



## **Practical Issues Surrounding Sample Collection**

April 2009

Faculty of Occupational Medicine

THE  
IRISH SPORTS  
COUNCIL



AN CHOMHAIRLE SPÓIRT

# Mandate

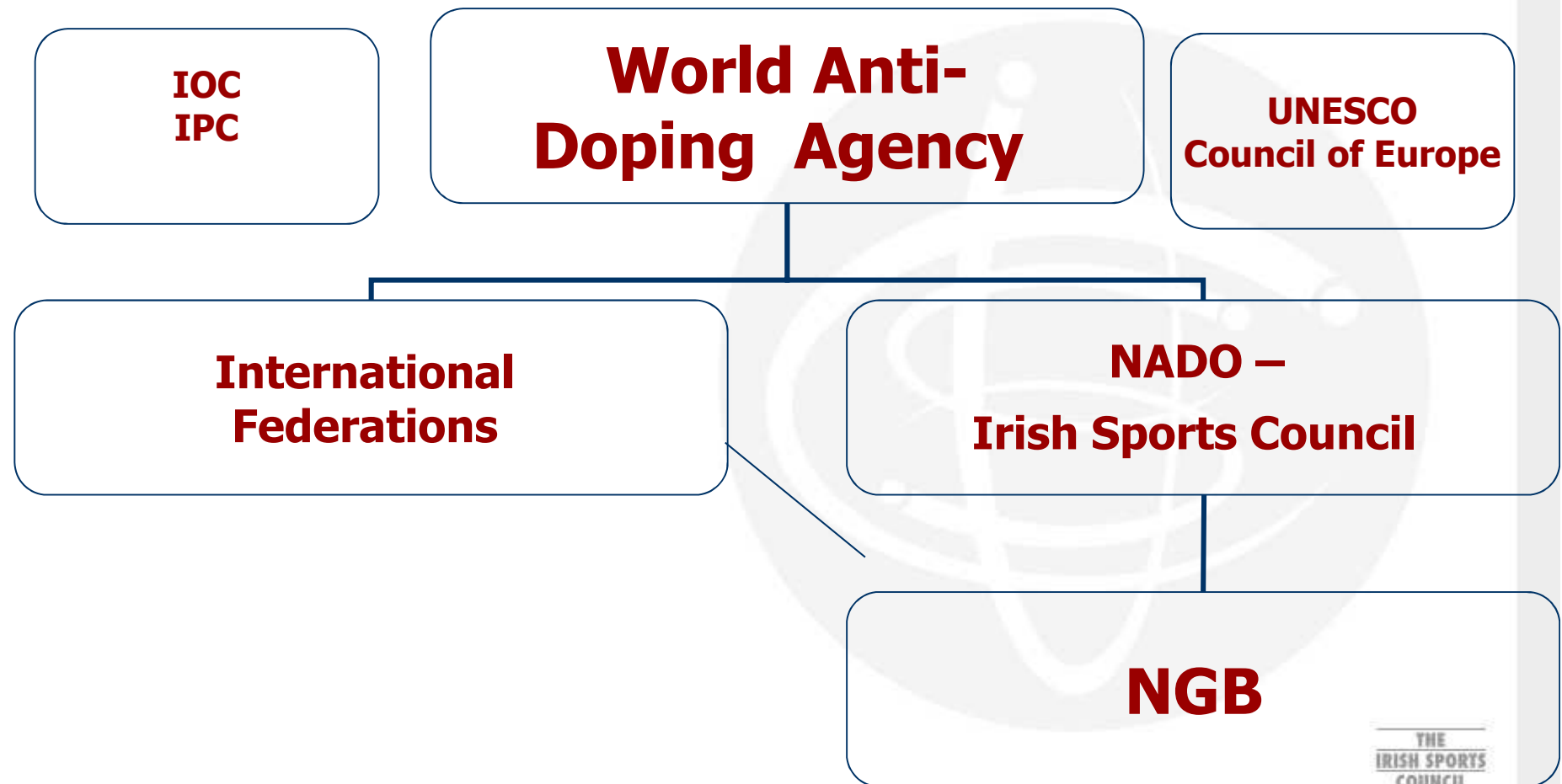
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## Irish Sports Council Act 1999

