



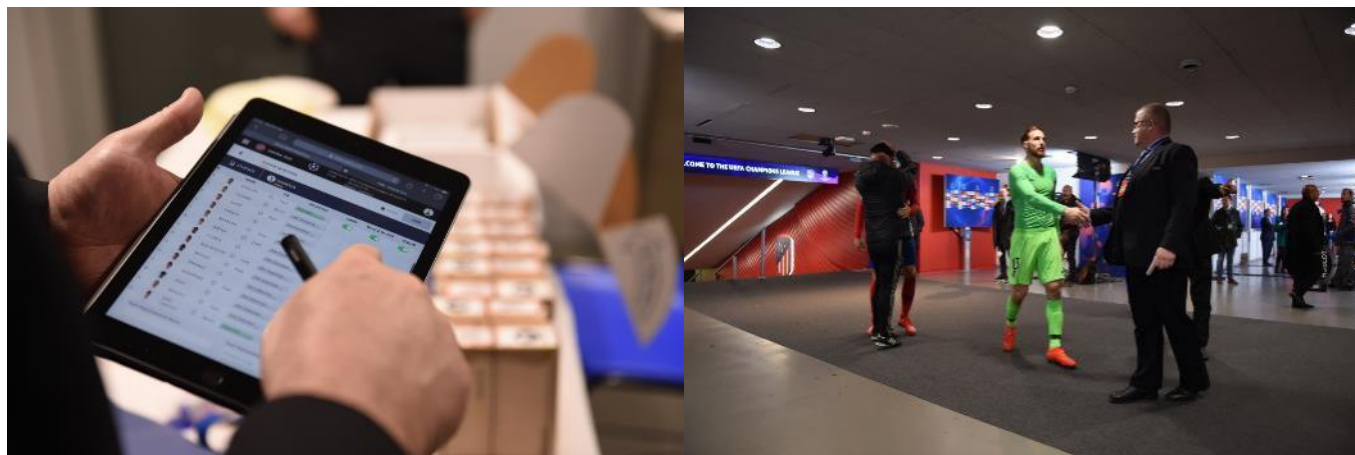
UEFA doping control procedure: a step-by-step guide for players

CONTENTS

1. Player selection
2. Notification of doping control
3. In the doping control station
4. Blood samples
5. Urine samples: sample provision
6. Urine samples: selection of bottles
7. Urine samples: sealing of samples
8. Urine samples: measurement of specific gravity (S/G)
9. Paperwork – doping control form
10. Urine samples: partial sample procedure
11. Injured players; red card; players refusing to undergo a doping control
12. At home doping controls

1. PLAYER SELECTION

- a) Players are selected for a doping control either by UEFA targeting or by a random draw completed automatically by the UEFA Digital Doping Control System.
- b) Any player may be selected for doping control by the Doping Control Officer (DCO) in addition to the drawn/targeted players. This includes players who are replaced after sustaining an injury in the warm-up.
- c) Targets are received before the match while randomly selected players are picked by the system as



soon as the team sheets are submitted by the teams. Teams are informed of which players have been selected for Doping Control at the final whistle.

- d) During the doping control a player may have to provide:
 - i. Only a urine sample
 - ii. Only a blood sample
 - iii. Both urine and blood samples

If both urine and blood samples are to be collected from the players, there will usually be two DCOs – one to collect the urine samples and one to collect the blood.

2. NOTIFICATION OF DOPING CONTROL

- a) At the end of the match when leaving the pitch, the selected players will be notified that they must undergo a doping control. The DCO or a chaperone will do this, usually with the support of a team representative. The players must sign the notification section on the Doping Control Form to acknowledge that they have been notified of their obligations.
- b) After notification, players must report **directly** to the doping control station. They are permitted to give flash interviews in the tunnel area but may **not** return to their dressing room. If a player needs personal belongings or a change of kit, the team doctor or other team representative can bring these to the doping control station.
- c) Once in the doping control station, a player may not leave without the express permission of the DCO. If permitted to leave, the player will be escorted at all times by a chaperone or by a UEFA official.

- d) In all cases the club or association is responsible for ensuring that their selected players report **directly and without delay** to the doping control station as soon as the match has ended.

3. IN THE DOPING CONTROL STATION

- a) In the doping control station, the players may be asked by the DCO to identify themselves by means of their passport or other photo ID.
- b) The DCO explains the doping control procedure to the players and, if necessary, their team doctors. If a player refuses to give a sample, of either blood or urine, they can be suspended from football for four years.



