

IDSF Anti-Doping Code 2008

Art. 1: Fundamental Principles and Interdictions

- I. Anti-doping is one of the objects included under Article 2 (c) and (d) of the IDSF STATUTES.
- II. Members of the IDSF are obliged to enforce this CODE within their own jurisdictions, as part of the terms of their membership in IDSF.
- III. This ANTI-DOPING CODE is an integral part of the IDSF STATUTES.
- IV. Doping contravenes the fundamental principles of DanceSport and medical ethics.
- V. Doping is prohibited.
- VI. Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Art. 1 VII of this CODE.
- VII. The following constitute anti-doping rule violations:
 - 1) The presence of a PROHIBITED SUBSTANCE or its METABOLITES or MARKERS in an ATHLETE'S bodily SPECIMEN. Excepting those substances for which a quantitative reporting threshold is specifically identified in the PROHIBITED LIST, the detected presence of any quantity of a PROHIBITED SUBSTANCE or its METABOLITES or MARKERS in an ATHLETE'S SAMPLE shall constitute an anti-doping rule violation. As an exception to the general rule of Art. 1 VII 1 the PROHIBITED LIST may establish special criteria for the evaluation of PROHIBITED SUBSTANCES that can also be produced endogenously.
 - 2) The USE or ATTEMPTED USE of a PROHIBITED SUBSTANCE or PROHIBITED METHOD.
 - 3) Refusing, or failing without compelling justification, to submit to SAMPLE collection after notification as authorized this CODE or otherwise evading SAMPLE collection according to Art. 4 II 3.
 - 4) Violation of Art. 4 II 5 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.
 - 5) TAMPERING, or ATTEMPTING to Tamper, with any part of DOPING CONTROL as per Art. 4 II 1.
 - 6) POSSESSION of PROHIBITED SUBSTANCES and METHODS:
 - a) POSSESSION by an ATHLETE at any time or place of a substance that is prohibited in OUT-OF-COMPETITION TESTING or a PROHIBITED METHOD unless the ATHLETE establishes that the POSSESSION is pursuant to a therapeutic use exemption granted in accordance with Art. 5 XII or other acceptable justification.
 - b) Possession of a substance that is prohibited in OUT-OF-COMPETITION TESTING or a PROHIBITED METHOD by ATHLETE SUPPORT PERSONNEL in connection with an ATHLETE, COMPETITION or training, unless the ATHLETE SUPPORT PERSONNEL establishes that the POSSESSION is pursuant to a therapeutic use exemption granted to an ATHLETE in accordance with Art. 5 XII or other acceptable justification.
 - 7) TRAFFICKING in any PROHIBITED SUBSTANCE or PROHIBITED METHOD.
 - 8) ADMINISTRATION or ATTEMPTED ADMINISTRATION of a PROHIBITED SUBSTANCE or a PROHIBITED METHOD to any ATHLETE, or assisting, encouraging, aiding, abetting, covering up or any type of complicity involving an anti-doping rule violation an any ATTEMPTED VIOLATION.

Art. 2: Definitions

I. Definitions of Terms relating to the World Anti-Doping Code (WADC)

“WADA” stands for the World Anti Doping Agency.

1. “Adverse analytical finding” means a report from a laboratory or other approved testing entity that identifies in a SPECIMEN taken from an ATHLETE the presence of a PROHIBITED SUBSTANCE or its METABOLITES or MARKERS (including elevated quantities of endogenous substances) or evidence of the use of a PROHIBITED METHOD.
2. “Anti-Doping Organization” is a SIGNATORY that is responsible for adopting rules for initiating, implementing or enforcing any part of the DOPING CONTROL process. this includes, for example, the International Olympic Committee, the International Paralympic Committee, other MAJOR EVENT ORGANIZATIONS that conduct testing at their events, WADA, International Federations, and NATIONAL ANTI-DOPING ORGANIZATIONS.
3. “Athlete” means, for purposes of DOPING CONTROL, any PERSON who participates in sport at the international level (as defined by IDSF) or national level (as defined by a MEMBER) and any additional PERSON who participates in sport at a lower level if designated by the PERSON’S NATIONAL ANTI-DOPING ORGANIZATION. For purposes of anti-doping information and education, any PERSON who participates in sport under the authority of any SIGNATORY, government, or other sports organization accepting the WADC.
4. “Athlete support personnel” means any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel or any other person working with or treating ATHLETES participating in or preparing for sports competition.
5. “Attempt” means purposely engaging in conduct that constitutes a substantial step in a course of conduct planned to culminate in the commission of an anti-doping rule violation. Provided, however, there shall be no anti-doping rule violation based solely on an ATTEMPT to commit a violation if the PERSON renounces the attempt prior to it being discovered by a third party not involved in the ATTEMPT.
6. “Competition” means a single race, match, game or singular athletic contest. For example, the finals of the Olympic 100m dash. For stage races and other athletic contests where prizes are awarded on a daily or other interim basis the distinction between a COMPETITION and an EVENT will be as provided in the relevant rules of IDSF.
7. “Consequences of Anti-Doping Rules Violations”: an ATHLETE’S or other PERSON’S violation of an anti-doping rule may result in one or more of the following:
 - a) “Disqualification” means the ATHLETE’S results in a particular COMPETITION or EVENT are invalidated, with all resulting consequences including forfeiture of any medals, points and prizes;
 - b) “Ineligibility” means the ATHLETE or other PERSON is barred for a specified period of time from participating in any COMPETITION or other activity or funding as provided in Art. 5 X 2; and
 - c) “Provisional Suspension” means the ATHLETE or other PERSON is barred temporarily from participating in any COMPETITION prior to the final decision at a hearing conducted under Art. 6.
8. “Disqualification”: see “Consequences of Anti-Doping Rules Violations” above.
9. “Doping Control” means the process including test distribution planning, SAMPLE collection and handling, laboratory analysis, results management, hearing and appeals.

Art. 2: Definitions

10. "Event" means a series of individual COMPETITIONS conducted together under one ruling body (e.g., the Olympic Games, FINA World Championships, or Pan American Games).
11. "In-Competition": For purposes of differentiating between IN-COMPETITION and OUT-OF-COMPETITION TESTING, unless provided otherwise in this CODE, an IN-COMPETITION test is a test where an ATHLETE is selected for testing in connection with a specific COMPETITION.
12. "Independent Observer Program": A team of observers, under the supervision of WADA, who observe the DOPING CONTROL process at certain EVENTS and report on observations. If WADA is testing IN-COMPETITION at an EVENT, the observers shall be supervised by an independent organization.
13. "Ineligibility": see "Consequences of Anti-Doping Rules Violations" above.
14. "International Event" means an EVENT where the International Olympic Committee, the International Paralympic Committee, an International Federation, a MAJOR EVENT ORGANIZATION, or another international sport organization is the ruling body for the EVENT or appoints the technical officials for the EVENT.
15. "International-Level Athlete" are ATHLETES designated by one or more International Federations as being within the REGISTERED TESTING POOL for an International Federation.
16. "International Standard" is a standard adopted by WADA in support of the WADC. Compliance with an INTERNATIONAL STANDARD (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed were performed properly.
17. "Major Event Organizations" is a term referring to the continental associations of NATIONAL OLYMPIC COMMITTEES and other international multi-sport organizations that function as the ruling body for any continental, regional or other INTERNATIONAL EVENT.
18. "Marker" is a compound, group of compounds or biological parameters that indicates the use of a PROHIBITED SUBSTANCE or PROHIBITED METHOD.
19. "Metabolite" means any substance produced by a biotransformation process.
20. "Minor" means a natural PERSON who has not reached the age of majority as established by the applicable laws of his or her country of residence.
21. "National Anti-Doping Organization": The entity or entities designated by each country as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of SAMPLES, the management of test results, and the conduct of hearings, all at the national level. If this designation has not been made by the competent public authority or authorities, the entity shall be the country's NATIONAL OLYMPIC COMMITTEE or its designee.
22. "National Event" is a sport EVENT involving international or national-level ATHLETES that is not an INTERNATIONAL EVENT.
23. "National Olympic Committee" is the organization recognized by the International Olympic Committee. The term shall also include the National Sport Confederation in those countries where the National Sport Confederation assumes typical NATIONAL OLYMPIC COMMITTEE responsibilities in the anti-doping area.
24. "No Advance Notice" means a DOPING CONTROL which takes place with no advance warning to the ATHLETE and where the ATHLETE is continuously chaperoned from the moment of notification through SAMPLE provision.
25. "No Fault or Negligence": The ATHLETE'S establishing that he or she did not know or suspect, and could not reasonably have known or suspected even with the exercise of utmost caution, that he or she had USED or been administered the PROHIBITED SUBSTANCE or PROHIBITED METHOD.

Art. 2: Definitions

26. “No Significant Fault or Negligence”: The ATHLETE’S establishing that his or her fault or negligence, when viewed in the totality of the circumstances and taking into account the criteria for NO FAULT OR NEGLIGENCE, was not significant in relationship to the anti-doping rule violation.
27. “Out-of-Competition”: Any DOPING CONTROL which is not IN-COMPETITION.
28. “Participant” means any ATHLETE or ATHLETE SUPPORT PERSONNEL.
29. “Person” means a natural person or an organization or other entity.
30. “Possession” means the actual, physical possession, or the constructive possession (which shall be found only if the person has exclusive control over the PROHIBITED SUBSTANCE/METHOD or the premises in which the PROHIBITED SUBSTANCE/METHOD exists); provided, however, that if the person does not have exclusive control over the PROHIBITED SUBSTANCE/METHOD or the premises in which a PROHIBITED SUBSTANCE/METHOD exists, constructive possession shall only be found if the PERSON who knew about the presence of the PROHIBITED SUBSTANCE/METHOD and intended to exercise control over it. Provided, however, there shall be no anti-doping rule violation based solely on POSSESSION if, prior to receiving notification of any kind that the PERSON has committed an anti-doping rule violation, the PERSON has taken concrete action demonstrating that the PERSON no longer intends to have POSSESSION and has renounced the PERSON’S previous POSSESSION.
31. “Prohibited List” means the WADA-List of PROHIBITED SUBSTANCES and METHODS as referred to in Art. 2 III.
32. “Prohibited Method” means any method so defined on the PROHIBITED LIST.
33. “Prohibited Substance” means any substance so defined on the PROHIBITED LIST.
34. “Provisional Hearing” means, for purposes of Art. 4 XII 7, an expedited abbreviated hearing occurring prior to a hearing under Art. 6 III 5 that provides the ATHLETE with notice and opportunity to be heard in either written or oral form.
35. “Provisional Suspension”: see “Consequences” above.
36. “Publicly Disclose or Publicly Report” means to disseminate or distribute information to the general public or PERSONS beyond those PERSONS entitled to earlier notification in accordance with Art. 6 I 3.
37. “Registered Testing Pool” is the pool of top level ATHLETES established separately by each International Federation and NATIONAL ANTI-DOPING ORGANIZATION who are subject to both IN-COMPETITION and OUT-OF-COMPETITION TESTING as part of that International Federation’s or Organization’s test distribution plan. For IDSF this is the LIST OF ATHLETES subject to OUT-OF-COMPETITION TESTING according to Art. 4 I 2.
38. “Sample / Specimen” means any biological material collected for the purposes of DOPING CONTROL.
39. “Signatories” are those entities signing the World Anti-Doping Code and agreeing to comply with the World Anti-Doping Code, including the International Olympic Committee, International Federations, International Paralympic Committee, NATIONAL OLYMPIC COMMITTEES, National Paralympic Committees, MAJOR EVENT ORGANIZATIONS, NATIONAL ANTI-DOPING ORGANIZATIONS, and WADA. IDSF is a SIGNATORY.
40. “Tampering” means altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly to alter results or prevent normal procedures from occurring.
41. “Target Testing” means the selection of ATHLETES for TESTING where specific ATHLETES or groups of ATHLETES are selected on a non-random basis for TESTING at a specified time.

Art. 3: Scope

42. “Team Sport” means a sport in which the substitution of players is permitted during a COMPETITION.
43. “Testing” means the parts of the DOPING CONTROL process involving test distribution planning, SAMPLE collection, SAMPLE handling, and SAMPLE transport to the laboratory.
44. “Trafficking” means to sell, give, administer, transport, send, deliver or distribute a PROHIBITED SUBSTANCE or PROHIBITED METHOD to an ATHLETE either directly or through one or more third parties, but excluding the sale or distribution (by medical personnel or by persons other than the ATHLETE’S support personnel) of a PROHIBITED SUBSTANCE for genuine and legal therapeutic purposes.
45. “Use” means the application, ingestion, injection or consumption by any means whatsoever of any PROHIBITED SUBSTANCE OR METHOD.
46. “WADA” means the World Anti-Doping Agency.

II. Definitions of IDSF related terms

1. “Member” means a IDSF member organization.
2. “Anti-Doping Representative” is an official of the IDSF who is a member of the IDSF Presidium and who is appointed to that office from time to time by the IDSF Presidium.
3. “Organizer” means any body or organization to which the IDSF Presidium has granted, delegated or licensed the right to organize a DanceSport EVENT according to the IDSF COMPETITION RULES, in regard to this EVENT.
4. “IDSF Anti-Doping Director” is a person appointed from time to time by the IDSF Presidium. IDSF ANTI-DOPING DIRECTORS organize, conduct and supervise doping controls at all IDSF granted DanceSport competitions, championships and EVENTS at which the IDSF ANTI-DOPING REPRESENTATIVE or the IDSF ANTI-DOPING DIRECTOR has decided to carry out doping controls, safeguarding IDSF’S responsibilities and interests. The IDSF ANTI-DOPING DIRECTOR acts as contact person between IDSF, the ORGANIZER and the DCT, and instructs the ORGANIZER as required by the procedures of DOPING CONTROLS and this CODE.
5. “DCT” means Doping Control Team. A DCT consists of a male and a female person. It is assigned either:
 - a) by the official doping control body or NATIONAL ANTI-DOPING ORGANIZATION of the country where the tests are performed;
 - b) by IDSF at locations where such a body is not in charge, or
 - c) by WADA for OUT-OF-COMPETITION TESTING.

III. List of Prohibited Substances and Prohibited Methods

1. The PROHIBITED LIST as defined in the World Anti-Doping Code and published by WADA from time to time is hereby incorporated as an an integral part of this CODE. Revisions of the PROHIBITED LIST by WADA shall go into effect under the rules of this ANTI-DOPING CODE three (3) months after publication.
2. The PROHIBITED LIST shall be constantly reviewed by the ANTI-DOPING REPRESENTATIVE, who may propose additions or amendments to it. Such addition or amendment must be approved by the General Meeting, and shall come into force three (3) months from the date of such approval. Additions or amendments must be codified in Appendix A of this ANTI-DOPING CODE under “VI. Additional Regulations”.

Art. 3: Scope

I. Application of the CODE

1. This CODE applies to all PARTICIPANTS, adjudicators and organizers.

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2. Each MEMBER must inform its registered member dancers, trainers and functionaries about this ANTI-DOPING CODE, its PARTICIPANTS by handing them out a copy of this CODE. Any MEMBER that nominates a PARTICIPANT to any IDSF-granted DanceSport EVENT is deemed to have recognized this ANTI-DOPING CODE and to undertake to nominate to IDSF-granted DanceSport EVENTS only PARTICIPANTS who have agreed to comply with all of the duties set out in and flowing from this ANTI-DOPING CODE and who have signed the corresponding forms of consent (Appendix A to Art. 19 IDSF STATUTES).
3. PARTICIPANTS must, before they take part in a IDSF-granted DanceSport EVENT, agree to comply with this ANTI-DOPING CODE by completing and signing the forms of consent as codified in Appendix A to Art. 19 of the IDSF STATUTES. Signed forms can either be sent by the PARTICIPANTS to the MEMBER who is nominating the PARTICIPANT or to the ORGANIZER of the DanceSport EVENT. In any case, the forms must then be forwarded to the ANTI-DOPING REPRESENTATIVE. At the DanceSport EVENT, the ANTI-DOPING DIRECTOR checks whether the PARTICIPANTS have signed the forms of consent. Missing forms can be signed by the ATHLETE at checking in for the DanceSport EVENT. The forms are administered by the ANTI-DOPING DIRECTOR.
4. At every IDSF-granted EVENT, a copy of this ANTI-DOPING CODE and of the IDSF COMPETITION RULES must be held ready for consultation.
5. All ATHLETES are subject to DOPING CONTROLS (urine analyses, blood tests and other authorized techniques for detecting prohibited substances or methods).
6. Notwithstanding the obligations of other PARTICIPANTS to comply with the provisions of this CODE, it is the personal responsibility of any ATHLETE subject to the provisions of this CODE to ensure that he/she does not use or allow the use of any PROHIBITED SUBSTANCE or any PROHIBITED METHOD.
7. No ATHLETE shall be allowed to compete in his/her national championships, nor shall a MEMBER nominate an ATHLETE to an IDSF-granted EVENT, unless and until such ATHLETE agrees to subject him/herself to OUT-OF-COMPETITION DOPING CONTROLS by both the MEMBER and the IDSF/WADA.
8. Every MEMBER shall inform the IDSF ANTI-DOPING REPRESENTATIVE of any laboratory results indicating the presence of a PROHIBITED SUBSTANCE in an ATHLETE'S A and/or B SAMPLE, obtained in the course of DOPING CONTROLS carried out by that MEMBER.

