

Guidelines for

Testing During a Pandemic

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1.0 Introduction

Welcome to the Guidelines for Testing During a Pandemic¹ (Guidelines), a third-level, non-mandatory document that supports the *International Standard for Testing and Investigation (ISTI)* and the Guidelines for Sample Collection.

The recent COVID-19 pandemic has presented unique challenges to the global anti-doping system. Restrictions on human interactions and physical distancing, local and international travel, and the necessity to protect the health and safety of athletes and Sample Collection Personnel (SCP) have resulted in unprecedented barriers to successful sample collection. Without collection of urine and blood samples from athletes, a critical component of effective anti-doping detection and deterrence is compromised. Through the COVID-19 pandemic, despite many restrictions, various anti-doping organizations adopted new and innovative sample collection procedures to preserve the ability to collect samples from athletes. In many cases, this requires additional safeguards, procedures, equipment and technology solutions to ensure the highest level of sample integrity and confidence in the sample collection process where there may be departures from standard collection procedures.

The Strategic Testing Expert Advisory Group was tasked with evaluating the experiences of multiple anti-doping organizations during the pandemic, understanding situational and geographically specific solutions that were implemented, and taking a comprehensive approach to discovering and evaluating which solutions could be effectively applied in the future. It is accepted there is a no one-size-fits-all approach. Various factors including financial, logistical, technological, health and safety, legal and human resource constraints may affect which solutions prove viable for a particular anti-doping organization's program.

Where the ISTI gives a minimum of what to do and the Guidelines for Sample Collection help you understand how to do it, these Guidelines focus on Testing During a Pandemic, and includes the following procedures:

1. Guidance on testing procedures during a pandemic and/or a national epidemic (including the guidance contained in the *WADA Guidance for Testing during COVID-19 Pandemic*) with enhanced health and safety protection for athletes and SCP (**sections 2 - 5**); and
2. If restrictions during an infectious disease pandemic and/or a national epidemic do not allow an in-person sample collection, these Guidelines include ways to implement sample collection procedures in a virtual environment using a hybrid (partially virtual) system that is meant to maintain the ability to collect samples while respecting any pandemic and/or national epidemic restrictions limiting physical interactions. The procedures in a virtual environment aim to replicate as close as possible an in-person testing environment, and importantly, safeguard the sample collection process (**sections 6 - 9**).

The processes outlined in this document promote good practice, assisting Testing Authorities (TAs) and Sample Collection Authorities (SCAs) in the development of systems, processes and protocols to support testing for athletes by SCP during a pandemic and/or a national epidemic.

¹ As declared by the World Health Organization. In addition, an ADO shall consider implementing the *Sample collection in a virtual environment* when the national government declares a national epidemic in a certain country or region.

Roles and Responsibilities of Involved Parties

Testing Authority (TA) and Sample Collection Authority (SCA):

TA: Anti-Doping Organizations (ADOs) that authorize testing on athletes they have authority over are considered TAs. A TA may delegate their responsibilities to other ADOs or third parties (including SCAs) but remain ultimately responsible under the Code.

SCA: SCAs are responsible for the overall conduct of the sample collection session. The SCA may or may not be the TA. TAs may delegate their responsibility to a SCA. Some of the SCA's responsibilities can be delegated to the DCO (e.g., training of Chaperones).

Sample Collection Personnel (SCP):

To collect samples, it is important to understand the key roles that exist in sample collection, collectively referred to as SCP: Doping Control Officers (DCOs), Blood Collection Officers (BCOs) and Chaperones.

2.0 Planning Testing during a Pandemic and/or a National Epidemic

2.1 Health and Safety

These Guidelines have been produced with the athlete and SCP's health and safety being of paramount importance.

In times of a pandemic and/or a national epidemic, specific requirements must be taken into consideration from any relevant international, national and regional laws when considering the implementation of sample collection procedures (e.g., mandatory or recommended occupational health and safety practices such as social distancing, hand washing and mask wearing, limitations of movement within the community, etc.).

Reference to specific WADA documents, when relevant, including the ISTI, Guidelines for Sample Collection, Guidelines for Sample Collection Personnel, and internal organizational policies and procedures will also assist in ensuring that any sample collection planned is conducted in line with International Standards and best practices.

In addition, each country and region may be at a different phase of the pandemic and/or national epidemic, and WADA urges all ADOs to follow the advice of national governments and health authorities to ensure the health and safety of athletes and SCP is protected. ADOs should consider local authorities' requirements which, when higher, precede the requirements in these Guidelines.

Health and safety procedures should take into consideration specific requirements put in place by event organizers, sport facility managers, national sport federations, national Olympic and Paralympic Committees and other related entities to ensure that ADOs are compliant with these requirements.

Early communication with these organizations is very important to ensure that the Testing Authority is aware of all requirements and procedures and that there are no surprises for the SCP when they arrive at the event or training location to conduct testing on athletes.

ADOs should develop a clear and detailed communication plan to athletes and athlete support personnel, national sports federations and Olympic and Paralympic Committees which explain any added health and safety requirements, including specific requirements such as vaccinations or health questionnaires.

2.1.1 Health and Hygiene Measures and Personal Protective Equipment (PPE) Use

Based on the [World Health Organization](#) (WHO) recommendations, as well as national government and health regulations, consider any additional PPE and cleaning and disinfection material that can be provided to your SCP and include references to those additional measures in your sample collection procedures.

PPEs should be purchased from reputable suppliers, and consideration should be made for limitations of supplies which may affect front line health care workers and providers. ADOs may consider a preparation plan and stockpiling of supplies should they wish to be prepared; however consideration should also be given to shelf life and expiry dates to ensure PPE is fit-for-purpose and useable.

Specifically, consider procuring and providing the following equipment to be used during the sample collection session:

2.1.1.1 Hand Sanitizer (disinfectant):

It is recommended that SCP and athletes use hand sanitizer several times during the sample collection process (refer to **Annex B**). If hand sanitizer is not available or athletes and/or SCP are allergic to it, athletes and/or SCP should wash their hands thoroughly. For instructions refer to 'hand rub technique' in **Annex B.1**.

2.1.1.2 Disposable Gloves:

For urine collection, SCP may choose to wear disposable gloves but should be aware of the risk of contamination during the sample collection process (i.e., touching their face or other surfaces). If disposable gloves are used, it is recommended that these are replaced at the beginning of every sample collection process (refer to **Annex B**).

For blood collection, Blood Collection Officers (BCOs) should wear disposable gloves in line with general health care recommendations. The BCO should also consider using a disposable apron, a single use tourniquet, limiting jewellery on hands and wrists, and wearing short sleeves or rolling up sleeves to the elbows.

2.1.1.3 Face Masks:

The WHO recommends the use of an approved face mask as standard protection. A medical or non-medical face mask should be worn by SCP, athletes and their representatives at all times during the sample collection session. ADOs are encouraged to follow the advice of national governments for specific requirements on the face mask type. A face mask should be made available to the athlete and their representative, or they could wear their own face mask. As it is difficult to maintain social distance while collecting a blood sample, face shields and/or protective glasses may be used as an additional protective measure along with masks (refer to **Annex B**).

It should be noted that some national or local health authorities may mandate the wearing of a mask in certain situations. However, wearing a mask may not be required by government authorities. Nevertheless, while respecting the local health authorities' guidance, SCP are advised to continue to maintain strict hygiene practices, where possible, wear a mask and change it frequently (e.g., one mask per sample collection session) to mitigate the risk.

2.1.1.4 Cleaning/Disinfecting and Disposal of Products:

It is recommended that SCP are provided with additional products: disinfecting wipes, disinfectant spray and/or appropriate concentrations of isopropyl alcohol, hydrogen peroxide or sodium hypochlorite (i.e., bleach) for the cleaning of surfaces and equipment. Provide clear instructions on when and how SCP should use these products.

Properly fitting PPE is essential and ADOs should prepare detailed instructions and training on proper use and disposal practices for all SCP.

2.2 Test Planning Based on Restrictions

Prior to planning to conduct testing, ADOs should conduct a detailed assessment of the situation from both a health and sporting context to determine the level of sample collection that can take place. Due to the need to protect the health of athletes and SCP, ADOs should consider applying a greater level of health and safety measures when collecting samples due to the varying expectations of different

athletes, including where athletes from different countries are competing in international sport environments.

Given the different situations and phases of a pandemic and/or a national epidemic specific to each country, it is difficult to establish one overarching set of guidelines. Therefore, the following recommendations aim to offer general guidance for ADOs as they adjust their testing programs. In doing so, everyone's priority should be the same; namely: ensuring the health and safety of athletes and SCP, while maintaining the integrity of the sample collection process by ensuring that all procedures are in compliance with the ISTI.

Where sample collection in a virtual environment is taking place, the required procedures shall ensure the integrity, identity and security of the sample. These procedures are outlined in the **ISTI Annex K - Collection of Urine Samples in a Virtual Environment During a Pandemic** and replicated in **sections 6 - 9**.

The health safeguards and measures outlined in this document should continue until national/local guidance suggests that additional protections are no longer required.

The steps and procedures that an ADO should put in place prior to conducting a sample collection session are the following:

2.2.1 Testing Program Assessment

The decisions by an ADO on how to conduct testing during the pandemic and/or a national epidemic should begin by assessing several criteria which should guide if, how, when and where testing should take place. This assessment should be routinely reconsidered as elements of a pandemic and/or a national epidemic such as the emergence of new variants and any change to restrictions, and follow the guidance of national, regional or local authorities. The scope of the assessment may vary between different locations, the prioritization of athletes and the type of testing.

2.2.1.1 Is it Permitted and Safe to Conduct Testing?

The points below are provided as examples of what should be considered in determining whether it is permitted and/or safe to conduct testing:

- a) The prevalence of active infections and whether there are movement and/or social gathering restrictions. For example:
 - i) Are individuals or SCP in the relevant country or region within a country where testing is planned to take place allowed to circulate or are movements restricted?
 - ii) Are SCP permitted to enter the location where athletes are based, e.g., the athletes' house?
- b) Are sports training facilities open for athlete training and what entry restrictions (e.g., requirement for a vaccination certificate) are in place that may require additional planning in advance to access?
- c) Are sport competitions being held in that country and if so, are there any specific protocols or restrictions in place regarding entry into and operation at such events for SCP?
- d) Is sufficient PPE available?

