

# Doping Control Policy

IDFA Policy and Procedures on Doping Control

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## ABSTRACT

Scope, policies and procedures that govern doping control (drug testing) for members of the International Drug Free Athletics organization.

# IDFA Doping Control Policy

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## 1. Position Statement

The International Drug Free Athletics (IDFA) is a Canada-based private sports organization that, by its very name, promotes drug free athletic competition. IDFA is opposed to anyone condoning the use of performance enhancing drugs, and most certainly against those who counsel others in doping practices. Doping is cheating and cheaters are not tolerated in the IDFA. The IDFA supports the tenets of the Canadian Anti-Doping Program (CADP), the Canadian Centre for Ethics in Sports (CCES), and the World Anti-Doping Agency (WADA) – all of whom we recognize as the leaders in anti-doping and hold in high regard. IDFA endorses the education of anti-doping. IDFA strives to provide a level playing field for all members: it is dedicated to fair play, honesty, health, and ethics in competition.

## 2. Scope

This policy (and related procedures) shall apply to all members of the IDFA – competitors, coaches, trainers, officials, volunteers, partners, and sponsors. Doping shall be construed in this document as any substance or practice that is prohibited by the CCES or WADA.

## 3. Subject Testing

### 3.1 Testing Pool

Any active member (athlete or otherwise) of the IDFA is covered by this policy and so is subject to doping control measures and sanctions. Recently retired members are subject to doping control for a period of 2 years post-retirement based on specimens collected when (s)he was an active member. Implicit with membership in the IDFA is consent to doping control.

### 3.2 In-Contest Testing

The day of competition is considered in-contest testing. Due to logistics, the bulk of athlete testing will occur during contests. All contests will be conducted under doping control protocols.

### 3.3 Unannounced Testing

Statistics show a majority of many sports' doping violators are caught via out-of-contest testing. When deemed appropriate, no notice testing (a.k.a., short notice, or unannounced testing) is carried out under identical doping control protocols as in-contest (announced) testing.

### 3.4 Subject Selection

Doping control subjects are selected by three methods:

1. Random – The Senior Doping Control Officer (S-DCO) at the contest will conduct random selection of subjects. In Unannounced Testing, the Chief DCO (C-DCO) will conduct random selection of subjects.
2. Winners – The S-DCO will select among class (division) winners. Whenever these winners can be identified prior to the Finals (as a result of unanimous pre-judging results), the Head Judge shall provide the S-DCO a list of division winners from which to select subjects.
3. Targeted - The S-DCO at the contest can select athletes whom he has a suspicion of drug taking. This suspicion can be based on physical signs/side effects of drug taking or behaviour. Credible sources for allegations of cheating/doping can also inform the S-DCO's suspicions. In unannounced testing, the Chief-DCO can also perform targeted doping control.

### 4. Confidentiality

Until a doping control infraction has been officially announced by the C-DCO, the information surrounding a doping infraction shall remain confined to the officials within the IDFA that have a need to know. This may include officers of the IDFA, members of the Doping Control Committee (DCC), and others duly appointed to assist with the execution of doping control.

During in-contest testing, any competitor placings disclosed by the Head Judge to the doping control team shall remain strictly confidential.

### 5. Medical Exemptions

Any athlete that is required by a medical authority to use a prohibited substance for therapeutic reasons shall declare so at the time of doping control, and provide the written documentation to prove so. Doping control procedures will still carry on normally. If an adverse analysis results, the medical exemption will come to bear in the determination of doping infraction.

### 6. Doping Infraction

A doping infraction is:

1. Admission to doping
2. Adverse analytical finding from laboratory testing
3. Refusal to submit to doping control without compelling justification
4. Tampering with doping control
5. Violating chaperone supervision
6. Witnessed use or possession of prohibited substances or methods
7. Providing, encouraging, advising, counseling or otherwise being involved with the doping of others

Athletes are expected to be drug-free for 5 years before being allowed to take membership in the IDFA. Given this pillar principle, any doping control violation determined to have occurred within the past 5 years (for example, an admission to taking prohibited substances) shall be considered a doping infraction.

## 7. Prohibited List

IDFA will follow the current issue of the WADA Prohibited List, located on the WADA web site ([www.wada-ama.org](http://www.wada-ama.org)).

## 8. Testing Techniques/Technology

A variety of testing technologies are available to the IDFA Doping Control Program. Primary testing will be urinalysis. Other testing techniques may be employed as required, including but not limited to:

1. Blood / saliva testing
2. Hair testing
3. Sweat testing
4. Polygraph testing

## 9. Self Admissions

Disclosure prior to a subject providing a urine sample is part of the doping control process. If a subject discloses use of a prohibited substance, this admission is treated the same as a violation found by lab testing, and sanctions will apply.

## 10. Adverse Analytical Findings

Adverse analytical findings describe urinalysis laboratory results that indicate detected substances or masking agents that are on the WADA Prohibited List.

