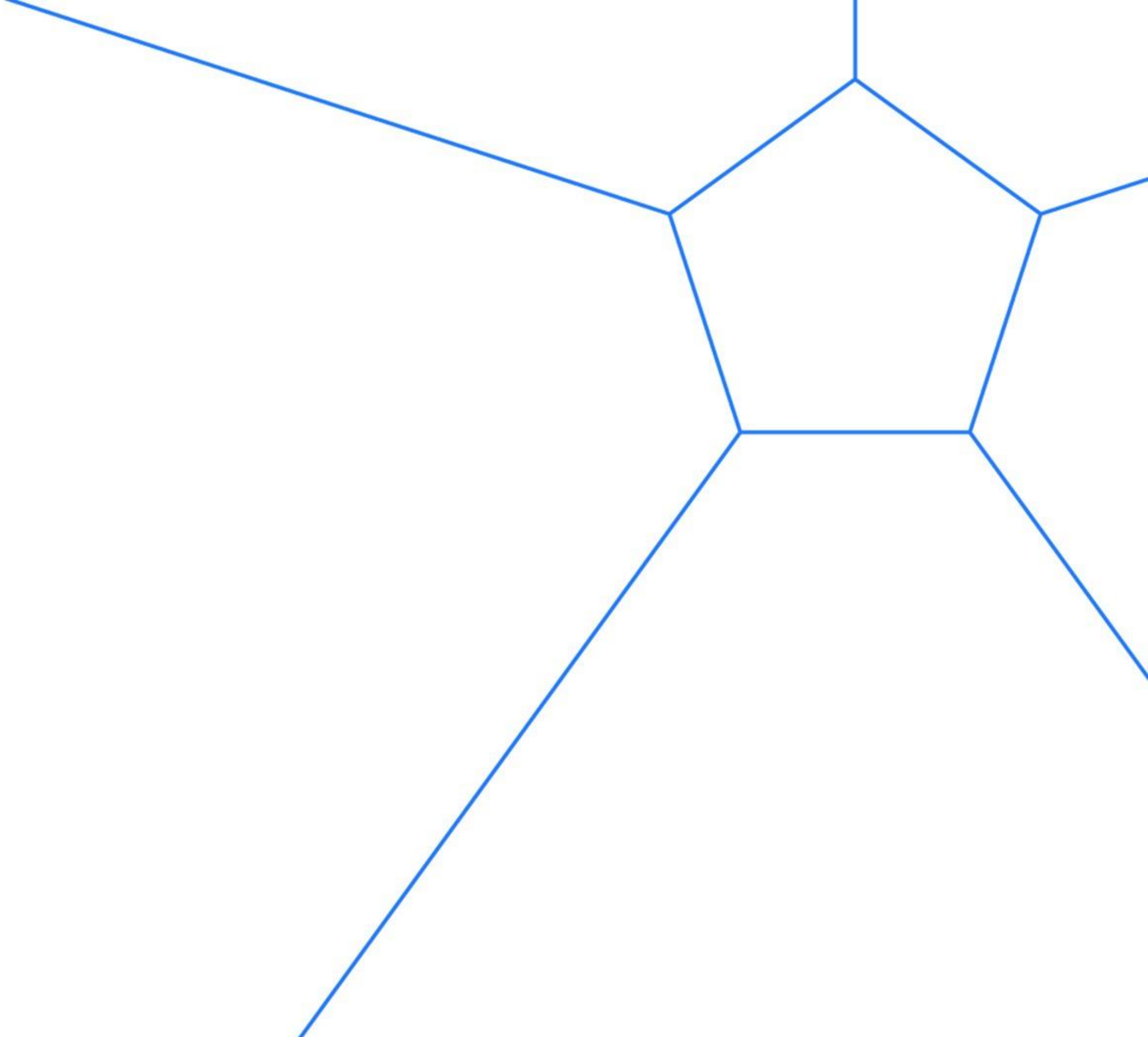


EHF

**ANTI-DOPING
UNIT**

**ANTI-DOPING
CONTROL PROCEDURE**

July 2020



THE STEPS OF DOPING CONTROL

GENERAL REMARKS

- EHF Anti-Doping Regulations are part of the EHF Regulations.
- Doping controls are an essential part of the regulations.
- Doping controls can be organised **IN** and **OUT** of competitions. Play fair and keep handball clean is the key message.

