Doping Control Guide

DETERRENCE · DETECTION · ENFORCEMENT
The most important sporting record is a clean one.
The Australian Sports Anti-Doping Authority’s (ASADA) mission is to protect Australia’s sporting integrity through the elimination of doping.

As Australia’s driving force for Pure Performance in Sport, ASADA aims to develop a sporting culture in which performance is purely dependent on an athlete’s talent, determination, courage, honesty – a culture motivated by a commitment to the true spirit of sport and what it represents for Australia.

Deterrence, Detection and Enforcement form the basis of our Anti-Doping Program – a program which is the most integrated anti-doping framework in the world. The program incorporates sample collection, education, investigation, presentation of case hearings, sanction recommendations and the development, approval and monitoring of sporting organisation anti-doping policies.
The ASADA Doping Control Guide outlines ASADA’s Sample Collection Procedures and includes:

› ASADA’s Doping Control Program
› Rights and Responsibilities
› Sample Collection Procedures
› Investigations
› Results Management
› Anti-Doping Rules
› Stamp out Doping Hotline
› Prohibited Substances and Methods

The ASADA Doping Control Guide is consistent with the World Anti-Doping Code (the Code), the International Standard for Testing and the National Anti-Doping Scheme, and references the World Anti-Doping Code Prohibited List.
ASADA’s Doping Control Program

Any athlete, anytime, anywhere – using any means within ASADA’s power to detect or assist in determining the use of prohibited doping substances or methods.


Doping Control is designed to maximise deterrence and detection of athletes engaging in banned doping practices. ASADA’s Doping Control Program includes target testing and the powers to investigate all possible Anti-Doping Rule Violations (ADRV’s).

ASADA will continue to focus deterrence and detection on sports with a high-risk of doping and / or those sports where a number of athletes have committed ADRV’s.

ASADA’s Sample Collection Procedures are conducted by accredited Doping Control Officials. Athletes and their support persons can be confident ASADA’s Doping Control Program represents world best practice.

ASADA is continually developing our Doping Control Program to ensure the best outcomes for Australian sport.

Doping is contrary to the spirit of sport.
Rights and Responsibilities

The following rights and responsibilities apply to athletes and support persons subject to doping control procedures conducted by ASADA. These rights and responsibilities may differ for other anti-doping organisations.

Athlete rights

Athletes have the right to:

› nominate a representative of their choice to accompany them to the Doping Control Station
› request information regarding the sample collection procedure
› request a delay in reporting to the Doping Control Station, or leave the Doping Control Station once they have reported, with the consent of a Doping Control Official, while at all time in full view of the chaperone for valid reasons including to:
   – attend a victory ceremony
   – compete in further events
   – finish a training session
   – receive necessary medical attention
   – fulfil media commitments
   – warm down
   – undertake other activities considered reasonable and approved by the Doping Control Officer
› request modifications to standard Sample Collection Procedures – this will be recorded on the Doping Control Test Form and only applies to athletes with a disability
› request an interpreter if they have (for any reason) difficulty communicating orally in the English language.

ASADA advises athletes who have a concern with the sample collection process to record their concerns on the Doping Control Test Form and notify their relevant sporting organisation in writing as soon as practical following completion of the sample collection.
Athlete Responsibilities

Athletes have the responsibility to:

› be aware of and comply with their sports anti-doping policy (including the provision of accurate whereabouts information)
› be available for and comply with sample collection procedures*
› remain in sight of the official at all times until the Sample Collection Procedures are complete (once notified for sample collection)
› report to the Doping Control Station as soon as practical or within 60 minutes, whichever is sooner after being notified that they are required to provide a sample
› they control the sample until it is sealed in the sample collection equipment
› the sealed sample collection kit is secure and identified
› all appropriate documentation is accurate, complete and signed
› they take responsibility for what they ingest and use
› they inform medical personnel they are subject to doping control and of their obligation not to use Prohibited Substances and Prohibited Methods
› any medical treatment does not violate anti-doping rules.

*sanctions may be applied by the relevant sporting federation(s) if an athlete does not comply with a request to provide a sample or otherwise interferes with the doping control process.

Support Persons Responsibilities

Support persons are responsible for:

› being knowledgeable of and complying with all anti-doping policies and rules applicable to them or the athletes whom they support
› supporting and assisting Anti-Doping Organisations to conduct Doping Control
› using their influence on athletes’ values and behaviour to foster anti-doping attitudes.
Sample Collection Procedures

01 Selection

Sample collection may occur In-Competition or Out-of-Competition.

