



# Doping Control Guide

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## PURPOSE OF THE DOPING CONTROL GUIDE

The purpose of this guide is to give Games participants information about the anti-doping programme and how it will be conducted. This guide is not a technical document describing each step of doping control or other aspects of the anti-doping programme at the Games. This guide is not a detailed set of rules but rather a summary of key aspects of the rules. This guide complements the International Paralympic Committee (IPC) Anti-Doping Code but does not replace or supersede it.

# 1 | GOVERNANCE OF THE RIO 2016 PARALYMPIC GAMES ANTI-DOPING PROGRAMME

The International Paralympic Committee (IPC) is responsible for directing the Rio 2016 Paralympic Games (the Games) Anti-Doping Programme IN-COMPETITION and OUT-OF-COMPETITION testing, from the opening of the Athletes' Village (the Village) on 31 August 2016 up to and including the day of the closing ceremony on 18 September 2016 (the Games Period).

Sample collection responsibilities for the Games have been delegated to the Rio 2016 Organising Committee for the Olympic and Paralympic Games (Rio 2016).

The IPC is a signatory to the World Anti-Doping Code (the Code). The IPC has established the IPC Anti-Doping Code (the IPC Code) in compliance with the general principles of the Code. WADA has confirmed that the IPC Anti-Doping Code is in line with the Code. The IPC Code outlines the various anti-doping rule violations and the detailed result management process following a possible anti-doping rule violation. The IPC Code is complemented by the WADC International Standards.

The IPC Code shall apply to the Games from 31 August 2016 to 18 September 2016. Athletes entered at the Games may be tested at any time during this period, as well as in the lead up to the Games, regardless of their location. All participants (athletes and athlete support personnel) accept the IPC Code as a condition of participation and are presumed to have agreed to comply with the IPC Code. All National Paralympic Committees (NPCs) and International Federations (IFs) will have formally declared their acceptance of the IPC Code through their membership status with the IPC. Any NPC or IF that has not accepted the IPC Code shall be deemed ineligible to participate in the Games.

The IPC Anti-Doping Committee is responsible for anti-doping policies, guidelines and procedures applicable to the Games, including the test distribution plan and anti-doping rule violation management. The IPC Medical Committee is responsible for the Therapeutic Use Exemption (TUE) rules as outlined in the IPC Code. Unless specifically directed in the IPC Code, the person responsible for the administration of the provisions of the IPC Code is the IPC Medical & Scientific Director.

The IPC Medical & Scientific Department will have its offices in the Paralympic Village Polyclinic.

## 2 | IN-COMPETITION AND OUT-OF-COMPETITION TESTING

The standard definition of IN-COMPETITION and OUT-OF-COMPETITION as per the IPC Anti-Doping Code applies to the Games.

The definition of IN-COMPETITION means “the period commencing 12 hours before a competition in which the athlete is scheduled to participate through to the end of such competition and the sample collection process related to such competition.” The definition of OUT-OF-COMPETITION is “any doping control which is not in-competition”. The term “competition” is defined as “a single race, match, game or singular sport contest,” for example, a 100-metre race in athletics.

Both urine and blood samples may be collected and the IN-COMPETITION and OUT-OF-COMPETITION testing analysis screens will apply throughout the Games.

## 3 | ANTI-DOPING RULE VIOLATIONS - CONSEQUENCES FOR TEAM SPORTS (IPC ANTI-DOPING CODE, ART. 11.3)

As the ruling body of the Games, the IPC will impose consequences for team sports in accordance with articles 11.1 and 11.2 for all team sports on the Games programme.

The following sports are identified as team sports:

Football 5-a-side, football 7-a-side, goalball, sitting volleyball, wheelchair basketball and wheelchair rugby.

## 4 | ADDITIONAL SAMPLE REQUESTS

NPCs or IFs that want to collect additional samples from athletes that fall under their regular jurisdiction during the Games Period should seek prior approval from the IPC. There may be a fee associated with the request. In such instances, the IPC will act as the result management authority for those samples collected as referenced in IPC Code, Article 20.3.7.

## 5 | LABORATORY

Samples collected by Rio 2016 will be analysed at the WADA-accredited laboratory, LAB DOP - LADETEC / IQ - UFRJ Doping Control Laboratory (LADETEC) in Rio de Janeiro, Brazil or any other WADA-accredited laboratory as required. The results of the tests will be provided to the IPC and the World Anti-Doping Agency (WADA) from the laboratory. Results are typically provided within 24 to 72 hours of receipt by the laboratory. More time may be required for those samples requiring additional analysis. The IPC intends to keep the samples for long-term storage for future reanalysis.