1. Player Selection

- Players are selected for doping control by random draw.
- The draw will be conducted by the EHF Doping Control Officer (DCO) and witnessed by a team representative.
- The draw procedure will be approximately 15 minutes before the end of the game.

2. Player Notification

- At the end of the game, the selected players will be notified that they must undergo a doping control by the DCO or an official chaperone. Players must undersign the notification on the doping control form and follow the DCO/chaperone to the doping control station.

3. Transfer to the Doping control Station

- Players accompanied by the DCO/chaperone must go directly to the doping control station. Press interviews or medical treatment are allowed but must be chaperoned. The use of water (e.g. shower, ice bath, etc.) and the use of toilets is strictly forbidden. Players are allowed to be additionally accompanied by a representative of the team (e.g. doctor, physiotherapist, etc.).



THE STEPS OF DOPING CONTROL

4. Arrival at the Doping Control Station

- After arrival at the doping control station, players are not allowed to leave the station without the permission of the DCO. If permitted, players must be chaperoned by a DCO or chaperone.
- In the doping control station players may be asked to show a photo-ID e.g. passport or accreditation card. Vice versa, the DCO presents the EHF ADU Order and his/her DCO-ID. If necessary, the DCO explains doping control procedure to the players in detail.

5. Doping Control Station

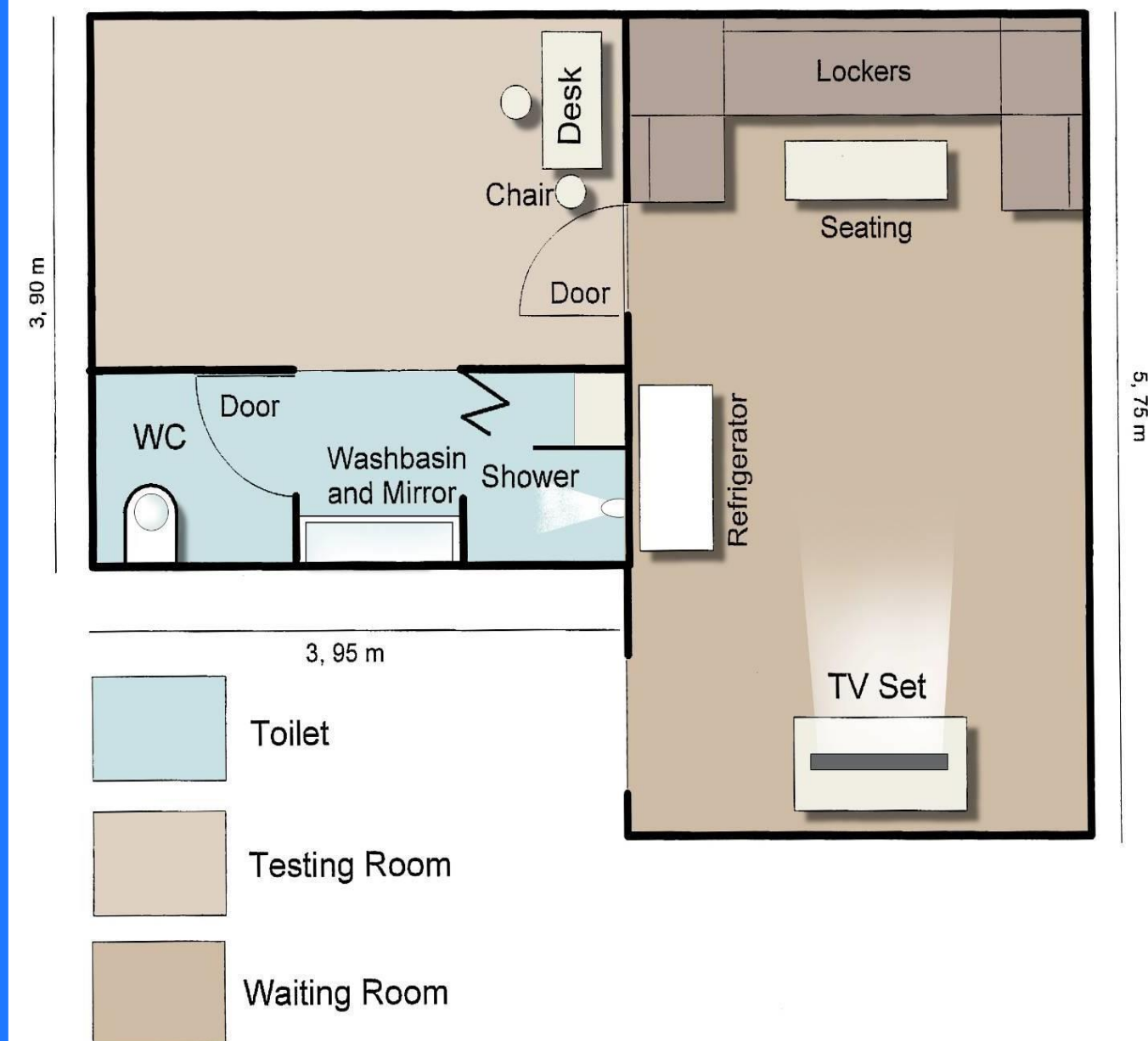
- A doping control station should consist of a waiting area, the doping control room and a toilet. Water (in originally sealed bottles) must be available for the players. Players can also consume their own drinks or food, but at their own risk. Players and their witness can use mobile devices in the waiting room but are not allowed to take pictures or videos.