In-Competition*: the athlete is selected for sample collection in connection with a specific competition.

Out-of-Competition: any sample collection that is not In-Competition.

*Some International Federations or Anti-Doping Organisations may stipulate a different rule for In-Competition.

02 Notification and athlete response

Athletes can be notified of their selection for sample collection anytime – anywhere; in accordance with the International Standard for Testing.

An ASADA Doping Control Officer or chaperone will notify an athlete of his/her selection for sample collection. In rare circumstances an athlete may be notified by telephone or via a third party.

» At the time the athlete is notified by an ASADA Official, the official will record the relevant details on a Doping Control Notification Form.

» The athlete is required to sign the Doping Control Notification Form, and will be provided a copy for his/her records.

» For No Advance Notice and In-Competition testing, the athlete is required to report to the Doping Control Station as soon as practical or within 60 minutes, whichever is sooner.

» The athlete must remain in full vision of an ASADA Official until the Doping Control Officer is satisfied that the Sample Collection Procedure is complete.

ATHLETE REPRESENTATIVE

Athletes may have a representative accompany them to the Doping Control Station.

The representative may witness the blood collection procedure but will not witness the passing of a urine sample.
ASADA strongly advises athletes to have a representative accompany them to doping control if:

- they have been notified for blood sample collection
- they are under the age of 18
- they have a disability
- they have difficulty communicating orally in English

**THIRD PARTY NOTIFICATIONS**

Under ASADA’s Doping Control Program there are occasions when a third party (e.g. guardian or coach) is required to be notified of an athlete’s selection for sample collection.

Third party notification:

- will occur if the athlete is intellectually disabled
- may occur if the athlete is under the age of 18
- may occur if the athlete has difficulty communicating orally in English

At times the third party will be notified of the athlete’s selection prior to the athlete and the athlete will be notified via the third party.

**What will the ASADA Doping Control Official say to a third party?**

The ASADA Doping Control Official will provide the same notification information to the third party as is provided to the athlete.

The ASADA Officer informs the third party of the consequences of the athlete failing to comply with a request to provide a sample. If the third party attempts to hinder the notification process or is obstructive, this may be considered to be an ADRV.

**ASADA Doping Control Officials or Chaperones do not determine the timing and methodology of the Doping Control Program. They do ensure that sample collection occurs within strict accordance to the ASADA Sample Collection Procedures, and in a manner that is fair, equitable and free from prejudice.**
03 Presenting for sample collection

- Athletes may ask the Doping Control Officer for information on the sample collection process. The Doping Control Officer and a qualified Blood Collection Official will provide athletes with information about ASADA's Sample Collection Procedure.
- Athletes will be given the opportunity to hydrate.

04 Providing a sample

Athletes may be subject to urine sample collection and/or a blood sample collection.

**URINE SAMPLE COLLECTION PROCESS:**

- Athletes will be asked to select a beaker for urine collection and check that it is suitable (not tampered with or damaged).
- Athletes will provide a urine sample in the presence of a chaperone who is the same gender as the athlete.
- The chaperone must directly witness the provision of the urine sample from the athlete’s body into the beaker. In order for this to occur the athlete must comply with the chaperone’s instructions.
- Athletes are responsible for controlling their sample until it is sealed in a sample collection kit.
- If an athlete provides an insufficient sample (e.g. less than the required volume) he/she is required to provide additional sample(s) in accordance with the procedures outlined above.
BLOOD SAMPLE COLLECTION PROCESS:

› Athletes will be asked to select and check blood collection equipment.
› Athletes will provide a blood sample to be collected by a qualified Blood Collection Official, in the presence of a Doping Control Officer, chaperone and, if applicable, the athlete’s representative.
› After collecting a blood sample the Blood Collection Official will remove the blood collection equipment from the athlete’s body, thereby sealing the collection equipment containers.
› Athletes are then responsible for controlling the sample until they seal it in a sample collection kit.

NOTE:

› Blood sample collection procedures at times may require the on-site separation of serum. The blood sample will need to be temporarily sealed to coagulate for 20 minutes prior to being placed in a centrifuge for 10 minutes. Athletes may provide a urine sample (if required) during this period.
› Athletes must observe the Doping Control Officer separate the serum from the centrifuged blood sample into two small vials.
› Athletes are then responsible for controlling the sample until they seal it in a sample collection kit.

AFTER CARE PROCEDURES:

ASADA advises athletes who have provided a blood sample not to undertake any strenuous exercise using that arm for a minimum of 30 minutes. This is important to minimise bruising at the puncture site.