2.2.1.2 Testing is Permitted. What Should be the Next Steps?

When implementing testing, an ADO should ensure that areas outlined below have been considered. For example:

- a) ADOs should engage with relevant WADA-accredited laboratories to confirm their operational status. WADA will share information it has regarding the operational status of laboratories, if and when possible.
 - i) If a WADA-accredited laboratory is unable to accept samples due to its closure or border restrictions or is not accepting the shipment of samples from foreign countries, consider another laboratory in a country that you can safely send your samples to. If your own national borders are closed and you are unable to ship samples outside of your country, consider the temporary storage of samples in a secure location and speak to a WADA-accredited laboratory about such requirements prior to doing so.
 - ii) It is also recommended that ADOs check with the laboratory regarding any adjustments in results reporting times as some laboratories may be operating with staff/resource limitations, and this may affect turnaround times for sample reporting. Any agreements with the laboratories for extended reporting times should be recorded in writing.
 - iii) Consult the latest list of WADA-accredited and ABP laboratories, and find information on their operational status during the pandemic period to ensure that sample deliveries will be accepted.
 - iv) The laboratory may, based on its risk assessment, refuse to analyze a sample if it is proven to come from a pandemic infected individual. In such cases, the ADO shall decide whether to report the sample as not analyzed in ADAMS or have it transferred to another laboratory willing to analyze it.
 - v) “B” sample analysis: If an athlete has returned an Adverse Analytical Finding (AAF) and has requested the analysis of their “B” sample but is unable to attend this procedure due to travel restrictions in their country or the country where the WADA-accredited laboratory is located, the athlete may;
 - appoint their own representative located in the country where the laboratory is based;
 - request that an independent witness be appointed by the laboratory on their behalf to witness the opening and re-sealing of the “B” sample;
 - request in exceptional circumstances, and with WADA’s prior written approval, that the “B” sample be shipped to another WADA-accredited laboratory in which the athlete can travel to without any restrictions; or
 - where available, and with the agreement of the laboratory and of the Testing Authority, request a video stream of the opening and resealing of the “B” sample. The in-person presence of a local, independent witness is also recommended.
- b) ADOs should ensure that any new requirements to safely conduct testing have been effectively communicated to the relevant stakeholders (e.g., athletes, National Federations, National Olympic Committees, National Paralympic Committees, event organizers).
- c) ADOs should develop procedures to deal with different scenarios related to a sample collection session and communicate those to SCP, where relevant. For example:
 - i) How SCP apply the enhanced health and hygiene protocols;
 - ii) How SCP deal with an athlete responding ‘YES’ to questions in the Athlete Health Questionnaire (refer to **Note** below) located at **Annex C**;

- iii) How SCP deal with an athlete refusing to be tested or to allow SCP to enter their home due to the pandemic;
- iv) How an ADO deals with SCP or an athlete if they test positive for the infectious disease shortly after sample collection has taken place, including notification to the laboratory that is in possession of the athlete's sample; and
- v) How you record in ADAMS that the test was not conducted because the athlete answered 'YES' to the 'Athlete Questionnaire' and how you might re-schedule this testing mission.

NOTE: To ensure the health and safety of the athlete and SCP, it is recommended that the ADO creates an Athlete Health Questionnaire which will be part of the sample collection process and will be used by the SCP upon first contact with the athlete. An example of an Athlete Health Questionnaire can be found in **Annex C**.

2.3 Test Distribution Plan (TDP)

Where an ADO assesses that it is permitted and safe to conduct testing, then the ADO should consider if it needs to adjust its Risk Assessment and its Test Distribution Plan. This adjustment may be an ongoing process as restrictions increase or decrease in specific locations. If there are no restrictions in place, ADOs should continue to implement their Test Distribution Plans accordingly.

If there are some restrictions in place which limit the number of tests that can be conducted, or if an ADO is starting to resume testing, the points outlined below should be considered to determine the type of testing mission that can be implemented and/or prioritized.

2.3.1 Testing Location

The ADO will need to consider the risk and restrictions relative to any training or competition venue where testing may take place, including any procedures that individuals entering these venues must follow, what infection prevention and control measures are in place, the number of other people likely to be present at the venue, the location and layout of the doping control station to be used, and whether the doping control station is suitable for a sample collection procedure based on the number of athletes to be tested and the number of SCP appointed. Its worthwhile to consider requesting that a secure doping control station be allocated at a training or competition venue so that it can be used solely for testing when SCP arrive at the testing location unannounced.

Depending on the level of restrictions in place, an ADO could also consider the implementation of sample collection in a virtual environment (if possible, in the testing location selected). Such procedures are described in **sections 6 - 9**.

Given each country is at a different phase of applying such restrictions, consider whether you can test athletes who are located in the relevant country and/or athletes located abroad. For a National Anti-Doping Organization (NADO) or an International Federation (IF) requesting testing of an athlete overseas, they should liaise closely with the NADO of the relevant country, to ensure it is safe to do so and that relevant health and safety measures, as per any national authority regulations can be put in place or considered. There should be consistency for athletes when they are tested by different Sample Collection Authorities and SCP within the same country.

2.3.2 Out-of-competition Testing and Small Testing Missions

If an athlete is not training at a training facility, then focus on out-of-competition testing at the athlete's residence. Prior to planning such a mission, remember to verify whether the athlete has provided

information as part of their whereabouts filing regarding their health status or that of anyone they resided with, which may impact the testing mission.

If there are restrictions preventing SCP from entering the athlete's house or the training facility, consider:

- a) the availability of a secure doping control station within or close by the training facility or the athlete's house that has sufficient space to enable social/physical distancing; and
- b) the use of a mobile doping control station (e.g., motor home). Mobile doping control stations should be large enough to ensure social/physical distancing throughout the process, have ventilation, ensure the athlete's privacy is maintained, and be accessible for athletes with impairments. Please ensure that all surfaces that the athlete may come in contact with are disinfected, both before and after testing each athlete.

If the use of a mobile doping control station is not possible, the ADO can consider implementing the sample collection in a virtual environment mentioned in **sections 6 - 9**.

Should an IF, NF, sporting organization or other authorities such as national or local health authorities require the implementation of specific conditions or protocols (e.g. use of PPE, etc.) for entry into a training facility or location, such conditions or protocols should be communicated to the relevant ADOs with authority to conduct testing on such athletes with sufficient advance notice so that they have time to plan a testing mission and meet the necessary conditions. If the ADO plans a testing mission to occur in such locations but has not been advised of any conditions or protocols, the ADO should request confirmation from the relevant authorities prior to authorizing the testing mission.

2.3.3 Testing Missions During an Event (In-competition and Out-of-Competition)

Many events will be permitted to take place based on an agreement with national or local health authorities and NF/IF (where applicable) that require specific conditions and protocols to be put in place by the event organizer and that must be followed by all participants and persons involved or who enter the event venue or location. As such, it is important that IFs, NADOs and Sample Collection Authorities liaise with the event organizer and/or other relevant organizations far enough in advance of the event to allow them to understand these requirements (e.g., entry requirements for SCP) and minimize the impact to the planned testing program.

For example, some events may require that all participants and persons who enter the event location (sometimes referred to as a 'bubble') have been fully vaccinated and/or have had a negative test a certain number of days prior to their entry and must present a certificate of vaccination and/or a recent test result on entry.

2.3.4 Urine Sample Collection

Ensure the number of SCP appointed to a testing mission is kept to a minimum for each mission based on the ability to appropriately monitor the number of athletes to be tested from the point of notification until the end of the sample collection session.

2.3.5 Blood Sample Collection

Consider the collection of venous blood samples for the purpose of the hematological module of the Athlete Biological Passport and/or for prohibited substances detectable in venous blood. More

information on additional health and safety measures during a venous blood sample collection can be found in **section 2.1.1**.

If venous blood collection is not possible due to the physical distancing restrictions in place, or lack of a Blood Collection Official to draw venous blood, ADOs could consider the collection of dried blood spot samples (refer to **section 2.3.6**).

2.3.6 Dried Blood Spot Sample Collection

Consider the collection of dried blood spot samples following consultation with your laboratory to determine analytical capacity, suitable analysis and selection of sample collection equipment.

2.3.7 Prioritizing Athletes

As you plan to select athletes for testing, consider focusing on:

- i) Athletes who have qualified or may qualify for upcoming major international events such as the Olympic and Paralympic Games, or World Championships with a focus on those in the highest risk sports and/or disciplines;
- ii) Athletes in a Registered Testing Pool or other whereabouts pool from higher-risk sports and/or disciplines;
- iii) Athletes for whom there is intelligence and/or suspicious Athlete Biological Passport profiles and/or Athlete Passport Management Unit recommendations for testing; and
- iv) Sports categorized as high risk that are not Olympic or Paralympic sports.

2.3.8 Recording the Mission in ADAMS

Record the mission in ADAMS and highlight (refer to **Annex A**) the implementation of a sample collection during an infectious disease pandemic and/or a national epidemic, or a sample collection in a virtual environment (refer to **sections 6 - 9**).

2.3.9 Other Strategies to Consider

Where ADOs have samples in long-term storage, they should consider liaising with WADA-accredited laboratory partners to discuss the application of further analyses on those samples. This could include further analysis for categories of prohibited substances that were not previously applied, or where advancements in detection methodology and/or sensitivity have occurred since the initial analyses.

This strategy should focus on samples in storage from high-risk athletes, including those qualified for or attempting to qualify for major events such as the Olympic and Paralympic Games, World Championships or other important international events.

In addition, when testing resumes and the 'regular' sample collection procedures are followed, ADOs should also consider the long-term storage of the first samples collected from high-risk athletes.

2.4 Information, Education and Communication Strategy for Athletes and Other Stakeholders

ADOs should develop a clear and detailed communication plan to athletes and athlete support personnel, national sports federations and Olympic and Paralympic Committees which will explain any added health and safety requirements for sample collection procedures specific to an infectious disease pandemic and/or a national epidemic.

2.4.1 Information and Education Material

ADOs should develop information and education material to convey the following messages:

- a) Sample collection is safe if done based on the relevant national and health authorities' regulations and additional measures have been put in place to further protect the athletes' health and minimize the risk of transmission during sample collection.
- b) SCP who are conducting testing are experienced, trained in infection control and not in any of the groups identified as a higher risk of transmitting the disease. SCP are required to self-assess before every testing mission that they are in good health and have not been in contact with individuals exposed to the pandemic.
- c) Additional personal information may be requested from athletes during sample collection to ensure their health and safety and to conduct contact tracing. The manner in which this information will be used, stored and communicated will be shared with them.
- d) Athlete whereabouts is maintained and kept accurate at all times and include specific information about any pandemic and/or national epidemic related restrictions (e.g., quarantine) that would prevent the athlete from being tested, such as the athlete or any person the athlete resides with having the disease or symptoms of it, or the athlete self-isolating due to a pre-existing medical condition that renders them vulnerable.

NOTE: *In requesting athletes to provide information regarding pandemic and or national epidemic-related restrictions affecting their availability for testing as part of their whereabouts filing, a warning regarding the importance of providing accurate information and possible consequences should also be made clear (as contained in the Athlete Health Questionnaire at **Annex C**). Based on any information the athlete provides the ADO may contact the athlete prior to any test taking place to obtain a greater understanding of the athlete's situation and where applicable may request that the athlete provide documentation to validate the athlete's health situation in particular if the ADO has reason to believe that the athlete may be avoiding testing by abusing this situation.*

Such information and education material could be distributed through various communication channels:

For example:

- a) Communicate directly to athletes via email and invite them to communicate with you regarding any question or concerns.
- b) Distribute this information to the relevant NFs, NOCs and NPCs.
- c) Share it on your website, via social media channels, etc.

