

ATHLETEGUIDE

Guide to anti-doping rules for athletes



ANTI-DOPING NORWAY



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ANTI-DOPING NORWAY

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The anti-doping rules safeguard the rights of the clean athletes

1 THE SPIRIT OF SPORT

The anti-doping rules determine what you, as an athlete, must follow. The point of this guide is to help you understand the rules. This document is merely a guide. It is not a substitute for the language of the anti-doping rules. The language of the anti-doping rules is always takes precedence.

All anti-doping programmes are about the fight against doping, driven by the intrinsic value of the “spirit of sport” and the protection of the clean athletes.

To prevent doping is to prevent intentional or unintentional rule violations, including the use of prohibited substance and methods.

THIS DOCUMENT IS MERELY A GUIDE AND NOT A SUBSTITUTE FOR THE LANGUAGE OF THE ANTI-DOPING RULES.



2 THE ANTI-DOPING RULES

Is there a difference between the International Anti-Doping Rules and the Norwegian rules?

The International Anti-Doping Rules is the framework for the anti-doping system. It has been accepted by the entire Olympic movement as well as by various sports bodies and National Anti-Doping Organisations throughout the entire world.

It also has been recognised by more than 190 governments, through the UNESCO Convention against Doping in Sport. The International Anti-Doping Rules are detailed in the World Anti-Doping Code (WADC) and the supporting “International Standards”. The first edition of the rules came into effect in July 2004. The last revision came into effect on 1 January 2015.

The supporting International Standards, developed by WADA, include the List of prohibited Substances and Methods, Testing and Investigations, Therapeutic Use Exemptions, Laborato-

ries and the Protection of Privacy and Personal Information.

The Norwegian rules are in accordance with the WADC, adapted to Norwegian conditions and stipulated in the Act related to the Norwegian Olympic and Paralympic Committee and Confederation of Sports (NIF), section 12: “Anti-Doping Rules”.

A Whereabouts Regulation for athletes required to report their whereabouts has also been developed by NIF. Anti-Doping Norway has also developed Regulations for Therapeutic Use Exemption (TUE).



You can find all rules and regulations at www.antidoping.no

3 APPLICATION OF THE ANTI-DOPING RULES

Who is subject to the anti-doping rules?

1. If you are an athlete required to provide your whereabouts - a national or international top-level athlete - the rules apply to you. “International top-level” athletes are defined by the athletes’ international federation. “National top-level” athletes are defined by Anti-Doping Norway, and are available on the “top-level athlete list”.

2. The rules also apply to all other athletes associated with NIF. Anti-Doping Norway has modified and adapted some practices, such as the Therapeutic Use Exemption (TUE) for these athletes.

The sanctions related to rules violations remain the same regardless of the athlete’s level.



4 ROLES AND RESPONSIBILITIES

As an athlete, you have certain roles and responsibilities.

- You must know and comply with all anti-doping rules, regulations and guidelines that apply to you.
- You must take responsibility for what you ingest, meaning what you eat and drink and anything that may enter your body. The essential rule is that if it is your body, you are responsible for it. In legal terms, this is called “strict liability”.
- You must be available for sample collection.
- You must inform medical personnel that they are obligated not to give you prohibited substances or use prohibited methods. You must also take responsibility to make sure that any medical treatment you receive does not violate the anti-doping rules.
- You must cooperate with anti-doping organisations investigating anti-doping rule violations.



Responsibility is detailed in section 21.1 of the WADC and in sections 12-3 and 12-1 of NIF’s rules.

Coaches, trainers, managers, agents and other support personnel are often role models for athletes. They too have certain responsibilities.

- They must know and comply with all anti-doping rules, regulations and guidelines that apply to them or the athletes they support.
- They must cooperate with the athlete testing programme.
- They must use their considerable influence to promote a clean sport philosophy.
- They must cooperate with anti-doping organisations investigating anti-doping rule violations.
- They must not use or possess any prohibited substance or method without a valid justification.