ATHLETES WITH DISABILITIES

ASADA acknowledges the needs of athletes with disabilities and will make sure that Sample Collection Procedures meet these needs by:

› providing assistance during the sample collection procedure (urine and/or blood)
› modifying the Sample Collection Procedures upon request of the athlete

Note: Athletes with external collection systems (e.g. leg bags) will need to discard any urine that is already in their external collection system.
05 Choosing secure containers

- Athletes will be asked to select sample collection kit(s), including labelled containers, which will hold, identify and secure their urine or blood sample(s).

06 Splitting, sealing and labelling of samples

- Urine: Athletes must pour a measured amount of urine into each of the ‘A’ and ‘B’ labelled containers and then secure the kit.
- Blood: Athletes must place and secure their blood samples, or separated serum samples in the relevant labelled containers and then secure the kits.
- All sample collection kit numbers will be identified and recorded on the Doping Control Test Form.

07 Checking pH and concentration of samples

- The Doping Control Officer will check the pH and concentration of an athlete’s urine sample to ensure it is suitable for analysis. If it is not suitable the athlete may be asked to provide another sample.
- Checking pH and concentration is not required for blood samples.
08 Final paperwork

- Athletes may disclose and record on the Doping Control Test Form, any medications, vitamins, herbal products, supplements or other substances that they have recently used.
- If a blood sample has been collected, athletes may disclose and record any blood transfusions they have had in the past six months.
- Athletes must provide further personal information including contact details so they can be contacted regarding the results of the sample analysis (if required).
- The athlete will be asked to check all the information on the Doping Control Test Form to ensure it is correct.
- The athlete must make note on the Doping Control Test Form of any matter that the athlete believes has been incorrectly recorded.
- The athlete must sign the Doping Control Test Form.
- The Doping Control Officer, chaperone, Blood Collection Official (if required) and the athlete representative, if any, will sign the Doping Control Test Form.
- The athlete will be provided with a copy of the Doping Control paperwork.

09 Security of samples

- The athlete’s secure sample(s) and the laboratory copy of Doping Control Test Form (which contains only information about the athlete’s sport, gender, sample, medications, other substances and security seals) will be sent to a WADA accredited laboratory for analysis. At times blood samples may be sent to an alternative laboratory as approved by WADA.
- A strict chain of custody, regarding the transportation, storage and opening of the sample is maintained.
10 Analytical procedure

URINE:
› The laboratory will analyse part ‘A’ of an athlete’s urine sample for the presence of prohibited substances or doping methods.
› If part ‘A’ of a urine sample returns an adverse analytical finding the athlete has the right to have part ‘B’ of his or her urine sample analysed to confirm the analytical result.

BLOOD:
› The laboratory will analyse an athlete’s blood sample for the purpose of detecting the use of prohibited substances or methods.
› If the sample returns an adverse analytical finding the athlete maintains the right to have confirmatory procedures performed in relation to this analysis.

11 Results of analysis
› ASADA will notify athletes who record an adverse analytical finding.
Investigations

ASADA may conduct an investigation to determine whether there is sufficient evidence to make a finding that an athlete or support person has committed an Anti-Doping Rule Violation (ADRV).

ASADA may independently initiate an investigation upon the receipt of information from a wide range of sources, including:

› ASADA officials
› the laboratory
› athletes or support persons
› Australian Customs Service
› law enforcement agencies
› members of the general public.

Athletes and support persons have a responsibility under Australia’s National Anti-Doping Scheme and their Sport’s Anti-Doping Policy to co-operate with any ASADA investigation. This may include meeting with ASADA Investigation Officers for the purpose of intelligence gathering regarding an inquiry.

ASADA is committed to undertaking its investigations to the highest possible standards and applies best practice methodology; all investigations conducted are impartial, objective, equitable and balanced.

ASADA is committed to protecting the rights of individuals subject to investigations.
Result Management

ADVERSE ANALYTICAL FINDING

If ASADA is advised by the testing laboratory that a sample has recorded an adverse analytical finding (the presence of a Prohibited Substance or Marker or evidence of use of a Prohibited Method in an athlete’s sample) the following process is applied.

Urine: Athletes will be notified in writing by ASADA that part ‘A’ of their sample returned an adverse analytical finding and of their right to have part ‘B’ of their sample analysed to confirm this result.

Blood: Athletes will be notified in writing by ASADA that their blood sample returned an adverse analytical finding. The athlete maintains the right to have confirmatory procedures performed in relation to this analysis.