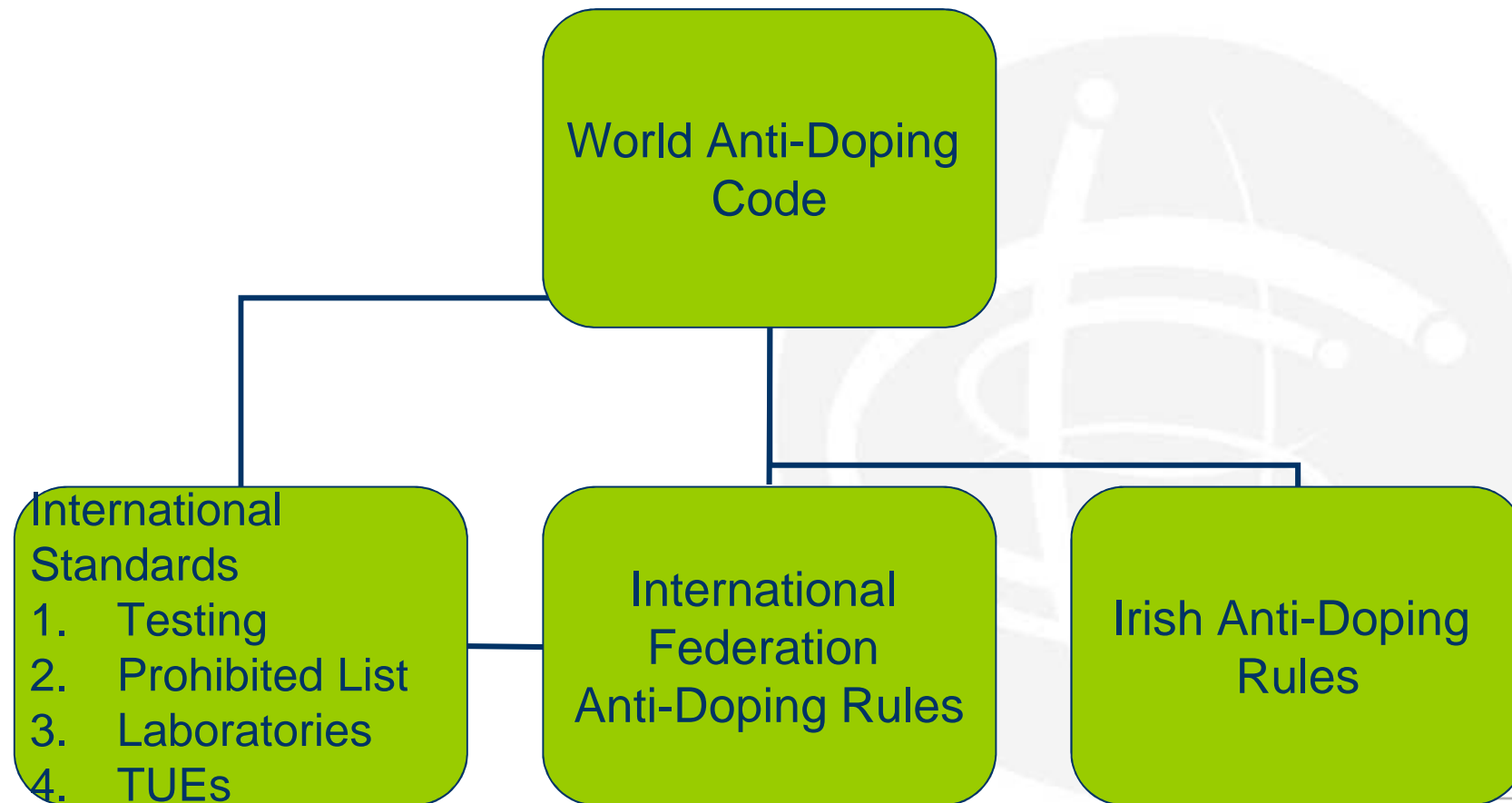
### Functions:

**6(1)(d) “to take such action as it considers appropriate, including testing, to combat doping in sport,”**

# Regulatory Structures



# Anti-Doping Framework



# International Standards

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## ➤ The ISC Sample Collection Manual

Reflects:

- the International Standard for Testing
- WADA guidelines on urine sample collection
- WADA guidelines on out of competition testing
- WADA guidelines for implementing an effective whereabouts program
- WADA recruitment, training, accreditation and re-accreditation guidelines

# International Standards

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- International Standard for Testing (91 page document!)
  - The most relevant to sample collection personnel
  - Outlines the sample collection process including:
    - Whereabouts requirements
    - Preparation of a Doping Control Session – doping control station facilities etc
    - Requirements regarding notification of athletes
    - Requirements of collecting and documenting the sample collection
    - Security and post test administration
    - Transport of samples

The Irish Sports Council

## SAMPLE COLLECTION PROCEDURES - URINE



Leaflet 2, Version 2

01 January 2009

# Sample Collection Procedures

## In-competition / Out of competition

### “60 minute slot”

# No advance notice testing

## Selection for Testing

**Discreet  
notification**

**Random and  
targeted –  
selected by ISC**

# Difficult environments

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**A Chaperone approaches the athlete and informs them they are selected**

**Notification of Selection for Testing**

**Part of the Doping Control Form is completed**

**Athlete is given a copy of the form**

# Dealing with emotions – good ones...



# .....and not so happy....



# Documentation of test



## THE IRISH SPORTS COUNCIL DOPING CONTROL FORM

Top Floor, Block A, West End Office Park, Blanchardstown, Dublin 15  
Phone: +353 (0) 1 860 8800 // Fax: +353 (0) 1 860 8860

Test Authorised By \_\_\_\_\_

ISC Ref. No \_\_\_\_\_

Sport \_\_\_\_\_

1

### NOTIFICATION

Athlete  Date of Birth

The athlete's identity was confirmed by:

Date  Notification Time  Venue  Discipline

I hereby acknowledge that I have received and read this Notice, and I consent to provide a sample(s) as requested. I further understand that failure to comply may constitute an anti-doping rule violation.

I confirm that I have Notified the above-named athlete in accordance with the Irish Anti-Doping Rules and the International Standard for Testing.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Notifying DCO or Chaperone's Name [Print]

\_\_\_\_\_  
Notifying DCO or Chaperone's [Signature]