Responsibility is detailed in section 21.2 of the WADC and in sections 12-3 and 12-1 of NIF’s rules.

5 WHAT IS DOPING

As an athlete, the anti-doping rules specifically state that you are responsible for knowing what constitutes an anti-doping rule violation.

The following are identified as rule violations:

- Presence of a prohibited substance or its metabolites or markers in an athlete’s sample.
- Use or attempted use by an athlete of a prohibited substance or prohibited method.
- Evading, refusing or failing to submit to sample collection.
- Any combination of three whereabouts failures within a twelve-month period, as per the “Whereabouts Regulations”, approved by NIF.
- Tampering with any part of the doping control, including giving wrong or misleading information or preventing the doping control. This also includes attempting the same.
- Possession of a prohibited substance or a prohibited method.
- Administration or attempted administration to any athletes of prohibited substance or methods. This also includes attempting the same.
- Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an anti-doping rule violation. This also includes attempting the same.
- Association by an athlete in a professional or sport-related capacity with any athlete support person who is serving a period of ineligibility or is subject to rule violations that would qualify as an anti-doping rule violation.



Rule violations are detailed in section 2 of the WADC and in section 12-3 of NIF’s rules.

You should be aware that an anti-doping rule violation can be proven by any reliable means. This includes laboratory results and other evidence - the term used is “non-analytical proof”. This evidence can include but is not limited to the “Athlete Biological Passport” (a study over time of a number of your biological parameters), admissions, witness testimony and various types of documentary evidence.

VIOLATIONS CAN INVOLVE MORE THAN JUST A POSITIVE TEST



What is “Strick Liability”?

To establish an anti-doping rule violation for the use or presence of a prohibited substance, it is not necessary to demonstrate intent, fault, negligence or knowing use on your part.

It is not a defence to an anti-doping rule violation that, for instance, someone in your entourage or camp gave you a substance; or that a banned substance was not listed on a product label; or that a prohibited substance or method would not have improved your performance. Your degree of guilt is, however, of significance when determining the sanction. See section 9 in this guide for further information.

If you use or try to use a prohibited substance or method, that is doping. The “success” or “failure” of the use or attempted use does not matter. It is considered doping.



For more details, see sections 2.1 and 2.2 of the WADC and sections 12-4 and 12-6 of NIF’s rules.

What about dietary supplements?

In many countries, the regulation of dietary supplements can be very lax. It is not unusual for supplements marketed in health-food stores or over the internet to contain prohibited substances that are not disclosed on the product label. Over the past few years, a significant number of positive tests have been attributed to mislabelled or contaminated supplements.

To use but one example, there have been a large number of cases in recent years, including at the Olympic Games, of athletes from different sports testing positive for the banned stimulant methylhexanamine (MHA). This stimulant might also be known as e.g. 1,3-dimethylamylamine or DMAA; it might also be called geranium root extract or geranium oil (even if it does not come from geranium oil or plants). These names might - or might not - be on a product label, but “methylhexanamine” rarely is, even though it is on the Prohibited List.

You should be extremely cautious of products that, among other things, claim to build



**YOU SHOULD NOT TAKE A SUPPLEMENT
IF THERE IS ANY DOUBT AS TO WHAT IT MIGHT CONTAIN**

muscle, aid in recovery, provide energy or help with weight loss. Because you will be held strictly liable for the consequences of a positive test caused by a mislabelled supplement, the best advice is that you should not take a supplement if there is any doubt as to what it might contain.

The Whereabouts Rules

The primary purpose of the Whereabouts Rules is to facilitate out-of-competition testing. Providing your whereabouts gives an anti-doping organisation the ability to locate you and, as well, to rely on unannounced doping controls to maximize the potential for doping athletes to be caught.

As a “registered testing pool” athlete providing whereabouts, you are contributing to a clean sport by making yourself available for unannounced testing. Relatively few athletes are in the “registered testing pool” and need to provide accurate and current whereabouts.