II. Responsibility for Doping Control

1. At all international IDSF-granted DanceSport EVENTS according to Rule 5 IDSF COMPETITION RULES, the IDSF ANTI-DOPING DIRECTOR decides which type of DOPING CONTROLS (i.e., urine or blood testing, or both) will be carried out. The DOPING CONTROLS are organized, conducted and supervised by the ANTI-DOPING DIRECTOR at the DanceSport EVENT. The organizer of the EVENT shall provide
 - all required information,
 - a person assigned as liaison to IDSF as well as the required volunteers,
 - means to set up a doping control room,
 - the identification papers of the competing ATHLETES as requested by the ANTI-DOPING DIRECTOR and
 - any further necessary requirement as reasonably requested by the ANTI-DOPING DIRECTOR.
2. It is a condition of membership of the IDSF that policies, rules, statutes and programs of the MEMBERS comply with the WADC. In particular it is a condition of membership that a MEMBER includes within its constitution or statutes or bylaws or competition rules:

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- a) a provision allowing the IDSF to conduct DOPING CONTROLS at that MEMBER'S National Championships or any similar EVENT; and
 - b) a provision allowing WADA to conduct OUT-OF-COMPETITION TESTING on that MEMBER'S ATHLETES.
 - c) It is the duty of any MEMBER or officer of a MEMBER to assist the IDSF and, if appropriate or deemed appropriate by the ANTI-DOPING REPRESENTATIVE, other MEMBERS in the carrying out of such DOPING CONTROLS. Any MEMBER whose representative is found to be or to have been preventing, delaying, impeding, hindering or otherwise obstructing the carrying out of such DOPING CONTROLS shall be liable to sanctions under the STATUTES OF THE IDSF.
3. OUT-OF-COMPETITION TESTING of ATHLETES who are recorded on the IDSF Ranking List is implemented by WADA. OUT-OF-COMPETITION TESTING of other ATHLETES is implemented by MEMBERS.
4. In order to more fully and perfectly implement this CODE and its policies, the following applies regarding the recognition of results from DOPING CONTROLS:
- a) It is a condition of membership of IDSF that MEMBERS carry out DOPING CONTROLS within their own jurisdictions. Every MEMBER shall inform the IDSF ANTI-DOPING REPRESENTATIVE of any laboratory results indicating the presence of a PROHIBITED SUBSTANCE in an ATHLETE'S A and/or B sample, obtained in the course of TESTING carried out by that MEMBER. These findings shall be considered by the ANTI-DOPING REPRESENTATIVE who shall, in her/his absolute discretion, on behalf of all MEMBERS of the IDSF, recognize any ADVERSE ANALYTICAL FINDING(S) obtained. These findings of DOPING CONTROLS carried out by that MEMBER will then be final and binding upon all MEMBERS, who shall take all reasonably necessary action to render such decision effective.
 - b) Where DOPING CONTROL has been carried out by the IDSF, every MEMBER shall recognize the results of such DOPING CONTROLS and shall take all necessary action to render such decision effective.
 - c) The ANTI-DOPING REPRESENTATIVE may, on behalf of all MEMBERS of the IDSF, recognize the results of DOPING CONTROL carried out by a sporting body other than the IDSF, or by a MEMBER of that sporting body under rules and procedures different from those of the IDSF, if he/she is satisfied that the DOPING CONTROL was properly carried out and the rules of the body conducting these tests afford sufficient protection to ATHLETES.
 - d) Where it is proposed to recognize the results of DOPING CONTROLS carried out by a sporting body other than the IDSF, or by a MEMBER of that sporting body under rules and procedures different from those of the IDSF, an ATHLETE likely to be affected shall be given notice in writing. Should he/she wish to make representations in writing, she or he shall deliver them to the ANTI-DOPING REPRESENTATIVE within a month after the date of the notification of the ATHLETE.
 - e) If the ANTI-DOPING REPRESENTATIVE decides to recognize the result of DOPING CONTROLS carried out by a sporting body other than the IDSF, then the ATHLETE shall be deemed to have breached the relevant IDSF Rule and will be subject to the same sanctions and procedures according to this CODE as an ATHLETE who has done so. All MEMBERS shall take all necessary action to ensure that this decision is effective.

Art. 4: Implementation of Doping Controls

I. Group of Athletes to be Tested

1. At DanceSport EVENTS, DOPING CONTROLS at NO ADVANCE NOTICE must be carried out:

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- a) in pair COMPETITIONS, on a minimum of four ATHLETES, an equal number of each sex, including both members of the winning couple and other ATHLETES chosen by the drawing of lots, provided always that ATHLETES placed in the finals, the semi-finals and the quarterfinals must be represented.
 - b) in team COMPETITIONS, on six ATHLETES, three of each sex, including two members of the winning team and four ATHLETES to be chosen by drawing of lots, provided always that ATHLETES placed in the finals and the semi-finals must also be tested.
2. OUT-OF-COMPETITION TESTING is conducted by WADA on ATHLETES registered on IDSF's List of Athletes subject to OUT-OF-COMPETITION DOPING CONTROLS. This list may include any ATHLETE participating in or preparing to participate in IDSF granted DanceSport EVENTS and in all EVENTS organized under the authority, whether direct or delegated, of the IDSF.
 3. Doping controls can always be carried out on those ATHLETES whom the IDSF reasonably suspects of having contravened the ANTI-DOPING CODE (TARGET TESTING). Where more than one member of a Formation Team has been notified of a possible anti-doping rule violation in connection with an DanceSport EVENT, the Formation Team shall be subject to target testing for the relevant COMPETITION or EVENT.

II. **Obligation to Tolerate Controls and Furnish Information**

1. TAMPERING, or ATTEMPTING to TAMPER with any part of DOPING CONTROL is violation of the anti-doping rules and will be sanctioned according to Art. 5 VI 1.
2. PARTICIPANTS must provide identification papers to the organizer's administration of the EVENT prior to enter the COMPETITION (e.g. licence, passport, ID card). During the COMPETITION, the identification papers are kept by the ORGANIZER'S administration of the EVENT. They must be made available to the ANTI-DOPING DIRECTOR on his/her request.
3. Any ATHLETE who, in the opinion of the Head of the DCT, before or after the notification of the ATHLETES to be tested (Art. 4 VI 1), evades a possible TESTING and escapes the control of the DCT, or ATTEMPTS to do so, shall be deemed to have refused to submit to DOPING CONTROL as per Art. 5 VI 2 and be sanctioned accordingly.
4. ATHLETES must tolerate the carrying out of DOPING CONTROLS and, insofar as is necessary, must actively participate, including by declaring such medications they have taken during the three (3) calendar days prior to the carrying out of the SAMPLE collection. This includes medications the ATHLETE is allowed to take according to Art. 5 XII. These declared medications shall be recorded in writing as part of the protocol of the SAMPLE collection.
5. Any ATHLETE on the IDSF List of Athletes subject to OUT-OF-COMPETITION DOPING CONTROLS must inform IDSF about
 - his/her exact contact data (full address, telephone, email etc.),
 - training facilities and training hours
 - his/her whereabouts if leaving his/her domicile for longer than two (2) days.

The failure to comply with this duty will be sanctioned as a refusal to provide SAMPLES according to Art. 5 VI 3.

III. **Nomination of a Doping Control Team**

1. IDSF as responsible for DOPING CONTROLS at a selected DanceSport EVENT has to appoint a qualified DOPING CONTROL TEAM (DCT) which carries out the doping controls on site.
2. For OUT-OF-COMPETITION TESTING, WADA appoints a qualified DCT carrying out the tests.

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3. A DCT comprises at least two persons (the Head of the team and one or more helpers). The sex of the ATHLETES to be tested is to be taken into consideration when choosing the DCT. At least one member of the DCT must be the same sex as the ATHLETE tested.

IV. **Carrying Out the Doping Controls on Site at Competitions**

The DCT shall travel to the EVENT without prior announcement and shall there make themselves known to the IDSF ANTI-DOPING DIRECTOR. The latter then leads the DCT without delay to the rooms which have been set aside for the SAMPLE collection and, if necessary, orders any necessary changes to be made in order to guarantee that the SAMPLE collection can be carried out without complaint and in keeping with the respective rules.

V. **Drawing Lots to Determine Athletes to be Tested**

If required according to Art. 4 I, the Head of the DCT shall, in cooperation with the IDSF ANTI-DOPING DIRECTOR, draw lots to determine the ATHLETES to be tested. If requested by the ANTI-DOPING DIRECTOR or by the Head of the DCT, the ORGANIZER must supply to them starting lists and/or all other documents and information as requested. The protocol of the drawing of lots is to be signed by the ANTI-DOPING DIRECTOR and the Head of the DCT.

VI. **Notification of the Athletes**

1. If TESTING will be carried out at a EVENT, it is advisable to remind the ATHLETES about the controls and their duty to hold themselves ready for TESTING at the beginning of each COMPETITION of the EVENT.
2. Immediately after the end of the COMPETITION for a chosen ATHLETE or following the announcement of the final results of the COMPETITION, those ATHLETES who have been chosen pursuant to this CODE to undergo DOPING CONTROLS must be requested by notice in writing delivered by the DCT to each such ATHLETE to make their way immediately to the doping control room.
3. The ATHLETE is entitled to present himself/herself for the SAMPLE collection with a PERSON of his or her choice (official, trainer, physician, masseur, etc.).
4. As a matter of principle the SAMPLE collection should be carried out with as little delay as possible.

VII. **Procedure for Urine Sample collection**

1. The procedure for Urine Sample collection follows the corresponding WADA Guideline, which forms part of this Code as an Appendix.
2. The role of Doping Control Officer according to the WADA Guideline for Urine Sample Collection is taken by the IDSF ANTI-DOPING REPRESENTATIVE or the IDSF ANTI-DOPING DIRECTOR.
3. The role of Chaperone according to the WADA Guideline for Urine Sample Collection can either be taken by the IDSF ANTI-DOPING REPRESENTATIVE, the IDSF ANTI-DOPING DIRECTOR or a representative of the MEMBER / ORGANIZER.

VIII. **Procedure for Blood Sample collection**

1. The procedure for Blood Sample collection follows the corresponding WADA Guideline, which forms part of this Code as an Appendix.
2. The role of Doping Control Officer according to the WADA Guideline for Blood Sample Collection is taken by the IDSF ANTI-DOPING REPRESENTATIVE or the IDSF ANTI-DOPING DIRECTOR.

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3. The role of Chaperone according to the WADA Guideline for Blood Sample Collection can either be taken by the IDSF ANTI-DOPING REPRESENTATIVE, the IDSF ANTI-DOPING DIRECTOR or a representative of the MEMBER / ORGANIZER.
4. Blood SAMPLES shall only be taken by medically qualified personnel. Any PERSON acting as Blood Control Officer according to the WADA Guidelines for Blood Sample Collection shall provide the ATHLETE with evidence of medical qualification before blood samples are taken. An ATHLETE shall be entitled to refuse to provide a blood SAMPLE if the PERSON intending to conduct blood SAMPLING is unable to provide evidence of an officially recognized professional medical qualification.

IX. **Storage and Despatch of Samples**

1. All PERSONS who have physical custody of such SAMPLES are obliged at all times to preserve and protect them and to provide evidence of uninterrupted supervision and control of the same by authorized personnel, in order to prevent TAMPERING and in order to ensure that the Anti-Doping policy of the IDSF may not be called into question or fall into disrepute, and the Presidium is authorized to take all measures it deems necessary in its absolute discretion against persons and MEMBERS who fail to comply with this duty.
2. The details of storage and despatch procedures are set out in the WADA Guidelines for Urine Sample Collection and for Blood Sample Collection, forming part of this CODE as appendices.
3. SAMPLES provided by ATHLETES for the purpose of DOPING CONTROLS immediately become the property of IDSF.

X. **Procedure Following Refusal to Submit to Doping Control**

If an ATHLETE refuses to provide a urine or blood SAMPLE, the possible consequences shall be presented to him/her. The refusal to allow a SAMPLE collection to be carried out is subject to punishment pursuant to Art. 5 VI 2. If the ATHLETE continues to refuse, this fact shall be recorded in the protocol. This note shall be signed by the IDSF ANTI-DOPING REPRESENTATIVE or ANTI-DOPING DIRECTOR (if present) and the Head of the DCT. The protocol shall immediately be passed on to the IDSF ANTI-DOPING REPRESENTATIVE.

XI. **Analysis of the Samples**

1. The analysis of the urine and blood SAMPLES may only be carried out by WADA-accredited laboratories or as otherwise approved by WADA. The choice of such laboratory shall be determined exclusively by IDSF.
2. The analyses are to be carried out as soon as possible after the SAMPLES have reached the laboratory. The analyses are to be carried out using recognized methods in conformity with the WADA INTERNATIONAL STANDARD for laboratory analysis. The laboratory shall make the results of the analyses available in writing.
3. No SAMPLE may be used for any purpose other than the detection of PROHIBITED SUBSTANCES (or classes of such substances) or the application of PROHIBITED METHODS, or as otherwise identified by WADA pursuant to Article 4.5. WADC (Monitoring Program), without the ATHLETE'S written consent.
4. The SAMPLE may be stored for eight years to allow re-testing according to Art. 4 XII 8.

XII. **Results of the Analysis**

1. The IDSF ANTI-DOPING DIRECTOR is informed of the results of the analysis in writing. As soon as this is the case, the IDSF ANTI-DOPING DIRECTOR conducts a review to determine whether
 - a) an applicable therapeutic use exemption has been granted or;

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- b) there is any apparent departure from the WADA INTERNATIONAL STANDARDS for testing or laboratory analysis that undermines the validity of any ADVERSE ANALYTICAL FINDING.
2. If the initial review does not reveal an applicable therapeutic use exemption and the validity of the analysis appears to be given, the ANTI-DOPING DIRECTOR undertakes to pass on the results
 - a) to the ATHLETE, in the event of a negative result;
 - b) to the ATHLETE and to the IDSF ANTI-DOPING REPRESENTATIVE, in the event of an ADVERSE ANALYTICAL FINDING. The notice to the ATHLETE shall comprise information about
 - the analytical finding,
 - the anti-doping rule violated,
 - the ATHLETE’S right to promptly request the analysis of the “B” SAMPLE, or, failing such request, that the “B” SAMPLE analysis may be deemed waived
 - the right of the ATHLETE and/or the ATHLETE’S representative to attend the opening of the “B” SAMPLE and analysis,
 - the ATHLETE’S right to request copies of the “A” and “B” SAMPLE laboratory documentation package which includes information as required by the WADA INTERNATIONAL STANDARD for laboratory analysis,
 - the ATHLETE’S right to a hearing.
3. The ANTI-DOPING DIRECTOR shall also conduct any follow-up investigation as may be required by the PROHIBITED LIST. Upon completion of such follow-up investigation, the ANTI-DOPING DIRECTOR shall promptly notify the ATHLETE regarding the results of the follow-up investigation and whether or not IDSF asserts that an anti-doping rule was violated.
4. The ANTI-DOPING DIRECTOR shall conduct any follow-up investigation as may be required under applicable anti-doping policies and rules adopted pursuant to the CODE or which IDSF otherwise considers appropriate. IDSF shall promptly give the ATHLETE or other PERSON subject to sanction notice of the anti-doping rule which appears to have been violated, and the basis of the violation.
5. The identity of ATHLETES whose “A” Sample has resulted in an ADVERSE ANALYTICAL FINDING, or ATHLETES or other PERSONS who were alleged to have violated other anti-doping rules, may be publicly disclosed by IDSF no earlier than the administrative review described above in Art. 4 XII 1 to 4.
6. If the ATHLETE desires that the “B” SAMPLE be analyzed, the IDSF ANTI-DOPING DIRECTOR arranges the analysis. The ATHLETE involved shall have the right to be present while the analysis is carried out, or that a PERSON designated by him/her be present. The ATHLETE shall carry the resulting costs (in the event of an ADVERSE ANALYTICAL FINDING) himself/herself.
7. The ATHLETE shall be granted the possibility of a PROVISIONAL HEARING.
8. The result of the “B” SAMPLE shall be seen as final. Further analyses shall not be permitted. Negative SAMPLES may be re-analyzed during a period of eight years, provided that new analytical methods have been developed in the meantime, which allow to detect hitherto not traceable PROHIBITED SUBSTANCES and/or METHODS.

XIII. Analysis as Evidence

1. WADA-accredited laboratories are presumed to have conducted SAMPLE analysis and custodial procedures in accordance with the INTERNATIONAL STANDARD for laboratory analysis. The ATHLETE may rebut this presumption by establishing that a departure from the INTERNATIONAL STANDARD occurred. in this case,

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IDSF shall have the burden to establish that such departure did not cause the ADVERSE ANALYTICAL FINDING.

2. Departures from the INTERNATIONAL STANDARD of TESTING which did not cause an ADVERSE ANALYTICAL FINDING or other anti-doping rule violation shall not invalidate such results. If the ATHLETE establishes that departures from the INTERNATIONAL STANDARD occurred during TESTING then the IDSF shall have the burden to establish that such departures did not cause the ADVERSE ANALYTICAL FINDING or the factual basis for the anti-doping rule violation.

XIV. Costs

The IDSF carries the costs of the sampling and analysis of the SAMPLES taken. In the event of sanctions being imposed (Art. 6 V No. 1), the ATHLETE shall carry the costs of the SAMPLING and analysis.

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I. Strict Liability

1. It is each ATHLETE'S personal duty to ensure that no PROHIBITED SUBSTANCE enters his or her body. ATHLETES are responsible for any PROHIBITED SUBSTANCE or its METABOLITES or MARKERS found to be present in their bodily SPECIMENS. Accordingly, it is not necessary that intent, fault, negligence or knowing USE on the ATHLETE'S part be demonstrated in order to establish an anti-doping violation under Art. 1 VII.
2. If the ATHLETE establishes in an individual case involving an anti-doping rule violation under Art. 1 VII 1 (presence of PROHIBITED SUBSTANCE or its METABOLITES or MARKERS) or USE of a PROHIBITED SUBSTANCE or PROHIBITED METHOD under Art. 1 VII 2 that he or she bears NO FAULT OR NEGLIGENCE for the violation, the otherwise applicable period of INELIGIBILITY shall be eliminated. When a PROHIBITED SUBSTANCE or its MARKERS or METABOLITES is detected in an ATHLETE'S SPECIMEN in violation of Art. 1 VII 1 (presence of PROHIBITED SUBSTANCE), the ATHLETE must also establish how the PROHIBITED SUBSTANCE entered his or her system in order to have the period of INELIGIBILITY eliminated. In the event this ARTICLE is applied and the period of INELIGIBILITY otherwise is eliminated, the anti-doping rule violation shall not be considered a violation for the limited purpose of determining the period of INELIGIBILITY for multiple violations under Articles 5 V and 5 IX.

II. Rules of Evidence

1. The IDSF shall have the burden of proof of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether IDSF has established an anti-doping rule violation to the comfortable satisfaction of the Disciplinary Council bearing in mind the seriousness of the allegation which is made. This standard of proof in all cases is greater than a mere balance of probability but less than proof beyond a reasonable doubt. Where the CODE places the burden of proof upon the ATHLETE or other PERSON alleged to have committed an anti-doping rule violation to rebut a presumption or establish specified facts or circumstances, the standard of proof shall be by a balance of probability.
2. The success or failure of the USE of a PROHIBITED SUBSTANCE or application of a PROHIBITED METHOD is not material. It is sufficient that the PROHIBITED SUBSTANCE or PROHIBITED METHOD was USED or ATTEMPTED to be USED for an anti-doping rule violation to be committed.
3. Facts related to anti-doping rule violations may be established by any reliable means, including admissions, in particular the analysis results of WADA-accredited laboratories as per Art. 4 XIII.

III. **Disqualification**

An anti-doping rule violation in connection with an IN-COMPETITION test automatically leads to the DISQUALIFICATION of the individual result obtained in that COMPETITION with all resulting consequences, including forfeiture of any medals, points, and prizes, irrespective of any other sanction that may be applied, subject to the provisions of this article. In the event of a dancer from a Formation Team being disqualified, this DISQUALIFICATION extends to the entire Formation Team.

IV. **Suspension / Further Invalidation of Results**

1. The ATHLETE shall be suspended from any further COMPETITION from the time the IDSF ANTI-DOPING REPRESENTATIVE is reported an ADVERSE ANALYTICAL FINDING (“A” SAMPLE) (Art. 6 I).
2. An anti-doping rule violation in connection with an EVENT in which the ATHLETE participated in several COMPETITIONS may, upon the decision of the ruling body of the EVENT, lead to DISQUALIFICATION of all the ATHLETE’S individual results obtained in that EVENT with all consequences, including forfeiture of all medals, points and prizes. If, however, the ATHLETE establishes that he or she bears NO FAULT OR NEGLIGENCE for the violation, his/her results in the other COMPETITIONS shall not be DISQUALIFIED unless the results from the COMPETITION in which the anti-doping rule violation occurred were likely to have affected the results of other COMPETITIONS at the same EVENT.
3. In addition, all other competitive results obtained from the date a SAMPLE resulting in an ADVERSE ANALYTICAL FINDING was collected (whether IN-COMPETITION or OUT-OF-COMPETITION) or other doping violation occurred, shall be DISQUALIFIED with all the resulting CONSEQUENCES including forfeiture of any medals, points and prizes through the commencement of any PROVISIONAL SUSPENSION (Art. 6 I 1) or INELIGIBILITY period, unless fairness requires otherwise.