## 11. Results Management

### 11.1 Notification

The Chief DCO or his designate shall be the point of contact for laboratory results. Doping Control infractions shall be held confidential until so released by the Doping Control Committee (DCC). Every effort to inform the athlete of a doping control violation in a timely fashion will be made; however, there is no statute of limitation on this notification. The subject shall be informed of his right of appeal at time of notification. Sanctions may or may not be levied at time of notification.

### 11.3 Sanctions

Steroids and diuretics are the bane of physique athletes. Subjects who are found to have taken these substances shall receive the full weight of sanctions: 5 year ban from the IDFA. Any subsequent violation shall result in a lifetime ban.

Lesser contraventions of the doping control policy shall be meted out by the DCC on a case-by-case basis. These sanctions can range from reprimands to fines and suspensions.

### 11.4 Contest results

Contest results shall be adjusted to reflect the removal of the sanctioned athlete's placing or division promotion (e.g., Pro card). Where indicated, any prizes or trophies shall also be confiscated.

## 12. Recognition of Other Organizations

Athletes found guilty of doping by other legitimate sport organizations who adhere to WADA standards shall be examined by the Doping Control Committee (DCC) to make a determination whether sanctions will be applied to the athlete within the IDFA.

## 13. Limitation of Liability

The IDFA or its officers, staff, volunteers, agents, sponsors or members shall not be liable for any loss or damages directly or indirectly incurred by any subject that undergoes doping control.

## 14. Statute of limitations

IDFA requires all athletes to be drug-free for 5 years. This is also the statute of limitation for conducting retrospective testing.

## 15. Public Disclosure

Doping Infractions are a matter of public record and are vital in discouraging other cheating. Once the Doping Control Committee has made a ruling on a doping control violation and subsequent sanctions, the infraction will be made public by media release and publication on the IDFA web site. The DCC shall make best efforts to contact the athlete before public announcement; however, if after 10 days of reasonable attempts to contact the athlete have failed, public disclosure can be made if it is deemed in the best interest of drug-free sport.



## 16. Proof of Doping

The IDFA Doping Control Committee (DCC) shall have the burden of proof for doping control violations. The standard of proof is greater than the balance of probability, but less than proof beyond a shadow of doubt. In the case where an accredited WADA laboratory is used for urinalysis, the result of the laboratory is presumed to meet or exceed this burden of proof. It will be at the subject's own expense to prove that the accredited lab failed to meet international (WADA) analysis standards.

## 17. Appeals

Decisions from the Doping Control Committee (DCC) can be appealed within 14 days of doping violation notification. Appeals shall be submitted in writing to the DCC. When an appeal is received, the IDFA shall keep all matters pertaining to the appeal as confidential until the final decision of the appeal is made. Appeals based on technical veracity of the laboratory analysis will not be entertained. The appellant may have an advisor present and the laws of natural justice shall prevail.

## 18. Doping Control Committee

The IDFA shall have a standing committee on doping control. The composition of this committee shall have at minimum one officer of the IDFA and one non-officer alike. The Chief Doping Control Officer (C-DCO) shall also have a seat on this committee and may also preside as Chair. There is no maximum number of seats on this committee; however, a majority motion by the committee can set the current committee size at any time. This committee shall adhere to Roberts Rules of Conduct.

### 18.1 Authority

Doping Control Policy is controlled and approved by the Doping Control Committee (DCC). The DCC is the final authority on doping control matters within the IDFA.

### 18.2 Chief Doping Control Officer (C-DCO)

The Chief Doping Control Officer (C-DCO) shall oversee all aspects of doping control implementation. This may include, but is not limited to:

1. Procedures for in-contest doping control
2. Training Doping Control Officers (DCOs)
3. Designating Senior Doping Control Officers (S-DCOs)
4. Policies for doping control
5. Chair the Doping Control Committee (DCC)
6. Results Management of doping violations
7. Budget

### 18.3 Senior Doping Control Officer (S-DCO)

Each in-contest doping control event shall have a Senior DCO presiding over the doping control team. (S)he will have command and total authority over the conduct of doping control, superseded only by the presence of the C-DCO. The DCOs shall be directed by the S-DCO in the execution of their duties. The S-DCO shall work with the IDFA officials and Judges to establish the Subject Selection List of the current contest to his own satisfaction. The S-DCO is responsible for reporting the doping control activities to the C-DCO.

### 18.4 Doping Control Officer (DCO)

The Doping Control Officer (DCO) shall be the direct officer that executes the doping control procedures. The DCO shall take direction from the S-DCO. In general, the duties of a DCO are:

1. Assist the S-DCO in any duties associated to doping control
2. Assist the S-DCO in building the *Subject Selection List*
3. Chaperone the subject
4. Prompt for and record subject self-admissions
5. Collect the urine samples and complete the chain of custody documentation

The DCO gender shall match that of the subject.