Some samples will be subject to analysis following the closing ceremony. Any anti-doping rule violation discovered as a result of that analysis will be dealt with under the IPC Code.

## 6 | PROHIBITED SUBSTANCES

The WADA 2016 Prohibited List contains the substances and methods prohibited for the Rio 2016 Games. If, at the time of the Games, the 2016 Prohibited List is amended, the valid version that can be found on the WADA website is applicable: <http://www.wada-ama.org>. All athletes and athlete support personnel must familiarise themselves with the Prohibited List (see Appendix A2).

## 7 | MEDICATION USE

It is the responsibility of the athlete to determine whether a substance he/she is using or considering using is prohibited. At all times, athletes are strongly advised to check the status of all medications with their team doctors. If further classification is required during the Games, the athlete should check with their NPC team physician or medical staff at the Rio 2016 Polyclinic.

When bringing medication into Brazil, all NPCs should be familiar with the Rio 2016 process pertaining to the importation of medication, pharmaceutical products and medical equipment which is referenced in both the Rio 2016 Health Care Guide and the NPC Chefs de Mission Manual.

## 8 | SUPPLEMENT USE

Extreme caution is recommended regarding supplement use. The use of dietary supplements by athletes is a concern because in many countries the manufacturing and labelling of supplements may not follow good manufacturing practices, as is required for medications, which may lead to a supplement containing declared or undeclared prohibited substances under anti-doping regulations. A significant number of adverse analytical findings have been attributed to the misuse of supplements. NPCs are encouraged to discuss the risks associated with supplement use with their athletes.

## 9 | INTERNATIONAL LEVEL ATHLETES

From 1 August 2016, all athletes registered to compete at the Games are considered international level athletes for the duration of the Games Period as defined in the IPC Anti-Doping Code. Therefore, the Therapeutic Use Exemption (TUE) rules apply for all athletes.

# 10 | THERAPEUTIC USE EXEMPTIONS (TUE)

It is an athlete's responsibility to ensure that any medication or method they take to treat an illness or medical condition does not fall under the Prohibited List. Occasionally athletes may have to take a medication that is on the Prohibited List to treat an illness or medical condition. Before doing so, they must apply for a Therapeutic Use Exemption (TUE) and be given an approval for the particular medication and/or method. Athletes should consult with their NPC team physician throughout this process.

NPCs are encouraged to:

- Be proactive in assisting their athletes in verifying the status of their medications
- Identify, along with the athlete's physician, therapeutic use alternatives to prohibited medications if appropriate
- Submit legible and complete TUE application forms in a timely manner

## 10.1 ATHLETES THAT ALREADY HAVE A VALID TUE CERTIFICATE OF APPROVAL (ARTICLE 4.4.2.1)

A copy of the TUE certificate of approval and supporting medical documentation must be submitted to the IPC Medical Committee for review by 1 August 2016 **at the latest**. Submissions must be in English and must be sent through ADAMS or by email to [tue@paralympic.org](mailto:tue@paralympic.org). The IPC will notify the athlete through the NPC whether the TUE is automatically recognised.

## 10.2 ATHLETES THAT NEED TO APPLY FOR A NEW TUE (ARTICLE 20.3.5.1):

Prior to 1 August 2016, athletes must determine whether they are considered an international level athlete by their International Federation (IF). If so, they should apply to their IF. If not, athletes may contact their National Anti-Doping Organisation (NADO).

From 1 August, ALL athletes must apply to the IPC Medical Committee and submit the completed TUE application with supporting medical documentation either through ADAMS or by email to [tue@paralympic.org](mailto:tue@paralympic.org). Submissions must be in English. If approved, the TUE will only be valid for the duration of the Games (unless the IPC is the International Federation of the sport). The decisions of the IPC Medical Committee will be communicated to the athlete's NPC, NADO, the IF and to WADA.



## 10.3 RETROACTIVE TUES

Article 4.3 of the International Standard for TUEs (ISTUE) will apply in the event of an emergency.

Details of the TUE process, including the TUE application process, the medical documentation in support of the application needed, and the criteria for granting a TUE are outlined in the IPC Code and WADC International Standard for TUEs. Further information on the TUE process can be found on the IPC website: <http://www.paralympic.org/the-ipc/anti-doping/tue>

# 11 | USE OF CATHETERS

The IPC considers the use of a urinary catheter by an athlete with a need for self-catheterisation as “personal equipment”. There are potential hazards to using different catheters, such as urethral trauma, infection and/or allergic reactions. Athletes who use urinary catheters for urinary sample collection for anti-doping purposes should supply their own catheter. This is the responsibility of the athlete. It is also the athlete’s responsibility to use a catheter in accordance with the manufacturer’s instructions.

