Anti-Doping Awareness in Sports

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Lecture -18

The Doping Control Station

Good morning ladies and gentlemen, and welcome to lecture 3 of week 4 of the course on anti-doping awareness for sport. In this lecture, we will be talking about the doping control station. What is the layout? What is the equipment? How is it supposed to be manned? How is it supposed to be run? And what are the facilities and the infrastructure which are mandatory for running and establishing a doping control station?

So, the outline of my lecture will be: definition, location, layout of the doping control station, personnel who are authorized to be present in the doping control station, criteria for establishing a doping control station in competition, criteria for equipment which is required in the doping control station, and when you have to establish a doping control station during out-of-competition testing, what are the criteria you will be looking at. We will conclude with a take-home message.

To define a doping control station as per the WADA Doping Control Officers Training Toolkit Manual version 3.0, which was published in May 2011, the doping control station is a secure location where the sample collection session is conducted. Simple, a secure location where you can collect samples. It’s not that simple, right? As we will learn in the further slides, it's not that simple.

Location: The doping control station must be located inside the competition venue, close to the playing surface, close to the changing rooms and near the first aid facility. Doping control signs must be on the door of the doping control room as well as in the corridors to indicate the route to the doping control area. Basically, the route leading to the doping control station and the doping control station should be clearly marked.

The designated doping control station, including the toilets, may not be used as a public facility, office, team locker room, or should not be shared with any event operation during the testing session. That means it should be a standalone, isolated area used only for

doping control. To ensure privacy, the doping control station must be inaccessible to the public. It should be located away from the media and the spectator areas, and access may be granted only to authorized personnel.

When you're working in doping control, you always get a specialized doping control access pass. And only people who have this doping control access pass can be allowed entry into the doping control station.

The general layout of the doping control station involves two rooms plus toilets, two processing rooms, a waiting area, and a toilet. This diagram gives a detail of how a doping control station should be laid out. This is the entry to the doping control station. When you enter the doping control station, generally you will see a reception area which is manned by a doping control staff. The only purpose of this person is to log in and log out the time and the name and the identity of the person who is entering or leaving the doping control station. He or she is not going to act as a receptionist and guide you, serve you water, etc. No. All that is not going to happen. He or she will just ask your name, check your identity, log you in and log you out. There is a log in, log out register kept in front of him or her.

Further in, you will see a waiting area with several chairs, and you will see a television or a laptop or some screen which will allow you to watch the match or any other movie or whatever you feel like watching. There is always a refrigerator or a visi cooler; that means a refrigerator with a glass door, which is kept there. This will have isotonic drinks, juices, water, bottled water, etc. The only thing to be ensured by the doping control staff is that whatever is kept in the fridge has to be sealed. And the only thing to be ensured by the athlete and the athlete support personnel is: whenever you pick up anything from this fridge, make sure it is sealed and then only pick it up and drink it.

Because, as the doping rules very clearly say, the athlete is responsible for any substance found in his or her body. Nobody else will be held responsible.

Once the athlete is ready to give the sample, he enters the sample processing area along with his or her representative. On a chair, you will find the DCO here, the athlete here, and the athlete support personnel here. This cabinet is generally for storing doping control and the sample collection kits. On the table, you will find at least three sample collection vessels and at least three dope control kits. When the athlete is ready, he or she will be asked to pick up one of the sample collection vessels and then proceed to the washroom along with the chaperone.

This is the general layout of a doping control area. If the washroom is big enough, the chaperone can visualize the urine being poured into the sample collection vessel directly. If not, then the chaperone may visualize through this mirror which is kept on the wall,

either direct or indirect view. This is a general layout of the sample collection doping control station.

Now, if you want more athletes to be tested, then this waiting area will remain the same, but the sample processing area with the toilets will increase in number. Generally, there are two or three in one doping control station so that multiple athletes can be processed at the same time. A point to note is that the temperature of this doping control station is generally kept at 22 degrees centigrade or slightly below 22 degrees centigrade because in a colder environment, urine production is a bit faster.