## 19. Conflict of Interest

We recognize that officials in the sport may on occasion compete as an athlete. This presents an obvious conflict of interest. Disclosure of potential conflict of interest of this nature is the responsibility of the athlete. Failure to disclose can result in sanctions. The S-DCO on site will make every effort to ensure that any conflict of interest is mitigated and the potential conflict highlighted in his report to the C-DCO.

Another source of conflict of interest is a DCC member who may be affiliated or associated with a doping control subject when a results management or appeals activity is in play. The DCC member is obligated to disclose this conflict and he will be excused from the committee when the committee deals with the athlete in question.

### Appendix A - Definitions

*Accredited Laboratory* shall mean a laboratory accredited by the World Anti-Doping Agency (WADA) in accordance with laboratory standards established by WADA.

*Adverse Analytical Finding* is a lab report issued by an Accredited Laboratory that identifies a prohibited substance found in a urine sample.

*Athlete/Competitor* is a member of the IDFA who has participated in one or more contests.

*Chain of Custody* is the tracking and security of the collected specimen from collection to the laboratory.

*Chaperone* is the person designated to accompany the subject at all times to prevent the subject from taking substances or accessing methods that will interfere with doping control. Commonly the DCO is the chaperone.

*Chief Doping Control Officer (C-DCO)* is an officer of the IDFA appointed to lead all aspects of doping control for the organization.

*Division* is the weight/age/experience/gender category of competitors in a contest.

*Doping* is any substance or method that an athlete uses to cheat; that which contravenes this doping control policy

*Doping Control* is the activity around detecting cheaters.

*Doping Control Committee (DCC)* is the body within the IDFA responsible of policy, procedures, and results management of doping control

*Doping Control Officer (DCO)* is a person appointed by the IDFA to carry out doping control.

*Doping Control Log* is the record of a competition's match-up of subjects and their assigned DCOs.

*Doping Control Procedures* are the procedures that a DCO shall follow to conduct a proper doping control session.

*Doping Control Station* is the private area where doping control activities take place. It shall allow for privacy and be a restricted area.

*Doping Infraction* (aka doping violation) is any contravention of this Doping Control Policy as it pertains to athletic fair play and procedural integrity.

*Doping Violation* (aka doping infraction) is any contravention of this Doping Control Policy as it pertains to athletic fair play and procedural integrity.

*IDFA* is the International Drug-Free Athletics sporting organization.

*In-Contest Testing* is doping control happening on the day of a contest

*Pro* is any athlete who has qualified for the IDFA Pro Division.

*Prohibited Substance* is any item on the WADA Prohibited List of banned substances.

*Sample/Specimen* is any material collected from the subject for the purposes of doping control.

*Sanction* is any remedy that the DCC metes out to discipline an athlete found to be in violation of the doping control policy.

*Self Admission* is a written or verbal acknowledgement of a doping violation.

*Senior Doping Control Officer (S-DCO)* is a person appointed by the C-DCO to carry out doping control and to lead a team of DCOs.

*Subject Selection List* is the list established at contest time by the S-DCO that identifies those athletes selected to undergo doping control.

*Targeted Testing* is choosing a subject for doping control by suspicion of the subject violating this doping control policy.

*Unannounced Testing* is doping control happening outside of contest events (aka out-of-contest or short-notice or no notice testing).

### Appendix B – Doping Control Procedures

1. identify yourself as Doping Control (got your DCO badge?)
2. inform the competitor of his/her responsibilities:
  - a. always be chaperoned
  - b. take nothing by mouth unless provided by you
3. chaperone competitor at all times
4. provide water/Gatorade but caution excessive consumption
5. bring to Doping Control Station (or doping control area) - allow competitor to collect his photo ID, change into something comfortable, drop off trophies, etc.
6. record medication disclosures
7. complete the chain of custody document (triplicate)
8. collect the urine sample (use back-up sterile beaker if required)
9. test for specific gravity and pH
10. decant into the two vials (15-30cc each), close lids
11. seal each vial with paper label
12. put top (white) sheet into plastic pouch, with competitor name visible from rear of pouch
13. put both samples into front section of pouch. Seal pouch.
14. give competitor bottom copy of document
15. put sample pouch and organization copy of document into ziplock bag, with competitor name visible through the bag
16. record your doping control activity in the DCO Log

**Appendix C – Doping Control Team Nominal Role**

Competition:		Date:
DCO/Chaperone Name	Address	Tel #s







## Appendix F – Doping Control Report

Competition: \_\_\_\_\_

Senior-DCO: \_\_\_\_\_

- Attached
- Subject Selection List
  - Doping Control Team Nominal Role
  - Doping Control Log
  - Chain of Custody Documents

Targeted Testing Comments

Issues / Self-Admissions

General Comments

\_\_\_\_\_  
S-DCO Signature

\_\_\_\_\_  
Date