Rio 2016 will equip doping control stations with a number of sealed, sterile catheters; however, this will never include all brands, sizes and/or materials. This shall be regarded as a complimentary service offered to athletes.

The IPC is aware of exceptional cases of adverse analytical findings (AAFs) caused by self-catheterisation in doping control related to the use of glycerol. Glycerol is widely used as an anti-septic in the storage of urethral catheters and as a lubricant for urethral catheters. The World Anti-Doping Agency (WADA) has recently increased the threshold for reporting an adverse analytical finding (AAF) for glycerol (WADA TD2014DL), reducing the likelihood of an AAF resulting from glycerol lubrication. However, athletes should consult with their physician on any alternatives that do not involve the use of glycerol. As a matter of precaution, all catheters supplied by Rio for both medical and anti-doping purposes will be free of glycerol.

The position statement can be found here:

[http://www.paralympic.org/sites/default/files/document/150528104836631\\_2015\\_01\\_30+IPC+Position+Statement+on+Use+of+Catheters+in+Doping+Control\\_FINAL.pdf](http://www.paralympic.org/sites/default/files/document/150528104836631_2015_01_30+IPC+Position+Statement+on+Use+of+Catheters+in+Doping+Control_FINAL.pdf)

## 12 | WHEREABOUTS INFORMATION

Effective OUT-OF-COMPETITION testing programmes are essential to the fight against doping in sport. This largely depends on accurate and complete athlete whereabouts information.

The IPC and Rio 2016 therefore request that all NPCs:

- Ensure that athletes who are nominated to the IPC/IF/National Registered Testing Pool (RTP) have provided accurate and detailed whereabouts information to the respective anti-doping organisation
- Provide timely information on travel schedules, specific rooming list allocations and training schedules for the Games

These components are of paramount importance to enable locating athletes for testing in the lead up to the competition period.

In the event that information received from the NPCs is incomplete, or when NPCs refrain from sharing information with the IPC and Rio 2016, the IPC has the right to ask the NPC for more detailed whereabouts information for all or some of their athletes. This information should be provided to the IPC through ADAMS. NPCs have the responsibility of familiarising themselves with the use of ADAMS: <http://www.wada-ama.org/en/ADAMS/>.

## 13 | SHARING OF INFORMATION THROUGH SECURE DATABASES

The IPC welcomes temporary access to national/IF anti-doping databases other than ADAMS to access both TUE and whereabouts information for athletes competing at the Games. Email [antidoping@paralympic.org](mailto:antidoping@paralympic.org) if your National Anti-Doping Organisation (NADO) wishes to share information this way.

## 14 | RESOLVING PENDING CASES INVOLVING POSSIBLE VIOLATIONS OF ANTI-DOPING RULES

The IPC would appreciate every effort made by NPCs, NADOs and IFs to ensure that pending cases involving possible violations of anti-doping rules committed by athletes or athlete support personnel, who intend to participate in the Rio 2016 Games, are resolved before the athletes validate their accreditation card for the Games.

Any outstanding result management matters in the lead up to the Games should be reported by the NPC without delay to [antidoping@paralympic.org](mailto:antidoping@paralympic.org).

## 15 | WADA OUTREACH PROGRAMME

The WADA Outreach Programme has developed into an effective means of reaching out and educating athletes and their entourage on the dangers and consequences of doping. The outreach booth will be located in a highly-visible area where competitors can approach anti-doping experts from around the world. Critical to the success of the programme is one-on-one interaction in various languages that athletes, coaches and officials receive with anti-doping experts. This is supported by a variety of educational materials and a quiz that is designed to be fun as well as informative.

## 16 | WADA INDEPENDENT OBSERVER PROGRAMME

WADA will have an Independent Observer (IO) Programme to monitor the various phases of doping control and results management processes. Expert teams will observe the programmes and provide real-time feedback to the IPC and Rio 2016, who will be conducting the anti-doping programmes. This audit-style approach will ensure immediate progress can be made, and will give athletes and the public further confidence in the anti-doping system.

# 17 | DOPING CONTROL TECHNICAL PROCEDURES FOR RIO 2016 PARALYMPIC GAMES

All doping control procedures will be implemented in accordance with the WADA International Standard for Testing and Investigations (ISTI). The ISTI can be found in full here:

<https://www.wada-ama.org/en/resources/world-anti-doping-program/international-standard-for-testing-and-investigations-isti-0>

The following information is to complement the ISTI requirements:

- For the purposes of these Games, the Testing Authority and Results Management Authority is the IPC. The Sample Collection Authority is Rio 2016.
- Rio 2016 will use Berlinger sample collection equipment and will use the Bavaria partial sample system.

Rio 2016 will have further detailed procedures that are compliant with the ISTI.



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