Both international federations and Anti-Doping Norway can require athletes within their jurisdiction to provide whereabouts.

If you have been notified that you are in the “registered testing pool”, you must provide whereabouts information quarterly. The whereabouts filing includes regularly scheduled activities and a one-hour time slot each day where you must be available for testing. The activities and testing time slot must be kept updated.

The Whereabouts Regulations stipulate whereabouts failures as follows:

- The athlete in the registered testing pool does not provide whereabouts at the right time.
- The athlete in the registered testing pool does not provide adequate or correct whereabouts.
- The athlete in the registered testing pool does not make him or herself available for testing during the one-hour timeslot.

You have the right to contest any potential whereabouts failure registered against you by an anti-doping organisation that claims a potential whereabouts failure has happened. Any combination of three whereabouts failures within a twelve-month period - if not successfully contested by you - results in an anti-doping rule violation.

As a registered testing pool athlete, you may delegate the registration of your whereabouts to a team leader, coach or another third party. You are, nevertheless, responsible for ensuring that your whereabouts are correct and updated at all times.

Team whereabouts can be submitted for team sports at the request of Anti-Doping Norway. If you participate in team sports but, as a registered testing pool athlete, you have been notified to provide your own whereabouts, you are subject to the whereabouts regulations on the same terms as equal any other registered testing pool athlete.

What is prohibited association?

There have been several examples where athletes have continued to work with coaches who have been banned or with other individuals who have been criminally convicted for providing performance-enhancing drugs.

Cooperation with such a person, once you have been specially warned not to engage in that association, is considered an anti-doping rule violation.

BE AWARE

You must not work with coaches, trainers, doctors or others who are ineligible because of an anti-doping rule violation or who have been criminally convicted or professionally disciplined in relation to doping.

Some examples of this type of prohibited association include obtaining training, strategy, nutrition or medical advice, therapy, treatment or prescriptions. Moreover, the athlete support person may not serve as an agent or representative. Prohibited association need not involve any form of compensation.


See WADC section 2.10.

6 THE PROHIBITED LIST

What substances and methods are prohibited?

WADA maintains a list of substances and methods that are prohibited. The Prohibited List is periodically updated, and at least annually. The updated list normally applies from 1 January each year and is available on WADA's web-page a few months in advance. The list is also available on Anti-Doping Norway's web-page before it takes effect.

The list is divided into two parts:

1. Substances or methods prohibited at all times.
2. Substances prohibited in-competition (as defined by each sport but often within 24 hours of the competition).

Substances prohibited at all times include, but are not limited to: hormones, anabolic steroids, EPO, beta-2 agonists, masking agents and diuretics.

Substances prohibited in-competition include, but are not limited to: stimulants, marijuana, narcotics and glucocorticosteroids.

Methods prohibited at all times include, but are not limited to: blood transfusion or manipulation, and intravenous injections in some situations.

What is the difference between substances prohibited at all times and those prohibited in-competition?

Substances prohibited at all times, must not be used at any time, whether you are in-competition or out-of-competition. Examples of these substances are anabolic steroids, which when used in training, may have long-term performance enhancing effects, or masking agents, which can be used to hide evidence of doping.

Substances prohibited in-competition are not considered an anti-doping rule violation unless evidence of that substance is still in your system when you are in-competition. Be aware that traces of substances may stay in your system for a long time. If you return a positive result in-competition for a substance prohibited in-competition, this will be regarded as a rule violation, even if the substance was taken out-of-competition.

Can prohibited substances be found in common medicines?

Yes. Any number of common medications, including painkillers and treatments for colds and the flu, may contain prohibited substances. Check your medication if it contains prohibited substances on www.antidoping.no. The search facility is a cooperation project with The Norwegian Pharmaceutical Product Compendium.