2.4.2 Athlete Information Letter

SCP can provide an information letter to athletes during sample collection. This letter should include the following:

- a) outline that, based on relevant national and/or health government directives and/or set by the ADO, sample collection is safe to conduct and that additional measures have been put in place to further protect the athletes' health and minimize the risk of transmission during sample collection;

- b) confirm that the athlete in question has been selected for doping control and the requirement to comply;
- c) outline the potential consequences to the athlete should they refuse to comply;
- d) request that the athlete contacts the ADO if their health status changes;
- e) summarize the additional personal information that the ADO will ask athletes to provide to ensure their health and safety as well as that of SCP, and the manner in which this information will be used, stored and shared; and
- f) provide appropriate ADO contact information for any further questions or follow-up.

2.4.3 Communication strategy if Athlete or SCP contracts the Disease

ADOs should also develop a communication strategy to address the situation if an athlete or any SCP contracts the disease:

- a) If any SCP contracts the disease, athletes who have been tested by the SCP should be informed as well as the laboratory. The identity of the SCP should not be disclosed. The SCP should follow any government health authority recommendations on contact tracing and quarantine.
- b) Alternatively, athletes who are tested and subsequently contract the disease should be encouraged to inform the ADO that was responsible for the SCP who collected the sample so that the SCP and the laboratory (through the provision of the sample code number only) can be contacted and advised.

3.0 Preparation for a Sample Collection during a Pandemic

While preparing for a sample collection during a pandemic and/or a national epidemic, an ADO needs to make the following arrangements:

3.1 Sample Collection Personnel (SCP)

As ADOs adjust their testing program, it is crucial to consider the measures in place to protect SCP and ensure they are properly trained on any updated and revised procedures. An ADO should consider the steps outlined below.

3.1.1 Reducing the Pool of SCP

Consider how you can reduce, where possible, the number of SCP you assign to testing missions (without compromising no-advance notice or any modifications that are required such as when testing athletes who are minors or with an impairment) to minimize the risk of transmitting the disease to athletes or vice versa.

3.1.2 Travelling and Transport

Review how SCP travel to testing missions (e.g., if possible, reduce cross-border traveling, minimize the use of public transport, etc.) and implement any measures that would mitigate the risk of transmission (e.g., use of personal protection equipment and enhanced hygiene measures). These measures may be mandatory when using certain types of public transport.

3.1.3 Communication and Training

Provide information regarding your revised testing policies and conduct specific training for SCP who will be collecting samples during the pandemic period as it relates to the additional measures in place, including general infection prevention control training. This training may occur online using a virtual platform. Ensure SCP understand the additional measures that need to be implemented as part of the sample collection procedures and keep records of this training and what it covered.

Specifically, provide clear instructions to SCP on:

- a) hand washing: when SCP and athletes should wash their hands and how it must be done (refer to **Annex B**).
- b) social/physical distancing: SCP should maintain physical distance (as stipulated by the national health authority) between themselves and an athlete as much as practical during notification. This means that SCP should strictly refrain from unnecessary physical contact, such as shaking hands with athletes or their representative and should avoid any other direct contact. Some specific situations during the sample collection process (for example, blood collection, space limitations and/or the need for direct observation of urine sample provision) may not allow the recommended distance to be maintained at all times. The use of PPE and enhanced hygiene measures as outlined in this document will minimize the risk if short periods of closer distance occur, which should also be kept as short as possible.
- c) ventilation: if possible, areas where sample collection is taking place should have some ventilation.
- d) handling/disposal of waste material: all disposable material should be safely disposed of into a garbage bag and sealed by SCP, and all biohazardous material should be safely disposed of as per local medical regulations and taken by SCP at the end of the sample collection session.
- e) Disease and athletes: SCP must know how to deal with various disease-related scenarios such as an athlete who refuses to be tested, and an athlete who responds 'YES' to the Athlete Health Questionnaire.

3.1.4 Higher Risk SCP

ADOs should carefully consider which SCP are involved in testing during a pandemic and/or a national epidemic. ADOs should consider excluding SCP who are at higher risk of transmitting the virus or higher risk of serious illness. While some examples are provided below, ADOs should establish appropriate categories that are country-specific and that are within the national laws of their country.

a) SCP who are at higher risk of transmitting the virus:

- i) SCP who are not fully vaccinated or are not considered fully vaccinated according to national regulations of the location where a mission will take place.
- ii) SCP who work in a health care setting and who are in contact with disease positive patients.
- iii) SCP who have been within close proximity of someone who tested positive or who was infected.
- iv) SCP who have taken part in testing athletes who tested positive for the disease within a number of days after the specific test session.

NOTE: Identifying the appropriate timeframe is subject to advice by the scientific community.

- v) SCP who live with a person identified in one of the situations above, or who displays symptoms or recently returned from a high-risk country or a region of high community transmission, or does not meet whatever national guidelines or criteria which might be in place at the applicable time in the relevant country.

b) SCP who are at higher risk of serious illness:

This refers to individuals who may be considered more vulnerable and could suffer serious consequences if they contract the disease. These individuals should pay particular attention to avoid situations where they may contract the disease. However, if SCP still wish to be considered for testing missions, the ADO may request them to sign an informed consent so they are aware of the risk and the ADO's recommendation that SCP in any of the groups listed under points i-iv below should not accept missions during the pandemic given the higher risk of serious illness if they get infected. These include:

- i) SCP who are not fully vaccinated.
- ii) SCP who are over 60 years old

NOTE: Identifying a specific age is difficult. This may vary from country to country, but older individuals are more vulnerable.

- iii) SCP who have pre-existing medical conditions such as diabetes, heart disease or respiratory conditions.
- iv) SCP who have compromised immune systems.

NOTE: Athletes, and members of their households, may also be part of a vulnerable population based on pre-existing medical conditions or compromised immune systems. Such information should be

requested as part of the athletes' whereabouts submission and/or the athlete questionnaire in **Annex C**.²

3.1.5 SCP Self-Assessment

For the SCP who will be conducting testing, develop a mechanism or use an existing screening tool in which, if permitted by applicable data protection, health, and employment laws, SCP should self-assess before departing for a scheduled testing mission to which they have been assigned (i.e., on the same day) that:

- a) they are well, have no symptoms suggestive of the disease, (e.g., for COVID-19 these would be sore throat, cough, fever, loss of taste and smell) however mild those symptoms might be;
- b) they have not been in direct contact with anyone whom they know is awaiting to be tested for the disease due to the development of symptoms or is awaiting a test result for the disease;
- c) they have not been in direct contact with anyone who is quarantined and/or self-isolating; and
- d) they are not subject to testing/self-isolation regulations due to recent travel in a "high risk area" by definition of the national authorities.

The questions above could be included in a brief questionnaire that SCP sign off on before a mission. If they can confirm the above, the document can be submitted to the ADO with the remainder of the doping control documentation after the completed mission. The ADO should keep a record of these self-assessments for every SCP and every testing mission in accordance with data protection requirements. If SCP cannot confirm that they are well, without disease-related symptoms, they should contact the ADO immediately and not proceed with any testing mission. It should be acknowledged that definitions of direct contact or need for self-isolation may differ from country to country and over time. The goal is to minimize the risk of transmission.

NOTE: *It is important that the SCP should not be involved in a testing mission if they are ill regardless if it is related to the pandemic and/or national epidemic disease.*

3.1.6 Vaccination of SCP

Subject to vaccines being available for a particular infectious disease and national governments and health authorities' advice, it is highly recommended that all SCP should be fully vaccinated before conducting any testing missions. Ideally the vaccines accepted should be those that are recommended by the WHO. Vaccinated individuals are advised to carry and to be able to present proof of full vaccination protection where required. Vaccination requirements may vary for country-to-country, and the definition of "fully vaccinated" may change over time during the progression of a pandemic.

3.1.7 Testing SCP for the Disease

To further minimize the risk of transmitting infection, SCAs may consider, in addition to using only fully vaccinated SCP (where a vaccine is available), and subject to national or local regulations, whether SCP should be tested for the disease prior to testing missions. This testing could be conducted even where it is not a general requirement for entry into an event venue or location.

² It is also important to verify with local data protection authorities when determining what disease-related personal information the ADO is authorized to collect.

If a SCP tests positive prior to a mission, the SCP shall be automatically exempted from the mission and the Sample Collection Agency shall re-assign another SCP to the mission. ADOs should put in place clear protocols to manage situations (including a return to conduct sample collection) after the SCP test positive or have disease-related symptoms. This should be done in accordance with local or national regulations.

Regardless of whether the SCP are fully vaccinated (where a vaccine is available), have a negative result on a disease test or whether SCP have previously contracted the virus, it is highly recommended that physical/social distancing, the use of personal protection equipment and enhanced hygiene measures continue to be followed.

3.2 Equipment

In addition to regular and standard sample collection equipment, ensure SCP have the following:

- a) Athlete Information Letter
- b) Athlete Health Questionnaire (refer to **Annex C**)
- c) Disposable gloves
- d) Hand sanitizer
- e) Disinfectant wipes and/or disinfectant spray and/or disposable tablecloth
- f) Disposable face masks (medical face masks or non-medical masks or face covering)
- g) New/unused or disinfected pens
- h) Garbage bags for safe disposal of waste (if they are not usually provided to SCP)

In addition to regular and standard preparatory work and review, ahead of any testing mission, ensure the SCP:

- a) Have conducted your self-health-check.
- b) Review the Safety Measures Information Guide³.
- c) Review the additional measures contained in this document.
- d) Contact the ADO ahead of the testing mission with any questions or concerns.

³ A Safety Measures Information Guide is provided in Annex B of these guidelines.

4.0 Notification of Athletes During a Pandemic

4.1 Arriving at the Athlete's Sample Collection Location

- a) As you arrive at the testing location, and just before locating the athlete for notification, clean your hands using the 'hand rub' technique.
- b) Put a disposable face mask on.
- c) Disinfect all doping control equipment.
- d) Pre-complete relevant sections of the Notification of the sample collection documentation (either paper form or the paperless system used) to minimize contact and time with the athlete.

4.2 Pre-Notification Information

- a) While respecting the social/physical distancing recommendations (including not shaking hands), introduce yourself and inform the athlete that they have been selected for doping control. Show your accreditation, authorization letter (i.e., 'standard' ADO authorization letter) and the 'Athlete Information Letter'. Offer the athlete a face mask. If possible, remain outside the sample collection location.
- b) While remaining outside (if applicable) and before proceeding with formal notification, ask the athlete the following questions:
 - i) Are you or anyone present with you at this location, experiencing any symptoms suggestive of [insert name of disease]?
 - ii) Do you or anyone present with you at this location, have [insert name of disease] that has been confirmed by a diagnostic test or diagnosed by a health professional?
 - iii) Are you in a period of self-isolation due to a pre-existing medical condition or a compromised immune system?
- c) If the athlete's response is 'YES' to any question, proceed to **section 4.3**.
- d) If the athlete's response is 'NO' to all questions, proceed with formal verbal notification and inform the athlete that the completion of the sample collection documentation will take place once inside the sample collection location.
- e) Proceed to **section 5**.
- f) If the athlete's response is 'NO' to all questions, and the DCO will be implementing sample collection procedures in a virtual environment, proceed to **sections 6 - 9**.