Basic Handball Hall Room Utilization

Anti Doping Room

Minimum Size: 30 m²

7, 90 m



Optimal Infrastructure should be guaranteed during the doping control procedure!

THE STEPS OF DOPING CONTROL

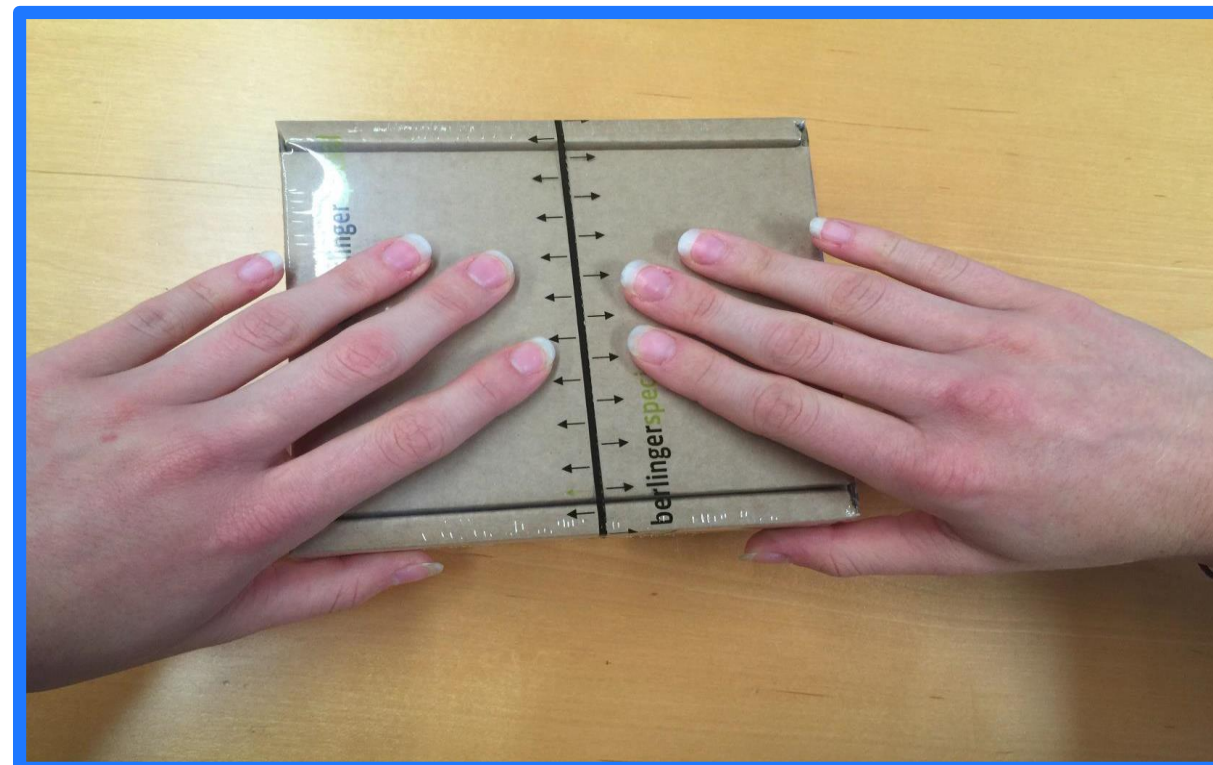
The Equipment

- Berlinger kit box and urine cups. The bottles are sealed, urine cups are vacuumed packed and sealed.



Sample Collection Equipment

- You are given a choice of individually sealed collection equipment. Player selects the Berlinger kit box independently and opens it.



THE STEPS OF DOPING CONTROL

6. Doping Control – Urine sample

When the player is ready to provide a urine sample, he/she must wash their hands and select a sealed collection cup under observation of the DCO.

- The player must provide a minimum of 90ml of urine under permanent observation of the DCO/DCA. The witness to the urine sample must be the same gender as the player.
- The urine cup must be closed by the player and transported by the player to the doping control room.
- The player must select a sealed bottle container, open it and take out the two bottles.
- The player must control the numbers on the box and bottles; the numbers must be identical. A control of the proper condition of the bottles is mandatory.
- 60ml or more of the urine must be poured by the player in the A-sample (red) and 30ml or more in the B-sample (blue) bottles. A sufficient volume of urine should be left in the collection cup for the necessary specific gravity test.
- The player must close the bottles as tight as possible; the tightness of the seals is proofed by tipping the bottles upside down to check that no urine can leak out.
- The player, or the DCO, must put the bottles in plastic bags, seal them and finally put them in the bottle container.
- All data (number of samples, amount of urine, specific gravity, time of sealing) must be written in the doping control form.



THE STEPS OF DOPING CONTROL

6.1. The Samples

- The player is requested to take the bottles out of the box and ensure that they are sealed.



6.2. A/B Sample

- Control of the sample numbers is obligatory and only after should the red rings be removed!



