



# Doping Control Best Practice

Minimum Doping Control Standards and Requirements by the Host  
Union for the Rugby Europe Tournaments

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Doping Control may occur In and Out of Competition during all Rugby Europe Tournaments. The Host Union is required to provide suitable and secure doping control facilities within each of the nominated match venues, logistics and operational support as outlined within this document to enable the effective implementation of the Anti-Doping programme.

A summary of requirements is outlined below:

### **1. Out of Competition testing**

Out of Competition testing may take place at anytime, anywhere outside of In Competition testing. This includes testing Players on their arrival to the country in which the tournament is being held or in the lead up to the tournament starting and even during the tournament on non-match days.

For Out of Competition testing, one Doping Control Station may be required in some team Hotels subject to the number of teams staying in the same area of the same city. A similar Doping Control Station layout is required as In Competition (see below) with the exception of additional processing rooms (subject to the number of teams located in the same area). World Rugby will specify according to the location of teams as to how many testing stations are required and on which days such facilities will be required. This information is strictly confidential and is not to be made known to any teams.

Sealed 500 ml plastic bottles of fluid (a mix of water and sport drinks – non-alcoholic and non-carbonated) are also required to be provided by the Host Union at each of the nominated OOC testing locations. The Regional Anti-Doping representative will advise of the quantity per location once the testing locations are confirmed.

### **2. Doping Control Station: In-Competition**

A private, lockable and clean facility within the match venue is required to be used as a Doping Control Station. The Doping Control Station will need to comprise of the following areas: Waiting Room, Processing Room and a Toilet Area. (See Appendix 1 for diagram of an ideal Doping Control Station).

Security of the Doping Control station is crucial. The station must be lockable and a key is to be provided to the Doping Control Officer (DCO) or World Rugby Anti-Doping Commissioner on match day so that the station can be kept secure at all times. If the door to the station is not lockable then a security person is to be placed at the entrance of the station and access restricted only to the following people:

- Players selected for testing
- Players Representatives and interpreter (if applicable)
- Doping Control Staff
- Regional Anti-Doping Commissioner
- Regional Tournament Director

Below is a brief description of each of the different areas within the Doping Control Station.

## 2a. Waiting Room

The waiting room is where the players first arrive into the Doping Control Station after being notified of their selection. Here the Players will have access to sealed drinks for hydration. The players will most likely remain within the Doping Control Station until they are ready to provide their sample. As the players will spend most of their time in the waiting room during the Doping Control process, the room should be comfortable.

The waiting room should contain the following furniture and equipment:

- 10 chairs
- 1 garbage bin
- A fridge or cooler box
- A television (where possible)
- For each Match Day, a minimum of 50 sealed plastic bottles (500 ml) of fluid, preferably a mix of water and non-carbonated, non-alcoholic sports drinks

## 2b. Processing Room

The processing rooms are the areas within the Doping Control Station where the Players will divide and seal their sample and complete the necessary paperwork. As players may be discussing personal information such as medication that they are taking, this area needs to be kept private from the waiting room.

Each processing room will require the following equipment and furniture:

- 1 medium sized table
- 3 chairs
- A garbage bin

For a Sevens Tournament, two processing rooms will be required. If internal walls do not exist to create two processing areas then the room may be separated by partition screens, so long as they are 8ft tall and can allow the toilet area to be accessed through the processing rooms.

## 2c. Toilet Area

The Toilet should be located within the Doping Control Station and where possible accessible directly from the Processing Room without having to go through the waiting room or out into public areas. The toilet area cannot be one that is shared with another functional area of the tournament or the general public.

## **3. Doping Control Team**

The Doping Control Officer (DCO) appointed by the National Anti-Doping Organisation or by World Rugby will be responsible for conducting the testing session during the Tournament as well as any Out

of Competition missions. They will provide all the specific Doping Control equipment to carry out such testing.

The Host Union shall provide at least 6 volunteer Chaperones to assist the Doping Control Officer with the delivery of the Anti-Doping programme. The World Rugby Anti-Doping Team will provide the appointed Chaperones with training prior the start of the Tournament.

Chaperones must be of the same gender than the athletes tested, over the age of 21 years and fluent in English (other languages is an advantage). No medical background is required. Please see attached Chaperone's Job Description in Appendix 2.

#### **4. Accreditation**

The Doping Control Team will require tournament accreditation access to ALL Player areas within the match venue. Players selected for testing are chaperoned constantly from when they leave the field at the end of the match until they provide a sample in the Doping Control Station.

A list of the Doping Control Team names will be provided to the Host Union in advance so that appropriate accreditation can be arranged. Accreditations will be required for Out of Competition testing as part of identification for the Doping Control Team. Therefore accreditation passes for the Doping Control Team will need to be available before the arrival of the teams to the Host Union Country.

Accreditation passes are to be labelled with the name of the person and their title: i.e. Doping Control Officer or Doping Control Chaperone.

