 3 to ensure you are familiar with these ahead of athlete notification.

Remember that any refusal, evasion or attempt to evade the sample collection process may result in an anti-doping rule violation.

Athlete Representatives

Sport Ireland Anti-Doping encourages athletes to have a representative present with them during the sample collection process.

If you are under 18 years old and are selected for testing, it is strongly advised to have a representative present for example, your parent, coach or whoever you feel comfortable with, during notification and the sample collection process. If you do not have anyone to perform this role at the time, another doping control officer or chaperone will take on this role of your representative and will observe the process.

If the athlete's representative attempts to hinder the notification process, this can be considered an anti-doping rule violation and can lead to a sanction of up to four years for the representative.

Being tested for the first time

Being tested for the first time can be a daunting experience and you may feel nervous or unsure of the process but don't worry, it is the Chaperone and the Doping Control Officers job to make things as easy as possible for you. You shouldn't be afraid to ask questions or seek guidance from the DCO, chaperone or representative. Being selected for testing is part of being an athlete, this is why it is so important that an athletes first experience with anti-doping should be with Clean Sport Education.

ALWAYS REMEMBER

Anti-Doping rule violations don't only apply to athletes; they are also applicable to athlete support personnel.

STEP 2: SAMPLE COLLECTION

One or more urine and/or blood samples may be collected. Testing abroad follows the same process; if the athlete has any concerns with the process they should record it on the Doping Control Form.

URINE



- When the athlete is ready to provide a sample, they will be asked to wear gloves or wash their hands with water only..
- Select a sealed Sample Collection Vessel, from a choice of vessels, and check that seals are intact and it has not been tampered with and you will be asked to check the expiry date of the equipment.
- Proceed to the toilet area with the DCO/Chaperone of the same gender.
- The DCO/Chaperone must witness the sample leave the athlete's body and enter the vessel with a clear and unobstructed view. The athlete must ensure that the Sample Collection Vessel remains in the sight of the DCO/Chaperone while they provide their sample. The athlete will be asked to adjust clothing so that mid-chest to knees and up to elbows are visible; if necessary, the athlete may need to adjust their position so that a clear view is possible.
- Only the athlete should handle the sample until it is securely sealed.
- The DCO will check the volume of urine provided. If it is not a sufficient volume of urine to meet laboratory requirements (90mls), the athlete will be required to proceed with the Partial Sample Procedure.
- Under 18 - A representative may be present in the toilet area to witness the actions of the DCO/Chaperone; if an Under 18 athlete would prefer not to use their own representative, they can liaise with the DCO/Chaperone to organise another appropriate person to witness the actions of the DCO/Chaperone.
- If an athlete with an impairment requires assistance in the toilet area, a representative can assist them.
- Following provision of the sample, the athlete will be required to choose a kit containing a pair of bottles marked A and B; check that seals are intact, it has not been tampered with and sample code numbers match. This sample code number is recorded on the Doping Control Form. The athlete will divide the sample between the A and B bottles. The athlete will be asked to tightly seal the two bottles with their lids.
- A few drops of urine should be left in the Sample Collection Vessel to allow the DCO to check the specific gravity of the sample. If the reading is outside of laboratory requirements, the athlete may be requested to provide another sample.

Partial Sample Procedure (<90mls)

If the athlete provides an insufficient volume of urine on the first attempt, the first partial sample will be sealed and secured using partial sample equipment and should remain in their possession (or with the DCO) until further samples are provided. The Chaperone/DCO will remain with the athlete at all times.

BLOOD



- The BCO shall assess the most suitable location for venipuncture that is unlikely to adversely affect the athlete or their performance. This should be the non-dominant arm, unless the BCO assesses the other arm to be more suitable.
- Select the blood collection equipment (vacutainer test tubes, needles, blood transport kit etc) from a choice of kits available; check that seals are intact, it has not been tampered with, sample code numbers match and you will be asked to check the expiry date of the equipment.
- A certified and experienced phlebotomist, called a Blood Collection Officer (BCO), will label all test tubes before blood is collected.
- Normally two to four tubes of blood are collected, each containing 3-5mls. The volume of blood collected for the purposes of doping control would not have an impact on athletic performance.
- The athlete will be asked to remain seated for at least 10 minutes before undergoing Venipuncture. (In some cases, depending on the test, the athlete may have to wait for 2 hours post-exercise to provide a sample).
- The BCO makes every possible effort to make the collection of blood samples as easy and painless as possible for you; however, if an athlete is prone to fainting when giving blood, or should the sight of blood make them nervous, afraid, and/or nauseous, inform the BCO and DCO of any concerns.
- The Blood Collection Officer (BCO) will apply a tourniquet (a constricting or compressing device used to control venous and arterial circulation to an extremity for a period of time) to the upper arm, and clean the skin at the puncture site.
- Draws blood and fill each vacutainer blood test tube with the required volume of blood.
- Place the vacutainer test tubes into the A and B transport containers.
- The DCO will instruct the athlete on how to tightly seal the transport containers for secure transport to the lab.