A - SAMPLE

B - SAMPLE

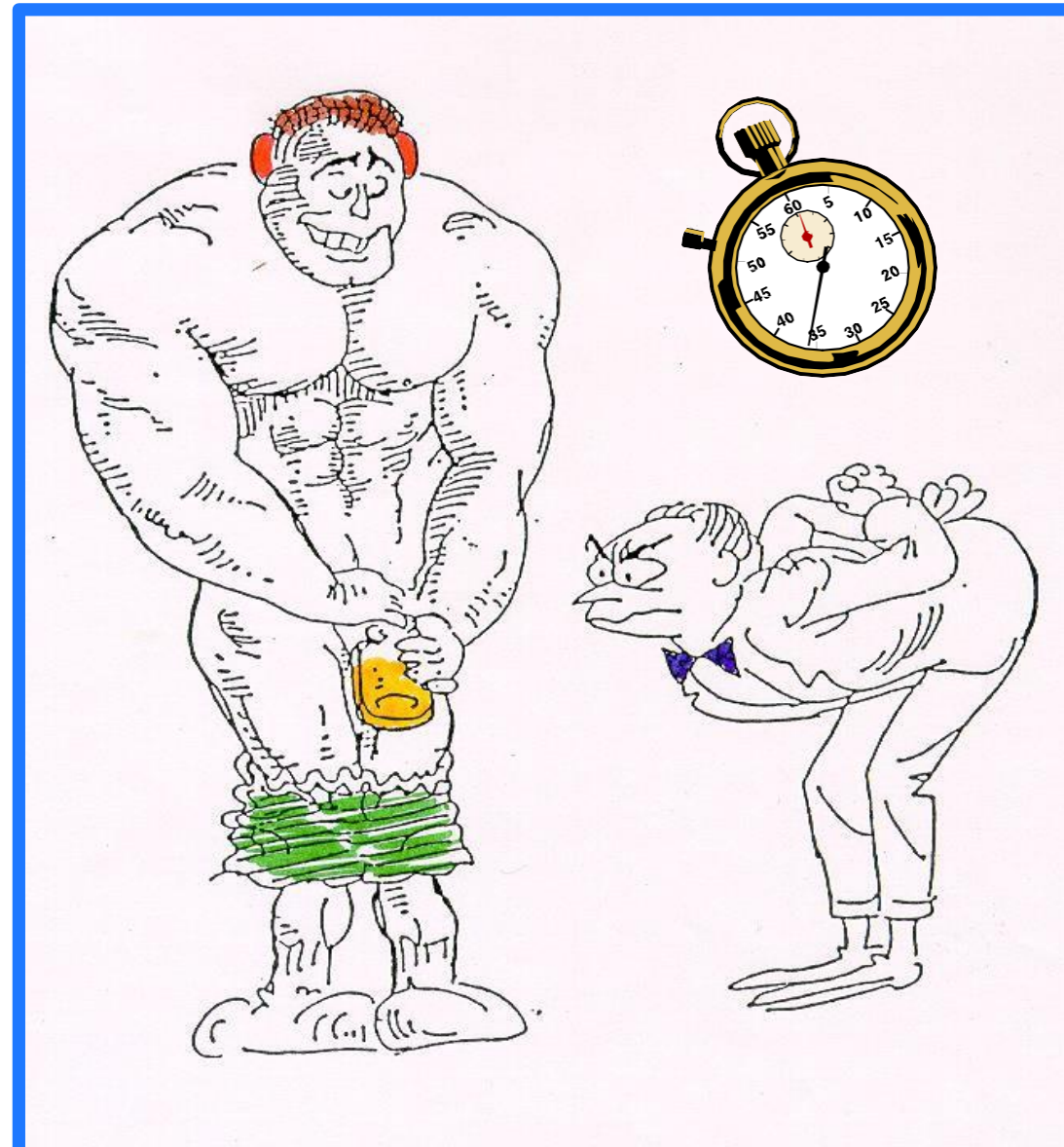


6.3. Volume of Urine

- A minimum volume of 90ml urine is required for all samples.



