

# ATHLETE GUIDE TO SAMPLE COLLECTION



SPORT INTEGRITY  
AUSTRALIA

## What is in this booklet

This booklet is designed to help you, the athlete, understand what will happen during and after a testing session, and your rights and responsibilities in relation to testing.

## How to use this booklet

Make sure you understand anti-doping and what it means to you. Keep the booklet in your gym bag or pocket.

Use this guide when you are notified for a testing session, or when you want to brush up on your understanding about testing sessions.

## How to keep up-to-date with anti-doping

Under the World Anti-Doping Code, ignorance is no excuse, so keep your anti-doping knowledge up-to-date by regularly visiting <[www.sportintegrity.gov.au](http://www.sportintegrity.gov.au)>.

Sport Integrity Australia  
Athlete Testing Guide  
Canberra

ISBN 978-1-876021-12-2

This work by (C) Commonwealth of Australia 2020 – The Sport Integrity Australia is licensed under a Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License with the exception of: the Commonwealth Coat of Arms and Sport Integrity Australia's logo.

To the extent that copyright subsists in third party quotes and diagrams it remains with the original owner and permission may be required to reuse the material. Content from this publication should be attributed as:  
*Sport Integrity Australia, Athlete Guide to Sample Collection, 2020.*

Updated November 2020

# SAMPLE COLLECTION OVERVIEW

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

Sample collection consists of testing conducted by an Anti-Doping Organisation, such as Sport Integrity Australia and sample analysis conducted by a laboratory that has been accredited by the World Anti-Doping Agency.

Sport Integrity Australia's doping control program complies with the World Anti-Doping Code, the International Standard for Testing and Investigations, the *Sport Integrity Australia Act 2020* (Cth) and the *Sport Integrity Australia Regulations 2020*, including the National Anti-Doping scheme.

# ATHLETES SUBJECT TO TESTING

If you are in either the Sport Integrity Australia or an International Federation Registered Testing Pool, or another Sport Integrity Australia testing pool you are subject to testing. In fact, under clause 1.06 of the National Anti-Doping scheme, any athlete who competes in a sport with an anti-doping policy can also be tested. The National Anti-Doping scheme can be found online at <[www.legislation.gov.au](http://www.legislation.gov.au)> – search for *Sport Integrity Australia Regulations 2020*.

You should comply with a valid request for testing as you may face sanctions if you refuse. The sanction for refusing to provide a sample upon a valid request could be the same as providing a sample that contains a prohibited substance.

A test can be either in-competition or out-of-competition, for example at an athlete's training venue or home address. Almost all testing is carried out with no-advance notice. The test can involve the collection of urine and/or blood.

## Key things to know about the sample collection process

- You can be tested anywhere, anytime.
- When being notified, the Doping Control Officer/Chaperone will tell you of which organisation has authorised the test, show you their official ID and advise you what type of sample collection you will be required for. If this does not occur you have the right to ask under whose authority the sample collection is being conducted, to ask to see their official ID and what type of sample collection you are required to undergo.
- Once you are notified of selection for a no-advance notice test, you must remain in direct sight of the Doping Control Officer or Chaperone until the sample collection procedure is complete.
- Any refusal or evasion of the sample collection process could result in an anti-doping rule violation and a sanction from all sport.
- Any attempt to interfere/tamper with the sample collection process could result in an anti-doping rule violation and a ban from all sport.
- Anyone found to have committed an anti-doping rule violation could receive a sanction – the maximum being a lifetime ban.
- If selected for testing, you have the right to hydrate. However, you should avoid over hydrating; this can happen if you drink too much. If your sample is too diluted and does not meet the required specific gravity you will need to provide additional urine samples as directed by the Doping Control Officer.

- You must provide the first urine sample passed after being notified.
- A urine sample must be at least 90 ml. You will be required to remain under the supervision of the Doping Control Officer/Chaperone until you can provide a full sample.
- If you have questions, ask them at the time.
- If you are not happy with any part of the sample collection process, make sure you document your concerns on the Doping Control Form. You will be provided with a copy of the Doping Control Form at the end of the sample collection process.
- If you are on the Registered Testing Pool, make sure you keep your whereabouts information up to date and include all the necessary details – if athletes in the Registered Testing Pool do not provide current and accurate whereabouts information, they may receive a whereabouts violation, and three declared whereabouts violations in 12 months may lead to an anti-doping rule violation and a sanction.

