

## **BLOOD TESTING – ATHLETE INFORMATION**

UK Sport is increasing the amount of blood testing that it is undertaking. The test is in accordance with the World Anti-Doping Code (WADC) and if a prohibited substance or method is detected may result in a 2 year sanction from your sport. As a result of analytical and laboratory advancements, UK Sport is now able to fully utilise a blood testing programme as part of their fight against doping in sport. The Doping Control Procedures will be explained to you by a Doping Control Officer (DCO)

Only trained and authorised individuals referred to as Blood Collection Officials (BCOs) will collect blood samples and will have appropriate UK Sport identification.

### **NOTIFICATION OF SELECTION**

You will be notified of your selection by a DCO or Chaperone using an official UK Sport Sample Collection Form. The DCO or Chaperone will have appropriate identification.

Once you are selected for a test:

- You are required to report to the Blood Collection Facility as soon as possible
- You are permitted to nominate a representative to be present throughout the entire blood testing procedure
- You will be informed by the DCO or Chaperone if you are also required to provide a urine sample in the same testing session
- You will have the same rights and responsibilities as for urine testing.

### **SELECTING BLOOD TESTING EQUIPMENT**

You will be asked to select the following equipment:

- 2 x Blood Sample collection kits (from a choice of at least 6)
- 1 x Blood Sample storage and transportation kits (from a choice of at least 3)

You can ask your representative to help you choose any equipment.

The sample collection equipment should be kept in sight of the BCO and yourself (or your representative) at all times throughout the entire blood testing procedure.

### **PROVIDING A BLOOD SAMPLE UNDER SUPERVISION**

The BCO will apply a tourniquet to your arm. The BCO shall unseal the needle attach the vacutainers and withdraw blood to fill the required number of vacutainers. The BCO will also provide after care procedures to the venipuncture site(s).

NOTE: The tubes may contain what appears to be a liquid, this is an anti-coagulant required to store the blood appropriately.

In any one session, no more than three venipuncture attempts will be made. If the required amount of blood cannot be provided after all the procedures have been followed, the test shall be concluded and the BCO shall note this on the Sample Collection Form.

### **SEALING THE SAMPLE**

Once the needle is removed, the vacutainers will seal automatically (they are self-sealing secure containers).

You will then seal the vacutainers into the A and B bottles which are secure and tamper proof.

### **RECORDING AND CERTIFYING THE INFORMATION**

The BCO will record the equipment numbers on the Sample Collection Form and sign to confirm that they performed the venipuncture. You will be invited to declare on the Sample Collection Form any medication, substances or supplements you have taken within the past 7 days and whether you have had a blood transfusion in the previous 6 months. Once you are satisfied that the information is accurate, you must sign the Sample Collection Form. The DCO will then check and sign the form and will give you a copy which you should keep for your records.

### **STORING THE BLOOD SAMPLE**

The sealed blood sample shall be refrigerated in the Blood Collection Facility prior to despatching the sample for analysis to a WADA Accredited Laboratory via a secure chain of custody.

Along with the sample, the laboratory will receive a copy of the Sample Collection Form containing information relevant to the analysis. No information is provided that might allow the athlete to be identified. You should keep a copy of the Sample Collection Form for your reference.

### **BLOOD TESTING SUMMARY**

1. You will be notified by a UK Sport doping control staff member of your requirement to provide a blood sample
2. You may bring a representative of your choice along with you
3. You are required to report immediately to the Blood Collection Facility
4. You will be requested to select the required equipment from a choice in the Blood Collection Facility.
5. You will open the kit, remove the contents and hand the equipment to the BCO
6. The BCO will identify the appropriate site for venipuncture cleaning the skin at the puncture site with the sterile disinfectant pad
7. The BCO will assemble the collection equipment and withdraw the required amount of blood and dispose of the venipuncture equipment in accordance with appropriate disposal procedures
8. The BCO will perform appropriate after care procedures to the puncture site
9. You will seal the equipment into the storage and transportation kit
10. You will complete and sign the Sample Collection Form with the BCO and DCO ensuring the sample code numbers are correct. Once completed you will be given a copy for your records.

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