

# UKAD COVID-19 Doping Control Procedures

## Overview

---

The following outlines the enhanced measures to the Doping Control procedure that UKAD have implemented during the COVID-19 pandemic. The Doping Control procedure will continue to be conducted in accordance with the International Standard for Testing and Investigations (ISTI), however the health and well-being of those involved in the process will be prioritised.

These procedures are subject to ongoing review and amendment to ensure they are in line with current Government and health authority guidelines and to ensure the proper protection of athletes, UKAD Doping Control Personnel (DCP), and any other person involved with the Doping Control procedure.

## UKAD Responsibilities

---

### General

To enable the effective implementation of the COVID-19 Doping Control procedures and control measures, and to protect the health and well-being of all those involved in the Doping Control procedure, UKAD will undertake a number of responsibilities:

- Continually review the COVID-19 Doping Control procedures to ensure they continue to be in accordance with Government advice and guidelines.
- Seek guidance, advice and, where relevant, approval from Government on the control measures and procedures UKAD is implementing.
- Source and provide DCP with the required Personal Protective Equipment (PPE) along with any other additional equipment and documentation requirements.
- Provide training to DCP on the COVID-19 Doping Control procedures.
- Engage with the National Governing Bodies (NGBs) to gather information relating to any athletes and Athlete Support Personnel (ASP) who may be shielding or in a risk-group due to COVID-19 e.g. has symptoms of COVID-19, or classified as vulnerable to COVID-19.
- Engage with NGBs to gather information about potential restrictions and measures at training and competition venues.
- Provide guidance to NGBs as to the requirements for suitable Doping Control facilities.
- Monitor any updates from NGBs and/or athletes regarding symptoms or testing positive for COVID-19 for 10 days following a test.
- Communicate and provide education to athletes, where possible, on the control measures being implemented for the Doping Control procedure.

## UKAD Doping Control Personnel (DCP)

To protect the health and well-being of athletes, other DCP and others involved in the Doping Control procedure, UKAD will risk assess DCP in relation to the allocation of work. This includes:

- DCP must continue to adhere to Government and NHS advice.
- DCP must adhere to the Government's 'Test and Trace' system and must notify UKAD should they be required to self-isolate and/or be tested for COVID-19.
- DCP **must not** use **public transport** to travel to/from tests and should travel alone (unless travelling with a member of their household).
- DCP must adhere to UKAD's Lateral Flow testing regime prior to attending a mission (or have adhered to relevant sport/event specific requirements).
- DCP must not bring or consume food within the Doping Control Station (DCS). However, DCP can take their own drinks with them.
- DCP **must not** shake hands with athletes or their representative and must avoid any other direct contact.
- DCP **must notify** UKAD if they or someone in their household are classified as 'clinically extremely vulnerable' or 'clinically vulnerable' (as defined by the [UK Government](#)) and/or have received communication to that effect.
- DCP **must notify** UKAD if they or someone in their household are in an 'at-risk' group as identified below:
  - Risk group 1: DCP who are healthcare professionals currently employed and actively working in a healthcare setting with COVID-19 positive patients.
  - Risk group 2: DCP who have taken part in testing athletes who have since tested positive for COVID-19 within a timeframe of 10 days after the specific test session. UKAD will also be responsible for monitoring this.
  - Risk group 3: DCP who live with a person in one of the risk groups above or DCP who (or lives with someone who) display symptoms or have recently returned from a high-risk country or national "hot-spot" location. Specifically, DCP **must notify** UKAD of the following:
    - If, in the last 10 days, they or someone in their household have been/are unwell or had/have symptoms related to COVID-19 e.g. sore throat, cough, fever, loss of taste and smell, however mild, and provide details as to the symptoms
    - If, in the last 10 days, they or someone in their household is in self-isolation and provide the basis for self-isolation and how long they are in self-isolation for
    - If, in the last 10 days, they or someone in their household have contracted COVID-19. Any athlete tested within last three weeks by DCP will subsequently be notified
    - Any recent (within last 10 days) or planned travel abroad including details of location and dates.
    - DCP **must notify** UKAD if they or someone in their household contract COVID-19 at any stage.