4.3 Test Cancellation

If the athlete responds 'YES' to any of the pre-notification questions of the Athlete Health Questionnaire, please proceed as follows:

- a) Inform the athlete that they must confirm this information in writing. Offer the athlete the option to wear gloves or disinfect hands with a sanitizer. Provide the athlete with the 'Athlete Questionnaire'. Provide the athlete with a new or disinfected pen, or ask them to use their own pen.
- b) Inform the athlete that they must complete this questionnaire truthfully and to the best of their knowledge and that if they purposefully provide any information which is found to be false, misleading, inaccurate or incorrect, they may be committing an anti-doping rule violation (e.g., tampering or attempted tampering) and they may be subject to a sanction of up to four years. Confirm that the athlete understands this warning.

- c) Inform the athlete that this questionnaire will be sent to the relevant ADO and that the ADO will review it and may contact them to follow up and may request supporting information to validate the athlete's answers.
- d) Once the athlete has duly completed and signed the 'Athlete Questionnaire', provide a copy to the athlete (either in paper or electronic).
- e) Inform the athlete that because they have declared that they (or someone present with them at this location/who resides with them) have the disease or symptoms suggestive of the disease, and/or they are serving a period of quarantine or are self-isolating due to the pre-existing medical condition (as applicable), sample collection will not proceed due to the risk of infection.
- f) If the athlete had chosen to wear gloves and/or mask, instruct the athlete to safely remove and dispose of them securely in your garbage bag.
- g) Thank the athlete and leave the testing location.
- h) Before entering your vehicle, and with the signed 'Athlete Questionnaire' safely stored, clean your hands, remove your disposable personal protection equipment and dispose it securely in your garbage bag.
- i) As usual practice, return any doping control documentation, including the complete 'Athlete Questionnaire', to your ADO as soon as possible.
- j) The record of the test attempt not proceeding should be logged into ADAMS as outlined in **Annex A**.

5.0 Conducting the Sample Collection Session During a Pandemic

- a) Enter the testing venue and discuss the best location for sample collection, i.e., where contact with other individuals that may be present will be avoided or minimized.
- b) If you are at the athlete's home, ask the athlete if you can clean the surface where sample collection will take place using disinfectant wipes or disinfectant spray (or ask the athlete to clean the surface). If you are at a training location, inform the athlete that you will disinfect the surface. As an alternative, a clean and disposable tablecloth can be used. Clean your hands using the 'hand rub' technique before doing so.
- c) Before placing and organizing any sample collection equipment on the clean surface, again clean your hands with sanitizer using the hand rub technique. Using disinfectant wipes, clean the equipment to be used (i.e., wipe boxes, etc.). Display only the equipment necessary for that sample collection. All remaining equipment shall remain stored to avoid any potential contamination.
- d) Ask the athlete to clean their hands either using hand sanitizer (i.e., the hand rub technique) or using soap (i.e., the hand wash technique). Guide the athlete through either technique.
- e) Offer the athlete the option to wear gloves and a disposable face mask.
- f) If you have chosen to use gloves, you should put them on as per proper safety instructions.
- g) Review and complete the notification portion including asking the athlete to acknowledge the notification by signing. Provide the athlete with a new unused or disinfected pen (or they can use their own). Use your own pen, do not share it with the athlete.

5.1 Urine Sample Provision

- a) Inform the athlete that while all efforts will be made to maintain social/physical distancing, there will be times when this may not be possible. You should explain that by both wearing a face mask, it provides a barrier between any respiratory droplets and the people and surfaces around them. Remind the athlete that all of the additional measures in place are for health and safety (e.g., disinfecting and use of personal protection equipment, ventilation system, etc.).
- b) When collecting a urine sample, follow standard urine sample collection procedures, keeping the following instructions in mind:
 - i) Where possible, continue to maintain social/physical distancing throughout sample collection.
 - ii) When the athlete is ready to provide a sample, they must rinse their hands with water only (unless they have chosen to wear gloves) prior to providing a sample.
 - iii) Once the athlete has provided their urine sample, instruct them to clean their hands with soap and water or use hand sanitizer or remove their gloves prior to returning to the processing area.

5.2 Dried Blood Spot Sample Provision

Collect the dried blood spot sample by following the instructions and requirements contained in the **ISTI Annex J - Collection, Storage and Transport of Dried Blood Spot Samples**.

5.3 Completing the Sample Collection Session

- a) Before leaving, clean the surface used for sample collection with disinfectant wipes or spray.
- b) If the athlete was wearing gloves and/or a disposable face mask, guide them through the proper removal techniques and ask them to place those items in your garbage bag. Instruct the athlete to clean their hands.
- c) Ensure that all discarded items/waste are in your garbage bag (e.g., plastic from sample collection boxes, disinfectant wipes, gloves, face mask).

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- d) Thank the athlete and, if you are at the athlete's home, ask the athlete to open the door for you (so that you are not touching their doorknob).
 - e) Before entering your vehicle, follow the removal instructions to remove your disposable gloves and face mask and dispose safely in a garbage bag. Clean your hands using the hand rub technique.

6.0 Sample Collection in a Virtual Environment

During a pandemic and/or a national epidemic, where the DCOs are permitted to move around the community but not enter the sample collection location (e.g., an athlete's residence) in the presence of the athlete, ADOs are not able to conduct an in-person sample collection session. ADOs should therefore consider implementing a sample collection in a virtual environment using a hybrid (partially virtual) system that provides two-way video and audio communication between the athlete and the DCO. This section will cover the available IT and supporting systems that are suitable to validate sample authenticity, as well as athlete privacy and logistics considerations during a sample collection in a virtual environment. The **Sections 6 - 9** provide details of the collection of urine samples in a virtual environment listed in **ISTI Annex K – Collection of Urine Samples in a Virtual Environment During a Pandemic**

Before considering the implementation of sample collection in a virtual environment an ADO should liaise with the applicable national health and data privacy authorities (refer to **section 6.1**).

6.1 Athlete Privacy

All sample collection procedures in a virtual environment must be assessed against the requirements of the International Standard for the Protection of Privacy and Personal Information and applicable laws such as privacy/data protection. When conducting this assessment, the following key guidelines shall be considered:

- a) To the extent additional personal information is required to plan and conduct sample collection in a virtual environment, in addition to an in-person sample collection session, or to carry out sample collection safely during a pandemic and/or a national epidemic, ADOs must implement appropriate controls to protect this information from the point of collection to the point of destruction (e.g., only collect what is necessary given the evolving pandemic and/or national epidemic situation, ensure there is a lawful authority to process such additional information, take steps to ensure accuracy of personal information collected; implement appropriate storage and retention protocols and delete such information when no longer necessary).
- b) If a new IT system is acquired to conduct sample collection in a virtual environment, it must undergo an information security assessment and must protect data from breaches of confidentiality, integrity and availability. ADOs must assess whether the chosen IT system collects additional data elements (e.g., metadata), and how they can mitigate risks associated with this information (e.g., reduce collection). The settings of the chosen IT system must be carefully reviewed and adjusted as needed by the ADO (e.g., any recording functions must be completely disabled, and appropriate security features such as authentication procedures must be enabled.)
- c) If the chosen IT system is supported by a service provider, ADOs must ensure the service provider provides sufficient guarantees regarding the technical and organizational measures in place to secure the IT system.

6.2 Minimum Requirements of a Virtual System

To be able to undertake a sample collection procedure in a virtual environment the ADO must determine what types of IT equipment and systems are required with a high level of security to enable a two-way video and audio communication between the DCO and the athlete. The IT systems should have encrypted messages and videos, the latest security protocols, and administrative user controls.

A virtual system using a live video stream will enable the DCO to notify the athlete in person and to then instruct the athlete through the various steps of the sample collection and sealing process whilst ensuring that the athlete and their sample remains in camera at all times of the process, thereby

replicating the same requirements as if the athlete was being tested in a normal testing environment. This includes the athlete remaining on video camera in the toilet area with their upper body (i.e., waist to top of head) along with their arms/hands showing on camera during the provision of a urine sample but not showing the actual provision of the sample as would be witnessed during an in-person sample collection.

When considering and using a virtual IT system during a sample collection procedure, it requires the following elements from an athlete and DCO perspective:

- A user-friendly system with a high level of security that offers a live stream with clear images of sufficient size and live two-way video and audio communication with the ability not to record the transmission.
- The DCO and the athlete need to be able to see each other and the athlete must be able to see themselves on their own screen.
- The device(s) used must be 'hands-free', to the extent that the athlete does not have to hold it/them during the sample collection and sealing process. When being used hands-free, it therefore needs to have the ability to be placed on a solid surface and easily adjusted to obtain the required view of the athlete.
- The athlete needs to be able to confirm that they and the testing session are not being recorded.
- The device(s) used should be able to work in a low light environment (however, it is recommended that the device is used in a well-lit area) and the camera needs to provide sufficient coverage to ensure the athlete and their sample remain on camera at all times.

6.3 IT Systems

Following a review of existing and new technologies, the market currently offers two suitable systems to consider for sample collection in a virtual environment. These include web-based conferencing systems such as those we use in regular day to day video conferencing using the ADO's device such as a mobile phone or a tablet, or a 'Body Camera' system similar to those used in various industries in society today such as security, healthcare and courier services.

Both solutions are suitable for ADOs to consider in a virtual collection environment, therefore, the decision as to which system to use is up to the ADO. The chosen solution either web-based conferencing system or body camera must offer the ability to have a live stream **without recording**. Such option should be made clear to the athlete from the beginning of the session to comfort any athlete concerns.

Outlined below is a summary of the two systems, as well as the benefits and differences to guide ADOs in their decision as to which system they may prefer.

6.3.1 Web-Based Conferencing Systems

The market offers a number of different options that ADOs may already be using in their daily business or personal virtual communications such as Zoom, BlueJeans, Microsoft Teams, Webex, etc. When selecting a web-based conferencing system, its security is the most important item to consider, which takes multiple forms (see below). Security and encryption for online meetings is a necessity. Security features for web-based conferencing system- should include encrypted messages and videos, the latest security protocols, and administrative user controls.

To follow good security practices, ADOs should look at products that offer the following:

- End-to-end encryption

- A way to screen new meeting attendees via virtual waiting room or permission settings, and ability to lock a meeting to prevent any new attendees from joining
- The ability to create and manage user accounts
- The ability to create and manage conferences
- Suitable residency (i.e., where the servers processing the conferences are located)
- Integration with corporate single sign-on solutions



1. What will happen if a local internet connection is down?

Web conferencing systems only work with internet access; without access to a network (Wi-Fi or cellular) no communication is possible. The ADO should ensure that they provide a mobile phone or tablet that has both access to Wi-Fi and cellular network. If connection/communication is not possible, the DCO should contact the ADO immediately.