V. **Sanctions**

1. Except for the specified substances identified in Art. 5 V 2, the period of INELIGIBILITY imposed for a violation of Articles 1 VII 1 (presence of PROHIBITED SUBSTANCE or its METABOLITES or MARKERS), 1 VII 2 (USE or ATTEMPTED USE of PROHIBITED SUBSTANCE or PROHIBITED METHOD) and 1 VII 6 (POSSESSION of PROHIBITED SUBSTANCES or means for PROHIBITED METHODS) shall be:
 - For a first violation: two (2) years’ INELIGIBILITY
 - For a second violation: lifetime INELIGIBILITY.If an ATHLETE establishes in such a case that he or she bears NO SIGNIFICANT FAULT OR NEGLIGENCE, then the period of INELIGIBILITY may be reduced, but not to less than one year for first violations and eight years for second or subsequent violations. When a PROHIBITED SUBSTANCE or its MARKERS or METABOLITES is detected in an ATHLETE’S SPECIMEN in violation of Art. 1 VII 1 (presence of PROHIBITED SUBSTANCE), the ATHLETE must also establish how the PROHIBITED SUBSTANCE entered his or her system in order to have the period of INELIGIBILITY reduced.
2. The PROHIBITED LIST may identify specified substances which are particularly susceptible to unintentional doping because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents. Where an ATHLETE can establish that the USE of such a specified substance was not intended to enhance sport performance, the period of INELIGIBILITY found in Art. 5 V 1 shall be replaced with the following:
 - For a first violation: at a minimum, a warning and a reprimand and no period of INELIGIBILITY from future EVENTS, and at a maximum, one (1) year’s INELIGIBILITY.

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- For a second violation: two (2) years' INELIGIBILITY.
- For a third violation: lifetime INELIGIBILITY.

If an ATHLETE establishes in such a case that he or she bears NO SIGNIFICANT FAULT OR NEGLIGENCE, then the period of INELIGIBILITY may be reduced, but the reduced period of INELIGIBILITY may not be less than one-half of the minimum period of INELIGIBILITY otherwise applicable. If the otherwise applicable period of INELIGIBILITY is a lifetime, the reduced period under this section may be no less than 8 years. When a PROHIBITED SUBSTANCE or its MARKERS or METABOLITES is detected in an ATHLETE'S SPECIMEN in violation of Art. 1 VII 1 (presence of PROHIBITED SUBSTANCE), the ATHLETE must also establish how the PROHIBITED SUBSTANCE entered his or her system in order to have the period of INELIGIBILITY reduced.

VI. Tampering / Refusal to Provide Samples

1. TAMPERING with DOPING CONTROL or the ATTEMPT to TAMPER with DOPING CONTROL is a violation of the ATHLETE'S cooperation duties (Art. 4 II 1).
 - For the first violation two (2) years' INELIGIBILITY are imposed.
 - For the second violation: Lifetime INELIGIBILITY is imposed.
2. The refusal to submit to DOPING CONTROL or to provide a blood or urine SAMPLE is a frustration of evidence and a violation of the ATHLETE'S cooperation duties (Art. 4 II 2, Art. 4 II 4). This includes OUT-OF-COMPETITION testing. An ATHLETE shall only be entitled to refuse to provide a blood or urine SAMPLE in circumstances where the mandatory procedures and safeguards set out in the IDSF ANTI-DOPING CODE and its other Anti-Doping regulations are not observed.
 - For the first violation two (2) years' INELIGIBILITY are imposed.
 - For the second violation: Lifetime INELIGIBILITY is imposed.

In cases of NO SIGNIFICANT FAULT OR NEGLIGENCE the period of INELIGIBILITY may be reduced, but not to less than one year for first violations and eight years for second or subsequent violations.

3. For violations of Art. 4 II 5 (whereabouts violation and/or missed out-of-competition tests) within a rolling period of eighteen (18) months, the first violation shall be sanctioned with a warning. A second violation shall be sanctioned with a warning and a period of INELIGIBILITY of three (3) months. This period is suspended during the rolling period until a third violation. For a third violation within a rolling period of eighteen (18) months, the period of INELIGIBILITY shall be at a minimum three (3) months and at a maximum six (6) months, to which the three (3) months' period of INELIGIBILITY for the second violation will be added. For a subsequent violation within a rolling period of eighteen (18) months, the period of INELIGIBILITY shall be two (2) years.

VII. Trafficking in and Administration of Prohibited Substances

1. For violations of Articles 1 VII 7 (TRAFFICKING) or 1 VII 8 (administration of PROHIBITED SUBSTANCE or PROHIBITED METHOD), the period of INELIGIBILITY imposed shall be a minimum of four (4) years up to lifetime INELIGIBILITY. A respective violation involving a MINOR shall be considered a particularly serious violation, and, if committed by ATHLETE SUPPORT PERSONNEL for violations other than specified substances referenced in Art. 5 V 2, shall result in lifetime INELIGIBILITY for such ATHLETE SUPPORT PERSONNEL. In addition, violations of these articles which also violate non-sporting laws and regulations, may be reported to the competent administrative, professional or judicial authorities.
2. In cases of NO SIGNIFICANT FAULT OR NEGLIGENCE for a violation of Art. 1 VII 8 (administration of PROHIBITED SUBSTANCE or PROHIBITED METHOD) the period of INELIGIBILITY may be reduced, but not to

less than two (2) years. In cases of particularly serious violations, the period may be reduced to eight (8) years.

VIII. Athlete's Substantial Assistance in Discovering or Establishing Anti-Doping Rule Violations by Athlete Support Personnel and Others

The period of INELIGIBILITY may be reduced in an individual case where an ATHLETE has provided substantial assistance to IDSF which results in IDSF discovering or establishing an anti-doping rule violation by another PERSON involving POSSESSION (Art. 1 VII 7) by ATHLETE SUPPORT PERSONNEL, Art. 1 VII 7 (TRAFFICKING) or Art. 1 VII 8 (administration to an ATHLETE). The reduced period of INELIGIBILITY may not, however, be less than one half of the minimum period of INELIGIBILITY otherwise applicable; for lifetime this means eight (8) years.

IX. Concurrent Penalties and Conditions

1. The penalties set out in this CODE may be applied concurrently insofar as they are compatible and may be accompanied by measures prescribing regular or unannounced TESTING of the ATHLETE concerned over a specified period of time.
2. For purposes of imposing sanctions under Art. 5 V, Art. 5 VI, or Art. 5 VII, a second anti-doping rule violation may be considered for purposes of imposing sanctions only if IDSF can establish that the ATHLETE or other PERSON committed the second anti-doping rule violation after he/she received notice, or after the IDSF made a reasonable attempt to give notice (Art. 4 XII), of the first violation. If the IDSF cannot establish this, the violations shall be considered as one single first violation, and the sanction imposed shall be based on the violation that carries the more severe sanction.
3. Where an ATHLETE, based on the same SAMPLE analysis, is found to have committed an anti-doping rule violation involving both a specified substance under Art. 5 V 2 and another PROHIBITED SUBSTANCE or PROHIBITED METHOD, the ATHLETE shall be considered to have committed a single anti-doping rule violation, but the sanction imposed shall be based on the PROHIBITED SUBSTANCE or PROHIBITED METHOD that carries the most severe sanction.
4. Where an ATHLETE is found to have committed two separate anti-doping rule violations, one involving a specified substance under Art. 5 V 2 and the other involving a PROHIBITED SUBSTANCE or PROHIBITED METHOD under Art. 5 V 1 or a violation under Art. 5 VI 1 or Art. 5 VI 2, the period of INELIGIBILITY imposed for the second offense shall be at a minimum two (2) years' INELIGIBILITY and at a maximum of three (3) years' INELIGIBILITY. Any ATHLETE found to have committed a third anti-doping rule violation involving any combination of specified substances under Art. 5 V 2 and any other anti-doping rule violation under Art. 5 V 1, Art. 5 VI 1 or Art. 5 VI 2 shall receive a sanction of lifetime INELIGIBILITY.

X. Ineligibility: Commencement, Status, and Reinstatement

1. The period of INELIGIBILITY shall start on the date of the hearing decision providing for INELIGIBILITY or, if the hearing is waived, on the date INELIGIBILITY is accepted or otherwise imposed. Any period of PROVISIONAL SUSPENSION (whether imposed or voluntarily accepted) shall be credited against the total period of INELIGIBILITY to be served. Where required by fairness, such as delays in the hearing process or other aspects of DOPING CONTROL not attributable to the ATHLETE, the IDSF Disciplinary Council may start the period of INELIGIBILITY at an earlier date commencing as early as the date of the SAMPLE collection.

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2. No PERSON who has been declared INELIGIBLE may, during the periode of INELIGIBILITY, participate in any capacity in a COMPETITION or activity (other than authorized anti-doping education or rehabilitation programs) authorized and/or organized or otherwise by IDSF and its MEMBERS or any SIGNATORY or SIGNATORY'S member organizations. In addition, for any anti-doping rule violation not involving specified substances described in Art. 5 V 2, some or all sport-related financial support or other sport-related benefits received by such person will be withheld by SIGNATORIES (as e.g. IDSF), SIGNATORIES' member organizations (as i.e. IDSF MEMBERS) and governments. A person subject to a period of INELIGIBILITY longer than four years imposed by IDSF or its MEMBERS may, after completing four years of the INELIGIBILITY, participate in local sport events in a sport other than DanceSport, but only so long as the local sport event is not at a level that could otherwise qualify such person directly or indirectly to compete in (or accumulate points toward) a national championship or international EVENT.
3. As a condition of regaining eligibility at the end of a specified period of INELIGIBILITY, an ATHLETE must, during any period of PROVISIONAL SUSPENSION or INELIGIBILITY, make him or herself available for OUT-OF-COMPETITION DOPING CONTROLS and must, if requested, provide current and accurate whereabouts information according to Art. 4 II 5. If an ATHLETE subject to a period of INELIGIBILITY retires from DanceSport and is removed from the IDSF List of Athletes subject to OUT-OF-COMPETITION DOPING CONTROLS and later seeks reinstatement, the Athlete shall not be eligible for reinstatement until he/she has notified IDSF and has been subject to OUT-OF-COMPETITION DOPING CONTROLS for a period of time equal to the period of INELIGIBILITY remaining as of the date the ATHLETE had retired.

XI. **Sanctions imposed by Members**

An ATHLETE may only be sanctioned once for the same anti doping rule violation. MEMBERS must refrain from imposing sanctions against an ATHLETE if IDSF is taking up the case against her or him according to this CODE. The regulations for the recognition of doping controls (Art. 3 II No. 4) apply also to the recognition of sanctions respectively.

XII. **Medical Exemptions**

1. An ATHLETE may request the ANTI-DOPING REPRESENTATIVE in writing to grant prior exemption allowing him/her to take a substance normally prohibited under the CODE. Such an exemption will only be granted in cases of clear and compelling clinical need after consultation with a medically trained member of the IDSF Anti-Doping Commission in accordance with the IDSF TUE Procedure and the WADA-INTERNATIONAL STANDARD on therapeutic use exemptions.
2. In the case of a granted medical exemption the possession of a PROHIBITED SUBSTANCE or the means to apply a PROHIBITED METHOD are justified and will not be sanctioned.
3. A decision denying therapeutic use exemption may be reviewed by WADA upon request of the ATHLETE. If WADA determines that such denial did not comply with the INTERNATIONAL STANDARD for therapeutic use exemptions, WADA may reverse the decision according to Art. 4.4 WADC. If not reversed by WADA, the IDSF's decision denying therapeutic use exemption may be appealed to CAS according to its rules and jurisdiction by the ATHLETE. Any such appeal must be made within twenty-one (21) days after the reception of such decision, according to the requirements of CAS.
4. WADA may also on its own initiative review the granting of a therapeutic exemption to any ATHLETE that is included on the IDSF List of Athletes subject to OUT-OF-COMPETITION DOPING CONTROLS and reverse the decision. Any reversal by WADA of any IDSF's decision on therapeutic use exemption may be ap-

Art. 6: Disciplinary Proceedings

pealed by IDSF or the ATHLETE affected to CAS within twenty-one (21) days after reception of WADA's decision, according to the requirements of CAS.

Art. 6: Disciplinary Proceedings

I. The IDSF Disciplinary Council

Violations of this CODE are decided under the jurisdiction of the IDSF Disciplinary Council. The IDSF Disciplinary Council is an independent organ of IDSF according to Art. 8, 18 IDSF STATUTES. Its composition is ruled by Art. 6 and Art. 7 of the Disciplinary Council Code, which forms an integral part of IDSF STATUTES. The proceedings follow the Disciplinary Council Code.

II. Commencing Proceedings

1. In the event of an ADVERSE ANALYTICAL FINDING in an Athlete's "A" SAMPLE, the ANTI-DOPING REPRESENTATIVE shall immediately suspend the ATHLETE if this seems necessary to the ANTI-DOPING REPRESENTATIVE in the interests of fair competition. The ANTI-DOPING REPRESENTATIVE'S decision can be appealed to the IDSF Disciplinary Council.
2. If the analysis of the Athlete's "B" SAMPLE does not confirm the findings of the "A" SAMPLE analysis, the ANTI-DOPING REPRESENTATIVE shall lift the PROVISIONAL SUSPENSION. The ATHLETE then shall not be subject to any further disciplinary action. In circumstances where the ATHLETE or the ATHLETE'S team has been removed from a COMPETITION or an EVENT and the subsequent analysis of the "B" SAMPLE does not confirm the finding of the "A" SAMPLE analysis, the ATHLETE or team may continue to take part in the COMPETITION or EVENT, provided the COMPETITION or EVENT is not otherwise affected and it is still possible for the ATHLETE or team to be reinserted.
3. In the event of ADVERSE ANALYTICAL FINDINGS both in the "A" and "B" SAMPLES, the ANTI-DOPING REPRESENTATIVE shall immediately notify the IDSF Disciplinary Council in writing of the ATHLETE'S name and contact information, the circumstances of the TESTING and the results of the analysis, and must copy the same information at the same time to the IDSF MEMBER of which the ATHLETE is a member or registered ATHLETE, and to WADA. Thereupon the Chamber in Charge of the IDSF Disciplinary Council appointed following art. 8 Disciplinary Council Code will act as First Instance as per art. 9 Disciplinary Council Code.
4. No action may be commenced against an ATHLETE or other PERSON for a violation of an anti-doping rule contained in this CODE unless such action is commenced within eight (8) years from the date the violation occurred.

III. Disciplinary Council Procedure in Doping Cases

1. The Disciplinary Council must consider and decide the case according to this CODE, the Disciplinary Council Code, the IDSF STATUTES and Swiss law.
2. The Disciplinary Council decides about sanctions pursuant to Art. 5 of this CODE. It can, at any time during the procedure, revoke or vary the PROVISIONAL SUSPENSION of an ATHLETE, if it considers that it is likely that the case against him or her will be dismissed.
3. The Disciplinary Council meets *in camera*.
4. The Disciplinary Council must consider the case. With the prior agreement in writing of the ATHLETE whose ADVERSE ANALYTICAL FINDING is the subject of the case, it can decide the case without a hearing.

Art. 6: Disciplinary Proceedings

5. The PERSONS involved have the right, at a timely hearing, to state their case orally or in writing. They have the right to present evidence, to call and question witnesses (subject to the IDSF Disciplinary Council's discretion to accept testimony by telephone or by written submission). They may consult licensed legal counsel before stating their case and have the right to be represented by counsel at their own expense.
6. If an ATHLETE does not consent to a decision without a hearing, the Disciplinary Council shall determine the time and place for the hearing. The PERSONS involved shall be given notice in writing of the date of the hearing at least four weeks prior to it. The Disciplinary Council shall decide the means of communicating this notice, in its absolute discretion provided always that its decision must be based on a *bona fide* attempt to provide real and effective notice to the ATHLETE by the best methods possible under all of the circumstances.
7. The PERSONS involved have the right to an interpreter at the hearing, with the IDSF Disciplinary Council to determine the identity, and responsibility for the cost, of the interpreter.
8. If an ATHLETE fails, refuses or neglects to appear at the hearing of his or her case after the Disciplinary Council has given notice in writing as required above, the Disciplinary Council may base its decision on the records without a hearing.
9. Notwithstanding any other provision to the contrary in this CODE, the Disciplinary Council may take urgent decisions in order to uphold the IDSF RULES, sporting discipline or the rights of an ATHLETE. A complaint against urgent proceedings may be made to the Disciplinary Council in writing within the period of one week. The Disciplinary Council must consider and decide on the complaint.
10. The Disciplinary Council shall decide by majority vote. Less significant proceedings, in particular such proceedings in which the fault is negligible, may be dismissed under the doctrine that the Disciplinary Council takes no notice of insignificant things under the doctrine *de minimis non curat lex*.
11. The Disciplinary Council shall give its decisions in writing signed by all its members. Every decision shall include reasons, provided always that dissenting reasons shall not be given.
12. No later than twenty (20) days after the decision of the Disciplinary Council, IDSF must publicly report the disposition of the anti-doping matter.

IV. Reasons for Exclusion

1. A member of the Disciplinary Council shall be excluded from taking part in a proceedings if
 - a) the member himself/herself or an ATHLETE from his/her national federation is involved in the case;
 - b) someone involved in the case
 - aa) is the fiancé/fiancée of a member of the Disciplinary Council, or
 - bb) is or was the spouse, had a spousal relationship with the member, or had a common home with the member, or
 - cc) is or was related to the member by law or by blood to the second degree of blood relation.
2. Members of the Disciplinary Council may declare themselves biased or may be challenged as biased by notice in writing to all members of the Disciplinary Council. A member of the Disciplinary Council has the duty to give notice of such challenge as soon as he/she knows of a reason for it. The Chair of the Disciplinary Council decides on the justification.
3. In the event of one or more members of the Disciplinary Council Chamber in Charge being excluded pursuant to Art. 6 IV, nos. 1 or 2, the equivalent number of members shall be nominated by the Chair of the Dis-

Art. 7: Taking Effect

disciplinary Council or, in case of the Chair being excluded, by the Vice-Presidents of the Disciplinary Council.

V. Costs

1. The Disciplinary Council Chamber decides on the costs of the case.
2. If sanctions are imposed, the ATHLETE shall pay the costs of the case. If the ATHLETE fails, refuses or neglects so to pay the costs within one month of the Chamber's decision, the IDSF Member of which he/she is a member or registered ATHLETE is liable to pay the costs within two months of the Chamber's decision. Otherwise the IDSF shall carry the costs.
3. Costs eligible for cost assessment are:
 - a) Expenditures for witnesses and evidence,
 - b) Necessary expenses of the PERSONS involved (travel costs, accommodation, meals, and other incidental costs), including the members of the Disciplinary Council Chamber.

Expenses incurred through drawing on or authorizing third parties are not eligible for cost assessment.