YOU ARE RESPONSIBLE FOR KNOWING WHAT SUBSTANCES AND METHODS ARE ON THE PROHIBITED LIST



7 THERAPEUTIC USE EXEMPTION (TUE)

One of the key principles of the anti-doping effort is to protect your health.

It might happen that, for health reasons, you may need to take a prohibited substance or use a prohibited method. You may do so, providing you follow the “Therapeutic Use Exemption” (TUE) regulations.

To obtain a valid TUE, the following conditions must be fulfilled:

- The athlete will experience a significant impairment to his or her health if the use of the medication containing the prohibited substance was withheld.
- The medication used for medical treatment is highly unlikely to produce any additional performance enhancement, beyond the athlete’s normal state of health.
- There is no reasonable therapeutic alternative to the use of medication containing the prohibited substance.
- The necessity for the use of the medication containing the prohibited substance is not a consequence of the prior use of prohibited substances or methods (without a TUE).

Top-level athletes and registered testing pool athletes must apply for a TUE immediately following a diagnosis that requires the use of medication containing prohibited substances

or methods, except in emergencies or exceptional circumstances. In these cases, the athletes must report the use of prohibited substances and methods as soon as possible once the acute situation ceases.

Top-level athletes and registered testing pool athletes choosing to use medication containing prohibited substances without obtaining a TUE, risk having their results from competitions disqualified and they may be subject to a period of eligibility.

All other Norwegian athletes, from the age of 15 years, must apply for a TUE immediately following a diagnosis that requires the use of medication containing anabolic agents (class S1), peptide hormones, growth factors, related substances and mimetics (class S2). Contact Anti-Doping Norway if in doubt. However, for medication containing prohibited substances or methods other than substances in class S1 and S2, it is sufficient to apply for a TUE retroactively and only upon request from Anti-Doping Norway. Athletes under the age of 15 years need only apply for a TUE if requested by Anti-Doping Norway.

The criteria for granting a TUE must in all circumstances be fulfilled and all use of medication containing prohibited substances or methods must be documented by a physician.

The use of beta-blockers has separate rules depending on the level and the sport.

Anti-Doping Norway handles TUEs for Norwegian athletes. Major event organisers (Olympic Games and others) may also grant TUEs. If you participate as an international top-level athlete, you must check with your international federation or Anti-Doping Norway to find out where you need to apply for a TUE.

If you have a valid, nationally approved TUE and your international federation requires an internationally approved TUE, the TUE must be recognised by the international federation. In these circumstances, you should receive a written response from your international federation that your TUE is recognised.



See www.antidoping.no for details on the TUE regulations.

TOP-LEVEL ATHLETES AND REGISTERED TESTING POOL ATHLETES
MUST APPLY FOR A TUE IMMEDIATELY FOLLOWING A DIAGNOSIS THAT
REQUIRES THE USE OF PROHIBITED SUBSTANCES



8 TESTING, SAMPLE COLLECTION AND SAMPLE ANALYSIS

When an authorised doping control officer asks you to provide a sample, you must do so. Every Anti-Doping Organisation with authority over an athlete has the right to collect and analyse urine and/or blood samples from that athlete - at any time or place - as part of the efforts to keep sport clean.

Who has testing authority?

Anti-Doping Norway has the authority to test:

- Athletes who are members in a club affiliated with NIF
- Athletes participating in organised sport or competitions arranged by an organisation affiliated with NIF
- Athletes residing in Norway
- Persons whom an international federation has given Anti-Doping Norway authorisation to test

An international federation has jurisdiction to test athletes subject to the rules of the international federation, including athletes competing in international competitions and license holders or members of the relevant international or national federation.

Major event organisers generally have authority to test athletes entered their events.

WADA also has the authority to initiate testing, and will generally outsource the actual execution of the testing to other Anti-Doping Organisations.



**Sample collection is standardised.
See appendix 1.**

To establish a violation based on the presence of a prohibited substance in an athlete's sample, only those laboratories that have been accredited or specifically approved by WADA may analyse the samples.