#### **5. Seating for Doping Control Team**

The Doping Control Team will require seating in an area close to the exit zone of the pitch for the duration of the Tournament, ideally close to the replacement benches so monitoring of each match, substitutes and injuries can be easily seen. A total of 12 seats are required and, where possible, these should be undercover to protect against possible wet weather conditions.

#### **6. Car park**

Car parking access is required to all Match venues for the Doping Control Team. If limited parking is available, the priority should be given to the DCO(s) who will transport the sealed samples from the venue.

#### **7. Match Team Sheet**

A signed off team sheet of Players participating in the Match for each team including substitutes is to be provided to the DCO(s) at least 50 minutes prior to kick off of the Match. The official team list will be used to identify Players selected for Doping Control.

## **8. Late Night Testing - Transport**

Testing may continue after the Players team transport has departed the match venue. If a selected Player has not completed the Doping Control process when the team is ready to leave the match venue, the Host Union should be made aware that transport may be required for Players selected and their representative back to their team Hotel. This may be by either taxi, tournament transport vehicle or via the team Liaison Officer. The Host Union is responsible for such transport and for any associate costs.

## **9. Selection of Players for Testing**

In Competition testing takes place immediately after the conclusion of a Match. Testing may occur after any Match during the Tournament. Normal practice is that the World Rugby Anti-Doping department will make the selections including any reserve selections. The reserve selections may be used in the case of a selected Player being seriously injured and requiring immediate hospitalisation or not being in a fit physical or mental state to complete the process as determined by the Tournament medical officer. For the avoidance of doubt, if a selected Player is injured or is replaced for any reason prior to the start of a Match i.e injured in a previous Match or in the warm up, they shall remain selected for testing unless they require immediate hospitalisation.

The selections will not be made known to the Player's Team management until the end of the Match. The Doping Control Officer or World Rugby Anti-Doping Commissioner is not required to justify why a Player/s have been selected for testing.

Selections for Out-of-Competition Testing may be random or targeted. Such testing shall be conducted with No Advance Notice.

## **10. Confidentiality**

All correspondence about testing plans between World Rugby and the Host Union for the Tournament must remain strictly confidential.

Any Participating Unions who wish to confirm if testing is occurring at the Tournament or on a particular day for Out of Competition must be advised that testing may take place anytime, anywhere and if they have any further queries then they should be referred to the World Rugby Anti-Doping Department.

Where an Anti-Doping Rule Violation may have been committed, the Board and the Union or Tournament Organiser concerned shall take reasonable steps to maintain confidentiality until the testing and analysis has been completed, the Judicial Committee hearing decision has been reached and the Player, Person or entity and his Union have been informed.

## **11. Therapeutic Use Exemptions**

Players may have illnesses or conditions that require them to take particular medication. If the medication a Player is required to take to treat an illness or condition happens to fall under the WADA Prohibited List, a Therapeutic Use Exemption (TUE) may give that Player the authorisation to take the needed medication.

The process for TUEs is outlined in the Anti-Doping section of the tournament manual and is also on the Schedule 3A of World Rugby Regulation 21 available on [www.keeprugbyclean.com](http://www.keeprugbyclean.com)

If the Host Union receives any TUEs from any of the Participating Unions, they should be immediately forwarded to the World Rugby Anti-Doping Department.

## **12. Signage**

Signage is required for both In and Out of Competition Doping Control stations.

For In Competition testing, the signage needs to remain at the Stadium for the duration of the Tournament.

The signage required is:

- 1) Doping Control Station - the message "No Entry Without Authorisation" should be clearly displayed in this signage
- 2) Doping Control Waiting Room
- 3) Doping Control Processing Room

## **Further Information**

For further information on any matter please visit World Rugby's Anti-Doping website [www.keeprugbyclean.com](http://www.keeprugbyclean.com).

Any queries on the above regarding the Rugby Europe Anti-Doping programme should be forwarded to Rugby Europe Anti-Doping Representative:

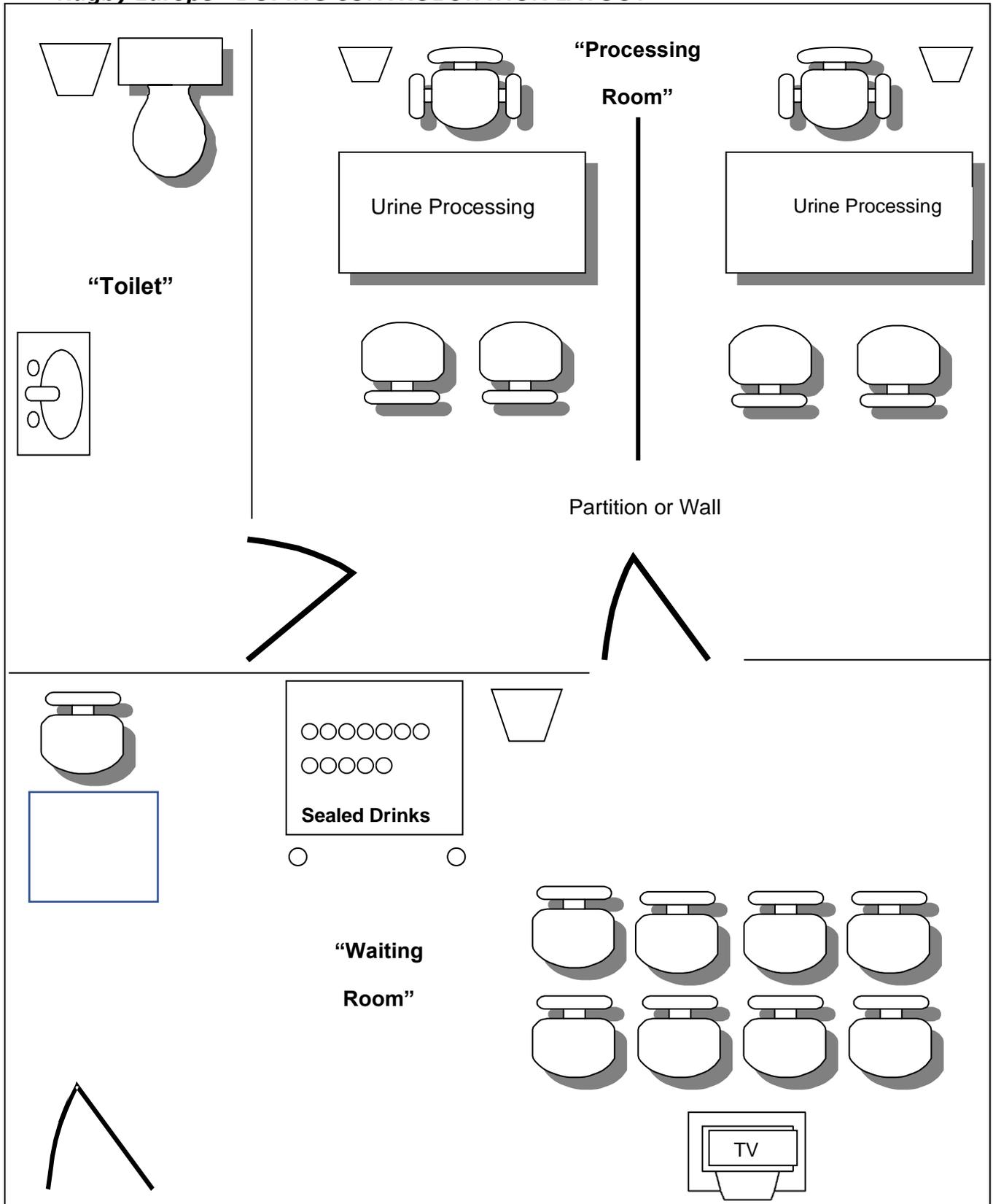
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Appendix 1

**Rugby Europe - DOPING CONTROL STATION LAYOUT**



## Appendix 2

### Chaperone Job Description

#### Introduction

World Rugby implements an Anti-Doping programme across all levels of Rugby and is seeking a number of volunteer Chaperones to assist in the delivery of its testing programme at the upcoming Rugby Europe Tournaments.

A Chaperone enjoys pitch side seating for the duration of the tournament and close interaction with the teams and Players in carrying out the duties of a Chaperone.

#### Role of Chaperone

The role of the Chaperone starts with the observation of the Player selected for Doping Control during the match followed by the notification of the Player immediately after the match is completed. The Chaperone is responsible for advising the selected Player of their rights and responsibilities in regards to the testing process.

Once a Player is notified of his selection for testing the Player is escorted at all times by the Chaperone until they arrive at the Doping Control station, which shall be within 60 minutes of being notified. The Player may undertake various activities such as a warm down, receive medical attention, attend a press conference, attend a team meeting before they are required to report to the Doping Control Station but all post match activities must be within the full view of the Chaperone at all times.

On arrival to the Doping Control Station the Chaperone will pass the Player over to the Doping Control Officer who is responsible for finalising the testing procedures with the Player.

#### Criteria for Involvement

1. Must be the same gender as the athletes tested and over the age of 21.
2. Must be available on all Match days
3. Must participate in a 1.5 hour Chaperone training course (conducted on **[Insert Date]**)
4. Must be fluent in English

Medical qualifications are not a necessity for this position however we require a person with good communication skills and an ability to follow procedures precisely. An interest in Rugby is essential.

#### Uniform

All Volunteer Doping Control Chaperones will receive a Tournament Uniform and a good seat to watch the matches during the tournament.

For more information or to register your interest please contact:

[Insert Name and Contact Details of Host Union Contact]