VI. Appeals

1. Any decision made by the Disciplinary Council or one of its Chambers may be appealed to the Court of Arbitration for Sport ("CAS") in Lausanne, Switzerland, according to its rules and jurisdiction. This includes namely
 - decisions that an anti-doping rule violation was committed or not committed
 - a decision imposing CONSEQUENCES for an anti-doping rule violation
 - a decision that IDSF lacks jurisdiction to rule an alleged anti-doping rule violation or its CONSEQUENCES
 - a decision revising the ANTI-DOPING REPRESENTATIVE'S decision to impose a PROVISIONAL SUSPENSION.Any such appeal must be made within twenty-one (21) days after the reception of such decision, according to the requirements of CAS.
2. Decisions appealed shall remain in effect while under appeal unless the appellate body orders otherwise.
3. The following parties shall have the right to appeal to CAS:
 - a) the ATHLETE or other PERSON who is the subject of the decision being appealed
 - b) IDSF
 - c) the International Olympic Committee or International Paralympic Committee, as applicable, where the decision may have an effect in relation to the Olympic Games or Paralympic Games, including decisions affecting eligibility for the Olympic Games or Paralympic Games
 - d) the International World Games Association (IWGA) where the decision may have an effect in relation to the World Games, including decisions affecting eligibility for the World Games
 - e) WADA
4. The only person that may appeal from a suspension (Art. 6 II 1) is the ATHLETE or other PERSON upon whom the suspension is imposed.

Art. 7: Taking Effect

This revision of the Code 2008 has been approved and accepted by the IDSF Annual General Meeting 2007 at Barcelona, Spain, effective July 1st 2007.

Valid 1st January 2008

**SUBSTANCES AND METHODS PROHIBITED AT ALL TIMES
(IN- AND OUT-OF-COMPETITION)**

PROHIBITED SUBSTANCES

The use of any drug should be limited to medically justified indications

S1. ANABOLIC AGENTS

Anabolic agents are prohibited.

1. Anabolic Androgenic Steroids (AAS)

a. Exogenous* AAS, including:

1-androstendiol (5 α -androst-1-ene-3 β ,17 β -diol); **1-androstendione** (5 α - androst-1-ene-3,17-dione); **bolandiol** (19-norandrostenediol); **bolasterone**; **boldenone**; **boldione** (androsta-1,4-diene-3,17-dione); **calusterone**; **clostebol**; **danazol** (17 α -ethynyl-17 β -hydroxyandrost-4-eno[2,3-d]isoxazole); **dehydrochlormethyltestosterone** (4-chloro-17 β -hydroxy-17 α -methylandrosta- 1,4-dien-3-one); **desoxymethyltestosterone** (17 α -methyl-5 α -androst-2-en- 17 β -ol); **drostanolone**; **ethylestrenol** (19-nor-17 α -pregn-4-en-17-ol); **fluoxymesterone**; **formebolone**; **furazabol** (17 β -hydroxy-17 α -methyl-5 α - androstano[2,3-c]-furazan); **gestrinone**; **4-hydroxytestosterone** (4,17 β - dihydroxyandrost-4-en-3-one); **mestanolone**; **mesterolone**; **metenolone**; **methandienone** (17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one); **methandriol**; **methasterone** (2 α , 17 α -dimethyl-5 α -androstane-3-one-17 β -ol); **methyldienolone** (17 β -hydroxy-17 α -methylestra-4,9-dien-3-one); **methyl-1- testosterone** (17 β -hydroxy-17 α -methyl-5 α -androst-1-en-3-one); **methylnortestosterone** (17 β -hydroxy-17 α -methylestr-4-en-3-one); **methyltrienolone** (17 β -hydroxy-17 α -methylestra-4,9,11-trien-3-one); **methyltestosterone**; **mibolerone**; **nandrolone**; **19-norandrostenedione** (estr-4-ene-3,17-dione); **norboletone**; **norclostebol**; **norethandrolone**; **oxabolone**; **oxandrolone**; **oxymesterone**; **oxymetholone**; **prostanazol** ([3,2-c]pyrazole-5 α -etioallocholane-17 β -tetrahydropyranol); **quinbolone**; **stanozolol**; **stenbolone**; **1-testosterone** (17 β -hydroxy-5 α -androst-1-en-3- one); **tetrahydrogestrinone** (18 α -homo-pregna-4,9,11-trien-17 β -ol-3-one); **trenbolone** and other substances with a similar chemical structure or similar biological effect(s).

b. Endogenous** AAS:

androstenediol (androst-5-ene-3 β ,17 β -diol); **androstenedione** (androst-4-ene- 3,17-dione); **dihydrotestosterone** (17 β -hydroxy-5 α -androst-3-one) ; **prasterone** (dehydroepiandrosterone, DHEA); **testosterone** and the following metabolites and isomers:

5 α -androstane-3 α ,17 α -diol; **5 α -androstane-3 α ,17 β -diol**; **5 α -androstane- 3 β ,17 α -diol**; **5 α -androstane-3 β ,17 β -diol**; **androst-4-ene-3 α ,17 α -diol**; **androst-4-ene-3 α ,17 β -diol**; **androst-4-ene-3 β ,17 α -diol**; **androst-4-ene-3 β ,17 β -diol**; **androst-5-ene- 3 α ,17 α -diol**; **androst-5-ene-3 α ,17 β -diol**; **androst-5-ene-3 β ,17 α -diol**; **androst-5-ene-3 β ,17 β -diol**; **4-androstenediol** (androst-4-ene-3 β ,17 β -diol); **5-androstenedione** (androst-5- ene-3,17-dione); **epidihydrotestosterone**; **3 α -hydroxy-5 α -androstan-17- one**; **3 β -hydroxy-5 α -androstan-17-one**; **19-norandrostosterone**; **19- noretiocholanolone**.

Where an anabolic androgenic steroid is capable of being produced endogenously, a SAMPLE will be deemed to contain such PROHIBITED SUBSTANCE and an ADVERSE ANALYTICAL FINDING will be reported where the concentration of such PROHIBITED SUBSTANCE or its metabolites or markers and/or any other relevant ratio(s) in the ATHLETE'S SAMPLE so deviates from the range of values normally found in humans that it is unlikely to be consistent with normal endogenous production. A SAMPLE shall not be deemed to contain a PROHIBITED SUBSTANCE in any such case where an ATHLETE proves

S2. HORMONES AND RELATED SUBSTANCES

that the concentration of the PROHIBITED SUBSTANCE or its metabolites or markers and/or the relevant ratio(s) in the ATHLETE'S SAMPLE is attributable to a physiological or pathological condition.

In all cases, and at any concentration, the ATHLETE'S SAMPLE will be deemed to contain a PROHIBITED SUBSTANCE and the laboratory will report an ADVERSE ANALYTICAL FINDING if, based on any reliable analytical method (e.g. IRMS), the laboratory can show that the PROHIBITED SUBSTANCE is of exogenous origin. In such case, no further investigation is necessary.

When a value does not so deviate from the range of values normally found in humans and any reliable analytical method (e.g. IRMS) has not determined the exogenous origin of the substance, but if there are indications, such as a comparison to endogenous reference steroid profiles, of a possible USE of a PROHIBITED SUBSTANCE, or when a laboratory has reported a T/E ratio greater than four (4) to one (1) and any reliable analytical method (e.g. IRMS) has not determined the exogenous origin of the substance, further investigation shall be conducted by the relevant ANTI-DOPING ORGANIZATION by reviewing the results of any previous test(s) or by conducting subsequent test(s).

When such further investigation is required the result shall be reported by the laboratory as atypical and not as adverse. If a laboratory reports, using an additional reliable analytical method (e.g. IRMS), that the PROHIBITED SUBSTANCE is of exogenous origin, no further investigation is necessary, and the SAMPLE will be deemed to contain such PROHIBITED SUBSTANCE. When an additional reliable analytical method (e.g. IRMS) has not been applied, and the minimum of three previous test results are not available, a longitudinal profile of the ATHLETE shall be established by performing three no-advance notice tests in a period of three months by the relevant ANTI-DOPING ORGANIZATION. The result that triggered this longitudinal study shall be reported as atypical. If the longitudinal profile of the ATHLETE established by the subsequent tests is not physiologically normal, the result shall then be reported as an ADVERSE ANALYTICAL FINDING.

In extremely rare individual cases, boldenone of endogenous origin can be consistently found at very low nanograms per milliliter (ng/mL) levels in urine. When such a very low concentration of boldenone is reported by a laboratory and the application of any reliable analytical method (e.g. IRMS) has not determined the exogenous origin of the substance, further investigation may be conducted by subsequent tests.

For 19-norandrosterone, an ADVERSE ANALYTICAL FINDING reported by a laboratory is considered to be scientific and valid proof of exogenous origin of the PROHIBITED SUBSTANCE. In such case, no further investigation is necessary.

Should an ATHLETE fail to cooperate in the investigations, the ATHLETE'S SAMPLE shall be deemed to contain a PROHIBITED SUBSTANCE.

2. Other Anabolic Agents, including but not limited to:

Clenbuterol, selective androgen receptor modulators (SARMs), tibolone, zeranol, zilpaterol.

For purposes of this section:

* "exogenous" refers to a substance which is not ordinarily capable of being produced by the body naturally.

** "endogenous" refers to a substance which is capable of being produced by the body naturally.

S2. HORMONES AND RELATED SUBSTANCES

The following substances and their releasing factors are prohibited:

1. **Erythropoietin (EPO)**;
2. **Growth Hormone (hGH), Insulin-like Growth Factors (e.g. IGF-1), Mechano Growth Factors (MGFs)**;
3. **Gonadotrophins (e.g. LH, hCG)**, prohibited in males only;
4. **Insulins**;
5. **Corticotrophins**
and other substances with similar chemical structure or similar biological effect(s).

Unless the ATHLETE can demonstrate that the concentration was due to a physiological or pathological condition, a SAMPLE will be deemed to contain a PROHIBITED SUBSTANCE (as listed above) where the concentration of the PROHIBITED SUBSTANCE or its metabolites and/or relevant ratios or markers in the ATHLETE'S SAMPLE so exceeds the range of values normally found in humans that it is unlikely to be consistent with normal endogenous production.

If a laboratory reports, using a reliable analytical method, that the PROHIBITED SUBSTANCE is of exogenous origin, the SAMPLE will be deemed to contain a PROHIBITED SUBSTANCE and shall be reported as an ADVERSE ANALYTICAL FINDING.

S3. BETA-2 AGONISTS

All beta-2 agonists including their D- and L-isomers are prohibited.

As an exception, formoterol, salbutamol, salmeterol and terbutaline, when administered by inhalation, require an abbreviated Therapeutic Use Exemption.

Despite the granting of any form of Therapeutic Use Exemption, a concentration of salbutamol (free plus glucuronide) greater than 1000 ng/mL will be considered an ADVERSE ANALYTICAL FINDING unless the athlete proves that the abnormal result was the consequence of the therapeutic use of inhaled salbutamol.

S4. HORMONE ANTAGONISTS AND MODULATORS

The following classes are prohibited:

1. **Aromatase inhibitors** including, but not limited to: **anastrozole, letrozole, aminoglutethimide, exemestane, formestane, testolactone**.
2. **Selective Estrogen Receptor Modulators (SERMs)** including, but not limited to: **raloxifene, tamoxifen, toremifene**.
3. **Other anti-estrogenic substances** including, but not limited to: **clomiphene, cyclofenil, fulvestrant**.
4. **Agents modifying myostatin function(s)** including but not limited to: **myostatin inhibitors**.

S5. DIURETICS AND OTHER MASKING AGENTS

Masking agents are prohibited. They include:

Diuretics*, **epitestosterone, probenecid, alpha-reductase inhibitors (e.g. finasteride, dutasteride), plasma expanders (e.g. albumin, dextran, hydroxyethyl starch)**.

Diuretics include:

acetazolamide, amiloride, bumetanide, canrenone, chlorthalidone, etacrynic acid, furosemide, indapamide, metolazone, spironolactone, thiazides (e.g. bendroflumethiazide, chlorothiazide, hy-

S6. STIMULANTS

drochlorothiazide), **triamterene, and other substances with a similar chemical structure or similar biological effect(s)** (except for drosperinone, which is not prohibited).

* A Therapeutic Use Exemption is not valid if an ATHLETE'S urine contains a diuretic in association with threshold or sub-threshold levels of a PROHIBITED SUBSTANCE(S).

PROHIBITED METHODS

M1. ENHANCEMENT OF OXYGEN TRANSFER

The following are prohibited:

1. **Blood doping**, including the use of autologous, homologous or heterologous blood or red blood cell products of any origin.
2. **Artificially enhancing the uptake, transport or delivery of oxygen**, including but not limited to perfluorochemicals, efaproxiral (RSR13) and modified haemoglobin products (e.g. haemoglobin-based blood substitutes, microencapsulated haemoglobin products).

M2. CHEMICAL AND PHYSICAL MANIPULATION

1. **TAMPERING, or attempting to tamper**, in order to alter the integrity and validity of SAMPLES collected during DOPING CONTROLS is prohibited. These include but are not limited to catheterisation, urine substitution and/or alteration.
2. **Intravenous infusion** is prohibited. In an acute medical situation where this method is deemed necessary, a retroactive THERAPEUTIC USE EXEMPTION will be required.

M3. GENE DOPING

The non-therapeutic use of cells, genes, genetic elements, or of the modulation of gene expression, having the capacity to enhance athletic performance, is prohibited.

SUBSTANCES AND METHODS PROHIBITED IN COMPETITION

In addition to the categories S1 to S5 and M1 to M3 defined above, the following categories are prohibited in competition:

PROHIBITED SUBSTANCES

S6. STIMULANTS

All stimulants (including both their (D- & L-) optical isomers where relevant) are prohibited, except imidazole derivatives for topical use and those stimulants included in the 2008 Monitoring Program*. Stimulants include:

Adrafinil, adrenaline, amfepramone, amiphenazole, amphetamine, amphetaminil, benzphetamine, benzylpiperazine, bromantan, cathine***, clobenzorex, cocaine, cropropamide, cro-tetamide, cyclazodone, dimethylamphetamine, ephedrine****, etamivan, etilamphetamine, etilefrine, famprofazone, fenbutrazate, fencamfamin, fencamine, fenetylline, fenfluramine, fenproporex, furfenorex, heptaminol, isometheptene, levmethamphetamine, meclofenoxate, mefenorex, mephentermine, mesocarb, methamphetamine (D-), methylenedioxyamphetamine, methylenedioxy-methamphetamine, p-methylamphetamine, methylephedrine****, methylphenidate, mo-**

S9. GLUCOCORTICOSTEROIDS

dafinil, nikethamide, norfenefrine, norfenfluramine, octopamine, ortetamine, oxilofrine, parahydroxyamphetamine, pemoline, pentetrazol, phendimetrazine, phenmetrazine, phenpromethamine, phentermine, 4-phenylpiracetam (carphedon), prolintane, propylhexedrine, selegiline, sibutramine, strychnine, tuaminoheptane and other substances with a similar chemical structure or similar biological effect(s).

- * The following substances included in the 2008 Monitoring Program (bupropion, caffeine, phenylephrine, phenylpropanolamine, pipradol, pseudoephedrine, synephrine) are not considered as PROHIBITED SUBSTANCES.
- ** **Adrenaline** associated with local anaesthetic agents or by local administration (e.g. nasal, ophthalmologic) is not prohibited.
- *** **Cathine** is prohibited when its concentration in urine is greater than 5 micrograms per milliliter.
- **** Each of **ephedrine** and **methylephedrine** is prohibited when its concentration in urine is greater than 10 micrograms per milliliter.

A stimulant not expressly mentioned as an example under this section should be considered as a Specified Substance only if the ATHLETE can establish that the substance is particularly susceptible to unintentional anti-doping rule violations because of its general availability in medicinal products or is less likely to be successfully abused as a doping agent.

S7. NARCOTICS

The following narcotics are prohibited:

buprenorphine, dextromoramide, diamorphine (heroin), fentanyl and its derivatives, hydromorphone, methadone, morphine, oxycodone, oxymorphone, pentazocine, pethidine.

S8. CANNABINOIDS

Cannabinoids (e.g. hashish, marijuana) are prohibited.

S9. GLUCOCORTICOSTEROIDS

All glucocorticosteroids are prohibited when administered orally, rectally, intravenously or intramuscularly. Their use requires a Therapeutic Use Exemption approval.

Other routes of administration (intraarticular /periarticular/ peritendinous/epidural/ intradermal injections and inhalation) require an Abbreviated Therapeutic Use Exemption except as noted below.

Topical preparations when used for dermatological (including iontophoresis/phonophoresis), auricular, nasal, ophthalmic, buccal, gingival and perianal disorders are not prohibited and do not require any form of Therapeutic Use Exemption.

SPECIFIED SUBSTANCES

10.3 WADC and Art. 5 V 2 IDSF ADC state “The PROHIBITED LIST may identify specified substances which are particularly susceptible to unintentional anti-doping rule violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents.” A doping violation involving such substances may result in a reduced sanction as noted in the Code provided that the “...ATHLETE can establish that the USE of such a specified substance was not intended to enhance sport performance...”

“Specified Substances” are listed below:

- All inhaled Beta-2 Agonists, except salbutamol (free plus glucuronide) greater than 1000 ng/mL and clenbuterol (listed under S1.2: Other Anabolic Agents);
- Alpha-reductase inhibitors, probenecid;
- Cathine, cropropamide, crotetamide, ephedrine, etamivan, famprofazone, heptaminol, isometheptene, levmethamphetamine, meclufenoxate, p-methylamphetamine, methylephedrine, nikethamide, norfenefrine, octopamine, ortetamine, oxilofrine, phenpromethamine, propylhexedrine, selegiline, sibutramine, tuaminoheptane, and any other stimulant not expressly listed under section S6 for which the Athlete establishes that it fulfils the conditions described in section S6;
- Cannabinoids;
- All Glucocorticosteroids;
- Alcohol;
- All Beta Blockers.

ADDITIONAL REGULATIONS [cf. Art. 2 III IDSF ANTI-DOPING CODE]

ADDITIONAL REGULATIONS [Cf. Art. 2 III ANTI-DOPING CODE]

1. Under the IDSF ANTI-DOPING CODE, ethanol is a PROHIBITED SUBSTANCE.
2. Under the IDSF ANTI-DOPING CODE, beta-blockers are PROHIBITED SUBSTANCES IN-COMPETITION.

Beta-blockers include but are not limited to:

Acebutolol, alprenolol, atenolol, betaxolol, bisoprolol, bunolol, carteolol, carvedilol, celiprolol, esmolol, labetalol, levobunolol, metipranolol, metoprolol, nadolol, oxprenolol, pindolol, propranolol, sotalol, timolol.

Appendix: WADA-Guideline for Urine Sample Collection

1. Objective

This guideline expands upon the International Standard for Testing and details the recommended process for the collection of urine for doping control purposes, both In- Competition and Out-of-Competition. The guideline includes on-site preparation, sample collection and post-test administration.

With the exception of those mandatory areas which are part of the World Anti-Doping Program, the processes outlined in this document are not mandatory, but are aimed at assisting Anti-Doping Organizations in the development of systems and protocols for urine sample collection. The method of sample collection may vary from these recommendations in some circumstances; however, minimum standards should apply to ensure that the integrity of the sample is maintained.