See appendix 2 for more about your rights if your sample has been reported as Adverse Analytical Findings.

How long are samples kept?

Samples may be frozen, stored and re-analysed for 10 years. Technology is rapidly advancing. Some prohibited substances and methods, which are not detectable today, may well be in the future. The potential that stored samples will be subject to further analysis should serve as a powerful deterrent effect.

When samples are no longer used for anti-doping purposes, they will be made anonymous and used for research, providing you have given your written consent on the doping control form.

Returning to competition following retirement for a registered testing pool athlete

If you retire while you are in the registered testing pool of an international federation or Anti-Doping Norway, you must give six months prior written notice of your desire to return to competition. During those six months you must agree to be subject to the anti-doping rules and make yourself available for testing before you will be allowed to compete again.

If the strict application of this rule would be manifestly unfair, WADA may grant an exemption.

What is ADAMS?

ADAMS (Anti-Doping Administration & Management System) is WADA's secure web-based anti-doping database management system. Anti-doping organisations and international federations are obligated to ensure that whereabouts, therapeutic use exemptions and laboratory results are entered in ADAMS. This database facilitates the sharing of information among relevant organisations and aims to promote efficiency, effectiveness and transparency.

Only restricted personnel within the anti-doping organisations have access to your data. The ADAMS multi-level access system protects data security and confidentiality.

You have access to your own information in ADAMS, and you will report your whereabouts in ADAMS. Anti-Doping Norway or your international federation will grant you access to the system.

WADA has introduced two-factor authentication when logging into ADAMS, which serves to further secure information. The user must log in using a unique code received on their mobile phone in addition to their private password.



**DOPING SAMPLES MAY BE FROZEN,
STORED AND RE-ANALYSED FOR TEN YEARS.**

9 CONSEQUENCES OF ANTI-DOPING RULE VIOLATIONS

The consequences of an anti-doping rule violation may include the disqualification of results and the imposition of a period of ineligibility. The rule violation will be made known to your club, your national and international federation and WADA. In some circumstances, the violation may also lead to financial sanctions.

Disqualification of results

In an individual sport, an anti-doping rule violation in connection with a competition automatically results in disqualification of the results of that competition.



See section 9 of the WADC and section 12-7 of NIF's rules for details.

An athlete may lose results, medals, points and prize money in all competitions at an event, if the rule violation is connected with the event.



See section 10.1 of the WADC and section 12-8 of NIF's rules for details.

An athlete may lose results from the time of the rule violation until the commencement of any provisional suspension or ineligibility period.



See section 10.8 of the WADC and section 12-8 of NIF's rules for details.

Ineligibility

Ineligibility means you cannot take part in any competition or activities of a club or a national federation affiliated with NIF.

You cannot take part in any competitions authorised or organised by any of the signatories of the WADC, such as international federations, The International Olympic Committee, The International Paralympic Committee, national Olympic committees or their affiliated entities. You also lose the right to have appointed positions in the sport.

You cannot take part in any professional league or any international- or national-level event organisations or any elite- or national-level sports activity funded by a governmental organisation.

INTENTIONAL CHEATERS SHOULD BE INELIGIBLE FOR FOUR YEARS



How long is the period of ineligibility?

Intentional cheaters should be ineligible for four years.

Is it always four years?

No.

Could an anti-doping rule violation lead to no period of ineligibility?

Yes, but only if an athlete can establish no fault or negligence. Also, in some circumstances, involving specified substances, a warning

may be issued if the athlete's degree of fault is very low, in other words, insignificant. The same also applies to contaminated products, typically dietary supplements, defined as those products that contain a prohibited substance that is not disclosed on the product label or in information available from a reasonable internet search.

What range of factors does the period of ineligibility depend on?

The type of violation, the prohibited substance or method used, the nature of the athlete's conduct and the athlete's degree of fault.