2. What happens if the local network is not sufficient to transmit video?

If video connection/communication is not possible, the DCO should follow the instructions issued by ADO for such situations.

3. What happens if the athlete has a metered internet connection?

The ADO should provide a mobile phone or tablet with access to both Wi-Fi and cellular network, and as a priority, ADOs should instruct DCOs to use the cellular network. If no connection can be made via the cellular network or the speed is not fast enough, the athlete's internet connection may be used as a back-up. In this case, should the athlete incur any additional fees with their internet service provider the ADO should consider a policy regarding the reimbursement of the applicable costs to the athlete.

6.3.2 Body Camera

The Body Camera solution is an efficient tool to monitor events. **Picture 1** shows the variety of Body Cameras currently in the market.

The camera can be placed in the close vicinity of the athlete, using a tripod. There are several types of cameras, with two-way video screens, the same as in a web-based system. Some cameras also have the option of 'press to talk' functionality, whilst others have only basic functionalities.

There are several options on the market such as Zepcam, Getac, Motorola and Hyteria (not an exhaustive list).

Picture 1: Examples of Body Cameras available on the market



6.4 Supporting Systems to Validate Sample Authenticity

Witnessed urine provision is a mandatory part of sample collection as required in the ISTI. The use of a camera in the toilet area is regarded as the equivalent to the witnessing of a 'normal' sample collection procedure. However, should the instructing DCO have suspicion as to the authenticity of the athlete's sample(s) or that the athlete is attempting to tamper with their sample, at any stage during the sample collection process, supporting systems are available for the ADO to implement. These systems provide additional safeguards and further protect the integrity of the sample during a sample collection in a virtual environment. Based on the actions of an athlete, the report of the instructing DCO and any evaluation of the athlete's biological parameters the ADO can open an investigation to identify whether sample manipulation or tampering occurred.

Prior to the athlete going into the toilet area with the camera, the DCO must warn the athlete that any behavior that the DCO deems suspicious such as going off camera, not showing the upper body (i.e., waist to top of head) or arms in the angle of the camera when providing the sample, or, once the sample has been provided, not keeping the sample in direct view of the camera at all times. The DCO can request that the athlete provide an additional sample during the same sample collection session whilst also securing the sample which raised the DCO's suspicion. A failure to do so may result in an investigation into a possible refusal to provide a sample for the purposes of doping control.

Additional measures include:

- a) The measurement of the sample temperature using temperature monitoring strips allows for the immediate confirmation of the temperature of the urine. These strips are to be provided in the athlete's sample collection equipment package that is provided by the DCO when the athlete is notified, and the athlete asked to place this on the sample collection container before they proceed to the toilet area. This measurement shall be taken by the DCO by visual assessment of the temperature monitoring strip immediately after sample provision and before the athlete processes the sample. The temperature monitoring strip can include a colorimetric temperature assessment scale and should reflect body temperature of an estimated 37C⁴.
- b) Athlete Biological Passport. Through the APMU and expert evaluation process, the steroidal module of the ABP can be used to assist in establishing whether sample manipulation has occurred by looking at the consistency in urinary markers and/or ratios over time. This requires comparison with multiple historical samples (that are witnessed) on the same athlete.
- c) DNA analysis⁵: assists in determining that the sample was in fact the athletes but would need another sample from the athlete (either in long term storage or a follow up sample for testing which could have a DNA comparison conducted).

6.5 Cost Analysis

Before implementing sample collection in a virtual environment, it is recommended to conduct a cost analysis to determine the number of tests that will be conducted by the ADO with such procedure. The deterrent effect of testing is substantial, therefore assuming that the majority of athletes are not seeking to cheat the system, maintaining testing levels through sample collection in a virtual environment, as opposed to reduced or no testing, is preferred.

The additional costs are divided into two categories. The one-off costs and the additional operating costs per tests. The one-off costs include the necessary resources to set-up the project, the investment in additional equipment (e.g., IT system, supporting systems) and the education of DCOs. The additional operating costs depend on the extra resources necessary to complete the tests (e.g., second DCO, equipment, possible DNA analysis).

There are also two key elements to take into account when establishing the financial assessment i.e., the number of tests expected to be conducted and if applicable the number of DCOs to be involved in the program. The more tests there will be, the testing costs will be reduced accordingly. On the contrary, the more DCOs there will be, the more equipment will be necessary, and the testing costs will be increased accordingly. These calculations will be done by the ADOs. Should there be financial limitations, the ADOs are advised to look after those athletes who are on their priority list based on a refined risk assessment in the context of a pandemic.

Key points to consider:

- a) Number of tests to be conducted with the sample collection in a virtual environment.

⁴ Monitoring the temperature of urine after the samples have been sealed in the security kits is less reliable and presents challenges to interpretation of whether manipulation or tampering has occurred as the urine begins to cool quickly to ambient temperature.

⁵ There would need to be clear and specific justification for the additional DNA analysis, which goes beyond ordinary anti-doping procedures and generates sensitive personal information. ADOs must use laboratories that offer forensic DNA services. DNA analysis is already used in anti-doping to demonstrate sample tampering cases with many successful cases and has held up to appeals at CAS. Some WADA accredited laboratories offer this service as do third-parties.

- b) One-off costs are an essential part of such a project. It is important to ensure that those costs are well balanced with the number of tests that are planned to mitigate the extra resources required to implement such procedure. Additional operating costs need to be carefully evaluated to avoid a significant increase of the testing costs.
- c) Number of DCOs to be involved in the procedure. Consider limiting them if the volume of expected tests is not high.
- d) Financial information concerning the selected IT system will be key to refine the assessment. ADOs might already have some of the necessary IT equipment required (e.g., tablets) and that the cost will vary depending on the implemented IT solution(s).
- e) Should there be financial limitations, ADOs are advised to look after those athletes who are on their priority list and based on a refined risk assessment in the context of a pandemic.

6.6 Additional Information, Education and Communication Strategy

If an ADO decides to implement sample collection in a virtual environment, it should develop an additional information and a communication/education strategy for athletes and other stakeholders on the details of such procedures and changes to the sample collection session prior to implementing them as well as during the sample collection session.

In addition to the messages listed in **Section 2.4.**, an ADO implementing sample collection in a virtual environment should develop information and education material and convey the message that:

- a) A sample collection in a virtual environment using a hybrid (partially virtual) system will be implemented during the period of the pandemic and/or a national epidemic due the restrictions that prohibit an in-person sample collection. Such procedures aim to maintain the integrity, identity and security of the sample at all times and to replicate as close as possible the 'normal' testing environment. The procedures will also protect the health and safety of the athlete as outlined in this guideline.
- b) Includes details of the sample collection in a virtual environment using a hybrid (partially virtual) system and indicate the changes in comparison to the 'normal' sample collection process including the type of IT equipment that will be used, its security, the role and responsibilities of the DCO and the athlete during the sample collection as well as the protection of the athlete's privacy.
- c) Outline that specific training will have been conducted with a select group of SCP who will be part of this program.
- d) The ADO offers a direct contact person at the ADO to whom the athlete can contact confidentially and or anonymously regarding any questions they may have on the procedures or to report any concerns the athlete may encounter during the sample collection session that they wish to raise directly with the ADO.

6.7 Testing Athletes with Impairments Using a Sample Collection in a Virtual Environment

While planning to select athletes with impairments for testing and implement a sample collection in a virtual environment, an ADO should consider:

- a) Is the athlete's impairment likely to be a barrier to the athlete carrying out the procedures as described in **ISTI Annex K**?
 - i) This may be difficult to evaluate, as athletes within a classification may have different impairments and testing may be possible for some but not for others in the same class; and
 - ii) Athletes that may be able to carry-out typical sample collection without assistance, may not be able to comply with the sample collection procedures in a virtual environment.

- b) Does the athlete live alone or is the athlete likely to have a representative available to assist with the sample collection in a virtual environment?
- c) It is recommended that the ADO contact the athlete's National Sport Federation or National Paralympic Committee to evaluate the above questions. The athlete may also be asked to provide feedback as to the feasibility of testing them using the sample collection in a virtual environment following the communication described in **Section 6.6**.

6.8 Testing Athletes Who are Minors Using a Sample Collection in a Virtual Environment

Should the ADO consider, through its risk assessment, athletes who are minors it wishes to target test during the pandemic and/or the national epidemic as outlined in **section 2.3.7** "Prioritizing Athletes", it should consider:

- a) Contacting the national data privacy authorities to ensure that testing an athlete who is a minor using these procedures in a virtual environment is permitted.
- b) If testing is permitted, the ADO should follow the requirements outlined in **section 8(f)** including allocating a minimum of two SCP (e.g., two DCOs or one DCO and one Chaperone) to the sample collection in a virtual environment. The second SCP is required to observe both the in-person notification and be present with the DCO conducting the sample collection in a virtual environment but shall not observe the athlete who is a minor in the toilet area but instead observe the DCO during this part of the process.

7.0 Additional Preparations for a Sample Collection in a Virtual Environment

ADOs that plan to implement a sample collection in a virtual environment must ensure that the DCOs are trained on these procedures. Additional preparations for a sample collection in a virtual environment are outlined below.

7.1 Allocation of DCOs

Consider how many DCOs will manage the sample collection process in a virtual environment. ADOs could allocate either one or two DCOs.

Example 1: one DCO could be used who would make the first contact with the athlete, provides the athlete with the equipment including the body camera or tablet and then completes the sample collection procedure virtually from a location close by i.e., in their vehicle.

Example 2: one DCO informing the athlete of their selection for doping control in-person, and who provides the athlete with the doping control equipment, including the body camera/tablet etc., which would occur at the location of sample collection and one DCO who would then conduct the sample collection procedure virtually from a location that is not at the location of the sample collection. A minimum of two SCP are also required when testing an athlete who is a minor.

7.2 Additional Training for DCOs

Provide information regarding your sample collection in a virtual environment and conduct specific training for DCOs who will be collecting samples during the pandemic and/or national epidemic period as it relates to the additional measures in place. This training may occur online using a virtual platform. Ensure DCOs understand the additional measures that need to be implemented as part of the sample collection in a virtual environment and keep records of this training and what it covered.

Specifically, provide clear instructions to DCOs on:

- a) Preparing the doping control equipment for the athlete: DCOs should prepare a package with doping control equipment which will be used by the athlete during the sample collection procedure in a virtual environment. The amount of equipment should be sufficient but not excessive for the athlete to carry and manage.
- b) The use of the selected IT system: DCOs should be familiar with the use of the selected IT system, should know how to troubleshoot, have instructions from the ADO how to deal with a situation if the IT system fails and be able to refer to IT support during the sample collection procedure. If the ADO is using a paperless system during 'normal' sample collection procedures, DCOs should be made aware of any changes/adjustments during a sample collection in a virtual environment, e.g., clear instructions on the process to re-connect the system, in the case of being disconnected. In addition, DCOs have to be reminded that any recording or screenshots of the virtual environment while connected with the athlete are strictly prohibited.
- c) Locating an area from which the DCO would observe the sample collection procedure. Such location shall be suitable to preserve the confidentiality of the process and of the processing of sensitive personal information.
- d) The measurement of specific gravity: DCOs will have to be trained how the requirement for measuring the specific gravity will be measured virtually. DCOs will also have to be in the position to guide the athlete to measure this requirement following the instructions of the ADO. Use of a digital refractometer is the preferred device for both accuracy and ability for the DCOs to validate the measurement on the camera.