2

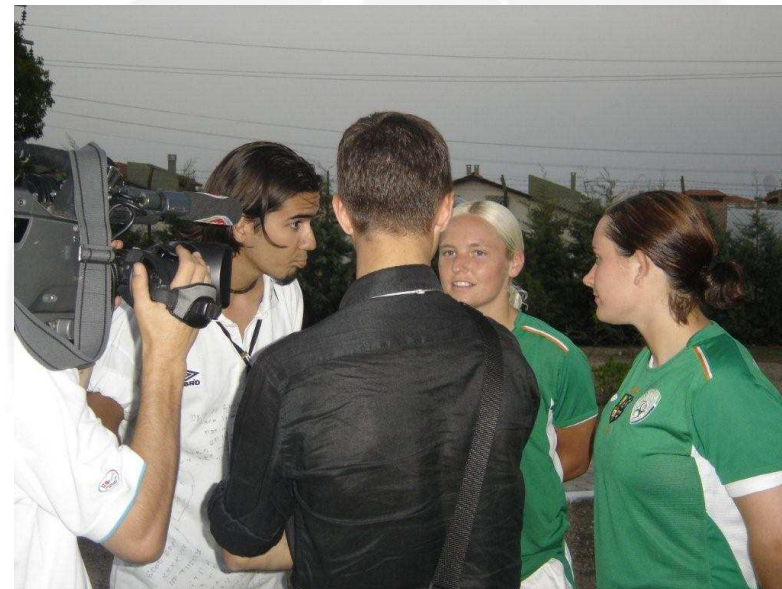
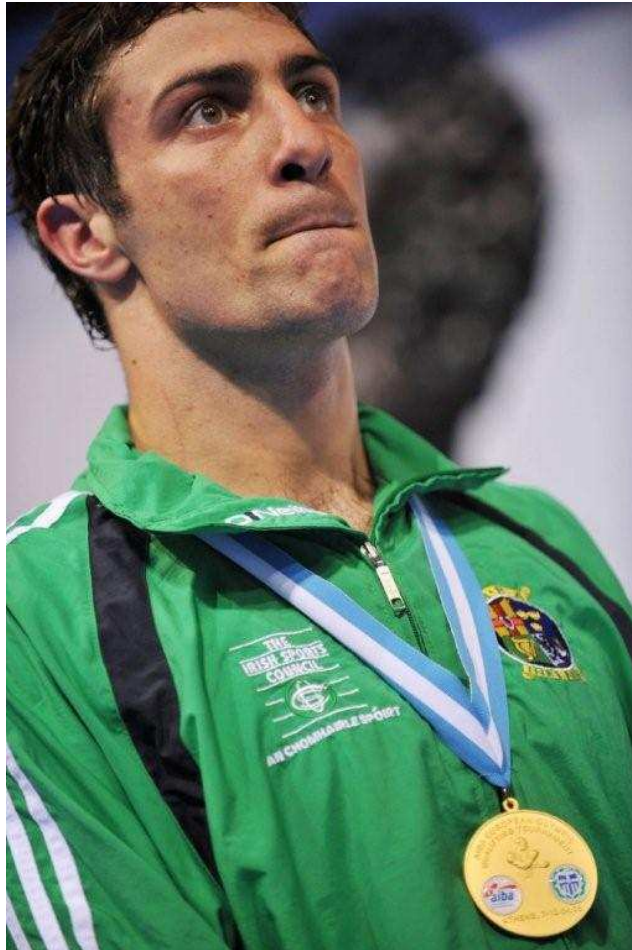
### FURTHER ATHLETE INFORMATION

Address

Phone  Athlete's Coach  Athlete's Doctor

Ink Copy: Athlete Notification

# Reporting to the Doping Control Station



Irish Sports Council, Top Floor, Block A, Westend Office Park, Blanchardstown, Dublin 15. Ireland | Tel: +353 1 8608800

# Athletes Rights

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- **Ask to see the Chaperones/DCO ID card**
- **An Athlete can be accompanied by a representative and/or interpreter**
- **Ask the Chaperone/DCO about the procedures if they are unsure**
- **Request modifications to the sample collection procedure if required, for example if an athlete has a disability.**

# Athletes Responsibilities

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- **Co-operate with the testers and comply with the sample collection procedures at all times**
- **Remain within direct observation of the tester**
- **Sign DCF**
- **Produce a photo identification for the Chaperone/DCO**
- **Report immediately to DCS**



The athlete lets the Chaperone know when they are ready to provide a sample

The athlete must put on and leave on **gloves** from the time they select a vessel

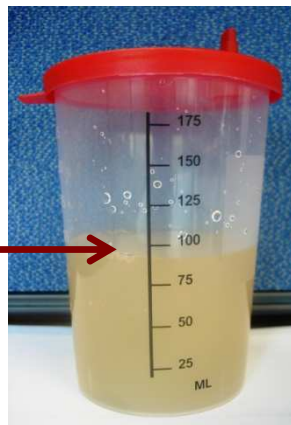
## Selecting a Collection Vessel



An athlete has the right to be offered a selection of collection vessels

The Athlete proceeds with the Chaperone to the toilet area

The athlete must provide a minimum of 90ml



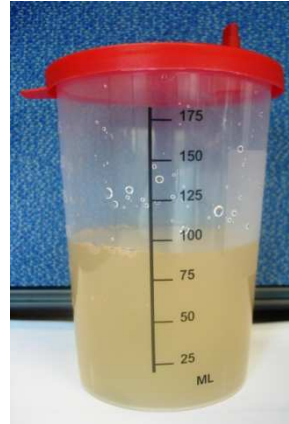
Only the athlete should handle the sample until it is securely sealed