SUMMARY OF SANCTIONS

For the violation of the presence or use of a prohibited substance, the basic rules are as follows: If you intended to cheat, whatever the substance, the period of ineligibility is four years. The degree of fault may be of significance when imposing a sanction. If the rule violation concerns a specified substance, contaminated product or other exceptional circumstances, and you can prove no significant fault or negligence, the period of ineligibility may range between two years to a reprimand (depending on the level of fault).



See section 10.3 of the WADC and section 12-8 to 12-10 of NIF's rules for details.



Cooperation and “substantial assistance”

The cooperation of athletes and others who acknowledge their mistakes, and are willing to step forward and bring forward other anti-doping violations, is essential to clean sport.

The anti-doping rules recognise that this is a special circumstance:

- A period of ineligibility may be reduced by up to half of the otherwise applicable period if an athlete voluntarily admits to doping before notice of the rule violation is filed and, at the time, that admission is the only reliable evidence of the misconduct.
- A period of ineligibility may also be reduced if the violation is confessed promptly following the notice of the rule violation.

- A period of ineligibility may also be reduced significantly if substantial assistance is provided to an anti-doping organisation, the police or prosecuting authority or professional disciplinary body, and that assistance results in the anti-doping organisation bringing a new case against someone else or discovering the possibility to do so. Substantial assistance implies that you reveal all knowledge of doping of any person including yourself. It also implies that you fully cooperate, including testifying in a doping case.

 **For more details, see section 10.6.1 to 10.6.3 of the WADC and section 12-11 to 12-13 of NIF’s rules.**

Provisional suspension

If you are charged with an anti-doping rule violation, a provisional suspension may be imposed or you can voluntarily accept a provisional suspension without waiving (giving up) your right to contest the accusations against you. The period of suspension will be deducted from the period of ineligibility.

Expedited proceedings

Anti-Doping Norway can carry out an expedited proceeding as per section 12-21 of NIF’s rules. This means that the rule violation will be reviewed and decided by Anti-Doping Norway’s Prosecution Committee. Expedited proceedings may lead to the period of ineligibility starting at the time of sample collection.

When does the period of ineligibility start?

The period of ineligibility will start from the date of the temporary suspension, voluntarily or not, or from the date defined by the appointed hearing body.

When does the period of ineligibility stop?

The period of ineligibility stops on the date defined by the appointed hearing body. You

may return to training with a team or use the facilities of a club during the shorter of:

- a. the final two months of your eligibility, or
- b. the last one-quarter of your ineligibility.



For more details, see section 10.12.2 of the WADC and section 12-18 of NIF’s rules.

Financial consequences

Financial consequences can never replace or reduce a period of ineligibility and fines are not imposed for doping.

NIF and organisations affiliated with NIF can void the financial support, partly or in full, of an athlete serving a period of ineligibility due to an anti-doping rule violation.

An athlete cannot replace a period of ineligibility with payment.



For more details, see section 10.10 of the WADC and section 12-18 of NIF’s rules.

Public disclosure

Prosecuted rule violations are made public in such a way that the athlete shall remain anonymous. A rule violation verdict will also be made available. The intention is to promote a deterrent effect in terms of doping. NIF will also ensure that a period of ineligibility is made known and respected by all organisations affiliated with NIF. If the final decision was that there was no violation, the decision may only be disclosed publicly with the consent of the athlete.



For more details, see section 14.3 of the WADC and section 12-26 of NIF's rules.

Team sports

If you play a team sport and are caught doping, you are subject to all the anti-doping rules. Additionally, there may be consequences for your team. The sanctions to be imposed on your team will be determined by the ruling body of the event in which your team competes.

Statute of limitations

Any anti-doping rule proceedings must be brought forward within 10 years of the date of the alleged violation.



For more details, see section 17 of the WADC and section 12-19 of NIF's rules.

Hearings and appeals

All athletes are entitled to fair hearings before impartial panels. They also are entitled to have their cases heard in a timely fashion.