- DCP must self-certify before departing for a test (i.e. prior to leaving the house the day of the test) by completing the DCP Self-Certification Form to confirm the following information:
  - They are well, have no symptoms that may be related to COVID-19, including a sore throat, cough, fever, loss of taste and smell, however mild those symptoms might be.
  - They have not been in contact with anyone who is awaiting to be tested for COVID-19 due to the development of symptoms, is awaiting a test result for COVID-19, or is self-isolating due to a positive test result for COVID-19.
  - In accordance with Government advice and/or Test and Trace, they are not required to be in quarantine and/or self-isolating.
  - They have had negative lateral flow tests in line with UKAD requirements or they had a negative PCR test in line with sport specific requirements.

Any DCP who is unable to confirm the above will not proceed with the test.

### **Access to Training and Competition Venues**

UKAD will work with NGBs and (where relevant) venues, to ensure that UKAD DCP adhere to the access requirements stipulated by the venue (e.g. questionnaires, temperature checks).

### **Personal Protective Equipment (PPE) and Additional Safety Measures**

---

#### **Personal Protective Equipment (PPE) and Cleaning Materials**

In line with the World Health Organisation (WHO) and Government and health regulations, the following PPE and cleaning materials will be essential requirements for the Doping Control procedure and will be provided to UKAD DCP:

- Disposable gloves – for BCOs when collecting blood samples and for DCOs when processing the urine sample (as per standard urine sample collection procedure).
- Hand sanitiser (at least 60% alcohol).
- Disposable face masks (type IIR fluid repellent 3-ply surgical masks).
- Disinfectant spray and/or wipes.
- Disposable head visor – for BCOs only when collecting blood samples and for DCOs and Chaperones when testing at an athlete's home.
- Disposable aprons – for BCOs only when collecting blood samples.

#### **Gloves**

##### When to Wear Gloves

Gloves are not a substitute for hand hygiene. However, DCP will wear gloves when handling an athlete's sample e.g. checking the sealing of the urine sample (as per the standard process) and when collecting blood samples.

The DCP will ask the athlete, the athlete representative (if applicable) and any third party involved at any stage of the Doping Control procedure (e.g. team manager) if they want to wear gloves. If they choose to wear gloves, the DCP will remind them of the following:

- Not to wear their own gloves.
- To perform proper hand hygiene throughout the procedure and to adhere to the additional reminders set out below (see 'Hand Hygiene').

When wearing gloves, DCP, and any associated person, are required to:

- Perform hand hygiene immediately before using and after removing gloves (with soap and water if available, or with hand sanitiser). 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 with blood or body fluids following a task.
- .
- Change gloves before and after removing disposable aprons.
- Never wear the same pair of gloves for more than a single sample collection.
- Carefully remove and dispose of gloves to prevent hand contamination.

#### Additional Reminders

- **DON'T** touch environmental surfaces – e.g. door handles, a keyboard, a computer mouse – with contaminated gloves
- **DON'T** touch your face or adjust PPE with contaminated 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 heavily soiled or if torn
- **DO** dispose of used gloves appropriately
- **DO** clean hands before putting gloves on and after their removal and disposal

#### **Face Masks**

##### When to Wear Face Masks

DCP will wear face masks throughout the Doping Control procedure. This is to help protect all those involved in the Doping Control procedure.

The DCP will ask the athlete, the athlete representative (if applicable) and any third party involved at any stage of the Doping Control procedure (e.g. team manager) the following:

- To wear a face mask provided by the DCP or to wear their own face mask if they prefer. DCP should strongly encourage them to do so and emphasise that by doing so they are best protecting the DCP.
- To follow the guidance set out in 'How to wear a face mask' below.

#### How to wear a face mask

When using disposable face masks, the below instructions should be followed:

- Before putting on a mask, clean hands with alcohol-based hand sanitiser or soap and water.
- Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand sanitiser or soap and water.
- Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
- To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand sanitiser or soap and water.

#### **Disinfectant Wipes and/or Sprays**

The DCP will disinfect worksurfaces and materials using the disinfectant wipes and/or disinfectant spray at the following stages of the Doping Control procedure:

- Prior to departing for a mission (materials only).
- Prior to commencing the Doping Control procedure (following the completion of notification).
- In between athletes being tested (if more than one athlete is tested) - only materials that have been touched by the athlete/DCP require to be disinfected again. If DCP are uncertain/cannot recall which items have been touched, they will disinfect all materials.
- At the end of the sample collection.