## Providing the Sample

The Chaperone will directly witness the athlete pass the sample

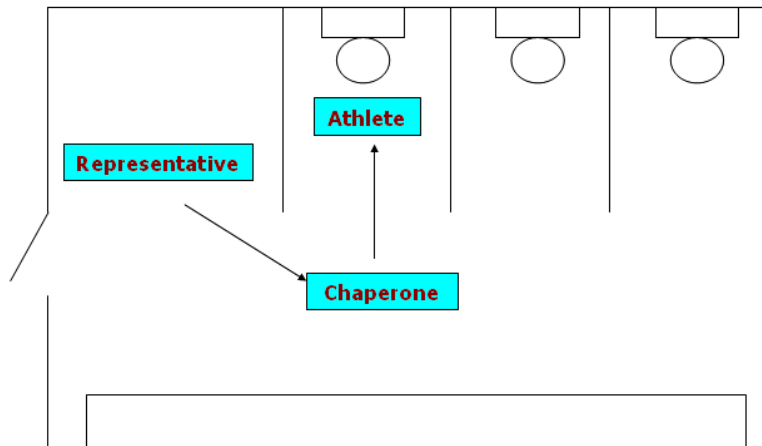
An unobstructed view is necessary – shirt lifted to chest, shorts dropped to knees and long sleeves rolled up

Athlete under 18



Disabled athlete

## Providing the Sample – special circumstances



Different equipment / Assistance

# Return to the Doping Control Station

## Selecting a Sample Kit

The Athlete has the right to be offered a selection of sample kits to choose from



Each sample kit has a purple tamper evident security seal

# Inside the kit



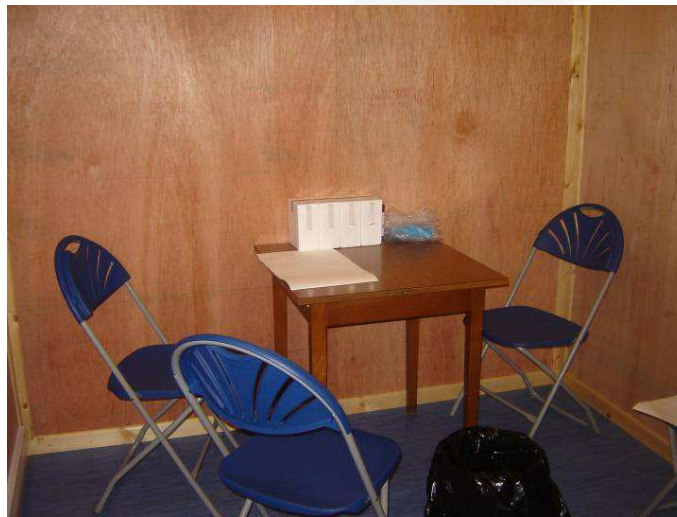
Irish Sports Council, Top Floor, Block A, Westend Office Park, Blanchardstown, Dublin 15. Ireland | Tel: +353 1 8608800

# Matching Bottle Codes



# Dividing the Sample

The sample is divided between the A & B bottles



A few drops of urine are left in the collection vessel



# Sealing the Sample

Each bottle lid is screwed tightly to ensure no leakage – irreversible seal

The bottles should be inverted to ensure that the seal is intact



# Checking the Suitability of the Sample for the Lab

Specific Gravity is checked using a refractometer or indicator stick on the remaining urine in the vessel



# Recording the information

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Information will be recorded on the doping control form