- e) The use of temperature monitoring strips to validate sample authenticity: DCOs should be trained on the use of temperature monitoring strips to validate the sample authenticity. DCOs will need to guide athletes virtually in the use of such strips.
- f) Identifying factors that could indicate possible tampering of the sample collection procedures or the sample.

7.3 Additional Equipment and Documentation

In addition to the equipment listed under **section 3.2**, ensure DCOs have the following:

- a) IT system (fully charged) for the virtual communication between the DCO and the athlete
- b) Equipment to measure the specific gravity of a urine sample (if different to the procedure followed during a normal sample collection session)
- c) Temperature monitoring strips to validate sample authenticity
- d) A stand/tripod to hold the camera/tablet (if applicable).

The ADO should also consider if the parts of the doping control documentation require updating due to the implementation of a sample collection procedure in a virtual environment. For example, the ADO should consider whether any modifications to the letter of authority is warranted, to provide official confirmation that the athlete has been selected for testing in a virtual environment. In addition, the Athlete Information Notice at the back of the Doping Control Form might require adaptation to explain the processing of personal data in that specific context e.g., explain the safeguards in place about the selected IT system that the procedure is not recorded, etc.

8.0 Notification of Athletes during a Sample Collection in a Virtual Environment

If the DCO has been instructed to conduct a sample collection in a virtual environment, in addition to the actions listed under **section 4.1**, the DCO should:

- a) Prepare the package with doping control equipment and documentation, other supporting devices such as temperature monitoring strips and IT system for the athlete.
- b) Disinfect the IT system.
- c) If a second DCO is allocated to but is not present at the sample collection session, pre-establish a two-way video and audio connection via the selected IT system before the DCO attempts notification.

If the athlete's response is 'NO' to the pre-notification questions listed in **section 4.2**,

- d) Inform the athlete that the sample collection and sealing procedure will be conducted in a virtual environment.
- e) In case of an athlete with impairments and according to **section 6.7**, discuss with the athlete if sample collection in a virtual environment is possible. Should the athlete require a representative for assistance, ask if the representative is present or request if it will be possible for the representative to arrive in a timely manner. Should the athlete and DCO agree that sample collection in a virtual environment is not possible, the DCO shall terminate the sample collection session, and this shall be recorded by the DCO. The athlete may also choose to submit a supplementary report. Should the athlete and DCO agree that sample collection in a virtual environment is possible, the DCO shall apply modifications as provided in **ISTI Annex A - Modifications for Athletes with Impairments**.
- f) In case of an athlete who is a minor and according to **section 6.8**, apply modifications as provided for **ISTI Annex B - Modifications for Athletes who are Minors**. Encourage the athlete to have a representative and assist in locating one on site or who is able to arrive at the testing location in a timely manner. Introduce to the athlete the second SCP. If the athlete is able to locate a representative, the second DCO will observe the DCO only when the athlete is in the toilet area. If the athlete is unable to locate a representative, the second DCO will observe the DCO during the whole sample collection process, including when the athlete is in the toilet area. If a second SCP is not available either prior to or becomes unavailable once the sample collection session has begun, the DCO shall terminate the sample collection session, and this shall be recorded by the DCO.
- g) Proceed with formal notification and complete the sample collection documentation (either in paper or electronically). The athlete shall sign to acknowledge and accept the notification. If the athlete refuses to sign that they have been notified, or evades the notification, the DCO shall, if possible, inform the athlete of the consequences of a Failure to Comply. The DCO shall document the facts in a detailed report and report the circumstances to the Testing Authority. The Testing Authority shall follow the steps prescribed in **Annex A - Review of a Possible Failure to Comply of the International Standard for Results Management**.
- h) Refer them to the Athlete Information letter.
- i) Establish a two-way video and audio connection via the selected IT system (e.g., tablet, mobile phone, or body camera) with supporting mounting device (if applicable) and provide it to the athlete. If a second DCO is used to conduct the sample collection in a virtual environment, introduce the second DCO who will guide the athlete through the process.
- j) Advise the athlete that they must remain on camera via the IT system for the duration of the sample collection session. Inform the athlete that recording functions have been completely disabled.
- k) Confirm with the athlete if they want to have a representative present. If yes, confirm if the representative will be someone from their household or joining remotely.
- l) Provide the athlete with the package that includes sample collection equipment (including other supporting devices such as temperature monitoring strips) and applicable documentation.

- m) Inform the athlete that you will meet them at the end of the test to collect their sample and all other equipment and documentation either in the same location or at another location you will agree to.
- n) Inform the athlete that they should proceed with the sample collection equipment to a suitable sample collection location which is private, well lit and where the sample collection session can continue, while remaining connected with you (or the second DCO) via the IT system.
- o) While remaining connected with the athlete via the IT system, move to a private location and prepare to conduct the sample collection in a virtual environment.
- p) Proceed to **section 9**.

9.0 Conducting the Sample Collection Session in a Virtual Environment

After the athlete has been positioned in a suitable sample collection location where the session will be conducted, the DCO, connected virtually via the IT system, shall instruct them as follows:

- a) Confirm if an athlete representative is present with the athlete in this location, ask the athlete to show the DCO on camera the location selected where the sample collection session is proposed to be conducted and confirm it is satisfactory and that the audio and visual quality of the IT system used is clear to proceed.
- b) The DCO must have their camera on so the athlete can have sight of the DCO and the DCO should confirm that the session is not being recorded. The DCO should show the athlete that there is no one else present with them in their location (unless when a second SCP is present when testing an athlete who is a minor).
- c) Ask the athlete to place the IT system in a location where the DCO will have view of the athlete (including upper body and hands) and have full view of the sample collection equipment.
- d) Take the athlete through the Athlete Information Letter, informing the athlete of the main changes implemented during the collection procedure in a virtual environment.
- e) Confirm with the athlete that they have all the necessary equipment and documentation and ask the athlete to place the contents of the package with the sample collection equipment, supporting devices and documentation on a steady surface (e.g., table) in full view of the DCO, to be ready for the sample collection session.
- f) Explain the athlete's rights and responsibilities.
- g) Ask if the athlete has any questions on the sample collection procedure in a virtual environment.
- h) Go with the athlete through the first section (Athlete Information) of the sample collection documentation and to complete it (either in paper or electronic) with the assistance of the DCO.
- i) Upon completion, ask the athlete if they are ready to provide their sample. If the athlete is not ready to provide a sample, advise the athlete that they shall remain in full view of the DCO via the IT system while waiting until they are ready to provide a sample.

9.1 Urine Sample Provision in a Virtual Environment

When the athlete is ready to provide a urine sample, the DCO should instruct them as follows:

- a) Ask the athlete to select a collection vessel in accordance to the **ISTI Annex C.4.3** and confirm that they are happy that it is sealed and has not been tampered with.
- b) Ask the athlete to apply a temperature monitoring strip to the outside of the collection vessel.
- c) Ask the athlete to move to the toilet area and show the DCO on camera the toilet area in which they will be providing their sample. The DCO should direct the athlete as to the best location for their device to be positioned during the sample provision. The DCO shall document in detail anything suspicious when being shown the toilet area by the athlete e.g., anything that might be construed as other urine samples or doping paraphernalia with potential to compromise the sample collection.
- d) Inform the athlete that sample provision will not be directly witnessed as it normally would be, i.e., the DCO observing the urine sample directly leaving their body, however, they will be continuously observed via the IT system in the toilet area. The camera has to be set in a position in the toilet area that provides the DCO with a full view of the athlete's upper body (i.e., waist to top of head) and arms while waiting to provide a sample and/or during the sample provision. If this proves difficult due to the layout of the toilet area, the DCO will need to consider other options to place the camera on such as on a chair or stool that the athlete can provide.
- e) Remind the athlete of the importance to stay on camera during the sample provision and be advised of the possible consequences of a Failure to Comply. Any loss of connection should be documented including exact time and duration, as well as any further re-connection attempts and explanations

from the athlete or the DCO. If the athlete does not remain visible in the field of view of the camera or the sample once provided by the athlete does not remain visible in the field of view of the camera and if the circumstances are deemed suspicious by the DCO, the DCO shall consider collecting an additional sample from the athlete but not before sealing the sample that raised the suspicion. The DCO shall document the facts in a detailed report and report the circumstances to the Testing Authority. If appropriate, the Testing Authority shall follow the steps prescribed in ISTI Annex A - Review of a Possible Failure to Comply in the International Standard for Results Management.

- f) Once the athlete has provided the required volume of urine, ask the athlete to show the collection vessel with the volume measurement scale on camera to validate that the required volume of urine has been provided. Where the volume of urine provided by the athlete is insufficient, the DCO shall provide instructions to the athlete to follow the partial sample collection procedure in accordance with the **ISTI Annex E - Urine Sample - Insufficient Volume**.
- g) Once the lid of the collection vessel has been secured, ask the athlete, whilst in the toilet area, to show the temperature monitoring strip measurement on the camera to confirm the temperature of the urine sample is within expected normal limits (~36-37°C).
- h) The athlete shall then exit the toilet area ensuring they keep their sample visible on camera as they return to the initial room where the sample equipment is and where the sample will be sealed. The athlete shall position the camera in the same location as it was at the start of the procedure so that the athlete and their sample are in full view of the DCO.

9.2 Completing the Sample Collection in a Virtual Environment

The DCO should instruct the athlete how to complete the procedure:

- a) Ask the athlete to select a kit containing A and B bottles in accordance with the **ISTI Annex C.4.3** and confirm that it is sealed and has not been tampered with.
- b) Guide the athlete through the opening of the kit, check the contents of the box and check the sealing of the A and B bottles within the box in accordance with the **ISTI C.4.12**.
- c) Ask the athlete to show the DCO the sample code numbers and check that they match the box and A and B bottles. The DCO should document the sample code number (e.g., on a Supplementary Report Form) and later confirm upon receipt of the sample.
- d) Ask the athlete to open the A and B bottles and divide the sample into the A and B bottles in full view of the DCO and in accordance with the **ISTI Annex C.4.13**. The DCO should ensure sufficient urine is left in the collection vessel for the specific gravity reading.
- e) Ask the athlete to seal the A and B bottles in full view of the DCO and in accordance with the **ISTI Annex C.4.14**.
- f) Ask the athlete to confirm the sealing of the A and B bottles, showing this to the DCO. This includes turning the bottles upside down so that the DCO can confirm there are no leaks.
- g) Once the sealing of the A and B bottles is completed, the DCO should confirm the time of sealing to be recorded on the sample collection documentation and ask the athlete to record the sample code number on the sample collection documentation. The athlete should show the sample collection documentation to the DCO so that this can be confirmed that it has been completed correctly.
- h) Guide the athlete through the measurement of the specific gravity of the sample using the residual urine in the collection vessel. If the urine sample does not meet the requirement for suitable specific gravity for analysis, the DCO shall provide instructions to the athlete to follow the appropriate procedures in accordance with ISTI Annex F - Urine Samples that do not meet the requirement for Suitable Specific Gravity for Analysis.
- i) Take the athlete through the completion of the remainder of the sample collection documentation.
- j) Do a final check of the sample collection documentation (either in paper or electronically) to ensure it has been completed and signed by the athlete.