Minimum 90 ml of urine



DCO + ATHLETE

DIRECT VIEW

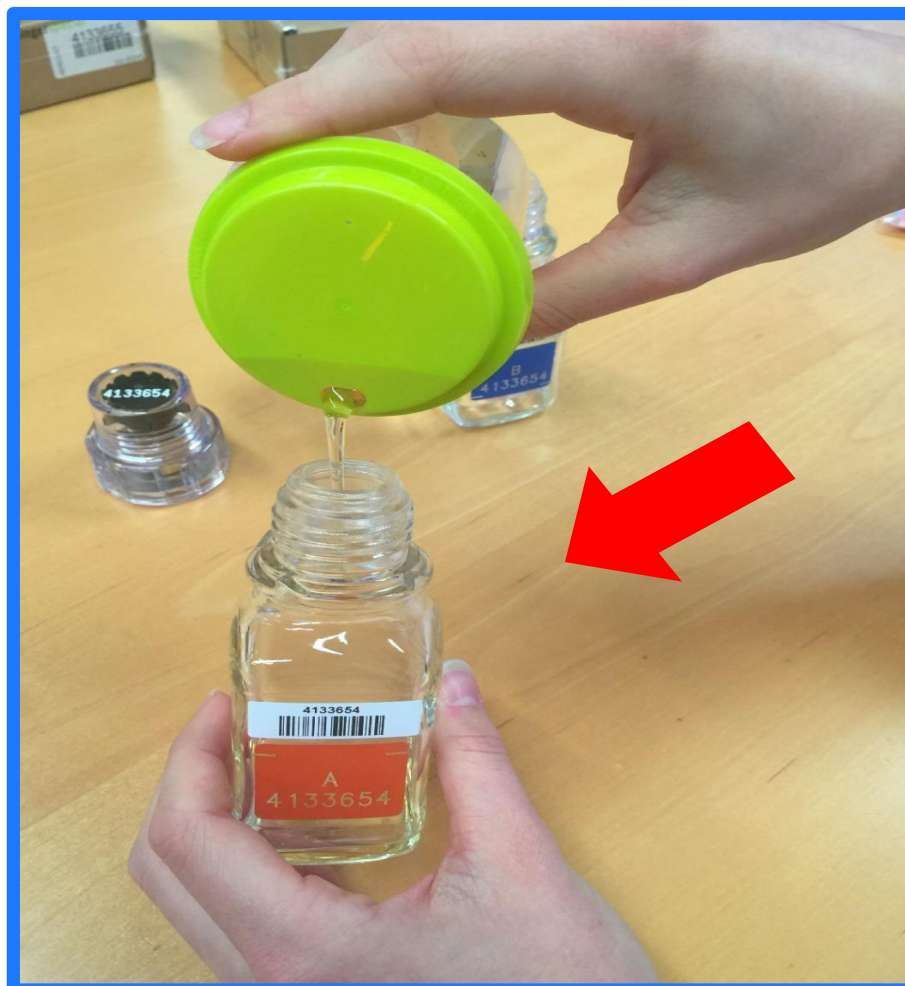
90ml

CLOSE (CAP)

THE STEPS OF DOPING CONTROL

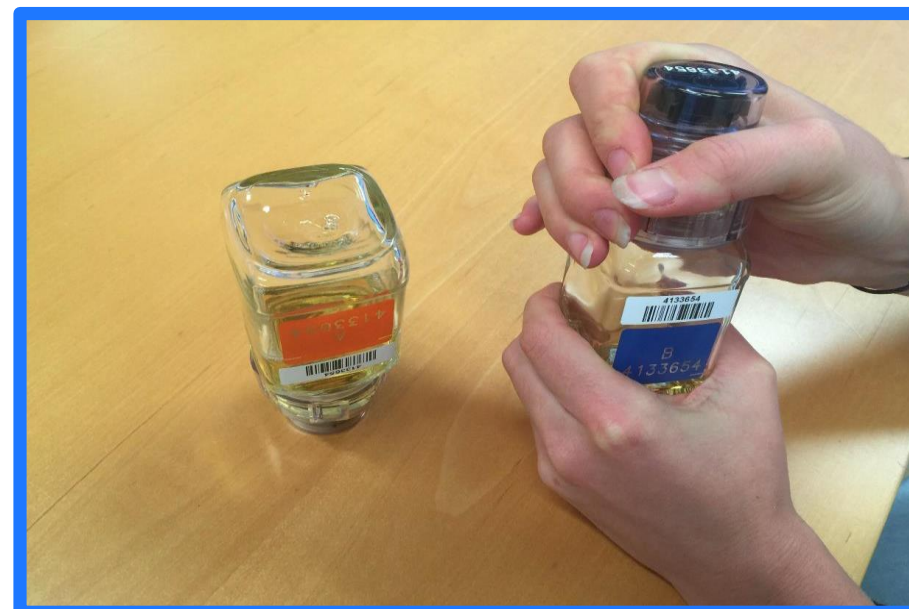
6.4. Splitting the sample

- Your sample will be split into an A and B bottle. Pour in the urine to the marker in each bottle.



6.5. Sealing the Samples

- You will seal the A and B bottles in accordance with the DCO's instructions. Proof correct close of bottles.



6.6. Measuring Specific Gravity

- The DCO will measure the specific gravity of the sample to ensure it is not too diluted to analyse.



THE STEPS OF DOPING CONTROL

7. Partial Urine Sample

- If the urine sample provided by the player is less than 90 ml, the player must pick up a plastic security bag, open it and take out the interim sealing device. Next, the partial sample must be poured in the 'A' bottle and closed with the interim sealing device.
- Then the bottle must be put into the bottle container. The container must be sealed in the plastic security bag. The amount of urine and the number of the security bag must be written in the doping control form.
- When the player is ready to provide more urine, he/she selects a new urine collection cup; the procedure is the same as written under section 6.
- If there is enough urine provided, the player goes back to the doping control room and collects the interim sealing device, checks the number, opens the bottle and pours the additional urine sample into the initial sample, mix it with the previous urine. The rest of the procedure follows as written under section 6.