# ATHLETES RIGHTS AND RESPONSIBILITIES

## WADA Athletes' Anti-Doping Rights Act

On 18 June 2020, the World Anti-Doping Agency published the Athletes' Anti-Doping Rights Act, which was approved by the agency's Executive Committee during the World Conference. The Act, which was developed by the World Anti-Doping Agency's Athlete Committee in consultation with thousands of athletes and stakeholders worldwide, is based on the 2021 World Anti-Doping Code and Standards and aims to ensure that athlete rights within anti-doping are clearly set out, accessible, and universally applicable.

### Your rights

During the testing process, you have the right to:

- have a representative present
- ask for additional information about the sample collection process
- request modifications to the testing process if you have an impairment
- have an interpreter, if available
- request a delay in reporting to the Doping Control Station for valid reasons.

Valid reasons for a delay for in-competition testing include:

- performing a warm down
- competing in further competitions
- fulfilling media commitments
- participating in a medal ceremony
- obtaining necessary medical treatment
- obtaining photo identification
- locating a representative and/or interpreter
- any other reasonable circumstances as approved by the Doping Control Officer.

Valid reasons for a delay for out-of-competition testing include:

- locating a representative
- completing a training session
- receiving necessary medical treatment
- obtaining photo identification
- any other reasonable circumstances as approved by the Doping Control Officer.

## Your responsibilities

You are required to:

- always remain within direct sight of the Doping Control Officer or Chaperone, from the point of notification until the completion of the sample collection procedure
- provide your first sample to Sport Integrity Australia for collection
- produce appropriate identification
- comply with the directions of the Doping Control Officer and Chaperone during the sample collection session
- report immediately for a test, unless you have a valid reason for a delay.



# SAMPLE COLLECTION

## Who is involved in sample collection?

Doping Control Officers organise and manage the sample collection session.

Chaperones notify, accompany, and witness you providing a sample. The Doping Control Officer can also perform all the duties of a Chaperone.

Blood Collection Officers are qualified to perform the phlebotomy, which is the collection blood samples from athletes.

Doping Control Officers and Chaperones ensure that sample collection occurs in strict accordance with the relevant procedures, so all athletes are treated in a fair and equitable manner.

All sample collection personnel carry identification.

## Athlete selection

You can be selected for testing anywhere, at any time, through either random or targeted selection methods.





## Notification and third-party notifications

The Doping Control Officer or Chaperone will notify you for sample collection. Notification usually happens in person. Less often, notification can be by phone, written notice or by a third party.

You will be advised that you have been selected for sample collection, and what type of test will be collected – blood, urine or both. Once notified of selection for testing, you must remain in direct sight of the Doping Control Officer or Chaperone until the Doping Control Officer is satisfied that the sample collection procedure is complete.

It is important to understand that any refusal, evasion or attempt to evade the sample collection process may result in an anti-doping rule violation and a ban from all sport.

If you are selected for testing and you are under 18 years of age, or have difficulty with English, we recommend that a third party (for example, your guardian or your coach) is also notified of your selection for sample collection. The Doping Control Officer or Chaperone notifies you first, and then with your permission, notifies the third party.

In the case of an athlete with an intellectual impairment, it is a requirement that a third party is notified at the same time as the athlete.

If the third party tries to hinder the notification process, this may be considered an anti-doping rule violation, and can lead to a sanction for the third party. Anti-doping rule violations don't just relate to athletes, but support personnel as well.



## Reporting to the Doping Control Station

For no-advance notice testing, including in-competition testing, you are required to report to the Doping Control Station immediately, unless you request a delay in reporting for valid reasons. These valid reasons are listed under Athlete Rights and Responsibilities.

You can ask the Doping Control Officer for information on the sample collection process.