Applicable worksurfaces are high touch surfaces within the designated Doping Control Station (DCS) (including toilet facilities) which the DCP and/or the athletes touches such as table, chairs, door handles, taps. The athlete will be asked to clean the toilet handle and seat (where required) with disinfectant wipes after sample provision.

Applicable materials are Doping Control equipment and any other materials e.g. clipboards, pens, kit bags, etc. used during the procedure but not documentation.

### **Disposable Aprons**

BCOs are required to wear disposable aprons for blood sample collection. Athletes are not required to wear a disposable apron.

### **Disposable Head Visors**

BCOs are required to wear a head visor when collecting a blood sample from an athlete.

DCOs and Chaperones are only required to wear head visors when testing an athlete at their home address. Head visors will be worn throughout the entire Doping Control procedure when testing at an athlete's home.

Athletes are not required to wear a disposable head visor.

DCP will be required to perform hand hygiene before putting on and after removing their head visor.

### **Hand Hygiene**

#### When to Wash Hands

Use of soap and water is preferred for washing your hands, however, if this is unavailable, hand sanitiser should be used.

The DCP, athlete, athlete representative (if applicable) and any third party involved at any stage of the Doping Control procedure (e.g. team manager) should wash their hands at the following stages:

- Prior to departing for a test (DCP only & with soap and water).
- On arrival at the testing location (DCP only).
- Before commencing the sample collection session, post verbal notification.
- After using the toilet.
- After blowing their nose, coughing, or sneezing.
- After touching or using non-Doping Control equipment and materials that have not been disinfected e.g. their mobile phone.
- Before using and after removing gloves.
- After removing a disposable apron (DCP only).
- At the conclusion of the Doping Control procedure.
- DCP must not shake hands and avoid any direct contact with another person during the sample collection session. However, should this occur, these individuals should wash their hands as soon as possible after this.

#### Additional Reminders

The DCP, athlete, athlete representative (if applicable) and any third party involved at any stage of the Doping Control procedure (e.g. team manager) should:

- Be reminded to avoid touching their face.
- Use separate pens when completing forms and any paperwork during the Doping Control procedure.
- Refrain from touching all unnecessary surfaces and/or objects during sample collection.

### **Additional Equipment**

In addition to the PPE and cleaning materials, the following equipment will be provided by DCP:

- Rubbish bags – required for the safe disposal of materials used during the Doping Control procedure. All disposable material will be safely disposed of into a rubbish bag and sealed by the DCP. If there is no suitable location for the disposal of the waste at the venue, the DCP will take the waste with them to dispose of following their departure from the venue.
- New and unused pens – pens will not be shared between DCP or with athletes and athlete representatives involved in the process. Where possible, athletes and athlete representatives should use their own pens. If they do not have their own pen, a selection of new and unused pens will be made available by the DCP. Any pens provided can either be kept by the athlete and/or representative should they choose or discarded.

### **Social Distancing**

---

DCP must **always** maintain a minimum distance of two metres (as per UK Government advice) between themselves, the athlete, other DCP, the athlete representative (if applicable) and any third party involved at any stage of the Doping Control procedure (e.g. team manager).

The DCP will ask the athlete, the athlete representative (if applicable) and any third party involved at any stage of the Doping Control procedure (e.g. team manager) to maintain a minimum distance of two metres at all time with the DCP, whilst ensuring that they remain in direct observation of the DCP (athletes only).

With the exception of collecting blood samples, DCP **must not** temporarily relax social distancing requirements at any time to enable the Doping Control procedure to continue, irrespective of whether it would be for a very short period of time. Where social distancing cannot be maintained, the DCP will contact UKAD for further guidance on how to proceed. This **will not** include the option of temporarily relaxing social distancing requirements.

DCP have been provided with Best Practice Guidelines to support them in the implementation of social distancing throughout all stages of the Doping Control procedures.

### **One-Metre Plus – ENGLAND AND NORTHERN IRELAND ONLY**

UK government advice on social distancing has changed to incorporate the concept of 'one metre plus'. Please note that this is only applicable for England and Northern Ireland. Despite this, **DCP must always attempt to maintain a distance of two metres** between themselves, the athlete, other DCP, the athlete representative (if applicable) and any third party involved at any stage of the Doping Control procedure (e.g. team manager).

However, if at any stage, two metres cannot be maintained, DCP can temporarily relax social distancing requirements down to one metre but only for a short period of time. This will only be applied as an exception and if deemed absolutely necessary.