8. Low Specific Gravity

- If the specific gravity is lower than 1,005, the urine sample does not fulfill the quality requirements.
- Nevertheless, the sample must be stored as written under section 7, but the player must continue to provide a new sample until the specific gravity level is reached.



THE STEPS OF DOPING CONTROL

9. Completing your Doping Control Form (DCF)

- Part 1 of the doping control form includes all relevant information about the selected player: name, DOB, address, email, telephone number, ID, sport discipline, etc.
- Part 2 includes all information for the analysis: number of the sample bottles, amount of urine, specific gravity, time of sealing, medication (last 7 days), TUE (if relevant), etc.
- Part 3 includes name of players accompanying person, name of DCO, any comments by the player.
- Finally, players must check the form and undersign it together with the accompanying person/chaperone and the DCO.
- The player receives the personal copy (pink colour) and should keep it until he/she gets the analysis results.

DOPING CONTROL FORM
FORMULAIRE DE CONTRÔLE DU DOPAGE

1. ATHLETE NOTIFICATION • NOTIFICATION DU SPORTIF

NAME / NOM DE L'ATHLÈTE: _____ SURNAME / NOM DE FAMILLE: _____ DATE OF BIRTH / DATE DE NAISSANCE: _____

NATIONALITY / NATIONALITÉ: _____ TYPE OF IDENTIFICATION / TYPE D'IDENTIFICATION: _____

TYPE OF SAMPLE REQUIRED / TYPE D'ÉCHANTILLON REQUIS: _____ DATE / DATE: _____ TIME / HEURE: _____

DCO/CHAPERONE NAME / NOM DE L'ACCOMPAGNANT: _____

DCO/CHAPERONE SIGNATURE / SIGNATURE DE L'ACCOMPAGNANT: _____

ATHLETE'S SIGNATURE / SIGNATURE DU SPORTIF: _____

2. ATHLETE INFORMATION • INFORMATION CONCERNANT LE SPORTIF

ADDRESS / ADRESSE: _____ CITY/TOWN / VILLE: _____ STATE / PROVINCE: _____

COUNTRY / PAYS: _____ CONTACT TEL (INCL. COUNTRY CODE) / TEL CONTACT (INCL. CODE PAYS): _____ E-MAIL / COURRIEL: _____

3. INFORMATION FOR ANALYSIS • INFORMATIONS CONCERNANT L'ANALYSE

IN COMPETITION / EN COMPÉTITION: OUT OF COMPETITION / HORS COMPÉTITION:

SAMPLE COLLECTION DATE / DATE DE PRÉLÈVEMENT: _____

SPORT / SPORT: _____ DISCIPLINE / DISCIPLINE: _____

TEST / TEST	NO. / NO.	TIME / HEURE	AMOUNT / QUANTITÉ	SPECIFIC GRAVITY / DENSITÉ	TIME SAMPLES WERE TAKEN / HEURE D'ÉCHANTILLONNAGE	TIME SAMPLES WERE TAKEN / HEURE D'ÉCHANTILLONNAGE
U			A/B	1 0		
B			A/B	1 0		
U			A/B	1 0		
B			A/B	1 0		

DECLARATION OF MEDICATION USE AND BLOOD TRANSFUSIONS: LIST ANY PRESCRIPTION / NON-PRESCRIPTION MEDICATIONS OR SUPPLEMENTS, FOR E.G. BETA-2 AGONISTS AND GLUCOCORTICOSTEROIDS, TAKEN OVER THE PAST 7 DAYS (INCLUDE DOSE AND DATE LAST TAKEN WHERE POSSIBLE).
 DÉCLARATION D'USAGE DE MÉDICAMENTS ET DE TRANSFUSIONS SANGUINES: INDICUIZ LES MÉDICAMENTS PRÉSCRITS / NON PRÉSCRITS OU LES COMPLÉMENTS ALIMENTAIRES, Y COMPRIS PAR EXEMPLE, LES BÉTA-2 AGONISTES ET LES GLUCOCORTICOSTÉROÏDES, PRIS AU COURS DES 7 DERNIERS JOURS (INDIQUER LA DOSE ET LA DATE DE LA DERNIÈRE PRISE SI POSSIBLE, AINSI QUE SI UN ÉCHANTILLON DE SANG EST PRÉLEVÉ, TOUTE TRANSFUSION SANGUINE REÇUE AU COURS DES 3 DERNIÈRES SEMAINES).

