



SPORT INTEGRITY  
AUSTRALIA

# ATHLETE GUIDE to SAMPLE COLLECTION

August 2023



## 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.

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).

ATHLETE GUIDE to  
**SAMPLE  
COLLECTION**

# CONTENTS

■ <b>SAMPLE COLLECTION OVERVIEW</b>	<b>4</b>
■ <b>ATHLETES SUBJECT TO TESTING</b>	<b>5</b>
What happens if you don't comply with a valid request for sample collection?	6
■ <b>ATHLETES RIGHTS AND RESPONSIBILITIES</b>	<b>8</b>
Your rights as an athlete	8
Your responsibilities	9
■ <b>THE SAMPLE COLLECTION PROCESS</b>	<b>11</b>
Notification	12
Athlete Representatives	13
Being tested for the first time	14
Selecting a collection vessel	14
Athletes with an impairment	15
■ <b>PROVIDING A URINE SAMPLE</b>	<b>16</b>
What happens in the bathroom?	16
Athlete representative	18
Partial samples	19
Selecting a urine sample collection kit	20
Splitting and sealing the urine sample	21
Measuring specific gravity	21

■ PROVIDING A BLOOD SAMPLE	22
Blood drawn into vial	22
Dried Blood Spot	25
■ FINALISING THE DOPING CONTROL FORM	27
■ SECURING AND TRANSPORTING THE SAMPLE	29
■ THE ANALYTICAL PROCEDURE	29
■ RESULTS MANAGEMENT	30
No news is good news	30
■ FEEDBACK	31
■ EDUCATION	32
eLearning	32
Sport Integrity app	33
■ SAMPLE COLLECTION – PRIVACY NOTICE	34
Why do we collect your personal information?	34
Storage, use and disclosure of your personal information	35

# 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 banned substance or prohibited method by an athlete.

Sample collection is conducted by an Anti-Doping Organisation like Sport Integrity Australia, and sample analysis conducted by a laboratory that has been accredited by the World Anti-Doping Agency. In Australia, the analysis is conducted in Sydney by the Australian Sports Drug Testing Laboratory (ASDTL).

Sport Integrity Australia's sample collection 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 on either the Sport Integrity Australia or an International Federation Registered Testing Pool (RTP), 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 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*. Athletes are advised by their International Federation or National Sporting Organisation or National Sporting Organisation for People with Disability if they are on a testing pool.

You should comply with a valid request for testing because you could face sanctions if you refuse. The sanction for refusing to provide a sample when requested could be the same as the sanction you would get if you provide 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. Most testing is carried out with no-advance notice. The test can involve the collection of urine and/or blood.

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

As an athlete you have an obligation to meet doping control requirements and it is in your best interest to cooperate respectfully with the Doping Control team.

If you still refuse, the Doping Control Officer or Chaperone may read you an anti-doping rule violation warning. This is a formal warning that should be taken seriously, and failure to comply with the request to provide a sample could lead to you receiving a sanction from your sport.

The following situations are some examples of what may warrant an anti-doping rule violation warning being issued to an athlete or support person:

- Evading, refusing or failing to submit to sample collection.
- Tampering or attempting to tamper with any part of doping control – this includes any interference with the process by an athlete or a support person; providing fraudulent or misleading information and any attempt to intimidate a potential witness.
- Using your mobile phone to take pictures or videos during sample collection.
- Any disrespectful, aggressive or abusive behaviour towards doping control staff.

This official anti-doping rule violation warning will always be recorded on the Doping Control Notification and Test Form. If you are issued multiple warnings, it demonstrates that you are not willing to cooperate with the process, and this information may be fed back to your team, coach and sport. Your actions can also raise suspicion that you may have something to hide.

Anti-doping rule violations don't just relate to athletes; they apply to support personnel as well.

# ATHLETES RIGHTS AND RESPONSIBILITIES

## Your rights as an athlete

During the testing process, you have the right to:

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

Valid reasons for a delay in testing include:

- completing a training session
- performing a warm down
- competing in further events
- 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.