2. Scope

This Guideline begins with the arrival of Sample Collection Personnel at the Doping Control Station, and ends with the dispatch of the urine sample to the laboratory.

3. Responsibility

3.1. Doping Control Officer (DCO) (One lead/senior DCO shall take responsibility for sample collection services)

- Organize and brief Sample Collection Personnel.
- Ensure that Chaperones are trained in carrying out relevant activities.
- Liaise with sport representatives, if relevant.
- Organize equipment, including all relevant documentation.
- Assess and organize the facilities.
- Arrange or perform notification and escorting of Athletes.
- Ensure that the Athlete's rights and responsibilities are explained.
- Explain, or arrange explanation of, the process for urine sample collection to Athletes and Athlete Representatives, as necessary.
- Witness, or arrange the witnessing of, sample provision.
- Co-ordinate collection of accompanying blood sample if necessary.
- Complete, or arrange completion of, and verify, the relevant paperwork.
- Verify the chain of custody.
- Organize courier services, if necessary.

3.2. Chaperone

- Notify the Athlete in person as instructed by the DCO.
- Escort the Athlete from notification until arrival at the Doping Control Station.
- If appropriately trained and authorized (see Appendix 1), act as the Witness for sample provision as instructed by the DCO and complete the relevant section of the doping control documentation as instructed by the DCO.
- NOTE: Some Anti-Doping Organizations prefer that Chaperones do not witness sample provision but conduct Athlete notification only. These Guidelines allow for both these scenarios.

3.3. Athlete

- Request the presence of an Athlete Representative, if desired.
- Report for doping control as soon as possible, and within the specified time frame.
- Be escorted from notification to sample provision.
- Be responsible for any food or beverage consumed prior to sample provision.
- Be familiar with the sample collection process.
- Be responsible at all times for his/her own sample(s) from provision to final sealing.
- Observe the procedure and ensure there are no irregularities.
- Declare any medications as specified on the doping control documentation.
- Provide a TUE certificate if applicable.
- Make comments relating to the sample collection process on the doping control documentation, if applicable.
- Sign documentation as requested by the DCO.

3.4. Athlete Representative (presence optional, at Athlete's request)

- Accompany the Athlete during notification.
- Accompany the Athlete to the Doping Control Station.
- Assist in the selection of equipment and the sealing process where asked to do so by the Athlete.
- Assist the Athlete in the completion of paperwork where asked to do so by the Athlete.
- Be familiar with the sample collection process.
- Observe the sample collection process and ensure there are no irregularities.
- Sign documentation as requested by the DCO.

4. Definitions

“Anti-Doping Organization” means a Signatory (of the World Anti-Doping Code) that is responsible for adopting rules, for initiating, implementing or enforcing any part of the doping control process. This includes, for example, the International Olympic Committee, the International Paralympic Committee, or other major event organizations that conduct testing at their events, WADA, International Federations, and National Anti-Doping Organizations.

‘Athlete’ means for purposes of doping control, any person who participates in sport at the international level (as defined by each International Federation), or national level (as defined by each National Anti-Doping Organization) and any additional person who participates in sport at the lower level if designated by the person’s National Anti-Doping Organization. For purposes of anti-doping information and education, any person who participates in sport under the authority of any signatory, government, or other sports organization accepting the Code.

‘Athlete Representative’ means a person designated by the Athlete to assist with the verification of the sample collection procedure, (not including the passing of the sample). This person may be a member of the Athlete’s support personnel, such as a coach or team doctor, a family member, or other.

‘Chaperone’ means an official who is trained and authorized by the ADO to carry out specific duties including notification of the Athlete selected for sample collection, escorting and observing the Athlete until arrival at the Doping Control Station, and/or witnessing and verifying the provision of the sample where training qualifies him/her to do so.

‘Doping Control Officer’ means an official who has been trained and authorized by the ADO with delegated responsibility for the on-site management of a sample collection session.

‘Doping Control Station’ means the location where the urine sample collection session will be conducted.

‘In-Competition’ means for purposes of differentiating between In Competition and Out of Competition Testing, unless provided otherwise in the rules of an ADO, an In-Competition test is a test where an Athlete is selected for testing in connection with a specific competition.

‘Minor’ means a natural person who has not reached the age of maturity as established by the applicable laws of his or her country of residence.

‘Out of Competition’ means any doping control which is not In-Competition.

‘No-Advance-Notice’ means a doping control which takes place with no advance warning to the Athlete, and where the Athlete is continuously Chaperoned from the moment of notification through sample provision.

‘TUE’ means a Therapeutic Use Exemption (see International Standard for Therapeutic Use Exemptions).

‘Sample Collection Personnel’ is a collective term for qualified officials authorized by the ADO who may carry out or assist with duties during the sample collection session.

‘Urine Sample Collection Session’ means the sequential activities that directly involve the Athlete from notification until the Athlete leaves the Doping Control Station having provided his/her sample(s).

‘Weighted Selection’ means a ranking method of selecting Athletes using criteria where the ranking is based on the potential risk of doping and possible doping patterns.

‘Witness’ means the member of Sample Collection Personnel who observes the passing of the sample by the Athlete in accordance with the procedures for observation.

5. Protocol for the Urine Sample Collection Session

The protocol for the urine sample collection session is divided into the following steps:

5.1. Brief personnel on roles and responsibilities

5.1.1. The Lead DCO shall brief the Sample Collection Personnel on their roles and responsibilities prior to or upon arrival at the Doping Control Station. This will include Athlete notification, escorting, urine sample collection, and related blood sample collection if applicable.

5.1.2. In the case of a team which includes Chaperones with no experience, the DCO shall train the Chaperones on-site. Such training shall include the requirements for notification, escorting and witnessing sample provision, as well as confidentiality obligations (see Appendix 1 for Chaperone Training Guidelines).

5.1.3. The DCO shall provide required documentation such as proof of authority to conduct sample collection, to the Sample Collection Personnel if applicable.

5.2 Assess the facilities

5.2.1 The minimum requirements to be met to enable use of a facility as a Doping Control Station are privacy and sole-use. If the facility does not offer the Athlete privacy, and/or is intended to be used for purposes other than doping control whilst sample collection is being carried out, the Lead DCO may decide not to proceed with testing. The reasons for such a decision must be documented.

5.2.2 For In-Competition testing, where possible, the Doping Control Station should meet the following criteria:

- Be solely reserved for doping control purposes
- Maintain athlete privacy and confidentiality
- Be accessible only to authorized personnel
- Be secure enough to store sample collection equipment

Appendix: WADA-Guideline for Urine Sample Collection

- Be comprised of a waiting area with chairs and a separate administration area with a table and chairs for completion of paperwork. There should be adjoining toilet facilities for sample provision, which should ideally consist of cubicles large enough for the Witness and the Athlete.
- Include facilities to allow the Athlete to wash his/her hands.
- Be large enough to accommodate the number of Athletes, Athlete Representatives and Sample Collection Personnel who will occupy the area
- Be suitably located in relation to the field of play or other location where Athletes will be notified.

5.2.3 For Out-of-Competition testing, the facilities used should, where possible, provide a suitable environment for waiting and administration, and afford the Athlete privacy.

NOTE: Although the term ‘Doping Control Station’ is also used for Out-of-Competition testing, this facility might be an athlete’s home or a hotel room, rather than an officially designated facility for doping control.

5.2.4 The Doping Control Station at an event should also contain a selection of sealed, non-alcoholic, caffeine-free drinks for Athletes.

5.2.5 Access to the Doping Control Station is restricted to the Athlete, the Athlete Representative, an interpreter if required, and Sample Collection Personnel, unless otherwise agreed by the Lead DCO. Additional personnel requesting access may include an IF representative, an ADO observer, an auditor or a WADA Independent Observer. These personnel shall have adequate authorization available for the Lead DCO to review upon arrival at the Doping Control Station.

5.2.6 The Lead DCO may wish to assign a member of the sample collection team to monitor access to the Doping Control Station, and ensure that only authorized persons are admitted.

5.2.7 Members of the media must not be allowed to enter the Doping Control Station at any time.

5.3 Prepare the necessary equipment

5.3.1 The DCO shall ensure equipment supplies are adequate for the sample collection session. The type of equipment may vary but, as a guideline, will include:

- Sealed, sterile urine collection vessels.
- Partial sample kits.
- Equipment for measuring pH (if required), and specific gravity.
- Sealed, tamper-evident containers for A and B samples.
- Sealed, tamper-evident transport containers (if applicable).
- Secure transport bags.
- Disposable gloves (optional).
- Soap or hand wash
- Paper towels
- Garbage bin or similar for disposal
- Individually sealed, non-caffeinated and non-alcoholic beverages
- All doping control documentation, including doping control forms, Athlete notification forms, supplementary report forms, chain of custody forms, etc.

5.3.2 Any sample collection equipment systems used shall meet the following minimum criteria:

- Have a unique numbering system incorporated into all containers in which the Athlete’s sample is sealed.
- Have a sealing system that is tamper-evident.
- Ensure the identity of the Athlete is not evident from the equipment itself.

- Ensure that all equipment is clean and sealed prior to use.

5.4 Athlete Selection

5.4.1 The DCO will select athletes according to the selection policy indicated by the ADO. This may include one or all of the following: target testing (named athletes or categories), weighted selection and random selection.

5.4.2 In the case of random selection, the ADO/DCO may choose to use one of the following selection criteria. The criteria chosen shall be appropriate for the sport, e.g: - Finishing position - Vest/jersey number - Entry number - Lane number - Any other fair and transparent criteria for selection

5.4.3 Once the criteria has been determined, the actual selection method may be one of the following: - Numbered cards placed face-down on a table - Random draw of numbers (or names) from a closed container such as a cloth bag - Use of an electronic random number generator - Any other fair and transparent method of selection
In order to provide transparency and accountability, random selection made in the field may be witnessed by a coach or sporting official, or can be shown to the selected athlete if requested. For example a signature on the back of numbered cards.

5.4.4 Following the selection of the Athlete, the Lead DCO shall ensure that selection decisions are disclosed on a need-to-know basis only to ensure that testing is No-Advance Notice.

5.5 Athlete notification

5.5.1 The DCO/Chaperone shall establish the location of the selected Athlete, and plan the approach and timing of notification, taking into account any specific circumstances such as the competition/training schedule, and such that the notification will be carried out as No-Advance-Notice notification.

5.5.2 The DCO/Chaperone shall identify him/herself and shall show the Athlete the official card/document naming the ADO which has granted the authority to test. Additional identification proving affiliation to the authorized sample collection authority shall also be provided, if this authority is not the ADO which authorized the test. DCO identification documents shall include name, photograph, and the documents' expiry date. Chaperone identification documents shall ideally also include name, photograph, and the documents' expiry date, and as a minimum shall comprise a dated document naming them as an authorized member of the sample collection team, which they shall show to the athlete in conjunction with a piece of photo ID.

5.5.3 The DCO/Chaperone shall, at a minimum, verbally confirm the Athlete's identity. If the Athlete is carrying photo ID, this may be checked at this stage. An Athlete's inability to provide photo ID shall not invalidate a test. Formal identification can be established by starting number, accreditation, third party witness, if the Athlete is known to the DCO/Chaperone, or other viable method. If the Athlete's identity is unknown and can not be established in any manner, the DCO must contact the ADO for further instructions.

5.5.4 The DCO/Chaperone shall show the Athlete the notification form (which may be part of the doping control form), and notify the Athlete of his/her selection for testing, the authority under which sample collection is to be conducted, and the requirement to provide a urine (and blood, if applicable) sample, and shall inform the Athlete of the following rights and responsibilities:

a) For all types of testing

- The right to have a representative and, if required, an interpreter present.
- The right to ask for additional information about the sample collection process
- The possible consequence of an anti-doping rule violation for failing to submit to sample collection.
- The requirement to remain in sight of the designated DCO/Chaperone until completion of the sample collection procedure.

- The requirement to bring satisfactory identification to the Doping Control Station if this has not already been provided.

b) For the purpose of In-Competition Testing

- The requirement to report to the Doping Control Station as soon as possible and not later than 60 minutes from notification.
 - The DCO shall consider reasonable requests to delay the reporting time, if a Chaperone is available, to enable the Athlete to complete one or more of the following: - locate a representative and/or interpreter - warm down - attend a medal ceremony - participate in further events
- fulfill media commitments - receive treatment for injury - any other reason accepted by the DCO
- The DCO shall document reasons for any delay that may require further investigation by the ADO.

c) For the purpose of Out of Competition Testing

- The requirement to report to the doping control station and commence sample provision as soon as possible. The DCO shall consider requests to delay reporting, if a Chaperone is available, to enable the Athlete to complete one or more of the following: - locate a representative, if available - complete a training session - receive treatment for injury - any other reason accepted by the DCO
- The DCO shall document reasons for any delay that may require further investigation by the ADO.

5.5.5 If a selected athlete is not located based on available information, the DCO shall attempt to locate the athlete by other means, but ensure that No- Advance-Notice notification is used as a notification method. The DCO shall notify the ADO for further instructions if the athlete is not located. (See WADA's No-Advance Notice Testing Guidelines).

5.5.6. The DCO shall report any decision to the ADO if an unexpected situation arises requiring the notification to become advance notice.

5.5.7. The Athlete shall read and sign the Athlete notification form or doping control form as directed by the DCO/Chaperone.

5.5.8. If an Athlete copy of the official notification record exists, this will be given to the Athlete.

5.5.9 If the Athlete refuses to sign that he/she has been notified, or evades notification, the DCO/Chaperone shall make all reasonable attempts to persuade the Athlete to comply, including informing the Athlete again that failure to comply may result in sanction for an anti-doping rule violation. If the Athlete continues to refuse, the Chaperone must report this to the Lead DCO immediately, and the DCO shall attempt to notify the Athlete. If the Athlete still refuses to be notified, the DCO shall document the facts, including the reasons for refusal given by the Athlete. The DCO shall endeavor to obtain witness signatures to confirm the Athlete's refusal, and shall contact the ADO for further instructions as soon as possible.

5.6 Escorting the Athlete to the Doping Control Station.

5.6.1 The DCO/Chaperone shall ensure that the Athlete is escorted from the place of notification to the Doping Control Station under constant supervision.

5.6.2 The DCO/Chaperone shall discourage the Athlete from taking a bath or shower, and shall ensure he/she does not urinate prior to reporting at the Doping Control Station. The first urine sample post notification shall be collected.

5.6.3 The DCO/Chaperone can not prevent the Athlete eating or drinking products of their choice, but shall recommend that the Athlete chooses from a selection of individually sealed, non-caffeinated and non-alcoholic beverages in order to hydrate. The DCO/Chaperone shall not handle food or drink items for the Athlete.

5.6.4 The DCO/Chaperone shall escort the Athlete at all times until the sample collection procedures have been completed, or shall ensure that another DCO/Chaperone has taken over escorting the Athlete.

5.6.5 The Chaperone shall inform the Lead DCO as soon as practical without leaving the Athlete unattended, and ensuring discretion, of any irregularities in notification and/or during the observation period. Irregularities shall be documented by the Lead DCO if relevant.

NOTE: The ADO is responsible for establishing guidelines for what constitutes suspicious athlete behavior – examples might be; evading observation, ingesting an unidentified substance, a distressed call to a coach or other unusual behavior.

5.6.6 If an Athlete notified of an advance notice sample collection does not report to the Doping Control Station at the designated time, the DCO shall use his/her judgement as to whether to attempt to contact the athlete. At a minimum, the DCO shall wait 30 minutes after the appointed time before departing.

5.6.7 If an Athlete reports to the Doping Control Station after the minimum waiting time, and prior to the DCO's departure, the Lead DCO shall decide whether to process a possible failure to comply. Where possible, the DCO shall proceed with collecting a sample, and shall document the details of the delay.

NOTE: No-Advance-Notice is the preferred method of doping control. The situation described in 5.6.6 and 5.6.7 shall be in exceptional circumstances only; an Athlete should ideally be escorted at all times, and the escorting DCO/Chaperone shall ensure that the Athlete reports for doping control as quickly as possible, taking into account the provisions of 5.5.4.

5.7 Arrival at the Doping Control Station

5.7.1 The Athlete arrives at the Doping Control Station with a DCO/Chaperone and, if requested, an Athlete Representative and/or interpreter. At this time, the Athlete should present photo ID to the DCO. An Athlete's inability to provide photo ID shall not invalidate a test. Alternative methods of Athlete identification are outlined in 5.5.3.

5.7.2 An entry and exit log shall be maintained to record the names of the persons entering facility, their position, and the times of arrival and departure.

5.7.3. The Athlete shall be provided with the opportunity to hydrate.

5.7.4. If the Athlete is providing a blood sample at the same session, the DCO may request that the Athlete provide the blood sample first.

5.7.5. Irrespective of the testing type or escorting requirements prior to the time of arrival, once the athlete has arrived at the Doping Control Station he/she must be under observation at all times until sample collection is completed.

5.7.6. The Athlete may request to leave the Doping Control Station for a time, for reasons defined in 5.5.4. The Athlete must be escorted continuously at such times, and the purpose of leaving, agreed time of return, and actual time of return shall be documented by the Lead DCO. If a Chaperone is not available, the DCO shall ask the Athlete to remain in the Doping Control Station. If an Athlete insists on leaving the Doping Control Station, the circumstances shall be documented by the Lead DCO.

5.7.7. Before sample collection, the DCO shall ask the Athlete whether they have been tested before, and whether they require an explanation of the collection procedure.

5.7.8. If the Athlete has not been tested before, or requests an explanation of the procedure, the DCO shall explain the sample collection procedure to the Athlete.

5.7.9. As a minimum, the DCO shall ensure the Athlete is informed of his/her rights and responsibilities

5.8 Selection of the sample collection vessel

5.8.1 The Athlete shall be given a choice of sample collection vessels, from which they will be asked to choose one. It is recommended that there are at least 3 sample collection vessels from which to choose.

5.8.2 The Athlete and DCO shall check that the equipment is clean and intact. If either the Athlete or DCO is not satisfied with the equipment, the Athlete shall make another selection.

5.8.3 If the Athlete is not satisfied with any of the equipment, and the DCO does not agree with the Athlete's opinion that all of the available equipment is unsatisfactory, the DCO shall instruct the Athlete to proceed with the sample collection session and the Athlete's views must be recorded on the doping control documentation by the DCO.

5.8.4 If both the DCO and the Athlete agree that none of the equipment is satisfactory, the DCO shall terminate sample collection, and record the reasons.

5.8.5 From this point, the sample collection vessel shall be handled only by the Athlete unless the Athlete authorizes the DCO/Chaperone or the Athlete Representative to handle the vessel on his/her behalf. Such authorization must be documented.

5.9 Sample Provision

5.9.1 The Witness (DCO or Chaperone) shall escort the Athlete to the toilet facility. The Athlete will carry his/her own sample collection vessel.

5.9.2 The Witness shall be of the same gender as the Athlete providing the sample.

5.9.3 The Athlete shall be encouraged to wash his/her hands before providing a sample.

5.9.4 Once in the toilet facility the Athlete must remove all clothing between the waist and mid-thigh, in order that the Witness has an unobstructed view of sample provision. Sleeves should be rolled up so that the Athlete's arms and hands are also clearly visible.