On arrival at the Doping Control Station, you and any support persons will be required to sign the Doping Control Station Register.

## Selecting a collection vessel



A Doping Control Officer will give you a choice of individually sealed collection vessels for urine, blood or both, and you will select one for each type of test. You will verify that the equipment is intact and has not been tampered with. If you are not happy with the vessel, you will be asked to choose another. You will maintain control of the urine collection vessel until the sample has been sealed.

## Athletes with an impairment



If you have an impairment, you have the right to request a modification to the sample collection process, however, any modifications must be approved by the Doping Control Officer. Sport Integrity Australia staff will work with you and your support personnel to provide you with assistance during the sample collection process and modify the procedures. Be open and honest with the testing staff so that they understand what you need to successfully provide and seal your sample.

If you use a catheter and bag you will be required to drain any urine from the bag prior to the witnessed sample provision. Where possible, you are encouraged to use a clean, sterile catheter. If you choose to use a non-sterile catheter, you do so at your own risk.

If you require assistance from your representative, please advise the Doping Control Officer.



## Providing the sample - urine

### Providing a urine sample

When you are ready to provide your sample, you should advise the Chaperone, who will let the Doping Control Officer know.

#### Athlete representative

If you are an athlete under the age of 18, or an athlete with an intellectual impairment, you must have a representative present during the sample collection process. If you do not have a representative available, Sport Integrity Australia will appoint a representative for you. The representative will not directly witness you providing the sample unless you request their assistance to provide a sample.

The third party will observe the Doping Control Officer or Chaperone during the sample provision. This is referred to as triangular witnessing.

Triangular witnessing must occur where the athlete is under 18 years of age or has an intellectual impairment. The Doping Control Officer or Chaperone who witnesses you provide your sample must be the same gender as you.



## What happens in the bathroom?

Before you enter the bathroom area, you will be asked to leave your phone, water bottle and jacket outside. You and the Doping Control Officer or Chaperone will then enter the bathroom area.

Wash your hands with water only and dry them with a paper towel. Athletes who have catheters may use soap or hand sanitizer to wash their hands. If you want to use gloves, the Doping Control Officer will supply them.

You are required to remove any clothing from the knees to the mid-torso and from the hands to the elbows.

The Doping Control Officer or Chaperone will explain again how to open the beaker to maintain its cleanliness, and how to position yourself so that they can directly witness the sample leaving your body and going into the beaker.

You are responsible for controlling your sample and keeping it in view of the Doping Control Officer or Chaperone at all times, until it is sealed in a sample collection kit. Once the sample is provided you will need to remove the lid from the sealed plastic bag and place it on the beaker.

If you provide less than 90ml of urine, your sample will be temporarily sealed until you are able to provide further sample/s to meet the total volume requirement.

## Selecting a urine sample collection kit

When you finish providing your sample, you will return to the processing area where the Doping Control Officer will ask the Chaperone (if the Doping Control Officer was not the witness) if they directly witnessed the sample leaving your body. The Doping Control Officer will ask you the same question. If either party says no, you may be asked to provide another sample.

If the sample provision was witnessed successfully, you will select an individually sealed sample collection kit that is intact and has not been tampered with. You will open the kit and confirm that the numbers on the box, the bottles, the lids, and the containers all match. The Doping Control Officer and/or Chaperone will also check. All sample collection kit numbers will be recorded on the Doping Control Test Form.

## Splitting and sealing the urine sample

The Doping Control Officer will instruct you to pour a measured amount of the urine into each of the 'A' and 'B' labelled bottles, and then you will seal both the 'A' and 'B' bottles, securing the sample. The Doping Control Officer will verify that the bottles are sealed properly.

## Measuring specific gravity

The Doping Control Officer will check the specific gravity of the residual urine remaining in the collection vessel and will record the value on the Doping Control Test Form. You and/or the Doping Control Officer will then place the sealed bottles into the provided plastic bags and put them in the cardboard transport box.

If your sample is too dilute and does not meet the required specific gravity you may be required to provide additional urine samples as directed by the Doping Control Officer.



## Providing the sample - blood

If you are required to provide both blood and urine samples, the blood is generally collected first.

