

# Drug Testing in Sport

Random drug testing will now occur at all Australian Championships and Selection Trials. So that you may be better informed on the procedures involved in drug testing, the Australian Sports Drug Agency has contributed the following guidelines, which apply to swimmers selected to undergo a drug test. Please note that as of 2001, blood samples may be required along with standard urine samples.

## GENERAL GUIDELINES

The Australian Sports Drug Agency is an independent body responsible for drug testing athletes in and out of competition. ASDA is responsible for selecting athletes for a drug test including winners, place getters and unplaced competitors. All ASDA officials must wear identification badges. If you are selected for a drug test the following will occur:

- Immediately after the event a chaperone will notify you of your selection and indicate the type of test that will be required. i.e. blood and urine or urine only. The chaperone will provide you with an information sheet outlining the testing procedures and your rights in relation to the test. You will be asked to sign a notification form acknowledging receipt of this information sheet.
- You are permitted to complete a warm-down, participate in medal presentations, compete in further events or fulfil media commitments if required. At all times you must be accompanied by the chaperone.
- You are entitled to have a representative present (generally your manager or coach). The chaperone will accompany you to notify your manager, coach or other people you wish to inform, eg family. If you are providing a blood sample, a representative is required. If you are under 18, an adult representative is required.
- As soon as possible after completing your event you must accompany the chaperone to the Drug Control Area and report to the Drug Control Official (DCO) who is supervising the testing.
- You should not consume any unsealed drinks. You will be provided with sealed drinks (non-caffeine) when you report to the Drug Control Area. You should open them yourself and once opened, be responsible for them. Any food or drink you consume is consumed at your own risk and is not grounds for challenging a test result.

## URINE ONLY

- When you feel ready to provide a urine sample you must notify the DCO.
- The DCO will ask you to select a sample collection container, which you should ensure is sealed.
- A chaperone of the same sex will accompany you to the toilet and in direct view, witness you providing a urine sample of at least 80ml.
- Until the urine sample is sealed you are the only person to handle the container.
- You will be asked to select a sample collection kit, consisting of "A" and "B" labelled containers, which will hold, identify and secure your sample.

- You must check the sample collection kit and ensure its containers are secure and correctly labelled and have not been opened or tampered with.
- You will pour a measured amount of your urine sample into each of the "A" and "B" labelled containers. You will then secure the samples within the sample collection kit.
- The DCO completes the Doping Control Form, recording contact information and recording the kit numbers. You will be asked to declare any medications you have taken in the past week.
- Both you and your representative must check the information and numbers and, if satisfied, sign the form.
- You will be given a copy of the form for your records. The laboratory will be sent only the section detailing the sample, seals and medications to protect your privacy.
- You are then free to go. The samples will be sent to the IOC accredited laboratory and the results will be sent to you within three weeks. The sample will be screened for banned substances noted in Australian Swimming Inc.'s doping policy.

## **BLOOD AND URINE**

- All procedures relating to the collection of urine stated above apply for blood and urine samples with the exception that 120ml of urine is required.
- Blood samples will be provided through the assistance of a nurse observed by the swimmer's representative and the ASDA DCO.
- The swimmer will select a kit of vials and a sample collection kit labelled "1" and "2". A total of 12ml of blood will be withdrawn from the swimmers non-preferred arm into the two vials no earlier than 30 minutes following an event or strenuous exercise.
- Please note that the regeneration of this amount of blood will occur within 30 minutes.
- The swimmer is required to seal the vials into the collection container labelled "1" and "2".
- Paperwork is completed as per the urine sample collection procedure.

## **OUT OF COMPETITION TESTING**

All Dolphin team members and other swimmers identified by ASI as competing at a National Open level are subject to ASDA's national out-of-competition testing program. Some State level swimmers are subject to State testing programs as determined by State and Territory Governments.

### **Short-notice out-of-competition tests:**

- An athlete will be notified in person, by telephone or in writing, and a sample collected by an ASDA official or an official from an authorised testing agency.
- Samples may include blood and urine or blood only.
- Sample collection will be arranged for a specified time at a designated testing venue, usually within 24 hours of notification, for example after training or in the evening.

- Where ASDA conducts the sample collection, the procedures are in accordance with the ASDA Act and Regulations.
- Where an authorised testing Agency conducts the sample collection, the procedures are in accordance with the Regulations of that Agency.
- Sample collection may be conducted at the request of FINA or a sample collection Agency.
- When ASDA conducts the sample collection at the request of FINA or a testing Agency, testing will be carried out in accordance with agreed sample collection procedures.
- Elite athletes have responsibilities, which they are obliged to fulfil when notified of a short-notice out-of-competition test. These are outlined in the rights and responsibilities booklet available from ASDA.

#### **No-notice out-of-competition tests:**

- The athlete will be notified in person by an ASDA official or an official from an authorised testing Agency. Notification may take place at a training session, and in some instances athletes may be contacted at their house or place of work.
- The athlete will be chaperoned from the time of notification until sample provision.
- Samples may include blood and urine or urine only.
- Where ASDA initiates and conducts the sample collection, the procedures are in accordance with the ASDA Act and Regulations.
- When ASDA conducts the sample collection at the request of FINA for a testing Agency, sample collection will be carried out in accordance with agreed testing procedures.
- Where an authorised testing Agency conducts the sample collection, the procedures are in accordance with the Regulations of that Agency.
- The sample is to be provided as soon as practicable.
- Elite athletes have responsibilities, which they are obliged to fulfil when notified of a no-notice out-of-competition test. These are outlined in the rights and responsibilities booklet available from ASDA.

#### **ASDA SUPPORTS TRUE CHAMPIONS**

##### **PLAY FAIR - STAY HEALTHY. YOU CAN WIN WITHOUT DRUGS.**

If you require further information on which drugs are permitted in sport, you can call the **Drugs in Sport Hotline** on **1800 02 05 06**. This is a free call and all calls are treated confidentially. **OR** check out the [Australian Sports Commission site](#) for further updates & info.