- k) Ask the athlete to check that no identifiable information is showing on the laboratory copy(ies) of the sample collection documentation.
- l) Upon completion, ask the athlete to pack their sample and all equipment and documentation including any waste and meet the DCO in the initial location where the athlete was notified or an agreed upon location.
- m) Ask the athlete to remain on camera until the sample collection session has been concluded, and they meet the DCO in-person.
- n) Collect the sample(s), documentation, equipment and waste bag from the athlete.
- o) Sign appropriate documentation (e.g., Doping Control Form) to indicate the DCO's satisfaction that the documentation accurately reflects the details of the sample Collection Session. Advise the athlete to keep the athlete copy of the sample collection documentation to retain as confirmation of their test (if in paper) or inform the athlete that they will receive a copy of the sample collection documentation (if electronic).
- p) Conduct a review of all sample collection equipment, supporting devices and documentation and confirm, in writing, that sample collection documentation and corresponding sample(s) are enclosed.
- q) Ensure that the athlete has provided the waste bag that contains all the items they discarded.

10.0 Security/Post-Test Administration

Any unused sample collection equipment should be returned to the DCO or the ADO. The ADO should keep an inventory to account for the sample collection equipment distributed to the DCO.

Packaging and shipping of samples should be accordance with national and international ground or air shipping requirements and the ISTI.

Any departures from the ISTI should be documented on revised procedures provided to the SCP and documented on a supplementary report or after-action report form accordingly.

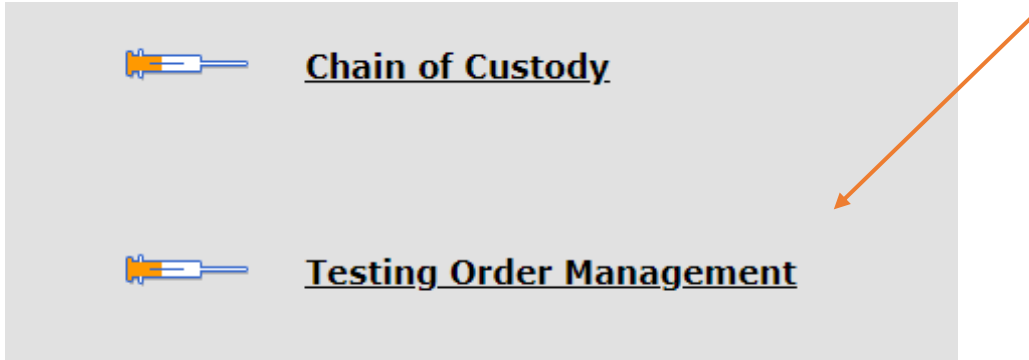
11.0 Transport of Samples and Documentation

Samples should be shipped to the laboratories as soon as possible, as unnecessary delays may cause sample degradation or microbial contamination issues.

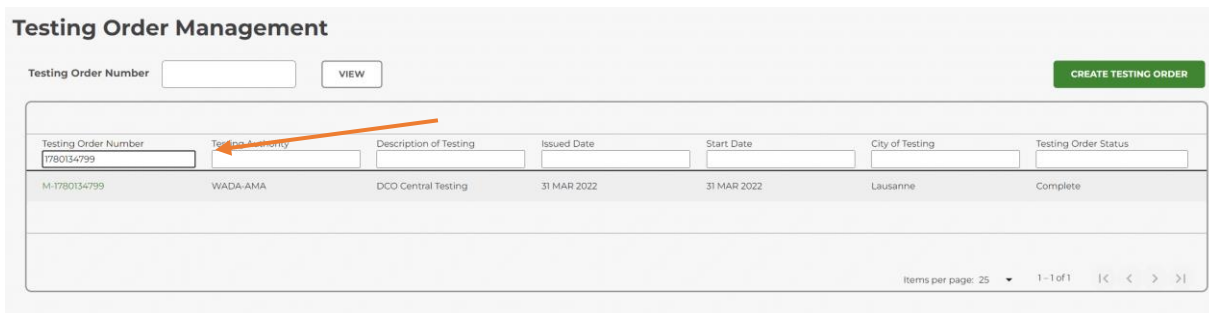
Once the sample arrives at the laboratory, analysis can proceed as per any normal sample. Knowledge that a sample was collected in a virtual environment may allow the laboratory to better interpret any atypical or adverse analytical finding.

ANNEX A: Recording the Test Attempt in an ADAMS Testing Order

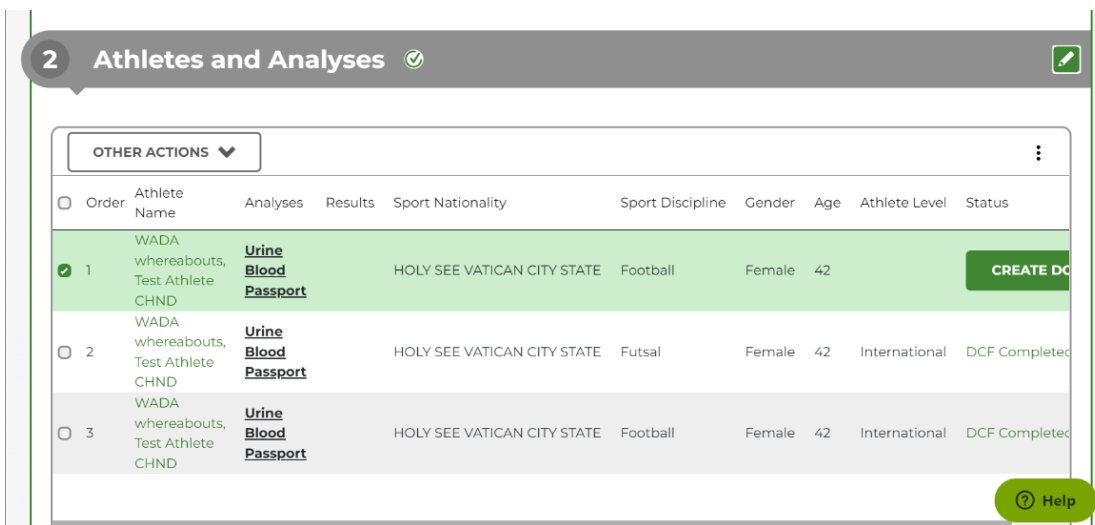
- a) Log into ADAMS.
- b) Search for the Testing Order Management section.



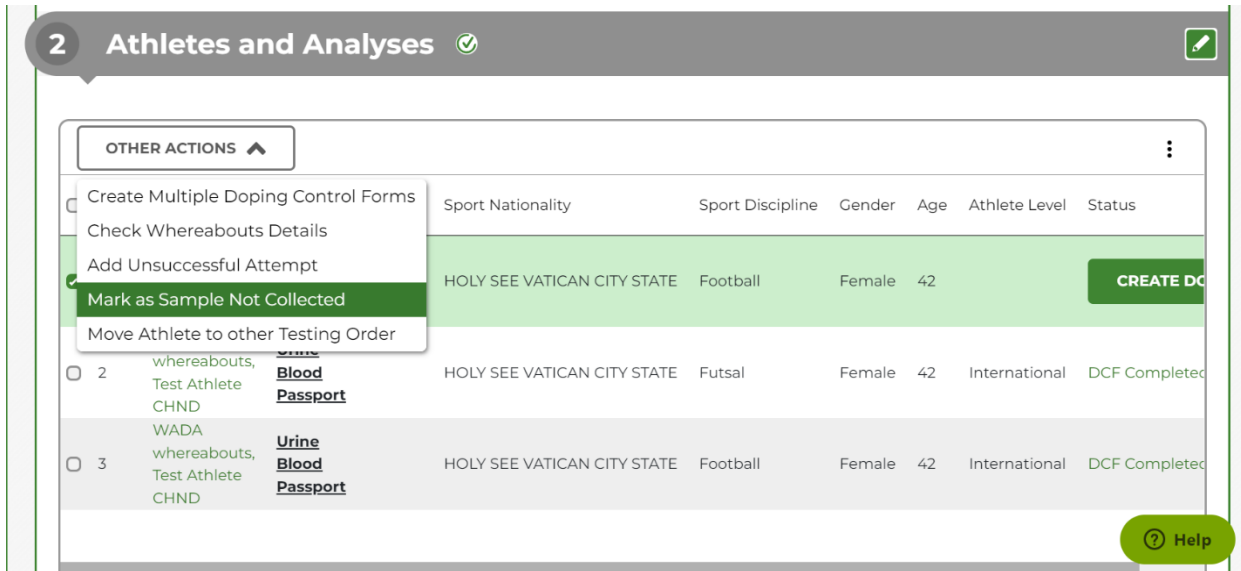
- c) Search for the Testing Order (TO) to open (enter the TO number).