ANTI-DOPING RULE VIOLATION (ADRV)

Anti-Doping Rule Violations, as defined by the World Anti-Doping Code, include adverse analytical findings (the presence of a prohibited substance or a marker in an athlete’s sample) and non-analytical violations.

An athlete or support person who is notified by ASADA that an ADRV may have occurred has the right to provide information or evidence to ASADA within seven (7) days of receipt of the notification. Athletes or support persons may waive their right to provide this information.

When ASADA’s internal procedures are finalised the athlete or support person and their relevant sport organisation(s) will be notified that an ADRV has occurred and the fact of the ADRV finding will be entered onto ASADA’s Register of Findings.

ASADA will also inform the athlete or support person of their right to make an application to the Administrative Appeals Tribunal* for a review of ASADA’s decision.

Athletes must be aware of their rights and the penalties for an adverse analytical finding or any other Anti-Doping Rule Violation.

*THE ADMINISTRATIVE APPEALS TRIBUNAL PROVIDES A REVIEW MECHANISM FOR PEOPLE WHO CONSIDER THEMSELVES ADVERSELY AFFECTED BY DECISIONS MADE BY AUSTRALIAN GOVERNMENT ORGANISATIONS, SUCH AS ASADA. THE TRIBUNAL MAY CHARGE FEES FOR THIS PROCESS.
HEARINGS AND SANCTIONS

Athletes and support persons have the right to a fair hearing as per the anti-doping rules of their sport.

Hearings will be held in accordance with a sport’s anti-doping policy. On notification of a finding of an ADRV, ASADA is required to inform the athlete or support person of a recommended sanction, however this will be a recommendation only and the relevant sport tribunal will be required to make a determination regarding the sanction. If an athlete or support person elects not to take their matter to the relevant sport tribunal, the recommended sanction will be deemed to apply.
Each sporting organisation maintains an anti-doping policy. Australian sporting organisations are required to have anti-doping policies that are consistent with the World Anti-Doping Code (the Code).

Anti-Doping Rule Violations (ADRV)

The Code defines an ADRV as one or more of the following:

- The presence of a prohibited substance or its metabolites or markers in an athlete’s bodily specimen.
- Use or attempted use of a prohibited substance or a prohibited method.
- Refusing, or failing without compelling justification, to submit to sample collection after notification as authorised in applicable anti-doping rules, or otherwise evading sample collection.
- Violation of applicable requirements regarding athlete availability for Out-of-Competition testing, including failure to provide required whereabouts information and missed tests (which are declared based on reasonable rules).
- Tampering, or attempting to tamper, with any part of doping control.
- Possession of a prohibited substance and/or method.
- Trafficking in any prohibited substance or prohibited method.
- Administration or attempted administration of a prohibited substance or prohibited method to any athlete, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any attempted violation.

Anti-Doping Rule Violations apply to athletes and support persons.
Stamp-Out-Doping Hotline

The assistance and cooperation of athletes, support persons and the public to detect doping in Australian Sport is paramount to ASADA’s Doping Control Program. ASADA established the Stamp-Out-Doping Hotline as a confidential service that enables anyone to provide information on any Anti-Doping Rule Violation anonymously.

Information can be provided by making an anonymous phone call to the calling the Stamp-Out-Doping Hotline 1800 645 700 or by emailing the secure email address stampoutdoping@asada.gov.au.
Prohibited Substances and Methods

Most sport organisations prohibit the use of substances and methods outlined in the World Anti-Doping Code Prohibited List (the List).

The List, determined by the World Anti-Doping Agency (WADA), outlines the substances and methods prohibited in sport. The List is reviewed annually with changes to the List coming into effect on the first of January each year.

Information regarding the List is available on the WADA website www.wada-ama.org. ASADA strongly advises athletes to check the status of any medication or substance prior to use, to avoid inadvertently using a prohibited substance:

- ASADA Anti-Doping Hotline: 1800 020 506
- ASADA website: www.asada.gov.au

Athletes should review the status of all medications and substances each year.

Important note: vitamin, herbal and nutritional supplements

There is a risk that supplement products may contain impurities such as prohibited ingredients that are not listed on the label which could cause an adverse analytical result.

A policy of strict liability exists in elite sport, whereby an athlete is responsible for any prohibited substance found in his/her body.
ANTI-DOPING HOTLINE 1800 020 506
STAMP-OUT-DOPING HOTLINE 1800 645 700
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