**Should DCP need to temporarily relax social distancing to one metre, the DCP should try to ensure they avoid being face-to-face with the athlete e.g. being side-by-side and try to improve ventilation in the room e.g. opening windows.**

### **Doping Control Procedures**

---

The Doping Control procedures will continue to be delivered in accordance with the ISTI. The following identifies additional processes that will be implemented as part of the COVID-19 Doping Control procedures.

**At all stages of the process, social distancing requirements of two metres will be maintained (unless it is absolutely necessary to reduce to one metre – England and Northern Ireland only - or unless collecting a blood sample).**

#### **Notification**

The DCP will introduce themselves to the athlete and inform them of their requirement for Doping Control. The DCP will show the athlete both their ID badge and the UKAD COVID-19 Authorisation letter. This will be issued for every test and stipulates the following:

- The athlete is required to undergo Doping Control.
- Details of the precautionary measures that UKAD has taken to manage the risk regarding COVID-19.
- Potential consequences should the athlete refuse or fail to comply.

The DCP will inform the athlete that they can review these at closer inspection once inside the DCS/inside the athlete's residence.



The DCP will ask the athlete if they have been tested before under the COVID-19 Doping Control procedures. If the athlete has not been tested under these procedures, the DCP will inform the athlete that the additional measures and controls relating to PPE and social distancing will be explained to them. If the athlete answers 'Yes', the DCP will explain that there may have been some changes since their previous test and they will inform them that they will take them through the current COVID-19 Doping Control procedures.

The DCP will ask the athlete the following four questions:

1. If they (and if attempting testing at an athlete's home, anyone present with them at their residence) are experiencing any COVID-19 symptoms (i.e. sore throat, cough, fever, loss of taste and smell).
2. If they (and if attempting testing at an athlete's home, anyone present with them at their residence) have COVID-19.
3. If they (and if attempting testing at an athlete's home, anyone present with them at their residence) are in an at risk-group e.g. healthcare professional working with COVID-19 patients.
4. **Only if testing at an athlete's home** - If they or anyone present with them at their residence are self-isolating, quarantining or shielding for any reason that is in accordance with Government guidelines for COVID-19.

If the athlete answers 'no' to the listed questions, the DCP will document these responses and proceed with notification as per the standard Doping Control procedures.

If the athlete answers 'yes' to any of the listed questions, the DCP will inform the athlete that this information must be confirmed in writing and proceed to the Athlete Questionnaire.

#### Athlete Questionnaire

The DCP will ask a series of additional questions in relation to the athlete's current situation vis-à-vis COVID-19/shielding. Questions will include:

- The specific situation that applies to the athlete (e.g. they have confirmed COVID-19, they have COVID-19 symptoms, they are self-isolating/quarantining).
- Confirmation as to whether they are self-isolating and related timeframes (where applicable).

The athlete's responses to the questions will be recorded and sent to UKAD. If UKAD requires any further information or evidence, UKAD will contact the athlete directly at a later stage.

**DCP will emphasise to the athlete the warning that if they (or anyone else on their behalf) provide any information which is later found to be false, misleading, inaccurate or incomplete they may be committing the Anti-Doping Rule Violation of ‘Tampering or Attempted Tampering’ and could face a ban from sport of up to 4 years. DCP will confirm with the athlete that they understand this warning.**

Once documented and confirmed for accuracy, the DCP will inform the athlete that because they (or someone at their residence, if testing at an athlete’s home address) have COVID-19, COVID-19 symptoms or are self-isolating/quarantining/shielding, that the Doping Control procedure will not proceed due to the risk of COVID-19.

UKAD emphasises that the above process will only be followed where an athlete can confirm they have COVID-19, COVID-19 symptoms or are self-isolating/quarantining/shielding in accordance with Government guidelines for COVID-19.