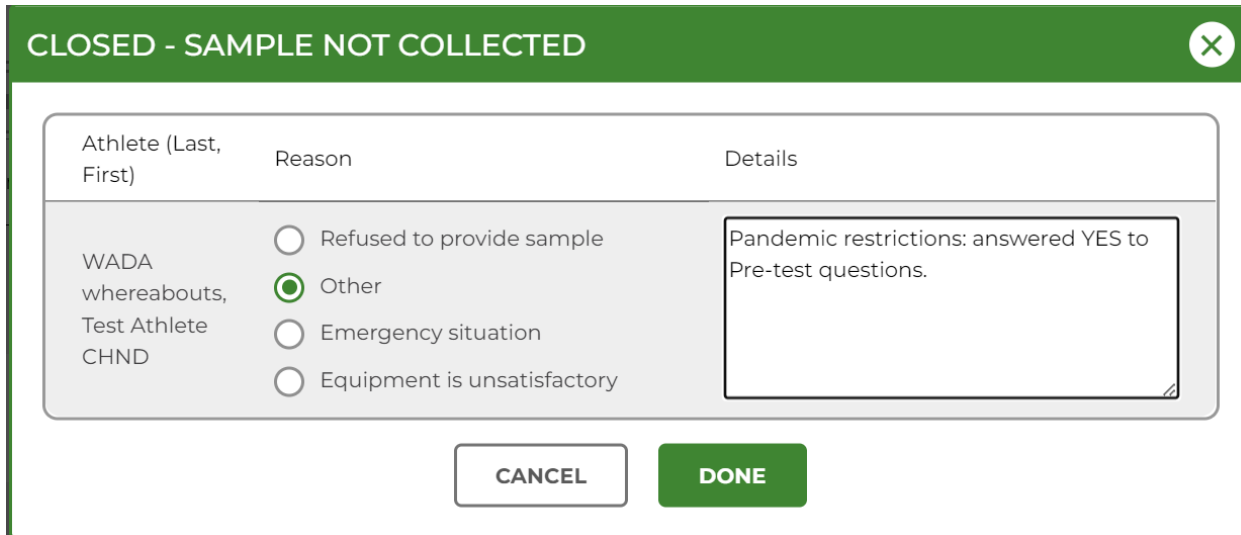
- d) Within Section 2 “Athletes and Analyses”, select an athlete.



e) Within the “Other Actions” Menu, select “Mark as Sample not Collected”.



f) In the modal window, select the reason “Other” and add “Pandemic restrictions: answered YES to Pre-test questions.” in the “Details” field.



g) Click **Done**

h) When running a Sample Collection Report, the details of the test will appear under the “Reason for not collecting the sample”.

i) Once the DCO report and the Athlete Questionnaire are received by the ADO, then follow up with the athlete to validate the situation.


j) Once the athlete can be tested again:

1. Edit the same Testing Order (where the test status is set to ‘Close-Samples not collected’).

2. Add the name of the athlete (for a second attempt).

3. Enter an explanation regarding the second, follow-up attempt in the Comments section of the Testing Order.

Lead DCO <input type="text"/>	DCO Arrival Time <input type="text"/>	Status <input type="text"/>	Last status modification
Comment <input type="text"/>			



ANNEX B: Safety Measures Information Guide

ADOs should ensure that the following guidance is reviewed with and applied by SCP. This information can be adapted based on any further national and/or health regulations specific to the relevant country. Please amend accordingly.

1. Hand Washing

Instruct SCP to:


- Clean their hands by rubbing them with an alcohol-based formulation, as the preferred mean for routine hygienic hand antiseptis, if hands are not visibly soiled. It is faster, more effective, and better tolerated by hands than washing with soap and water. This should take 20-30 seconds and is referred to as the **hand rub technique**.
- Wash their hands with soap and water when hands are visibly dirty or visibly soiled or after using the toilet. This should take 40-60 seconds and is referred to as the **hand wash technique**.

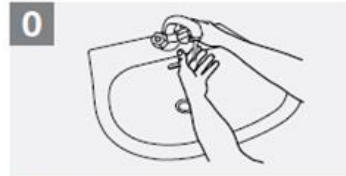
HOW TO HANDRUB?



HOW TO HANDWASH?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

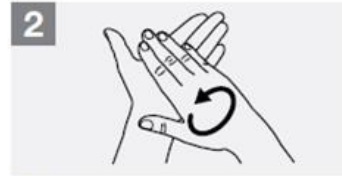
 Duration of the entire procedure: 40-60 seconds



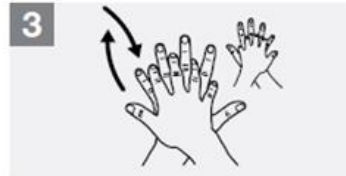
0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



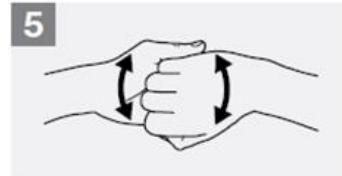
2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



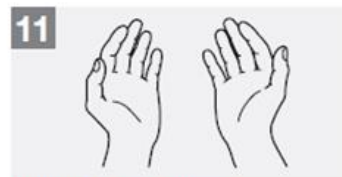
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.

Reference: World Health Organization, *Hand Hygiene:*

https://cdn.who.int/media/docs/default-source/patient-safety/how-to-handrub-poster.pdf?sfvrsn=9d2f6e89_11

https://cdn.who.int/media/docs/default-source/patient-safety/how-to-handwash-poster.pdf?sfvrsn=7004a09d_7

2. Gloves

When wearing gloves, instruct SCP to:

- Perform hand hygiene immediately before using and after removing gloves. It is important that hands be clean and dry before putting gloves on.
- Change gloves and perform hand hygiene during sample collection if gloves become damaged or gloves become visibly soiled following a task.
- Gloves should be put on immediately prior to engaging with the athlete and changed after touching any surfaces that may be contaminated.
- Never wear the same pair of gloves for more than a single sample collection.
- Carefully remove gloves to prevent hand contamination. Follow the instructions provided in the diagram below and ensure that there is no direct contact with the outside of the gloves.



Additional Reminders for use of Gloves:

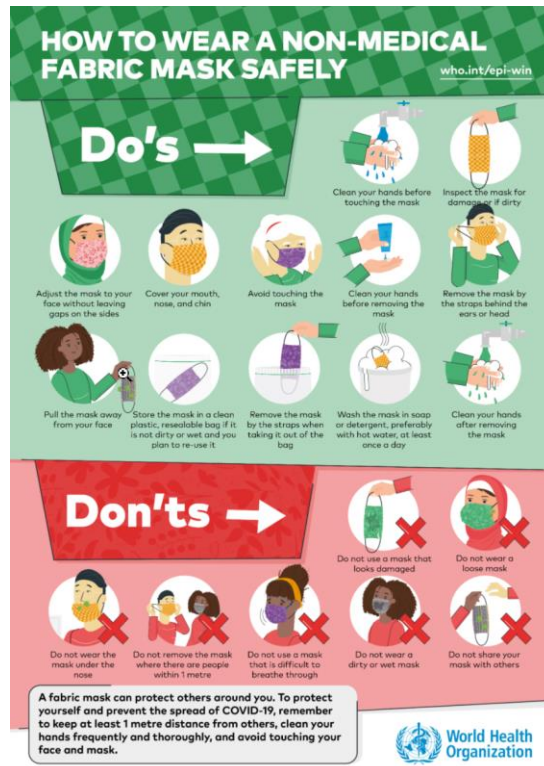
- DON'T** remove one glove, and then pull the other glove off by the fingertips.
- DON'T** reuse disposable gloves once they have been removed.
- DO** change gloves when soiled or if torn.
- DO** dispose of used gloves appropriately.
- DO** cleanse hands before putting gloves on and after their removal and disposal.

3. Face Masks

When using disposable face masks, SCP should be informed of the following:

- a) Disposable face masks should only be used once.
- b) Disposable face masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- c) Disposable face masks must be removed along with other waste generated from the sample collection session (i.e., SCP must leave with all the sample collection session waste).
- d) When using disposable face masks, follow these instructions:
 - i) Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
 - ii) Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
 - iii) Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
 - iv) Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
 - v) To remove the mask: remove it from behind the ears or head (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

NOTE: Medical or non-medical masks could be acceptable although it is imperative that the masks be worn properly. See the instructions on the next two pages. The mask should be of good quality and if non-medical, should ideally consist of three layers of material that properly cover the mouth, nose and chin and contain a nose wire.



Reference:

[https://www.who.int/images/default-source/health-topics/coronavirus/clothing-masks-infographic---\(web\)-logo-who.png?sfvrsn=b15e3742_18](https://www.who.int/images/default-source/health-topics/coronavirus/clothing-masks-infographic---(web)-logo-who.png?sfvrsn=b15e3742_18)



Reference:

[https://www.who.int/images/default-source/health-topics/coronavirus/masks-infographic---final-\(a4---web---rgb\).png?sfvrsn=cb3153cf_13](https://www.who.int/images/default-source/health-topics/coronavirus/masks-infographic---final-(a4---web---rgb).png?sfvrsn=cb3153cf_13)

For more information on the use of Face Masks, please visit:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

ANNEX C: Athlete Health Questionnaire Template

The questions and text provided below are meant to serve as an example and to provide assistance to Anti-Doping Organizations (ADOs) in developing their own questionnaire. It is important to remember that ADOs should verify available guidance and/or consult with local health authorities when further developing these questions.

It is also important to verify with local data protection authorities when determining what disease-related personal information they are authorized to collect.

To ensure that athletes understand the importance of answering the question/s in a truthful and honest way, the athlete should be advised verbally, before they answer any questions, that providing information that is false, misleading, inaccurate or incomplete could be considered as an anti-doping rule violation (e.g., tampering or attempted tampering), which could carry a sanction of up to four years of ineligibility.

In addition, the athletes should be advised that the completed questionnaire will be provided to the ADO that authorized the test for its review and that the ADO may contact the athlete to validate the athlete's answers. This may involve the ADO asking additional questions and requesting supporting information/documentation from the athlete.

This information should be part of the introduction text of the questionnaire and included again immediately before the athlete signs the questionnaire.

The questions developed could be pre-written on a Supplementary Report Form (SRF) or on an equivalent/new form ensuring that a copy can be provided to the athlete or to be developed on a mobile application. Please review and adapt this document as necessary.

1. Pre-Notification Athlete Questions

- a) Are you, or anyone currently present with you at this location or who resides with you, experiencing any symptoms suggestive of the disease?
- b) Do you or anyone currently present with you at this location or who resides with you have the disease (confirmed by a diagnostic test or diagnosed by a health professional)?
- c) Are you in a period of quarantine/self-isolation due to the above situations or self-isolation due to a pre-existing medical condition such as diabetes, heart disease, respiratory conditions or a compromised immune system?

2. Additional Athlete Questions

Please answer the following questions truthfully and to the best of your ability. Please specify what applies to your current situation:

- a) I have the disease (confirmed by a diagnostic test or diagnosed by a health professional).
 - i) I have symptoms suggestive of the disease.
 - ii) Please specify your symptoms.
- b) I live with someone that has the disease (confirmed by a diagnostic test or diagnosed by a health professional).
 - i) I live with someone that has symptoms suggestive of the disease.

- ii) Please specify their symptoms.
- iii) I am in quarantine/self-isolating due the above reasons as selected or due to a pre-medical condition such as diabetes, heart disease, respiratory conditions or compromised immune system.
- iv) Please specify the medical condition.
- v) If you are quarantining, on what date did it begin?
- vi) How long will the quarantine be for?

- vii) Please give the expected date of when the quarantine period will end.
- viii) If the quarantine extends beyond the end date provided, you should contact your ADO to explain the reasons.
- ix) If your self-isolation is due to a pre-existing medical condition, have you trained at a training facility or been to locations outside of your house where other persons were present in the last seven days?

3. Athlete Information

Please be informed that this questionnaire will be sent to *[insert ADO Name]* and that *[insert ADO Name]* will review it and may contact you to confirm the information provided. *[insert ADO Name]* may also ask additional questions or require further documentation. Please also be aware that providing information that is false, misleading, inaccurate or incomplete could be considered as an anti-doping rule violation (e.g., tampering or attempted tampering), which could carry a sanction of up to four years.

Athlete name: _____

Athlete signature: _____

Athlete phone number: _____

Athlete email: _____

Date: _____

Please contact us at: *[Insert ADO contact details]*