5.9.5 The Witness shall directly observe the Athlete provide the urine sample, adjusting his/her position so as to have a clear view of the sample leaving the Athlete's body.

5.9.6 The volume of urine collected should be that specified by the relevant laboratory.

NOTE: As a guideline, it is suggested that between 75ml and 100ml of urine be collected, depending on laboratory requirements. For EPO analysis, the recommended minimum is 100ml. However, the Athlete should be encouraged to fill the collection vessel.

5.9.7 Once a urine sample which satisfies the volume requirements has been collected, or the Athlete has provided a partial sample and is unable to provide any more urine at this time, the Witness shall escort the Athlete, who shall carry his/her own sample, back to the administration area.

5.9.8 If an Athlete wishes to wash his/her hands after passing the sample, the sample should at this time be placed in a safe and secure location, in full view of both the Athlete and the Witness.

5.9.9 If the Witness observes any unusual behavior by the Athlete while witnessing the passing of the sample, this should be reported to the Lead DCO as soon as possible, and documented.

5.9.10 The Witness shall sign the relevant documentation to verify that he/she witnessed sample provision in accordance with procedures

5.10. Insufficient Volume

5.10.1 In the event that an Athlete is unable to provide the required volume of urine, the DCO shall follow the procedure for a partial sample.

5.10.2 The DCO shall advise the Athlete that the partial sample provided shall be secured and a further sample collected.

5.10.3 The DCO shall instruct the Athlete to select partial sample equipment, as per 5.8. It is recommended that there are at least 3 partial sample kits from which to choose.

5.10.4 The DCO shall then instruct the Athlete to open the relevant equipment, pour the insufficient sample into the container, and seal it as directed by the DCO. The DCO shall check, in full view of the Athlete, that the container has been properly sealed.

5.10.5 The DCO and the Athlete shall check that the equipment code number and the volume and identity of the insufficient sample are recorded accurately by the DCO. The Athlete and DCO may initial or sign the documentation to show they are satisfied with the procedure.

5.10.6 The Athlete shall return to the waiting area, and remain under observation until ready to provide a further sample.

5.10.7 Either the Athlete or the DCO shall retain control of the sample. The DCO shall ensure that the sealed partial sample is securely stored (under continuous observation or locked away in a secure area). If the athlete retains possession of the sample, it must be placed in a secure area, and must remain under the observation of sample collection personnel. 5.10.8 When the Athlete is ready to provide more urine, the sample provision process shall recommence.

5.10.9 To ensure continuity of the process, and for the comfort of the Athlete, the Witness shall be the same Witness as for the initial attempt, whenever possible. However, a change of Witness shall in no way affect the integrity of the process.

5.10.10 The Athlete shall select a new sample collection vessel, and repeat the process as per 5.8.

5.10.11 This process shall be repeated until the DCO is satisfied that the Athlete has provided the required volume of urine once the initial and additional samples are combined.

5.10.12 The DCO shall ask the Athlete to inspect their partial sample(s) to ensure that the seals are secure. Any irregularities shall be recorded by the DCO on the doping control documentation or in a separate report to the ADO.

5.10.13 The DCO shall then direct the Athlete to break the seal of the partial sample container(s) and combine the samples in a new collection vessel, beginning with the first partial sample provided and each subsequent partial sample until the desired volume is reached.

5.10.14 Once the required volume of urine has been collected, the DCO and Athlete shall proceed to the next stage.

5.11 Dividing and sealing the sample

5.11.1 The Athlete shall select, from a choice of urine kits, a kit consisting of A and B containers, in which the sample is to be sealed. It is recommended that there are at least 3 urine kits from which to choose.

5.11.2 The Athlete and DCO shall check that the urine kit is clean and intact. If neither the Athlete nor the DCO is satisfied with the urine kit(s), the Athlete shall make another selection.

5.11.3 If the Athlete is not satisfied with any of the urine kits, and the DCO does not agree with the Athlete's opinion that all of the available urine kits are unsatisfactory, the DCO shall instruct the Athlete to proceed with the sample collection session, and the Athlete's views must be recorded on the doping control documentation by the DCO.

5.11.4 If both the DCO and the Athlete agree that none of the urine kits are satisfactory, the DCO shall terminate the session, and record the reasons.

5.11.5 The Athlete and the DCO shall check the urine kit to ensure that all the numbers of the A and B containers correspond.

5.11.6 If the numbers do not correspond, the DCO shall instruct the Athlete to select another kit. The DCO shall document this.

5.11.7 The DCO shall record the urine kit numbers and the Athlete and the DCO shall check the documentation to ensure that the DCO has accurately recorded the numbers of the A and B containers.

5.11.8 The Athlete shall pour the required minimum volume of urine into the B container. The recommended amount is 40% of the total.

5.11.9 The Athlete shall pour the remainder of the urine into the A container. The recommended amount is 60% of the total. The Athlete shall then pour any remaining urine into the B container, always leaving a residual amount of urine in the collection vessel.

5.11.10 The DCO shall instruct the Athlete in the sealing of the A and B containers. Both the DCO and the Athlete shall check that the bottles are securely sealed.

5.11.11 The DCO shall confirm that the sample meets the requirements for analysis, as specified by the ADO in accordance with the laboratory standards, by testing the residual volume of urine remaining in the collection vessel for specific gravity (greater than or equal to 1.005 if using a refractometer, or 1.010 with lab sticks, or as specified by the relevant laboratory) and, if necessary, pH (between 5 and 7, or as specified by the relevant laboratory). Reagent strips and/or a refractometer may be used.

5.11.12 The DCO shall ensure that any residual urine that will not be sent for analysis is discarded in full view of the Athlete.

5.12 Samples not meeting laboratory guidelines for analysis

5.12.1 If the reading is outside the required range for either specific gravity or, if required, pH, (5.11.11) the DCO shall request collection of additional sample(s), if so required by the ADO.

5.12.2 The ADO is responsible for establishing criteria for the number of additional samples to be collected at the session. If the additional samples collected do not meet the relevant laboratory's guidelines for analysis, the ADO is responsible for scheduling a new sample collection session for the Athlete and, if required, taking subsequent appropriate action.

5.12.3 While waiting to provide an additional sample the Athlete shall remain under continuous observation by a DCO/Chaperone.

5.12.4 When the Athlete is able to provide an additional sample, the DCO shall repeat the procedures for collection of the sample (5.8 to 5.11).

5.12.5 Whenever possible, provision of additional samples shall be observed by the same Witness as for the first. However, a change of Witness will not invalidate the sample collection procedure.

5.12.6 The Witness shall sign the relevant documentation to verify that he/she witnessed sample provision in accordance with procedures.

5.12.7 The DCO shall ensure that samples provided by the same Athlete can be linked through the documentation, and that the laboratory is informed which is the initial sample. All samples shall be sent to the laboratory for analysis with all related paperwork.

5.13 Paperwork

NOTE: see WADA's standardized doping control documentation for an example of suitable documentation. See also the International Standard for Testing, 7.4.5. for minimum requirements.

5.13.1 If the Athlete provided more than one sample and the Witness was not the same individual that witnessed provision of the first sample, all Witnesses shall sign the doping control form.

5.13.2 If the Witness is unable to verify that he/she observed the passing of the sample, or reports unusual behavior by the Athlete, the Lead DCO can require the Athlete to provide a further sample. This must be documented, and all samples collected sent to the laboratory for analysis.

5.13.3 The DCO shall request the Athlete to provide information on all medications and/or supplements taken within the time period specified on the doping control form.

NOTE: The recommended period for medication information is 7 days

5.13.4 The DCO shall check all information on the form, fill in any incomplete areas in view of the Athlete, and sign to confirm that sample collection was conducted in accordance with procedures.

5.13.5 The Athlete and the Athlete's Representative, if present, shall be invited to check that all information on the form accurately reflects the details of the sample collection session. The Athlete shall be invited to complete the comments section of the form if he/she has any concerns or comments regarding the procedure. If there is insufficient space on the form, the Athlete shall be invited to complete a supplementary report form.

5.13.6 The Athlete's Representative, if present shall sign the Doping Control Form.

5.13.7 The Athlete and DCO shall then sign the Doping Control Form.

5.13.8 The DCO must give a full copy of the form to the Athlete.

5.13.9 Unless also required to provide a blood sample, the Athlete is then free to leave the Doping Control Station.

NOTE: If an Athlete is also required to provide a blood sample, and the doping control form records both blood and urine collection, the paperwork will not be fully completed until after collection of both blood and urine samples.

5.14 Sample Storage

5.14.1 The Lead DCO has the responsibility for ensuring, in accordance with the ADO criteria for sample storage, that all samples are stored in a manner that protects their identity, integrity and security whilst in the Doping Control Station.

5.14.2 Samples must not be left unattended, unless they are locked away in a refrigerator or cupboard, for example. Access shall be restricted to authorized personnel.

5.14.3 Where possible, samples shall be stored in a cool environment. Warm conditions should be avoided.

5.14.4 The DCO shall accurately complete appropriate documentation for each transport bag/container to ensure that the laboratory can verify the contents of the bag/container.

5.14.5 The DCO shall follow the ADO's system to ensure that, where required, instructions for the type of analysis to be conducted are provided to the laboratory.

5.14.6 The DCO shall complete the laboratory advice form/chain of custody form. The laboratory copy of this form(s) and the laboratory copy of the doping control form shall be placed in the transport bag with the samples, and sealed, preferably in the presence of a second person. Documentation identifying the Athlete shall not be included with the samples.

5.14.7 If relevant, the DCO shall record the times the transport bag is opened and re- sealed on the laboratory advice form or chain of custody form.

5.14.8 The DCO shall keep the samples secured and under his or her control until they are passed to the courier.

5.14.9 All documentation relevant to the testing session shall be forwarded to the ADO by the approved method as soon as possible after sample collection.

5.15. Transport of Samples

5.15.1 Samples shall be shipped to the WADA accredited laboratory as soon as practical, and wherever possible on the day of collection.

5.15.2 Samples may be taken directly to the laboratory by the DCO, or handed over to a third party for transportation. This third party must document the chain of custody of the samples. If an approved courier company is used to transport the samples, the DCO shall record the waybill number.

5.16 Hand-over of Samples to the laboratory

5.16.1 Laboratories are required to document receipt and the subsequent chain of custody of samples. Samples are reviewed for evidence of tampering or damage, and stored in appropriate conditions in accordance with the International Standard for Laboratories.

6 Modifications for Minors and Athletes with a Disability

Minors, or Athletes with specific types of disability may require modifications to the sample collection procedure. The modifications outlined below do not affect the integrity of the sample collection process.

The ADO has responsibility for ensuring, when possible, that the Lead DCO has any information and specialised sample collection equipment necessary to conduct a sample collection session with an Athlete with a disability requiring assistance during sample provision. The DCO shall have the authority to make modifications as the situation requires, in accordance with these guidelines.

In some cases, with the agreement of the Lead DCO, the Athlete may designate the Athlete Representative, or the DCO/Chaperone to assist with the sample collection process.

Any modifications made to the standard sample collection procedure shall be documented by the Lead DCO.

Modifications may be introduced in the case of the following Athletes:

6.2 Minors

6.2.1 Minors may, at their request, be accompanied by an Athlete Representative at all times during the sample collection procedure, including in the toilet area. However, the representative shall not witness the passing of the sample, unless requested to do so by the Athlete. The objective is to ensure that the Witness is observing sample provision correctly

6.2.2 The Athlete Representative or the DCO shall explain the doping control documentation to the Athlete, if necessary.

6.2.3 Minors must be accompanied for the verification of procedure (signing of the doping control form), and the Athlete Representative shall sign in addition to the Athlete.

6.3 Athletes with restricted mobility/ restricted manual dexterity

6.3.1 Athletes may ask the Athlete Representative or the DCO/Chaperone to assist them with mobility, when handling equipment, splitting the sample, or completing paperwork.

6.3.2 Athletes with Cerebral Palsy and/or significant lack of co-ordination may use a larger collection vessel, if available.

Appendix to the Guideline: Chaperone Training Guidelines

6.4 Athletes with visual impairment

6.4.1 Athletes may be accompanied by an Athlete Representative at all times during the sample collection procedure, including in the toilet area. However, the representative shall not witness the passing of the sample. The objective is to ensure that the Witness is observing sample provision correctly.

6.4.2 The Athlete Representative or the DCO shall read the doping control documentation to the Athlete, if necessary.

6.4.3 Blind Athletes must be accompanied for the verification of procedure (signing of the Doping Control Form), and the Athlete Representative shall sign on behalf of or in addition to the Athlete.

6.5 Athletes with an intellectual disability

6.5.1 Athletes shall be accompanied by an Athlete Representative at all times during sample collection procedure, including in the toilet area. However, the representative shall not witness the passing of the sample. The objective is to ensure that the Witness is observing sample provision correctly.

6.5.2 The Athlete Representative or the DCO shall read and/or explain the Doping Control documentation to the Athlete, if necessary.

6.5.3 Athletes with a intellectual disability must be accompanied for the verification of procedure (signing of the Doping Control Form), and the Athlete Representative shall sign on behalf of or in addition to the Athlete.

6.6 Athletes using condom drainage or indwelling catheter drainage

6.6.1 Athletes shall remove, or supervise the removal of, the existing collection bag and drain the system so that a fresh sample can be obtained.

6.7 Athletes who self-catheterize

6.7.1 Athletes may use their own catheter to provide a sample (this catheter should be produced in tamper-evident wrapping), or use one provided at the Doping Control Station, if available.

Appendix to the Guideline: Chaperone Training Guidelines

A. Procedure for training notifying Chaperones

1. The notifying Chaperones shall meet the Lead DCO at the Doping Control Station prior to the start of the event to receive training, instruction, credentials and assignments, as well as to complete a confidentiality agreement.
2. The Lead DCO shall first ensure that the notifying Chaperones meet the relevant criteria as specified by the ADO and are fit for duty. If not, alternative Chaperones should be found.
3. The Lead DCO shall specifically ask the notifying Chaperones if they have any conflict of interest, such as involvement with any Athlete that might be tested. If so, alternative Chaperones should be found.
4. The Lead DCO shall ensure that all notifying Chaperones have a watch, and all staff should synchronize their watches.
5. The Lead DCO shall review or arrange for the review of the notification and escorting procedure with the notifying Chaperones. (5.5/5.6) The explanation should include the purpose of the Chaperone role, and what to do if problems are encountered. The DCO should make it clear that a Chaperone should ask for assistance from the Lead DCO if they are not sure how to proceed at any time.

6. The DCO shall demonstrate the notification procedure by means of role-play, should observe the Chaperone practice at least once, and point out mistakes as well as providing praise.
7. The DCO shall inform the Chaperones that any strange behavior by Athletes, such as ingestion of unknown substances, or evasion, should be discretely reported to the Lead DCO upon arrival at the Doping Control Station.
8. The DCO shall encourage questions from the Chaperones.
9. The Lead DCO shall arrange a location and time for the Chaperones to receive information specific to the Athlete they will be notifying.

NOTE: whenever possible, notifying Chaperones should be assigned to Athletes of the same gender.

10. Notifying Chaperones shall then sign the relevant agreement which should as a minimum require a commitment to confidentiality and outline a code of conduct. The form should also require the Notifying Chaperone to provide their contact details and date of birth.
11. The Chaperones shall, where possible, have an opportunity to assess the location and plan the approach and timing of notification, taking into account the specific circumstances of the session.
12. The Lead DCO shall provide guidelines as to the Chaperone's responsibilities after the Athlete has arrived at the Doping Control Station (i.e. whether they are free to leave, or have further responsibilities).

B Procedure for training witnessing Chaperones

Ideally, witnessing Chaperones will have prior experience, and will not be trained on-site.

1. The witnessing Chaperones shall meet the Lead DCO at the Doping Control Station prior to the start of the event to receive training, instruction, credentials and assignments, as well as to complete the confidentiality agreement. Training should be separate from that of the Notifying Chaperones.
2. The Lead DCO shall first ensure that the witnessing Chaperones meet the relevant criteria as specified by the ADO and are fit for duty. If not, alternative Chaperones should be found.
3. The Lead DCO shall specifically ask the Chaperones if they have any conflict of interest, such as involvement with any Athlete that might be tested. If not, alternative Chaperones should be found.
4. The Lead DCO shall review, or arrange the review of, the specific procedure for observation of sample provision (5.9).
5. Witnessing Chaperones shall also be briefed about any sensitivities, and any potential scenarios which might be encountered.
6. The DCO shall encourage questions from the Chaperones.
7. Witnessing Chaperones shall then sign the relevant agreement which should as a minimum require a commitment to confidentiality and outline a code of conduct. The form should also require the Witnessing Chaperone to provide their contact details and date of birth.
8. The Lead DCO shall provide guidelines as to the Chaperone's responsibilities after the Athlete has provided the Sample at the Doping Control Station (i.e. whether they are free to leave, or have further responsibilities).

Appendix: WADA-Guideline for Blood Sample Collection

(Version 4, June 2004)

1. Objective

This guideline expands upon the International Standard for Testing and details the recommended process for the collection of blood for doping control purposes, both in and out of competition. The guideline includes on-site preparation, sample collection and post-test processing and administration.

With the exception of those mandatory areas which are part of the World Anti-Doping Program, the processes outlined in this document are not mandatory, but are aimed at assisting Anti-Doping Organizations in the development of systems and protocols for Blood Sample collection. The method of sample collection may vary from these recommendations in some circumstances; however, minimum standards should apply to ensure that the integrity of the sample is maintained.

When collecting blood for doping control purposes, the protection of the Athlete and Sample Collection Personnel is paramount. The process must be carried out by experienced professionals who possess qualifications in phlebotomy recognized by the relevant public authorities, and the highest standards of hygiene and safety must be maintained at all times.

As with all Guidelines under the World Anti-Doping Program, these documents are subject to on-going review and reassessment. WADA encourages feedback on the content of the Guidelines, and recommends that stakeholders always consult the WADA website for the latest version. Please direct any feedback to doping.control@wada-ama.org

2. Scope

This guideline begins with the arrival of Sample Collection Personnel at the Blood Collection Facility, and ends with the hand-over of the Blood Sample(s) to the courier or the WADA accredited or approved laboratory.

3. Responsibility

3.1 Doping Control Officer (DCO) (One lead/senior DCO shall take responsibility for sample collection services.) A DCO may also perform the duties of a Blood Collection Officer, if qualified to do so.

- Organize and brief Sample Collection Personnel.
- Ensure that Chaperones are trained in carrying out relevant activities.
- Liaise with sport representatives, if relevant.
- Organize equipment, including all relevant documentation.
- Assess and organize the facilities.
- Arrange or perform notification and escorting of Athletes.
- Ensure that the Athlete's rights and responsibilities are explained.
- Explain, or arrange explanation of, the process for Blood Sample collection to Athletes and Athlete Representatives, as necessary.
- Collect and/or oversee the collection of the sample.
- Oversee the post-collection process.
- Co-ordinate collection of accompanying urine sample, if required.
- Complete, or arrange completion of, and verify the relevant documentation.

- Verify the chain of custody.
- Organize courier services, if necessary, or on-site screening of blood.