- name, address, **sport**, event, notification time and date
- sample details - time, bottle codes, quantity, SG
- **medications recently taken – Formal Declaration of Use of Certain Substances**

**SPORT D**

**The athlete can record any comments on the Doping Control Form**

DCO and athlete (and representative) check and sign the form

## **Certifying the Information**

A copy of the doping control form is given to the athlete

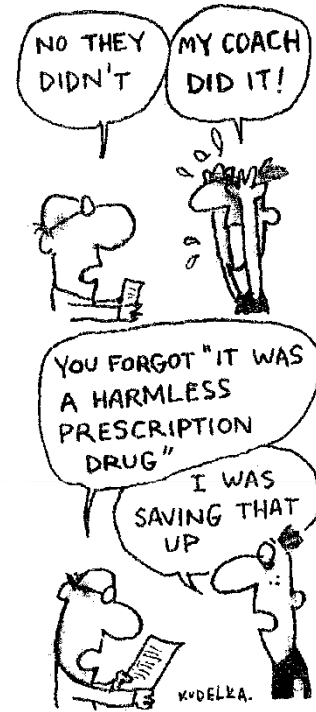
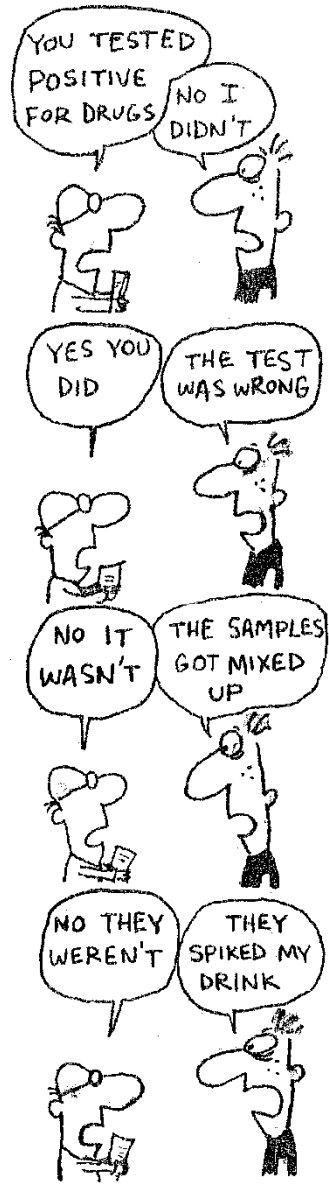
The athlete is free to leave the doping control station

Sample is sent by courier to Lab

# Testing – the way ahead

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- **Improvements in detection methods**
- **Improvements in testing methods**
  - Blood testing
- **Whistleblowers**
  - THG
  - Manipulation devices
- **Involvement of law enforcement agencies**



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# Which of the following does not have a responsibility for anti-doping?

**A.** The World Anti-Doping Agency

**B.** UNESCO

**C.** The World Health Organisation

**D.** The International Olympic Committee

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**Testing can be targeted at a specific individual:**

