

Sample Collection Basics

Sample collection is key to detecting and deterring doping. The Canadian Centre for Ethics in Sport (CCES) collects and tests athletes' samples for its anti-doping programs to make sure samples are free of substances that are prohibited in sport. Sample collection is your opportunity to show that you compete clean.

Sample collection can take place anywhere, anytime. Athletes may be selected for sample collection in competition, at training camps, at home, or at any other location throughout the year, with no advance notice.

Giving a urine or blood sample can be intimidating, especially if it's your first time, but don't worry! Throughout the process, certified sample collection personnel will explain the steps in detail. Here are four steps of the sample collection process that you should expect every time you provide a sample:

NOTIFICATION

When you are notified that you were selected for doping control, you might wonder why you were chosen. Did you finish your competition in a high position? Are you in a testing pool? Have you been sanctioned for an anti-doping rule violation? If you answered "no" to these questions, then you fall under a third category: athletes who have been randomly selected for sample collection.

In the first step of sample collection, a CCES chaperone or doping control officer (DCO) shows you their identification and informs you that you've been selected to provide a urine and/or blood sample. They will explain your rights and responsibilities. From now until your sample is sealed, you have the responsibility to always remain in sight of the DCO and/or chaperone. If you're a minor, you must have an adult (> 18 years old) with you during doping control.

This person is your representative and can be anyone you trust, like a parent, trainer, or an older teammate. Representatives are mandatory for underage athletes, but you have the right to a representative regardless of your age and you can have one present if you want. It's recommended that you find your representative during notification or once you're notified so they can accompany you throughout the whole process.

AT THE DOPING CONTROL STATION



Once notified, you must report to the doping control station immediately. If necessary, you can request a delay in reporting for a valid reason. At the doping control station, the DCO explains the sample collection process and gives you the opportunity to ask questions. You have the right to an interpreter if you need one. Once you're ready to provide a sample, the DCO will guide you through choosing, inspecting, and selecting your sample collection equipment to make sure they aren't damaged or tampered with.

At any stage during the process, you have the right to ask for additional information. You can ask a lot of questions - sample collection personnel are there to answer them!

PROVIDING THE SAMPLE

You can be asked to provide a blood sample, a urine sample, or both. You have the responsibility to comply with the sample collection procedures, and, you have the right to request modifications to the sample collection process to make it more accessible for you. Modifications can be made to accommodate athletes with a disability or injury.



URINE

To provide a urine sample, a DCO or chaperone will escort you to the bathroom where you will be asked to disrobe from mid-torso to mid-thigh. The gender of the witness will be the same as the gender category you are competing in. This allows the DCO or chaperone to watch the sample pass from your body into the sample collection vessel. Once you provide a sample, you must retain control of it until it's sealed. Once you have provided at least 90 mL of urine, you'll be escorted back to the doping control station where the DCO will help you split and seal the sample into two tamper-proof bottles for safe transport to a World Anti-Doping Agency-accredited lab. If you don't provide 90 mL, the DCO will help you temporarily seal your sample until you're ready to provide more!



BLOOD

Take a seat – you need to relax for 10 minutes before blood collection! A blood sample is drawn by a certified phlebotomist, called a blood collection officer (BCO). They'll apply a tourniquet to your arm, clean the puncture site, and draw up to four vials of blood. Don't worry, the amount of blood collected during this process isn't enough to negatively affect your performance. After collection, the blood tubes are sealed into tamper-proof bottles.



PACKING AND DOCUMENTATION

Once your bottles are sealed, you'll be asked to check the sample code numbers on every piece of equipment and documentation to make sure they all match. Then, you'll package the samples for transport and finish completing your doping control form with the DCO. Declare all medications or supplements you've taken in the last seven days. If you have any concerns, take this opportunity to document them.



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