If your case stems from participation in an international event or if you are an international-level athlete, you and other anti-doping organisations may appeal decisions exclusively to the Court of Arbitration for Sport (CAS). Otherwise, decisions may be appealed to NIF's Appeal Body.



For more details, see section 13.1 and 13.2 of the WADC and section 12-23 to 12-25 of NIF's rules.

10 CLEAN SPORT



Photo: AFP/JONATHAN NACKSTRAND/SCANPIX

The Anti-Doping Rules can help athletes all over the world to take the lead in the fight for clean sport, and the overwhelming majority of athletes chooses to do just that.

Visit us at www.antidoping.no and read more about rules and regulations particular for Norwegian situations. Should you have any further questions, or you would like to contribute to clean sport, contact us at Anti-Doping Norway.

Visit WADA's website and the website of your international federation for more information on international rules and regulations.

APPENDIX 1

GUIDELINES – SAMPLE COLLECTION PROCESS

The 11 steps of sample collection

All sample collection is carried out using fixed guidelines, from notification until analysis and results provided to the athlete. The integrity of the sample must never be in question. A departure from the procedures would not necessarily invalidate test results unless the sample's integrity has been affected.

Should you experience conditions during sample collection that make you uncertain of the integrity of the sample, you have the right to have your comments recorded on the doping control form.

Please note there are some special, slight modifications for minors and athletes with a disability. These can be found at the end of this appendix.



More information is available on www.antidoping.no or on the website of your international federation or WADA's website.

1

Athlete selection

The anti-doping organisation with jurisdiction to test you will select when and where you should be tested. You are obligated to accept being notified for doping control.

2

Notification

A doping control officer or chaperone will notify you that you have been selected for doping control. You will be informed of your rights and responsibilities. These include the right to have a representative present throughout the process. You will be asked to sign a form confirming that you have been selected for doping control. Oral notification of a doping control is just as valid as a written notification. Both you and the doping control officer/chaperone are responsible for ensuring that you are under observation from time of notification until the sample collection is completed.

3

Reporting to the doping control station

You should report immediately to the doping control station. The doping control officer/chaperone may allow you to delay reporting to the station for an activity such as a news conference or to complete a training session. You will, however, be accompanied by the doping control officer/chaperone.

4

Selection of a collection vessel

You must choose one of several individual sealed collection vessels. You should verify that the equipment is intact, has not been tampered with and is clean.

5

Providing a sample

When you provide a sample, only you and the doping control officer/chaperone of the same gender are permitted in the sample collection room. You will be asked to rinse your hands, without using soap. You will be asked to raise clothes and lower your trousers, in addition to rolling up your arm sleeves so that the doping control officer/chaperone has an unobstructed view while you provide a sample. This to avoid possible manipulation of the sample. You must maintain sight of the urine you have provided until it is sealed, to avoid possible manipulation of the sample.

6

Volume of urine

You must provide a minimum of 90 ml urine. If you are unable to provide the required amount, you will be asked to provide more until the level is met. Some analyses require more urine than the minimum level.

7

Splitting the sample

You must choose one of several sealed sample collection kits. You should verify that the equipment is intact, has not been tampered with and is clean. Open the kit. Confirm that the sample code numbers on the bottles, the lids and containers all match. Split the sample by pouring at least 30 ml into the B-bottle and the remaining amount

into the A-bottle. You may be asked to split the sample differently depending on the volume of the sample. You will be asked to leave a small amount in the collection vessel. This so that the doping control officer can measure its specific gravity.

8

Sealing the sample

You will be asked to seal both the A- and B-bottles. Both you and the doping control officer must verify that the bottles are sealed properly.

9

Measuring specific gravity

The doping control officer is required to measure the sample's specific gravity. If it does not meet certain requirements, you will be asked to provide another sample.