## Resting period

There is a mandatory resting period before any blood is taken, and the Doping Control Officer will explain the process and go through the paperwork with you during this period.

If you have not done any physical activity prior to Notification, then the rest period is 10 minutes.

If you have done exercise that has raised your heartrate above your baseline for normal activities, the rest time can vary from 30 minutes to 2 hours, dependent on the type of blood test required.

During the last 10 minutes of any rest period, you must sit in the chair in a relaxed position with both feet flat on the ground.

If you stand up or cross your arms or legs, the 10 minutes must start again.

For Athlete Biological Passport samples, you will be required to complete a short questionnaire.

## Selecting a blood sample collection kit

Toward the end of the rest period, the Doping Control Officer will ask you to select blood collection equipment and check that it is intact and has not been tampered with. You will be asked to check the expiry date of the equipment, and that the numbers on the plastic bottle, the bottle lid, the labels and the plastic packaging bag are all the same. The Doping Control Officer and/or Chaperone will also check these.

After the appropriate rest period, the Doping Control Officer will instruct the Blood Collection Officer to collect the sample. The Blood Collection Officer will work with you to make the process as quick and painless as possible. They will ask about your general well-being; whether you have had any problems with blood drawing previously; or if you are feeling unwell or faint. They will also ask if you have a preferred arm. All this is done in the presence of a Doping Control Officer and, if applicable, any third party.

After the blood has been drawn the Blood Collection Officer will transfer the vials into your possession. They will place a sterile compress on the puncture site and ask you to hold that in place for a few minutes. They will then check the puncture site and apply a dressing.

When you have provided a blood sample, the Blood Collection Officer will provide you with instructions to minimise bruising at the puncture site.

## Sealing the blood sample

The Doping Control Officer will ask you to place the blood tube(s) into the opened blood kits so that the tube is upright in the plastic bottle (coloured lid up).

They will ask you to turn the lid gently as far as you can to seal the sample. You and the Doping Control Officer will then check the bottles have been securely sealed and put the bottles into the plastic bag and seal it. The numbers will be recorded on the Doping Control Test Form.

## Final paperwork



Your personal information is recorded on the Doping Control Test Form, including contact details.

You will be asked to provide information on prescription and non-prescription medications, vitamins, herbal products, food supplements, and any other substances you have used within the last 7 days. These are recorded on the Doping Control Test Form.

Declare any substance used in the last 7 days. If you recall after a test session that you forgot to list a substance or medication, send an email and the information will be added to your test record – email <[substance.enquiries@sportintegrity.gov.au](mailto:substance.enquiries@sportintegrity.gov.au)>. Remember to include your test date and location in the email.

Not declaring use may affect results management and have adverse consequences for you.

The Doping Control Officer will ask if you have any questions about the testing process, or if you wish to make any comments on the form. If you do not wish to make any comments, they will ask you to write 'Nil'. If the Doping Control Officer has any comments, they will tell you they are going to write them on the form. If they have nothing to add, they will write 'Nil'.

At the conclusion of the session, the paperwork will be signed by all parties present, including the Chaperone, athlete representative, Blood Collection Officer and any other official. Signing the form declares the information is true and accurate. The Doping Control Officer will sign the form after the other officials.

The Doping Control Officer will then ask you to review the form to verify the accuracy of the information. You should then read the Declaration at the bottom of the page before you sign and record the time and date. You must be the last person to sign the form.

You will be provided with a copy of your paperwork.

The copy of the doping control paperwork that the laboratory receives does not contain any information that could identify you.



## Securing and transporting the sample

All urine and blood samples and a de-identified copy of the Doping Control Test Form are sent to a World Anti-Doping Agency accredited laboratory for analysis or storage for future analysis.

There is a strict chain of custody regarding transportation, storage and opening of the sample(s). The laboratory will inspect the samples upon arrival to ensure there is no evidence of tampering.

# THE ANALYTICAL PROCEDURE

The laboratory will analyse the 'A' sample (urine) or blood sample for the presence of substances on the World Anti-Doping Agency Prohibited List.