**A.True**

**B.False**



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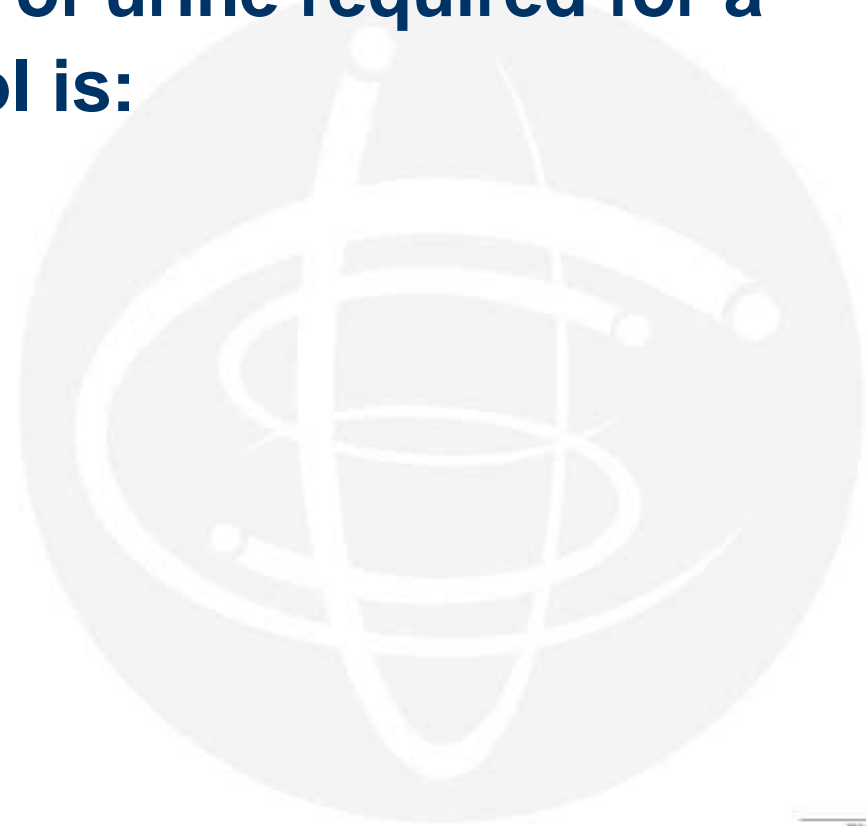
## The Minimum volume of urine required for a doping sample control is:

**A.50ml**

**B.70ml**

**C.90ml**

**D.100ml**



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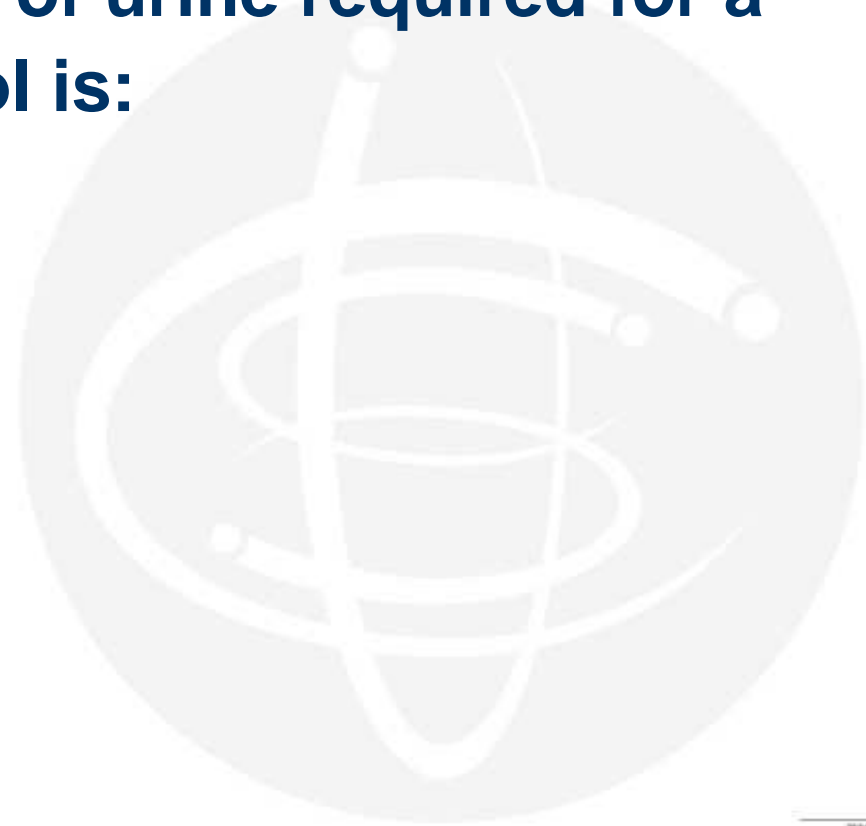
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**Under no circumstances should anyone other than the athlete handle the sample before it is securely sealed:**

**A.True**

**B.False**

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