3.2 Blood Collection Official (BCO)

- Possess qualifications in phlebotomy recognized by the relevant public authorities, have experience in sample collection, and be approved by the authorized collection agency to conduct the blood collection procedure.
- Answer relevant questions from Athletes about the procedure.
- Prepare the Athlete, collect a Blood Sample and advise the Athlete on aftercare procedures.
- Dispose of the blood collection equipment in an appropriate manner.
- Carry out first aid on the Athlete if required.
- Verify the collection procedure and sign the relevant documentation.

3.3 Chaperone

- Notify the Athlete in person as instructed by the DCO.
- Escort the Athlete from notification until arrival at the Blood Collection Facility

NOTE: A Chaperone may have additional duties for urine sample collection – the duties above relates to the collection of blood only.

3.4 Athlete

- Request the presence of an Athlete Representative, if desired.
- Report for doping control as soon as possible, and within the specified timeframe.
- Be escorted from notification to sample provision.
- Be responsible for any food or beverage consumed prior to sample provision.
- Be familiar with the sample collection process.
- Be responsible at all times for his/her sample (s) from provision to sealing.
- Observe the procedure and ensure there are no irregularities.
- Declare any blood transfusions on the doping control documentation.
- Provide a TUE certificate, if applicable.
- Make comments relating to the sample collection process on the doping control documentation, if applicable.
- Sign documentation as requested by the DCO.

3.5 Athlete Representative (presence optional, at Athlete's request)

- Accompany the Athlete during notification.
- Accompany the Athlete to the Blood Collection Facility.
- Be present during blood collection procedures and assist in the selection of equipment and the sealing process where asked to do so by the Athlete.
- Assist the Athlete in the completion of paperwork where asked to do so by the Athlete.
- Be familiar with the sample collection process.
- Observe the procedure and ensure there are no irregularities.
- Sign documentation as requested by the DCO.

4 Definitions

‘Anti-Doping Organization’ means a Signatory (of the World Anti-Doping Code) that is responsible for adopting rules, for initiating, implementing or enforcing any part of the doping control process. This includes, for example, the International Olympic Committee, the International Paralympic Committee, or other major event organi-

zations that conduct testing at their events, WADA, International Federations, and National Anti-Doping Organizations.

‘Athlete’ means for purposes of doping control, any person who participates in sport at the international level (as defined by each International Federation), national level (as defined by each National Anti-Doping Organization) and any additional person who participates in sport at the lower level if designated by the person’s National Anti-Doping Organization. For purposes of anti-doping information and education, any person who participates in sport under the authority of any signatory, government, or other sports organization accepting the Code.

‘Athlete Representative’ means a person designated by the Athlete to assist with the verification of the sample collection procedure (not including the passing of the urine sample). This person may be a member of the Athlete’s support personnel, such as a coach or team doctor, a family member, or other.

‘Blood Collection Facility’ means the place where the Blood Sample is collected. This may differ from the doping control station where urine samples are collected, or may be a separate, dedicated area of the doping control station.

‘Blood Collection Procedure’ means the procedure for taking a Blood Sample from an Athlete, from the Athlete’s arrival at the Blood Collection Facility to the Athlete’s departure from the Blood Collection Facility.

‘Butterfly Needle’ is a small needle with two plastic wings attached which are squeezed together to form a tab used to manipulate the needle. A long 6-12" plastic tubing is attached to offer better manipulation.

‘Blood Collection Official’ means an official who is qualified to and has been authorized by the ADO to collect a Blood Sample from an Athlete.

‘Blood Sample’ means an aliquot of whole blood, plasma or serum appropriately collected to perform one or more laboratory tests.

‘Chaperone’ means an official who is trained and authorized by the ADO to carry out specific duties including notification of the Athlete selected for sample collection, accompanying and observing the Athlete until arrival at the doping control station, (or Blood Collection Facility) and/or witnessing and verifying the provision of the sample where the training qualifies him/her to do so.

‘Doping Control Officer’ means an official who has been trained and authorized by the ADO with delegated responsibility for the on-site management of a sample collection session.

‘Laboratory’ means an accredited laboratory applying test methods and processes to provide evidentiary data for the detection and, if applicable, quantification of a Threshold Substance on the Prohibited List in urine and other biological Samples.

‘Sample Collection Personnel’ is a collective term for qualified officials authorized by the ADO who may carry out or assist with duties during the sample collection session.

‘Venipuncture’ means the process of collecting a sample of blood from an Athlete’s vein.

5 Protocol for the Blood Sample Collection Session

Procedures involving blood shall be consistent with relevant principles of internationally recognized standard precautions in health care settings. The protocol for the Blood Sample collection session is divided into the following steps.

5.1 Brief personnel on roles and responsibilities

5.1.1. The Lead DCO shall brief the Sample Collection Personnel on their roles and responsibilities prior to or upon arrival at the Blood Collection Facility. This will include Athlete notification, escorting, Blood Sample collection, and related urine sample collection if applicable.

5.2 Assess the facilities

5.2.1 The Blood Collection Facility shall ideally meet the following criteria:

- Be solely reserved for Venipuncture purposes
- Maintain Athlete privacy and confidentiality
- Provide a high standard of cleanliness
- Be well-lit and well-ventilated
- Be accessible only to authorized personnel
- Be secure enough to store sample collection equipment
- Contain a table and chairs for administration and completion of paperwork
- Contain a comfortable chair or bed for sample provision
- Contain a refrigerator or coolbox
- Be large enough to accommodate the Athletes, Athlete Representative and Sample Collection Personnel who will occupy the area
- Be suitably located in relation to the field of play or other location where Athletes will be notified.

NOTE 1: Although the term Blood Collection Facility is used, for out-of-competition testing this facility might be an Athlete's home or a hotel room, rather than an officially designated facility for doping control, as long as it meets the minimum criteria in 5.2.2.

NOTE 2: The Blood Collection Facility may be located adjacent to, or in the same suite of rooms as the doping control station where urine sample collection is to take place.

5.2.2 The minimum requirements to be met to enable use of a facility as a Blood Collection Facility are privacy, sole-use and cleanliness. The requirements are necessarily more stringent than for a doping control station for the purpose of urine sample collection. If the facility does not meet the minimum requirements, the Lead DCO may decide not to proceed with testing. The reasons for such a decision must be documented.

5.2.3 Access to the facility shall be restricted to the Athlete providing the sample, the Athlete Representative, an interpreter if required, and Sample Collection Personnel, unless otherwise agreed by the Lead DCO. Additional personnel requesting access may include an IF representative, an auditor or a WADA Independent Observer. These personnel shall have adequate authorization available for the Lead DCO to review upon arrival at the Blood Collection Facility.

5.2.4 The Lead DCO may wish to assign a member of the sample collection team to monitor access to the Blood Collection Facility, and ensure that only authorized persons are admitted.

5.2.5 Members of the media must not be allowed to enter the Blood Collection Facility at any time.

5.3 Prepare the necessary equipment

5.3.1 The DCO shall ensure that equipment supplies are adequate for the testing session. The type of equipment may vary but, as a guideline, will include:

- Sterile needles
- Butterfly needles
- Disposable plastic syringes
- Vacutainer collection tubes to draw a predetermined volume of blood(these might include serum separator tubes or and/or EDTA (anti-coagulant)tubes, as required).
- A stand or holder for collection tubes
- Sterile disinfectant pads

- Gloves providing barrier protection
- Tourniquets
- A disposal container for bio-hazardous waste
- A bio-hazard spill kit
- Adhesive bandage and gauze
- A centrifuge machine (if required)
- Small serum containers (if required)
- An ice-pack container/coldbox
- Secure transport containers
- Secure transport bags and seals
- All doping control documentation, including doping control forms, Athlete notification forms, supplementary report forms, chain of custody forms, etc

5.3.2 Any sample collection equipment systems used shall meet the following minimum criteria:

- Have a unique numbering system incorporated into all containers in which the Athlete's sample is sealed.
- Have a sealing system that is tamper-evident.
- Ensure the identity of the Athlete is not evident from the equipment itself.
- Ensure that all equipment is clean and sealed prior to use.

5.4 Athlete Selection

5.4.1 The DCO will select Athletes according to the selection policy indicated by the ADO. This may include one or all of the following: target testing (named Athletes or categories), weighted selection and random selection.

5.4.2 In the case of random selection, the ADO/DCO may choose to use one of the following selection criteria. The criteria chosen shall be appropriate for the sport, e.g:

- Finishing position
- Vest/jersey number
- Entry number
- Lane number
- Any other fair and transparent criteria for selection

5.4.3 Once the criteria has been determined, the actual selection method may be one of the following:

- Numbered cards placed face-down on a table
- Random draw of numbers (or names) from a closed container such as a cloth bag
- Use of an electronic random number generator
- Any other fair and transparent method of selection

In order to provide transparency and accountability, random selection made in the field may be witnessed by a coach or sporting official, or can be shown to the selected Athlete if requested. For example a signature on the back of numbered cards.

5.4.4 Following the selection of the Athlete, the Lead DCO shall ensure that selection decisions are disclosed on a need-to-know basis only to ensure that testing is No-Advance Notice.

5.5 Athlete notification

5.5.1 No-advance notice shall be the preferred type of notification.

5.5.2. The DCO/Chaperone shall establish the location of the selected Athlete, and plan the approach and timing of notification, taking into account any specific circumstances such as the competition/training schedule, and such that the notification will be carried out as No-Advance-Notice notification.

5.5.3 The DCO/Chaperone shall identify him/herself and shall show the Athlete the official card/document naming the ADO which has granted the authority to test. Additional identification proving affiliation to the authorized sample collection authority shall also be provided, if this authority is not the ADO which authorized the test. DCO identification documents shall include name, photograph, and the documents' expiry date. Chaperone identification documents shall ideally also include name, photograph, and the documents' expiry date, and as a minimum shall comprise a dated document naming them as an authorized member of the sample collection team, which they shall show to the Athlete in conjunction with a piece of photo ID.

5.5.4 The DCO/Chaperone shall, at a minimum, verbally confirm the Athlete's identity. If the Athlete is carrying photo ID, this may be checked at this stage. An Athlete's inability to provide photo ID shall not invalidate a test. Formal identification can be established by starting number, accreditation, third party witness, if the Athlete is known to the DCO/Chaperone, or other viable method. If the Athlete's identity is unknown and can not be established in any manner, the DCO must contact the ADO for further instructions.

5.5.5 The DCO/Chaperone shall show the Athlete the notification form (which maybe part of the doping control form), and notify the Athlete of his/her selection for testing, the authority under which sample collection is to be conducted, and the requirement to provide a blood (and urine, if applicable) sample, and shall inform the Athlete of the following rights and responsibilities:

a) For all types of testing

- The right to have a representative and, if required, an interpreter present.
- The right to ask for additional information about the sample collection process
- The possible consequence of an anti-doping rule violation for failing to submit to sample collection.
- The requirement to remain in sight of the designated DCO/Chaperone until completion of the sample collection procedure.
- The requirement to bring satisfactory identification to the Blood Collection Facility if this has not already been provided.

b) For the purpose of In-Competition Testing

- The requirement to report to the Blood Collection Facility as soon as possible and not later than 60 minutes from notification, or no more than 24 hours in the case of advance-notice testing.
- The DCO shall consider reasonable requests to delay thereporting time, if a Chaperone is available, to enable the Athlete to complete one or more of the following:
 - locate a representative and/or interpreter
 - warm down
 - attend a medal ceremony
 - participate in further events
 - fulfill media commitments
 - receive treatment for injury
 - any other reason accepted by the DCO
- The DCO shall document reasons for any delay that may require further investigation by the ADO.

c) For the purpose of Out of Competition Testing

- The requirement to report to the Blood Collection Facility and commence sample provision as soon as possible. The DCO shall consider requests to delay reporting, if a Chaperone is available, to enable the Athlete to complete one or more of the following:
 - locate a representative, if available
 - complete a training session
 - receive treatment for injury
 - any other reason accepted by the DCO
- The DCO shall document reasons for any delay that may require further investigation by the ADO.

5.5.6 If a selected Athlete is not located based on available information, the DCO shall attempt to locate the Athlete by other means, but ensure that No-Advance-Notice notification is used as a notification method. The DCO shall notify the ADO for further instructions if the Athlete is not located. (See WADA's No-Advance Notice Testing Guidelines).

5.5.7 The DCO shall report any decision to the ADO if an unexpected situation arises requiring the notification to become advance notice.

5.5.8 The Athlete shall read and sign the Athlete notification form or doping control form as directed by the DCO/Chaperone.

5.5.9 If an Athlete copy of the official notification record exists, this will be given to the Athlete.

5.5.10 If the Athlete refuses to sign that he/she has been notified, or evades notification, the DCO/Chaperone shall make all reasonable attempts to persuade the Athlete to comply, including informing the Athlete again that failure to comply may result in sanction for an anti-doping rule violation. If the Athlete continues to refuse, the Chaperone must report this to the Lead DCO immediately, and the DCO shall attempt to notify the Athlete. If the Athlete still refuses to be notified, the DCO shall document the facts, including the reasons for refusal given by the Athlete. The DCO shall endeavor to obtain witness signatures to confirm the Athlete's refusal, and shall contact the ADO for further instructions as soon as possible.

5.6 Escorting the Athlete to the Blood Collection Facility.

5.6.1 The DCO/Chaperone shall ensure that the Athlete is escorted from the place of notification to the Blood Collection Facility under constant supervision.

5.6.2 The DCO/Chaperone can not prevent the Athlete eating or drinking products of their choice, but shall recommend that the Athlete chooses from a selection of individually sealed, non-caffeinated and non-alcoholic beverages in order to hydrate. The DCO/Chaperone shall not handle food or drink items for the Athlete.

5.6.3 The DCO/Chaperone shall escort the Athlete at all times until the sample collection procedures have been completed, or shall ensure that another DCO/Chaperone has taken over escorting the Athlete.

5.6.4 The Chaperone shall inform the Lead DCO as soon as practical without leaving the Athlete unattended, and ensuring discretion, of any irregularities in notification and/or during the observation period. Irregularities shall be documented by the Lead DCO if relevant.

NOTE: The ADO is responsible for establishing guidelines for what constitutes suspicious Athlete behavior – examples might be; evading observation, ingesting an unidentified substance, a distressed call to a coach or other unusual behavior.

5.6.5 If an Athlete notified of an advance notice sample collection does not report to the Blood Collection Facility at the designated time, the DCO shall use his/her judgement as to whether to attempt to contact the Athlete. At a minimum, the DCO shall wait 30 minutes after the appointed time before departing.

5.6.6 If an Athlete reports to the Blood Collection Facility after the minimum waiting time, and prior to the DCO's departure, the Lead DCO shall decide whether to process a possible failure to comply. Where possible, the DCO shall proceed with collecting a sample, and shall document the details of the delay.

NOTE: No-Advance-Notice is the preferred method of doping control. The situation described in 5.6.5 and 5.6.6 shall be in exceptional circumstances only; an Athlete should ideally be escorted at all times, and the escorting DCO/Chaperone shall ensure that the Athlete reports for doping control as quickly as possible, taking into account the provisions of 5.5.4.

5.7 Athlete arrival at the Blood Collection Facility

5.7.1 The Athlete arrives at the Blood Collection Facility with a DCO/Chaperone and, if requested, an Athlete Representative. At this time, the Athlete should present photo ID to the DCO. An Athlete's inability to provide photo ID shall not invalidate a test.

5.7.2 A Blood Sample shall be collected from one Athlete at a time. Each Athlete's privacy shall be ensured.

5.7.3 The Athlete shall be provided with the opportunity to hydrate.

5.7.4 The Athlete must be under observation at all times until sample collection begins.

5.7.5 In order to ensure the same conditions for all, the Athlete shall remain seated and relaxed for 10 minutes before undergoing Venipuncture.

5.7.6 Before sample collection, the DCO shall ask the Athlete whether they have been tested before, and whether they require an explanation of the Blood Sample collection procedure.

5.7.7 If the Athlete has not been tested before, or requests an explanation of the procedure, the DCO shall explain the Blood Sample collection procedure to the Athlete.

5.7.8 As a minimum, the DCO shall ensure the Athlete is informed of his/her rights and responsibilities.

5.8 Venipuncture

NOTE: The type of equipment used for blood collection, and the post-collection process, will differ depending on the type of analysis required. In summary:

Analysis of whole blood for prohibited substances and methods (eg detection of blood transfusion): Number of samples: 2 (A sample and B sample) Volume required: 2 x 3mL (or as specified by relevant laboratory) The tube used contains an anti-coagulant, such as EDTA. The contents can be mixed and sent to laboratory with no further action.

Analysis of serum for prohibited substances and methods* (eg detection of hGH and HBOCs): Number of samples: 2 (A sample and B sample) Volume required: 2 x 3mL (or as specified by relevant laboratory) Blood is drawn into a tube that has an inert polymeric serum separator gel and a clotting activation factor. The serum is the solution remaining on top of the gel after the blood has clotted and been spun down by centrifugation. A vacutainer containing serum separator gel shall be used for the collection and centrifugation of serum. The serum shall then be poured or pipetted into a serum container such as a cryovial which can withstand freezing.

*Studies on the stability of the serum at various temperatures, with and without separator gel, have concluded that unless analysis of A and B samples can occur within 60 hours, it is recommended that serum be separated on-site. This method is outlined in Appendix 1: On-Site Separation of Serum

5.8.1 After the required rest period, and the DCO/BCO explanation of procedure, the DCO shall direct the Athlete to choose the appropriate number of Blood Sample collection kits, as required by the ADO. It is recommended that there are at least 3 Blood Sample collection kits from which to choose.

NOTE: The kit will typically include the sterile needle, syringe and the relevant vacutainer tubes packaged together in a sealed bag. If kits contain only one vacutainer, and an A and B sample are required, the Athlete shall choose two Blood Sample collection kits.

5.8.2 The Athlete and DCO shall check that the equipment is clean and intact. If either the Athlete or DCO is not satisfied with the equipment, the Athlete shall make another selection.

5.8.3 If the Athlete is not satisfied with any of the equipment, and the DCO does not agree with the Athlete's opinion that all of the available equipment is unsatisfactory, the DCO shall instruct the Athlete to proceed with the sample collection session and the Athlete's views must be recorded on the doping control documentation by the DCO.

5.8.4 If both the DCO and the Athlete agree that none of the equipment is satisfactory, the DCO shall terminate sample collection, and record thereasons.

5.8.5 When the Blood Sample collection kit has been selected, the Athlete and the DCO shall proceed with the selection of the secure transport kit. Selection will proceed in the same manner as 5.8.1 to 5.8.4.

5.8.6 If the secure transport kit includes pre-printed bar code labels, the Athlete shall remove these labels from the secure transport kit, and shall verify with the DCO that the code numbers match the transport kit numbers.

5.8.7 If the Athlete or DCO find that the numbers are not the same, the DCO shall instruct the Athlete to choose another secure transport kit, and shall document the occurrence.

5.8.8 The Athlete shall place one label longitudinally on each of the vacutainer tubes. The label shall be placed towards the top of the tube(s), near the cap. The Athlete may authorize the DCO, or the Athlete Representative to place the labels on the tubes.

5.8.9 The DCO shall record the numbers, and the Athlete and the DCO shall check the documentation to ensure that the DCO has accurately recorded the information.