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

## RESULTS MANAGEMENT

If we are advised by a World Anti-Doping Agency accredited laboratory that your 'A' sample has recorded an Adverse Analytical Finding (which is the presence of a prohibited substance or its metabolites or markers, or evidence of use of a prohibited method on the World Anti-Doping Agency Prohibited List) you will be notified. This may take some time as Sport Integrity Australia's Science and Medicine team need to check your declared medications and investigate to be sure that the substance does not have reasonable justification before proceeding.

If your 'A' sample, whether urine or blood (where an 'A' and 'B' sample were collected) returns an Adverse Analytical Finding, you have the right to have the 'B' sample analysed to confirm the result.

If your 'A' sample returns an Adverse Analytical Finding and you waive your right to have the 'B' sample analysed, Sport Integrity Australia can elect to test your 'B' sample.

Sport Integrity Australia collects urine and blood samples in accordance with the World Anti-Doping Agency's Athlete Biological Passport guidelines. If following the review of an athlete's profile Sport Integrity Australia considers further investigations are required, we may contact you for more information.

## FEEDBACK

Sport Integrity Australia welcomes all feedback on its test sessions and processes. Feedback can be given during the sample collection session on the Doping Control Form. You can also use the feedback tab on the Sport Integrity app to make comment. If you have concerns about your sample collection session, please raise those concerns as soon as possible.



# EDUCATION

Sport Integrity Australia has a number of resources to educate athletes and support personnel on not only the sample collection process but a whole range of integrity topics.

## eLearning

Sport Integrity Australia's online education is a free and easy-to-use tool featuring online courses, videos and learning updates about the key areas of anti-doping, such as prohibited substances and methods, Therapeutic Use Exemptions, the sample collection process, intelligence and investigations.

Online courses include Clean Sport 101 (15-minute intro course), Level 1 Anti-Doping (advanced course), Level 2 Anti-Doping (yearly update), Parents' and Coaches courses and many more sport integrity topics.

Login at <[www.elearning.sportintegrity.gov.au](http://www.elearning.sportintegrity.gov.au)>.

## Sport Integrity app

The Sport Integrity mobile app is a 'one-stop shop' for everything about anti-doping, and you can access it all in the palm of your hand.

Using the Sport Integrity app you can:

- check medications (Global DRO) and find low risk 'batch-tested' supplements
- report integrity issues or suspicious activities
- check whether you need an in-advance Therapeutic Use Exemption
- give feedback or ask a question about anti-doping
- explore further information such as details on the rules, testing, health effects of doping, supplement and nutrition advice and much more.

The Sport Integrity app is free to download from Google Play or Apple stores.

# SAMPLE COLLECTION PRIVACY NOTICE

Sport Integrity Australia has a responsibility to provide you with this notice under the *Privacy Act 1988*.

It also sets out information relevant to the World Anti-Doping Code and the International Standard for the Protection of Privacy and Personal Information published by the World Anti-Doping Agency.

For full details about how we handle your personal information, see our athlete privacy statement available at <[www.sportintegrity.gov.au](http://www.sportintegrity.gov.au)>.

## Why we collect your personal information?

Sport Integrity Australia collects your personal information to undertake a sample collection process. This is also known as drug testing and is part of doping control.

The categories of information we collect include, but are not limited to, your identity data, contact details, participation information, whereabouts filings, therapeutic use exemptions, doping controls and medical or biological information derived from analysing samples.

We may request a sample under the *Sport Integrity Australia Act 2020* and the *Sport Integrity Australia Regulations 2020* (which includes the National Anti-Doping scheme). You must comply with a valid request by a Sport Integrity Australia official for testing. If you refuse to comply, or withdraw your consent to testing, you may face sanctions.

After collection, your sample will be de-identified and sent to a laboratory for testing. We will use the sample collection number to re-identify your sample after testing is completed.

## Storage, use and disclosure of your personal information

**Processing:** We may use your personal information as part of the doping control process, including for sample handling, laboratory analysis, investigations, results management, hearings and appeals. Information will be securely stored in our databases in a Protected IT environment.