CONSENT FOR RESEARCH / CONSENTEMENT POUR LA RECHERCHE:

4. CONFIRMATION OF PROCEDURE FOR URINE AND / OR BLOOD TESTING • CONFIRMATION DE LA PROCÉDURE POUR LE CONTRÔLE D'URINE ET/OU DE SANG

COMMENTS: ANY COMMENTS SHOULD BE NOTED HERE. IF NECESSARY, CONTACT AN ACCOMPANYING REPORT FORM.
 COMMENTAIRES: TOUTES LES COMMENTAIRES DEVRAIENT ÊTRE NOTÉS ICI. AU BESOIN, UTILISER LE FORMULAIRE DE RAPPORT SUPPLÉMENTAIRE.

ATHLETE REPRESENTATIVE / REPRÉSENTANT DU SPORTIF: _____

DOPING CONTROL OFFICER / AGENT DE CONTRÔLE DU DOPAGE: _____

I DECLARE THAT THE INFORMATION I HAVE GIVEN ON THIS DOCUMENT IS CORRECT. I DECLARE THAT, SUBJECT TO COMMENTS MADE IN SECTION 4, SAMPLE COLLECTION WAS CONDUCTED IN ACCORDANCE WITH THE RELEVANT PROCEDURES FOR SAMPLE COLLECTION. I ACCEPT THAT ALL INFORMATION RELATED TO DOPING CONTROL, INCLUDING BUT NOT LIMITED TO LABORATORY RESULTS AND POSSIBLE SANCTIONS, SHALL BE SHARED WITH RELEVANT BODIES IN ACCORDANCE WITH THE WORLD ANTI-DOPING CODE.
 JE DÉCLARE QUE L'INFORMATION FOURNIE DANS CE DOCUMENT EST EXACTE. JE DÉCLARE, EN TENANT COMPTE DES COMMENTAIRES FAITS DANS LA SECTION 4, QUE LE PRÉLÈVEMENT D'ÉCHANTILLONS A ÉTÉ RÉALISÉ EN CONFORMITÉ AVEC LES PROCÉDURES APPLICABLES. J'ACCEPTÉ QUE TOUTES LES INFORMATIONS RELATIVES AU CONTRÔLE DU DOPAGE, Y COMPRIS, MAIS NON LIMITÉES AUX RÉSULTATS DE LABORATOIRE ET AUX SANCTIONS POSSIBLES, PEUVENT ÊTRE PARTAGÉES AVEC LES ORGANISATIONS CORRESPONDANTES SELON LE CODE MONDIAL ANTI-DOPAGE.

REPORT DOPING IN SPORT: <https://speakup.wada-ama.org> • SIGNALEZ UN ACTE DE DOPAGE DANS LE SPORT: <https://speakup.wada-ama.org>

ORIGINAL - ADD - WHITE COPY 1 - ATHLETE - PINK COPY 2 - LABORATORY - YELLOW COPY 3 - LABORATORY - BLUE COPY 4 - ATHLETE NOTIFICATION - ORANGE VERSION 10-07-2019 WADA-AM

THE STEPS OF DOPING CONTROL

10. Analysis of samples and report

- All samples are sent to WADA accredited laboratories. The result will be available in at least 14 days.
- In case of an adverse analytical finding, the player will be informed personally by EHF ADU.



SAY NO!
TO DOPING

EHF

**ANTI-DOPING
UNIT**

KEEP HANDBALL CLEAN!

BECAUSE WE CARE...

July 2020