DRIED BLOOD SPOT



- Unlike the venous blood sample process, the dried blood spot (DBS) testing does not have a mandatory resting period.
- The Doping Control Officer will ask the athlete to select DBS collection equipment and check that it is intact and has not been tampered with.
- The athlete will be asked to check the expiry date of the equipment.
- The Doping Control Officer will be responsible for collecting this sample, they will work with the athlete to make the process as quick and painless as possible.
- They will also ask if the athlete has a preferred arm. All of this is done in the presence of the Chaperone and, any representative.
- The DCO makes every possible effort to make the collection of DBS sample as easy and painless as possible; however, if the athlete is prone to fainting when giving blood, or should the sight of blood make them nervous, afraid, and/or nauseous, inform the DCO of any concerns.
- The athlete will be asked to assist by warming the sample collection site – for example, rubbing the hand quickly back and forth over the collection site.
- The DCO will then clean the collection area and then fit the collection device to the upper area of your arm. The DCO will press the button on the device.
- Once the button has been pressed the collection process has started, and it is not completed until the four spots are filled.
- This can take up to five minutes.

- The Doping Control Officer will remove the device from the arm and place it on the table. They will place a sterile compress or plaster on the puncture site.
- The Doping Control Officer will ask the athlete to select a Security Kit and check that it is intact and has not been tampered with.
- The athlete must observe the Doping Control Officer while they secure your sample in the tamper proof Security Kit.
- Once the sample has been secured, the athlete will be asked to read out the unique identifier number on the Security Kit. They must ensure that this number has been recorded correctly on their Doping Control Form.
- Finally, the DCO will place the security label on the security kit and place into the dedicated sealing bag before storing.

Recording and Certification of the Information

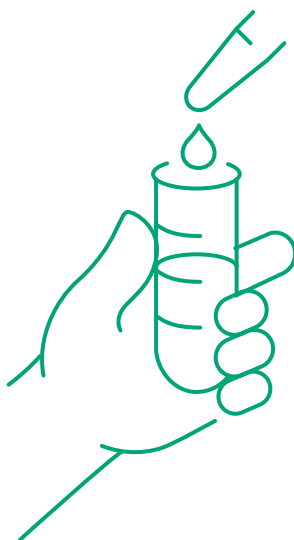
Athletes should declare any medications and/or supplements taken during the past 7 days on the Doping Control Form. We recommend that they document all medications and supplements that they are taking on a regular basis, through photos on your mobile phone or screenshots so that they have the information on hand.

Athletes will be asked if they consent to their sample being used for anti-doping research purposes. If they agree, all their personal information will be removed so that any samples used for research purposes cannot be tracked back to them.

For blood testing, athletes may be required to declare information regarding recent blood transfusions, time spent at altitude, blood loss and altitude simulation training. Record any comments about the doping control session on the Doping Control Form. Athletes and their representatives (if applicable) should check that all information on the Doping Control Form is complete and accurate. You, your representative (if applicable) and the DCO sign off on the form, and they are given a copy of the form, or if completed electronically, a copy will be sent to their email address and then the athlete is free to leave.

Athletes with an impairment

Athletes with an impairment have the right to request modifications to the sample collection process. Athletes who request a modification to the sample collection process and need additional equipment to do so, must ensure that they provide their own additional equipment. Any modifications must be approved by the DCO and will be recorded on the Doping Control Form. The DCO and chaperone will work with them and their support personnel to ensure that the process goes smoothly. Athletes can be open and honest with the DCO and chaperone regarding what they need to successfully provide a sample. If an athlete uses a catheter and bag, they will be required to drain any urine from the bag prior to the witnessed sample provision. Where possible, athletes are encouraged to use a clean, sterile catheter. If they choose not to do so, it is at their own risk. If athletes require assistance, please advise the Doping Control Officer or Chaperone.



Sample Analysis

Samples are sent to a WADA accredited laboratory for analysis. The laboratory receives a copy of the Doping Control Form that reveals none of the athletes personal details. On arrival at a WADA accredited laboratory, the A sample is opened and analysed and the B sample is securely stored. On receipt of the samples, laboratory staff complete checks on the integrity of the sample (signs of tampering, correlation between sample code numbers on forms and those on the bottles) before proceeding with the analysis of the sample.

Samples can be stored for up to 10 years and retrospectively analysed to detect prohibited substances and methods. These results can therefore be used to enforce sanctions against athletes.

Results Management

The lab sends the result to Sport Ireland who will notify you by email of your negative test result. A copy of the result is sent to WADA, by the lab, to ensure accountability in the process. In the case of an adverse analytical finding, you will be contacted directly by Sport Ireland by phone call.

In the case of blood samples collected for the purpose of the Athlete Biological Passport (ABP) you will not receive results as the analysis contributes to the 'indirect detection' process. The outcome of the analysis (i.e. the measures recorded for your ABP) will only be available upon request to Sport Ireland.

Speak Up for Clean Sport

Sport Ireland is dedicated to creating a clean, safe, and drug free sporting environment with a level playing field for all. We realise however that we cannot achieve this without the assistance of athletes, support personnel and others who are similarly committed. If you have information or concerns regarding doping Sport Ireland wants to hear it.

Your concerns may be anonymously and securely communicated through the reporting section of the Sport Ireland website (<http://www.sportireland.ie/anti-doping/report-doping>). However, should you wish to speak with a staff member you may provide your contact details or alternatively you may contact the Sport Ireland Anti-Doping Unit's Intelligence and Investigations Officer.

We know that speaking up is a big decision and one which is not easily made. In this regard your personal details and the information you provide will be treated with the strictest confidence. Your identity will never be disclosed without your permission, and no action will be taken which might compromise you in any way.



Scan the QR Code below to access many other clean sport resources.

For educational and informational purposes only.
If you require further information please contact
us at cleansporteducation@sportireland.ie