10

Completing the doping control form

The doping control form connects the anonymous sample to you. Your personal information and the sample's quantity and quality will be recorded on this form. You will be asked to provide information on all medication - prescription and non-prescription - and dietary supplements you have taken recently. You have a right to give information on medication in a closed envelope. Should you have any concerns regarding any part of the sample collection you have been part of, you can write this down on the form. You will be asked whether you consent to have your sample used anonymously for research once the analysis of doping control purposes is completed. You may say yes or no.

11

The laboratory processes

Your samples are packed for shipping using a secure process. Your samples are sent to a WADA-accredited laboratory. When processing your samples, that laboratory will adhere to the International Standard for Laboratories, ensuring that chain of custody is maintained. Your A-sample is analysed. Your B-sample is securely stored. It may be used to confirm an Adverse Analytical Finding from the A-sample. The laboratory will report the results of your sample analysis to the responsible anti-doping organisation. The samples may be used to develop biological profiles, such as the "Athlete Biological Passport".

What about blood sample collection?

The same conditions that apply for urine samples also apply for the collection of blood samples. A qualified blood collection officer will take the blood sample. For samples of some blood types, you must sit quietly for a period of time and you may have to provide some additional information.

What modifications exist for minors and athletes with a disability?

Notification

If you are a minor (under 18) or an athlete with a disability, when you are notified you have been selected for doping control, a third party may be notified of that selection as well.

Providing a sample

A representative may also accompany a minor while providing a sample, should the minor wish. Should the minor not wish to have the representative present while providing a sample, a representative is not permitted to view the sample provision, only ensure that the doping control officer correctly observes the sample provision.

An athlete with restricted mobility or restricted manual dexterity, may ask the representative or the doping control officer to assist in handling the

doping control equipment, splitting the sample or completing the paperwork.

Athletes with significant lack of coordination, may use a larger collection vessel, should this be available.

Athletes with a visual impairment, may have the representative accompany the athlete at all times during the sample collection procedure, including in the sample collection room, however in a manner that the representative is not observing the passing of the sample. The representative or the doping control officer may read the information on the doping control form and the representative may sign the form on behalf of the athlete.

Athletes using a condom drainage or indwelling catheter drainage, should remove the existing collection bag and drain the system so that a fresh sample can be obtained. The athlete may use his/her own catheter to provide a sample, providing it is produced in a tamper-evident wrapping.

Athletes with intellectual disability may have the representative accompany the athlete at all times during the sample collection procedure, including in the sample collection room, however in a manner that the representative is not observing the passing of the sample.

APPENDIX 2

GUIDELINES – POSITIVE SAMPLE PROCESS

Laboratories analyse samples solely by code numbers, not by athlete's name. If an A-sample is positive, both Anti-Doping Norway and your international federation, in addition to WADA, will be notified of the positive sample.

POSITIVE ANALYTICAL RESULTS

If your A-sample is reported positive (Adverse Analytical Finding), the organisation responsible for the results management will check if you have a therapeutic use exemption (TUE) and if the sample has been collected and the analysis carried out according to procedures. If you are not a national-level athlete or a registered testing pool athlete and can apply for a retroactive TUE, Anti-Doping Norway will ask for an application and process this before further actions.

If you have a valid TUE or your retroactive TUE application is approved, the case will not be pursued further.

You will be notified in writing of the results and of your rights, should the matter be pursued further. Should you or the anti-doping organisation wish to have the B-sample analysed, you may be present or send a representative on your behalf. If the B-sample analysis confirms the A-sample analysis the matter will be pursued further.

Again, you will be informed of your rights and responsibilities. You will be given the opportunity to provide a statement and explanations related to the positive sample. You will be given the opportunity to accept a voluntarily provisional suspension, if not, a provisional suspension will be imposed until the case is completed.

The Prosecution Committee in Anti-Doping Norway will determine if the case should be prosecuted. It is the appointed hearing body and appeal body in NIF that make decisions in cases of anti-doping rule violations, unless the athlete chooses to have an expedited hearing as explained in section 9 of this guide.



NOTES



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