### **Urine Sample Collection**

DCP will follow the standard Doping Control procedures in accordance with the ISTI and will implement the below additional measures:

- Maintaining social distance (two metres) during urine sample provision (unless it is absolutely necessary to reduce to one metre – England and Northern Ireland only).
- When the athlete is ready to provide their sample, the athlete will be offered the opportunity to wear gloves or wash their hands as per standard procedure.
- When choosing to wash their hands, the athlete should rinse their hands with **water only** prior to providing their sample.
- If the athlete chooses to wear gloves, they should wash their hands with soap and water or with hand sanitiser and place on a new set of gloves.
- After closing the collection vessel after sample provision, the athlete should be instructed to take the following steps:
  - If at a training or competition venue, wipe down the toilet handle and toilet seat (if applicable) with a disinfectant wipe (provided by the DCP).
  - If the athlete wore gloves, remove and dispose their gloves and wash their hands with soap and water thoroughly or with hand sanitiser prior to return to the processing room/area.
  - If the athlete did not wear gloves, the athlete will be asked to wash their hands with soap and water thoroughly or with hand sanitiser prior to return to the processing room/area.
- The athlete will be offered the opportunity to wear a new set of gloves for the remainder of the Doping Control procedure.

### **Blood Sample Collection**

DCP will follow the standard Doping Control procedures in accordance with the ISTI and will implement the below additional measures:

- Aside from the collection of the blood sample by the BCO, DCP will maintain social distance (two metres) at all stages (unless it is absolutely necessary to reduce to one metre – England and Northern Ireland only).
- BCOs will be required to wear a disposable head visor.
- BCOs will keep jewellery to a minimum, and will either wear short sleeves or roll their sleeves up to the elbow whilst taking blood.
- The DCO will sanitise their hands and put on clean gloves before the blood sample collection.
- The BCO will remove their gloves and clean their hands before placing on their single use apron and head visor.
- The BCO will clean their hands and put on clean gloves and set out the equipment.
- The athlete will be asked to clean their hands and put on clean gloves before selecting the required equipment.
- Before collecting the blood sample, the BCO will remove their gloves, clean their hands and place on new gloves.

### **Concluding the Doping Control procedure**

When concluding the Doping Control procedure with the athlete, DCP will:

- Clean the surface used for sample collection with disinfectant wipes or spray.
- If the athlete is wearing gloves and/or a disposable face mask, guide them through the correct removal techniques and ask them to be placed into the rubbish bag.
- Ask the athlete to wash their hands.
- Ensure that all discarded items/waste are in the rubbish bag (e.g. plastic from sample collection boxes, disinfectant wipes, gloves, face mask, disposable apron, pen used by the athlete, etc).

### **Refusal or Failure to Comply**

The Refusal or Failure to Comply process will apply should the athlete not be willing to proceed with sample collection if they are **not self-isolating** (that is to say they or someone they live with, does not have COVID-19, COVID-19 symptoms, or are quarantining/shielding).

Athletes should proceed with testing while following the preventative measures put in place by UKAD.

### **Athlete Engagement**

---

Athlete engagement in the process is key to the safe and effective implementation of the COVID-19 Doping Control procedures. Athletes can assist as follows:

- The Doping Control procedures will take longer due to the additional safety and control measures in place. It is important that the athlete completes the process at the pace directed by the DCP and follows their instructions.
- Verbal communication throughout all stages of the process is key due to the implementation of social distancing requirements.
- Athletes can help protect UKAD's DCP and all others involved in the process by:
  - Maintaining the required social distance of two metres at all times (unless it is absolutely necessary to reduce to one metre – England and Northern Ireland only) whilst remaining in clear sight of the DCP.
  - Performing proper hand hygiene practices.
  - Wearing PPE throughout the Doping Control procedures. Whilst this is optional, UKAD strongly encourages athletes to do so.
  - Have your medications easily and readily available if you can.

### **Post Test**

---

Where an athlete develops COVID-19 symptoms or contracts COVID-19 in the 10 days following completion of the Doping Control procedures, they are requested to inform UKAD/NGB immediately. UKAD will in turn contact relevant DCP who had exposure to the athlete to inform them that they have had exposure to an individual who has COVID-19 symptoms/has contracted COVID-19 and instruct them to self-isolate in accordance with Government guidance.

This does not replace the athlete's engagement with the relevant Government's contact tracing system. Should an athlete need to engage with the contact tracing system, the athlete should confirm that they have been tested by UKAD and that UKAD can be contacted for further details (if required).

Where a DCP develops COVID-19 symptoms or contracts COVID-19 in the 10 days following completion of the Doping Control procedures, UKAD will contact any athlete directly (or via their NGB) who had exposure to the DCP to inform them that they have had exposure to an individual who has COVID-19 symptoms/has contracted COVID-19.