## Your responsibilities

You are required to:

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



# THE SAMPLE COLLECTION PROCESS

## Notification

The Doping Control Officer or Chaperone will notify you that you have been selected for sample collection. Notification usually happens face-to-face. Less often, notification can be by phone, written notice or via a third party – this is called advance notice testing.

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. You are required to provide your first sample after notification for doping control purposes. You will be asked to provide some form of identification, whether or not you have been tested before.

It is important to remember 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.

# Athlete Representatives

Sport Integrity Australia encourages athletes to have a representative with them during the process.

In certain circumstances a Representative is required for the process to continue.

If you are selected for testing and you are under 18 years of age, you will be required to have a third-party or representative (for example, your parent, your coach or whoever you are comfortable with) to be with you during notification and the sample collection session.

If you do not have anyone to perform this role, another Chaperone or the Doping Control Officer will take on this role and observe the process. In the case of an athlete with an intellectual impairment, it is a requirement that a third party be notified at the same time as the athlete.

If the athlete's representative or 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; they apply to support personnel as well.

## Being tested for the first time

Your first notification for doping control can be daunting, and it is the Chaperone or Doping Control Officer's job to make things as clear and easy as possible for you. It is normal to be nervous and our staff will do everything they can to make you feel at ease. Don't be afraid to ask questions or seek guidance from our staff or from your sport representative. Doping control is part of being an athlete and we encourage you to learn as much as you can about the process.

## Selecting a collection vessel

The Doping Control Officer will give you a choice of individually sealed collection vessels (beaker) for urine, or tubes for blood collection, and you will select one for each type of test. You need to check that the equipment is intact and has not been tampered with. If you are not happy with your choice, you can select another. You will be responsible for maintaining control of the beaker until you return to the Doping Control Officer for sealing of the sample. The beaker must only be used once. If you need to provide an additional sample, you will be asked to select a new beaker.

## Athletes with an impairment

If you have an impairment, you have the right to request a modification to the sample collection process.

Any modifications must be approved by the Doping Control Officer and will be recorded on the test paperwork. Doping control staff will work with you and your support personnel to make the process as easy as possible. Be open and honest with the testing staff so 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 not to do so, it is at your own risk.

If you require assistance, please advise the Doping Control Officer or Chaperone.

# PROVIDING A URINE SAMPLE

## What happens in the bathroom?

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

Wash your hands with water only and dry them using an air dryer or paper towel. Let the Chaperone turn off the tap. 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.

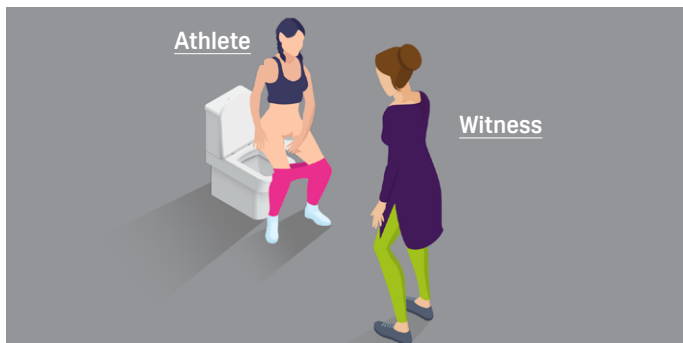
You are required to remove any clothing from the mid-torso to the knees and from the hands to the elbows.

The Doping Control Officer or Chaperone will explain again how to open the beaker to maintain its integrity, and how to position yourself so that they can directly witness the sample leaving your body and going into the beaker. It is important that you empty your bladder completely.

You will be assigned a witness based on the declared gender for the sport/competition you compete in.

Male athletes will be witnessed with the Chaperone standing side on to the athlete.

Female athletes will be witnessed with the Chaperone in front of the athlete. The Chaperone may stand or squat in front of you.



Once the sample is provided in the beaker, place it on a stable surface and dress yourself. You then must remove the lid from the sealed plastic bag and place it on the beaker before you leave the bathroom area. You are responsible for controlling your sample and always keeping the beaker in view of the Doping Control Officer or Chaperone, until it is sealed in a sample collection kit.