5.8.10 The Athlete shall give the BCO the Blood Sample collection equipment, including the vacutainer(s). The BCO shall assemble the equipment in sight of the Athlete.

5.8.11 The BCO shall assess the most suitable arm for Venipuncture. This will always be the non-dominant arm, unless the BCO assesses the other arm to be more suitable or the Athlete requests a specific arm.

5.8.12 If the BCO believes that a butterfly needle is required for Venipuncture, the Athlete shall be asked to select a butterfly needle from a selection of sealed needles. The procedure then continues as normal.

5.8.13 If necessary, the BCO shall apply a tourniquet to the Athlete's upper arm. If the Athlete has a skin problem, the tourniquet shall be applied over thin clothing or a paper tissue so that the skin is not pinched.

5.8.14 The skin at the puncture site shall be cleaned with a sterile disinfectant wipe or swab.

5.8.15 The needle shall be inspected visually before insertion. After the BCO has inserted the needle into the antecubital vein, the tourniquet shall be removed.

5.8.16 The BCO shall collect the amount of blood advised by the relevant laboratory or ADO for the type of sample analysis to be conducted. The collection vessel(s) shall always be kept in full view of the Athlete.

5.8.17 In the event that the BCO is unable to draw sufficient blood from the first attempt, up to three attempts in total shall be made before the DCO, in consultation with the BCO, decides to terminate collection. No more than

three attempts to insert a needle into the Athlete's body shall be made. The DCO shall record the reasons for terminating the collection attempt.

5.8.18 The blood shall be collected into one or more vessels, depending on the requirements of the ADO.

5.8.19 Blood collection equipment must be disposed of in accordance with the required standards for handling blood and the BCO's protocol.

5.9 Aftercare procedure

5.9.1 After withdrawing the needle from the Athlete's arm, the BCO shall place a pad over the puncture site and instruct the Athlete to press firmly on the pad. The BCO may also choose to apply pressure to the wound.

5.9.2 If necessary, pressure shall be applied for 2 – 3 minutes prior to undertaking the sample sealing procedure. The BCO shall assess the wound and indicate to the Athlete and the DCO when the Athlete is ready.

5.9.3 The BCO or the DCO shall advise the Athlete not to undertake any strenuous exercise using the arm for at least 30 minutes. This minimizes any potential bruising.

5.9.4 The BCO shall be prepared to conduct first-aid if necessary.

5.10 Post collection processing for the purpose of:

5.10.1 Analysis of Whole Blood

5.10.1.1 For the analysis of whole blood, the 2 x 3mL Blood Samples, comprising of an A and a B sample will be inverted gently to mix the blood with the anti-coagulant contained in the tube, sealed and made ready for transportation in accordance with 5.11.

5.10.2 Analysis of Serum

5.10.2.1 Both of the 2 x 3mL Blood Samples shall be inverted gently 5 times to accelerate clotting.

NOTE: These guidelines describe centrifugation on-site. However, if/when new methods mean that centrifugation is no longer required on-site, the DCO and Athlete shall not follow the remainder of 5.10, but shall proceed directly to 5.11. However, extra care must be taken to ensure that during transfer to, and once in, the transport kit and bag, the samples are stored upright, and allowed to stand still for 30 minutes before transportation to allow clotting.

NOTE 2: STEPS 5.10.2.2 – 5.10.2.12 ONLY APPLY IF THE ATHLETE IS TO LEAVE THE VENIPUNCTURE AREA AND LOSE SIGHT OF THE SAMPLES. IF THE ATHLETE AND DCO STAY TO SUPERVISE THE SAMPLES, PROCEED TO STEP 5.10.2.13

5.10.2.2 The samples (in the serum separator collection tube) shall then be placed in two specially-adapted holding containers in which the collection tube can stand upright and remain still. These containers shall be chosen by the Athlete from a selection of containers as for 5.8.1 – 5.8.4. Slight movement shall not affect the integrity of the samples.

NOTE: The holding containers must be uniquely identifiable, and might be the same vessels which are ultimately used to transport the blood (serum) samples to the laboratory (5.8.5).

5.10.2.3 The holding containers shall then be temporarily sealed with a tamper-evident lid.

5.10.2.4 The DCO shall place the holding containers in a tamper-evident bag, which will be sealed with a uniquely numbered seal. The seal number shall be recorded.

NOTE: This temporary sealing process is identical to that used for partial urine samples in some existing systems, and is designed to ensure that the integrity and the identity of the Blood Samples is not compromised.

5.10.2.5 The DCO and Athlete shall ensure that the equipment code numbers are accurately recorded. The Athlete and DCO may initial or sign the documentation to show they are satisfied with the procedure.

5.10.2.6 The samples shall remain under the observation of authorized Sample Collection Personnel, or shall be locked away in a secure area. The samples shall not be moved during clotting, and shall not be refrigerated – clotting will take place at room temperature. Slight movement shall not affect the integrity of the samples.

5.10.2.7 Clotting shall then be allowed for a minimum of 20 minutes. The DCO shall use a watch to time the clotting period.

5.10.2.8 With the DCO's authority, the Athlete may choose to remain with the samples at this time. In this case there is no need to seal the samples in the tamper evident bag. If there is insufficient space in the Blood Collection Facility, the DCO may be obliged to ask the Athlete to wait elsewhere whilst the blood clots.

5.10.2.9 At the DCO's discretion, the Athlete may proceed to provide a urine sample at this time, if required to do so.

5.10.2.10 When the Athlete leaves the Blood Collection Facility, he/she shall continue to be escorted at all times.

5.10.2.11 After 20 minutes clotting time, or upon the Athlete's return to the Blood Collection Facility, the Athlete shall oversee the DCO open the tamper-evident bag and remove the holding containers with the samples.

5.10.2.12 The DCO and the Athlete will confirm the identity of the samples. The Athlete shall oversee the DCO removing the serum separator collection tubes from the holding containers.

5.10.2.13 The Athlete shall oversee the DCO transfer the A and B sample to the centrifuge machine.

5.10.2.14 Unless each serum separator collection tube has a unique identifier which matches the secure transport kit (5.8.6), only one Athlete's samples shall be centrifuged at one time, to ensure samples can be identified.

5.10.2.15 The samples shall then be centrifuged for 7 -10 minutes at 1100-1300 relative centrifugal force.

5.10.2.16 The samples shall be left to stand in the centrifuge for a few seconds, whilst the gel in the serum separator collection tube forms a barrier between the clot and the serum.

*Studies on the stability of the separator gel, have concluded that unless analysis of A and B samples can occur within 60 hours, it is recommended that at this stage, serum be separated on-site. This method is outlined in Appendix 1: On-Site Separation of Serum

5.11 *Sealing of the Blood Samples

NOTE: In the case of the analysis of serum, the holding container described in 5.10.2.2 may also serve as the transport container, with the temporary seal replaced with a tamper-evident, permanent seal.

5.11.1 The Athlete and the DCO shall verify that the sample collection vessel(s) are securely closed.

5.11.2 The Athlete shall take the secure transport kit already selected in 5.8.5, or, if not yet selected, shall choose a transport kit from a selection of kits in accordance with the process outlined in 5.8.

5.11.3 The DCO shall direct the Athlete in placing the sample collection vessel(s) in the transport kit, and in the sealing procedure. The Athlete may request the DCO or the Athlete Representative to complete this process on their behalf.

5.11.4 The DCO shall ensure the Blood Sample is stored in a secure, preferably cooled, location (i.e. transport bag) until ready to proceed to 5.13-Transport of samples.

5.12 Paperwork

5.12.1 The DCO shall instruct the BCO to sign the form to confirm that he/she collected a Blood Sample from the Athlete in accordance with procedures.

5.12.2 The Athlete shall be provided an opportunity to document any blood transfusions over the last six months, and to indicate any medications, including those which may affect the ability of the blood to clot, taken over the past 7 days.

5.12.3 The DCO shall check all information on the form and sign to confirm that Blood Sample collection was conducted in accordance with procedures.

5.12.4 The Athlete and the Athlete Representative, if present, shall be invited to check that all information on the form accurately reflects the details of the sample collection session. The Athlete shall be invited to complete the comments section of the form if he/she has any concerns or comments regarding the procedure. If there is insufficient space on the form, the Athlete shall be invited to complete a supplementary report form.

Blood-only doping control form:

– The DCO, the Athlete Representative, if present, and the Athlete shall then sign the doping control form.

Combined urine/blood doping control form:

– If the urine sample has already been collected, the DCO, the Athlete Representative, if present, and the Athlete shall sign the doping control form.

– If the urine sample has not yet been collected, the Athlete shall proceed to provide a urine sample before the DCO, the Athlete Representative, if present, and the Athlete shall sign the doping control form.

5.12.5 The DCO must give a full copy of the form to the Athlete.

5.12.6 The Athlete shall then proceed to provide a urine sample if required, or is free to leave the Blood Collection Facility.

5.13 Sample Storage

5.13.1 The Lead DCO is responsible for ensuring, in accordance with the ADO's criteria for Blood Sample storage, that all samples are stored in a manner that protects their identity, integrity and security whilst in the Blood-Collection Facility.

5.13.2 Samples must not be left unattended, unless they are locked away, in a refrigerator or cupboard, for example. Access shall be restricted to authorized personnel.

5.13.3 The Blood Samples must be stored in a cool location, preferably in a refrigerator or coolbox. The optimum temperature for the storage of Blood Samples is 4 degrees Celsius. Variations in temperature should not exceed 2 – 8 degrees Celsius. For serum separated on-site, it is recommended that samples be frozen after separation, as indicated in Appendix 1.

5.13.4 If the conditions of storage did not meet the guidelines for temperature (5.13.3), the DCO shall document this, and shall also contact the ADO immediately to inform them of the variation in temperature, and the length of time the samples were affected.

5.13.5 If the variations in temperature were substantial and occurred for a period of time likely to affect the composition of a Blood Sample, the ADO and laboratory shall determine whether or not analysis should proceed on the sample.

5.13.6 The DCO shall accurately complete appropriate documentation for each transport bag/container to ensure that the laboratory can verify the contents of the bag/container.

5.13.7 The DCO shall follow the ADO's system to ensure that instructions for the type of analysis to be conducted are provided to the laboratory.

5.13.8 The DCO shall complete the laboratory advice form/chain of custody form. The laboratory copy of this form and the laboratory copy of the doping control form shall be placed in the transport bag with the samples, and sealed, preferably in the presence of a witness. Documentation identifying the Athlete shall not be included with the samples.

**Appendix 1 to WADA-Guideline for Blood Sample collection:
On-site separation of serum for hGH analysis**

5.13.9 If relevant, the DCO shall record the times the transport bag is opened and resealed, on the laboratory advice form or chain of custody form.

5.13.10 The DCO shall keep the samples under his/her control until they are passed to the courier. Blood Samples should be dispatched as soon as possible after collection to arrive at the laboratory ideally on the same day, and preferably within 24 hours of collection.

5.13.11 All documentation relevant to the testing session shall be forwarded to the ADO by the approved method as soon as possible after sample collection.

5.14 Transport / handover of Samples

5.14.1 The Blood Samples shall be transported to the laboratory in a refrigerated state. Whole blood must not be allowed to freeze, and should ideally be kept at a temperature of approximately 4 degrees. Variations in temperature shall not exceed 2 – 8 degrees Celsius. For serum separated on-site, it is recommended that samples be transported in a frozen state after separation, as indicated in Appendix 1.

5.14.2 Samples should remain in an upright position during transportation, whenever possible.

5.14.3 Samples may be taken directly to the laboratory by the DCO, or handed over to a third party for transportation. This third party must document the chain of custody of the samples. If an approved courier company is used to transport the samples, the DCO shall record the way bill number.

5.14.4 Due to the more stringent temperature and analysis requirements for blood, blood and urine samples may be transported separately. The relevant paperwork linking the two samples shall be included with each shipment, however.

5.14.5 The laboratory is required to document receipt and the subsequent chain of custody of samples. Samples are reviewed for evidence of tampering or damage, and stored in appropriate conditions until analysis in accordance with the International Standard for Laboratories.

**Appendix 1 to WADA-Guideline for Blood Sample collection:
On-site separation of serum for hGH analysis**

On-site separation of serum is a more lengthy process, but allows for increased flexibility and stability with regard to sample transportation and storage. See Appendix 2 to this Guideline for the results of stability studies conducted in 2005 which have resulted in the following conclusions:

a) If the laboratory is able to analyse samples A and B within 60 hours of sample collection: On-site separation not required.

- Collect blood sample and allow to coagulate
- Centrifuge on gel (Sarstedt serum gel monovettes).
- Refrigerate at 4°C and ship immediately to the anti-doping laboratory.
- While processing A sample, keep B sample at 4°C

Note: B sample analysis to be conducted no later than 60 hours after collection.

b) If the laboratory analysis of samples A and/or B will be done more than 60 hours after sample collection: On-site separation required

- Collect blood sample and allow to coagulate

Appendix 2 to WADA-Guideline for Blood Sample collection: Stability Study results

- Centrifuge on gel (Sarstedt serum gel monovettes). Transfer serum to a freezing tube (or cryovial)
- Freeze the serum at -20°C or below (if possible) or refrigerate it immediately at 4°C for shipping to the laboratory.
- Upon arrival: analyse A sample within 24 hours (maintaining temperature of 4°C) and freeze sample B at -20°C or below. Freeze both samples A and B at -20°C or below if analysis will be done more than 24 h later.
Note: if refrigeration of the samples is lost during transport, proceed as above but record the time the samples stayed at room temperature.

For b) above, once centrifuged, the blood is split into A and B small serum containers suitable for freezing, such as cryovials, and placed in the A and B transport kits.

The volume of serum in each container will be approximately 1.5mL.

The method remains unchanged from that explained in this blood sample collection guideline, other than the following amendments:

Equipment

Equipment will also include two x 2mL serum containers suitable for freezing, such as cryovials, protective gloves, and, optionally, a pipette in sealed, tamper-evident wrapping to facilitate the transfer of blood from the vacutainers to the serum containers. In addition to the labels placed on each of the vacutainers, labels will also be placed longitudinally on each of the serum containers. The Athlete may authorize the DCO, or the Athlete Representative to place these labels on the containers.

Post collection division of serum

NOTE: The athlete can nominate the DCO or BCO to perform the following under his supervision. Protective gloves shall be worn.

The Athlete shall unscrew the previously selected small serum container 'B', and stand it upright on a stable surface or place it in a suitable stand. The athlete shall then open vacutainer 'B' and pour, or transfer using a pipette, the serum to the small serum container 'B'. The athlete shall then replace the screw top of serum container 'B', and place it in the secure transport kit. A plastic sleeve may be used with the secure transport kit to ensure that the sample remains upright. The athlete shall then follow the same procedure for the 'A' sample, and proceed with closing the transport kit and completion of the paperwork as normal. Discarding the remaining blood cells Vacutainers containing the remaining blood clot shall be discarded appropriately in accordance with health and safety guidelines.

Sample storage and transportation

It is recommended that separated serum samples be frozen after collection, and transported in a frozen state. Alternatively, as with other blood samples, the serum samples shall be stored at an optimum temperature of 4 degrees celsius, and transported to the anti-doping laboratory within 48 hours of collection.

Appendix 2 to WADA-Guideline for Blood Sample collection: Stability Study results

Conclusions of stability studies conducted for the collection, transportation and storage of hGH samples

These recommendations are based on data gathered from different stability experiments conducted by the reference laboratory in Munich and 3 anti-doping laboratories in Athens, London and Sydney.

**Appendix 3 to WADA-Guideline for Blood Sample collection:
On-site screening of Blood Samples for Hematological Parameters**

The combinations of conditions tested included: Different storage temperatures: room temperature, 4°C, freezing (at -20°C and -80°C). Short- (24 to 96 hours) and long- (3-12 months) term stability. Storage in original vacutainer tube; storage on gel tubes after centrifugation without serum transfer; or storage of serum separated following centrifugation of clotted blood. From these experiments it was found that: 3 of the 4 assays (recombinant and pituitary screening and recombinant confirmatory) are quite stable for 48 to 96 hours but the pituitary confirmatory assay shows a trend towards higher values with time. Variations of hGH values are more pronounced at room temperature. Samples can be kept on gel for a short period of time but not for long term storage since the hGH values become variable and unreliable without any consistent trend. If samples are stored in the original vacutainer tube, the pituitary confirmatory assay starts showing variations after 24 hours. hGH in separated serum is stable frozen for long term storage at -20°C or below. For short-term analysis, as indicated above, 4°C storage is adequate, as hGH is stable and is as good or better than freezing and thawing the samples.

Important note: the variations observed with time will result in false negative results and not false positive.

Recommendations

a) If the laboratory is able to analyse samples A and B within 60 hours of sample collection:

- Collect blood sample and allow to coagulate
- Centrifuge on gel (Sarstedt serum gel monovettes)
- Refrigerate at 4°C and ship immediately to the anti-doping laboratory
- While processing A sample, keep B sample at 4°C

Note: B sample analysis to be conducted no later than 60 hours after collection.

b) If the laboratory analysis of samples A and/or B will be done more than 60 hours after sample collection:

- Collect blood sample and allow to coagulate
- Centrifuge on gel (Sarstedt serum gel monovettes). Transfer serum to a freezing tube (or cryovial)
- Freeze the serum at -20°C or below (if possible) or refrigerate it immediately at 4°C for shipping to the laboratory.
- Upon arrival: analyse A sample within 24 hours (maintaining temperature of 4°C) and freeze sample B at -20°C or below. Freeze both samples A and B at -20°C or below if analysis will be done more than 24 h later.

Note: if refrigeration of the samples is lost during transport, proceed as above but record the time the samples stayed at room temperature.

**Appendix 3 to WADA-Guideline for Blood Sample collection:
On-site screening of Blood Samples for Hematological Parameters**

Blood screening does not form part of doping control activities, but may be conducted by some Anti-Doping Organizations to establish a hematological profile of athletes in order to plan effective target testing. In such cases, the following conditions shall apply:

Number of samples: 1 Volume required: 1 x 3mL (or as specified by relevant laboratory). For blood screening purposes, such as for reticulocyte, hematocrit and haemoglobin levels, whole blood is the medium analyzed. In such cases the tube used contains an anti-coagulant, such as EDTA.

Appendix 3 to WADA-Guideline for Blood Sample collection:
On-site screening of Blood Samples for Hematological Parameters

For screening of blood for hematological parameters, the 1 x 3mL Blood Sample will be inverted gently to mix the blood with the anti-coagulant contained in the tube, sealed and made ready for transportation in accordance with 5.11. The contents can be mixed and sent to the laboratory or screened on site with no further action.

In those instances where Blood Samples are screened on-site, Steps 5.1 to 5.9 are completed, the following should also be taken into account:

- The sample collection vessel(s) should first be checked according to Step 5.8.
- In order to protect the integrity of the sample, there shall be an additional tamper-evident mechanism for guaranteeing the integrity of the samples between collection and on-site analysis. This could take the form of an identifying seal which covers the lid of the sample collection vessel(s), or a temporary sealed container.
- The chain of custody of samples must be carefully documented throughout.
- On-site screening shall take place in a secure, clean area and be conducted only by qualified experts using equipment approved by the Anti-Doping Organization.
- On-site screening shall not take place in the Venipuncture room whilst other Athletes or Athlete support personnel are present.