Who are the authorized personnel who can enter the doping control station? The doping control officer and the chaperones can enter. The athletes who have been selected for testing can enter. The athlete representative or athlete support personnel can enter. The international or the national federation representative can enter. If the athlete requests for an interpreter, he or she can enter. The World Anti-Doping Agency and the National Anti-Doping Organization observers can also enter.

There is only one criterion for all of this: other than the athlete who is supposed to prove his identity to the chaperone or the DCO, all other people who enter the doping control station should have a valid doping control access pass. Without that, entry is not allowed.

The DCO has the authority to prohibit anyone otherwise entitled entry to the doping control station if their presence is deemed by the DCO to be disruptive or interfering with the sample collection session. If the DCO feels that somebody is disruptive or interfering with the sample collection session and he or she has a doping control access pass, the DCO still has the authority to remove that person from the DCS.

Please note, members of the media should never be allowed to enter the doping control station at any point of time.

There are some general criteria for doping control stations in competition. It is to be solely reserved for doping control purposes. It is to be accessible only to authorized personnel. It should be secure enough to store sample collection equipment. It should be private enough to maintain athlete privacy and confidentiality. And there should be a separate waiting room, processing rooms and an appropriate number of toilets.

The health and safety of the athlete and the sample collection personnel should not be compromised. The DCS should be large enough to accommodate the number of athletes to be tested and the athlete representatives. The DCS should have proximity to the competition venue or there should be an appropriate transportation plan in place. There should be a wash basin for athletes and DCOs to wash their hands.

There are certain equipment criteria per processing station. There should be one table for every DCO who is processing the documentation. There should be two chairs per athlete being checked in and one chair for each member of the sample collection personnel. As we saw, generally there are four chairs, one for the DCO, one for the chaperone, one for the athlete and one for the athlete representative.

There should be access to dividers to ensure privacy and division of processing areas. There should be appropriate lighting to conduct the processing. There should be receptacles for each processing station to store the waste generated. One table at the entrance of each processing station is necessary to record the flow of athletes and the staff entering and leaving the doping control station. This is generally the reception area.

There should be a lockable fridge to store samples. There should be telephone lines and access to the internet. There should be screens to monitor and follow the ongoing competition by the athlete and the athlete support staff when they are in the doping control station.

In the sample collection area, there should be one desk, four chairs, a table for samples, wash basin, soap and towels. There should be a lockable refrigerator for storage of samples. And there should be a large rubbish bin with a liner. And more than that, there should be a rubbish bin for biomedical waste management if you're collecting blood and urine samples.

The equipment criteria for the toilets: at least one toilet is required in the sample collection area. A separate sample collection area and toilet should be provided for each gender being tested. The toilet should be large enough for the DCO or chaperone to directly observe the athlete providing the sample.

The equipment criteria for the waiting area: at least five tables, five seats. Refrigerator with sealed drinks and refreshments. As I told you, it should generally be a visi cooler. Reading material and television, CD player or radio. And communication to connect with the outside world, the competition arena, and the game headquarters.

Special criteria: if the games or the event involve disabled athletes, then the doping control station should be wheelchair accessible. There should be a security person posted outside the doping control station continuously. Educational material or entertainment equipment for the athletes in the waiting area should be provided. And additional equipment may be requested to accommodate special testing needs, that is, blood collections.

If you are establishing a DCS out of competition, it should be private enough to maintain athlete privacy and confidentiality. There should be sufficient control over access to the

area by the other individuals who may be in the athlete's home. Sufficient area to complete the required sample collection documentation and process the samples. Please note the health and safety of the athlete and the sample collection personnel are not to be compromised.

Ensure that wherever the athlete may go, the DCO or the chaperone can maintain line of sight with them at all times. If there are any significant deviations from these criteria, the DCO should make a record of this in the doping control officer report form.

Take-home message: sample collection requires specialized space and equipment. It should be a segregated area with authorized personnel entry only. The layout is generally very specific with specific requirements of equipment. There are slightly different criteria for out-of-competition testing. And athletes and athlete support personnel should be aware of the process and specific regulations governing your particular sport, gender and disability.

These are the references which I have used for preparing this lecture. I strongly urge you to go through them in case you wish to delve deeper into the subject.

I seem to have finished, ladies and gentlemen. Thank you very much for your patient listening. Thank you and Jai Hind.