## Athlete representative

If you are an athlete under the age of 18, you must have a representative (third party) with you during the sample collection process. If you don't 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 it. The representative will observe the Doping Control Officer or Chaperone during the sample provision. This is referred to as triangular witnessing, and it must occur where the athlete is under 18 years of age or if an athlete has requested to have a representative present.

An athlete with an intellectual, physical or sensorial impairment may be assisted by their representative or doping control staff during the sample collection session, where agreed by the athlete and the Doping Control Officer.

The Doping Control Officer or Chaperone who witnesses your sample provision must be the same gender as you.

## *Triangular witnessing*



*Triangular witnessing takes place when an athlete is under 18, or if the athlete requests a representative be present.*

## Partial samples

If you provide less than 90mL of urine, your sample is deemed a partial sample, and it must be temporarily sealed and securely stored by the Doping Control Officer until you are able to provide further sample(s) to meet the total volume requirement.

## Selecting a urine sample collection kit

When you have finished providing your sample, you will return to the processing area where the Doping Control Officer will ask the Chaperone 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, and it meets the minimum 90mL volume, you will select an individually sealed sample collection kit that is intact and has not been tampered with. You will be asked to check the expiry date, and you will then open the kit and confirm that the numbers on the box, the bottles, the lids and the containers all match. The Doping Control Officer or Chaperone will also check. All sample collection kit numbers will be recorded on the Doping Control Form.



## Splitting and sealing the urine sample

When you have provided the required volume of urine, the Doping Control Officer will instruct you to pour a measured amount of the urine into the 'B' bottle first, and then the 'A' bottle. You will seal both the 'A' and 'B' bottles, securing the sample. The Doping Control Officer will verify that the bottles are sealed properly. 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.

## Measuring specific gravity

The Doping Control Officer will check the specific gravity of the residual urine remaining in the beaker and will record the value on the Doping Control Form.

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. If this is the case, you will be asked to wait for a minimum of 30 minutes before providing a further sample. It is also likely that you will be advised not to consume any further fluid during this waiting time.

# PROVIDING A BLOOD SAMPLE

There are various methods used to collect blood samples, Sport Integrity Australia uses two; blood drawn into a vial and Dried Blood Spot

## Blood drawn into vial

### 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 heart rate above your baseline for normal activities, the rest time can vary from 30 minutes to two hours, depending on the type of blood test required.

During the last 10 minutes of any rest period, you must sit in the blood collection 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 blood 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 or Chaperone will also check.

After the appropriate rest period, the Doping Control Officer will ask 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 (tubes) into your possession so that you always have a view of them.

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 advice to best 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 Form.

# Dried Blood Spot

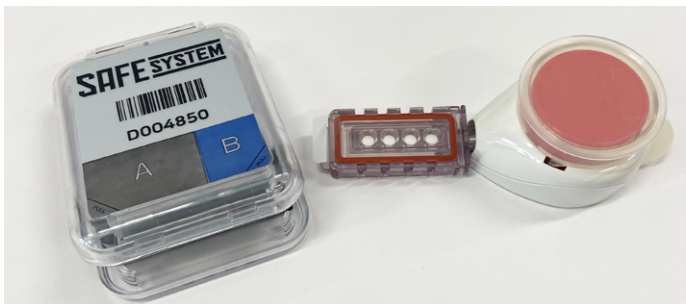
## Resting period

There is no mandatory resting period for Dried Blood Spot.

## Selecting a blood sample collection kit

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.

The Doping Control Officer will be responsible for collecting this sample, they 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 of this is done in the presence of the Chaperone and, if applicable, any third party.



You will be asked to assist by warming the Sample collection site – for example, rubbing your hand or arm quickly back and forth over the collection site until the skin feels warm. The Doping Control Officer will then clean the collection area and then fit the collection device to the upper area of your arm. You will be given the option to press the button on the device, or if you prefer, the Doping Control Officer will do this for you. Once the button has been pressed the collection process has started, when the blood reaches the bottom indicator window, the collection process is complete. This can take up to six minutes.