**Disclosure:** We may share your information for a doping control purpose with other bodies, including recipients outside Australia, such as the World Anti-Doping Agency in Canada, other anti-doping organisations, government sport agencies and your sport. Anti-doping information will be held in a results management database (ADAMS) in Canada. Certain test results and tribunal decisions may be publicly disclosed under the World Anti-Doping Code.

**Other purposes:** We may use and disclose your sample collection information for other purposes permitted under the *Sport Integrity Australia Act 2020*, the NAD scheme, the World Anti-Doping Code or as required or authorised by law. Other purposes include, but are not limited to, therapeutic use exemption eligibility, intelligence, investigations, test distribution planning and athlete whereabouts.

**Retention:** Generally, we will store your personal information for no more than 10 years, unless required to store for longer periods under the *Archives Act 1983*. If you withdraw your consent to testing, we may retain and use your personal information to comply with our legal obligations.

**Withdrawal of consent:** You may withdraw consent to the use of your personal information by contacting the Sport Integrity Australia Privacy Officer. However, the use of the information may still be authorised for a doping control purpose.

**Research:** During the sample collection session, you will be asked on the Doping Control Notification form if you consent to your sample, related analytical data and Doping Control information being used for anti-doping research purposes. If you agree, all personal information will be removed, so this information cannot be traced back to you.

## Your rights

You have certain rights in relation to your personal information, including rights to access and/or correct any inaccurate data, and remedies and rights of redress for any unlawful processing of your personal information.

Information about how you can access and/or correct the personal information we hold about you or make a privacy complaint, is available in our Privacy Policy at <[www.sportintegrity.gov.au](http://www.sportintegrity.gov.au)>.

You can also contact Sport Integrity Australia's Privacy Officer by contacting our general enquiries line on +61 (0) 2 6222 4200 or by emailing <[privacy@sportintegrity.gov.au](mailto:privacy@sportintegrity.gov.au)>.

# DEFINITION OF TERMS

## Athlete Biological Passport

The Athlete Biological Passport is an electronic record of an athlete's biological attributes that is developed over time from multiple sample collections. The Athlete Biological Passport test does not look for the presence of a doping agent but looks to detect doping by evaluating changes in biological parameters over time.

To ensure the consistent monitoring of athletes globally, WADA's Athlete Biological Passport Operating Guidelines outline a strict protocol for the collection, transport and analysis of urine and blood samples. For blood samples this may include a two-hour waiting time following training or competition before a blood sample can be collected.

## Adverse Analytical Finding

The presence of a substance or method on the World Anti-Doping Agency Prohibited List, or evidence of the use of a prohibited method.

## 'A' sample

Part of a sample is placed in the 'A' bottle, and this is analysed first.

## Blood Collection Officer

An official who is qualified and has been authorised by the Sample Collection Authority to collect a blood sample from an athlete.

## 'B' sample

Part of a sample is placed in the 'B' bottle, and may be analysed if the 'A' Sample returns an adverse analytical finding.

## Chaperone

The Sport Integrity Australia representative responsible for notifying, accompanying and witnessing the athlete providing a sample.

## Doping Control Officer

The Sport Integrity Australia representative responsible for organising and managing the sample collection, ensuring that all procedures are followed.

## Sample collection

The process of collecting a sample, including notification, provision of the sample, securing the sample and finalisation of the paperwork.

## Sample collection kit

The kit that is used during a testing session to securely identify, store and transport a sample.

## Specific gravity

The concentration of the urine. A required specific gravity is necessary to ensure the sample is suitable for analysis.

## World Anti-Doping Agency

The World Anti-Doping Agency established to promote, coordinate and monitor the fight against doping on an international basis.



## **SPORT INTEGRITY APP**

available in your app store

## Acknowledgement of Country

Sport Integrity Australia acknowledges the Traditional Owners of the lands on which it stands and pays its respects to their Elders past, present and emerging. Sport Integrity Australia recognises the outstanding contribution Aboriginal and Torres Strait Islander people make to sport in Australia and celebrates the power of sport to promote reconciliation and reduce inequality.