The Doping Control Officer will remove the device from your arm and place it on the clinical barrier pad. 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.

## Sealing the blood sample

The Doping Control Officer will ask you to select a Security Kit and check that it is intact and has not been tampered with.

You must observe the Doping Control Officer while they secure your sample in the tamper proof Security Kit. Once the sample has been secured, you will be asked to read out the unique identifier code on the Security Kit. You must ensure that this number has been recorded correctly on your Doping Control Form. Finally, the Doping Control Officer will ask you to place the Security Kit into the dedicated sealing bag before storing.

# FINALISING THE DOPING CONTROL FORM

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

The Doping Control Officer will ask you about any medications or supplements that you have taken in the last seven days. It's a good idea to keep photos of the things you take on a regular basis on your phone, so that you have all the information on hand.

You will be asked if you consent to your sample being used for anti-doping research purposes. If you agree, all personal information will be removed, so that samples used for research purposes cannot be traced back to you. The laboratory may use your sample to develop new test processes, or to recalibrate test equipment.

The Doping Control Officer will ask if you have any questions about the testing process, or if you want to make any comments on the form. If you do not want 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'. If you have been given an anti-doping rule violation warning during the session, the Doping Control Officer will record it in their comments.

At the conclusion of the session the form 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. It is important that you check that your personal information has been written down correctly. Double check that the dates and times are right. 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 an electronic copy of the Doping Control Form; this will be emailed to you.

The copy of the doping control form that the laboratory receives with your sample does not contain any information that could identify you; it only contains kit sample numbers and analysis details.

# SECURING AND TRANSPORTING THE SAMPLE

All urine and blood samples and a de-identified copy of the Doping Control 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 results can be used to enforce sanctions against athletes.

# RESULTS MANAGEMENT

## No news is good news

Results can take four to six weeks to come through. If the laboratory does not find any anomaly in your sample/s, you will not hear from us.

If we are advised by a World Anti-Doping Agency accredited laboratory that your 'A' sample has recorded an Adverse Analytical Finding (AAF), 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 if there is a legitimate reason for the AAF – for example, you may have a valid Therapeutic Use Exemption (TUE).

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

If your 'A' sample returns an AAF and you waive your right to have the 'B' sample analysed, Sport Integrity Australia may still choose to test your 'B' sample.

Sport Integrity Australia also collects urine and blood samples in accordance with the World Anti-Doping Agency's Athlete Biological Passport guidelines. If the review of an athlete's biological passport profile warrants further investigation, we may contact you for more information.

## FEEDBACK

Sport Integrity Australia welcomes all feedback on its testing sessions and processes. Use our online [Feedback](#) form or email or phone us.

If you have concerns about your sample collection session, please raise those concerns as soon as possible.

# EDUCATION

Sport Integrity Australia has a range of different resources to educate athletes and support personnel on the sample collection process and other sport integrity matters.

## eLearning

Sport Integrity Australia's online education hub is a free and easy-to-use resource featuring online courses, videos and learning updates about the key areas of integrity issues including 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), Anti-Doping Fundamentals (advanced course), Annual Update, Parents' and Coaches courses and many more sport integrity topics.

## Sport Integrity app

The Sport Integrity mobile app is a one-stop shop for everything about sport integrity matters, including 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
- use the Virtual Reality tab to go through a doping control process
- 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, supplements 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 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](#).

## Why do 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.

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, the National Anti-Doping 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 if you consent to your sample being used for anti-doping research purposes. If you agree, all personal information will be removed, so that samples used for research purposes 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](#). You can also contact Sport Integrity Australia's Privacy Officer by calling +61 (0) 2 6222 4200 or by [emailing](#).

© Sport Integrity Australia

This work by © Commonwealth of Australia 2023 – 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*, 2023.

# ATHLETE SERVICES

Whereabouts  
lodgement dates

31 March

30 June

30 September

31 December



Read me!

[www.sportintegrity.gov.au](http://www.sportintegrity.gov.au)