- c) The players remain in the waiting area of the doping control station until they are ready to provide a sample. Only water is provided in the doping control station however, players may also consume, at their own risk, their own drinks or food brought to them by their team representative. Alcohol is not permitted in the doping control station.
- d) Players may use mobile devices **only** in the waiting area of the doping control station.
- e) Smoking is not permitted in the doping control station.

4. BLOOD SAMPLES

- a) If players are required to provide urine and blood samples, they would normally give the blood samples first.
- b) Players must remain seated and relaxed for at least ten minutes before providing a blood sample.
- c) When the UEFA Blood Collection Officer (BCO) indicates it is time for the player to give a sample, the player chooses the sample collection kit and checks that it is clean and intact. The BCO then assembles the kit in sight of the player.

- d) The BCO assesses the most suitable arm from which to collect blood; this will usually be the player's non-dominant arm. If necessary, the BCO places a tourniquet around the arm.



- e) The skin at the puncture site is cleaned with a sterile swab before the BCO inserts the needle into the vein and draws the required amount of blood.
- f) The BCO removes the needle from the player's arm and places a pad over the puncture site. The player presses firmly on the pad.
- g) The player then chooses a sample container kit from the selection available and checks that it is intact and that the numbers on both containers (A and B) are the same.
- h) The player places a blood tube into each of the sample containers. The player then closes the containers tightly before both the player and BCO check that they are properly sealed.



- i) The sealed sample containers are kept at room temperature until all players have been tested, then they are placed in a secure cool box for transportation to the laboratory.
- j) If, for any reason, the BCO is unable to draw sufficient blood from their first attempt, they try again to collect the required sample. No more than three attempts to insert a needle into a player's arm shall be made. If, after three attempts, the BCO has still not drawn the required blood, the blood sample collection shall be terminated.

5. URINE SAMPLES: SAMPLE PROVISION

- a) When the player is ready to provide a urine sample, the DCO instructs them to rinse their hands under a tap.



- b) The player then selects a sealed collection beaker and provides a urine sample in the toilet cubicle under the constant observation of the DCO. All UEFA DCOs are medical doctors.
- c) A minimum volume of 90ml is required. If the player provides less, the partial sample procedure, which is described in step 10, must be followed.

6. URINE SAMPLES: SELECTION OF BOTTLES

- a) Having provided a sample of at least 90ml, the player selects a sealed bottle container with individual code numbers. The container's plastic seal must be intact; if it is not, an alternative container must be used.
- b) The player breaks the seal on the bottle container to obtain the two bottles – A and B.
- c) Both the player and the DCO should check that the bottles are in proper condition and intact, and that all the numbers of each kit component are identical.



7. URINE SAMPLES: DIVIDING THE SAMPLE

- a) The player pours 30ml of the urine into the B bottle and 60ml of the urine into the A bottle.

- b) A sufficient volume of urine should be left in the collection beaker to allow the DCO to test the specific gravity (density) of the sample.
- c) The bottles are closed tightly by the player. When the lids cannot be tightened further, the player checks that no urine can leak out by tipping the bottles upside down.
- d) The player should make a final check to be sure that the code numbers on the bottles and the bottle caps match those recorded on the doping control form.
- e) The DCO seals each bottle inside a plastic bag and places them back into the cardboard container.

8. URINE SAMPLES: MEASUREMENT OF SPECIFIC GRAVITY (S/G)

- a) The DCO uses a refractometer to measure the specific gravity (density) of the sample. If the specific gravity of the sample is lower than 1.005 (or lower than 1.003 if the player provides more than 150ml of urine), the player will have to continue to give samples until a suitable specific gravity is reached.



9. DIGITAL DOPING CONTROL FORM

All the details of the doping control, both blood and urine samples, are recorded on a digital doping control form. The doping control form consists of several sections which must be completed;

PLAYER INFORMATION

- a) This section is filled in automatically by the system as soon as the player has been selected.

NOTIFICATION

- a) The DCO and the player must sign the notification section. In signing, the player indicates that they are aware they must provide a sample and that they know the consequences of refusing to provide one.

URINE SAMPLE

- a) This section is completed by the DCO and contains the identification numbers of the sample collection bottles. In case of a urine partial sample, the number of the security bag is also recorded here.

MEDICAL - DECLARATION OF MEDICATION

- a) The player, with the support of their doctor, must list any medication or supplements they have taken in the seven days prior to the doping control. If the player is undergoing a blood test, they must also list any blood transfusions received in the previous three months.

CHECKING AND SIGNING THE DOPING CONTROL FORM

- a) At the end of the doping control, the player and the DCO should check that the doping control form has been correctly filled in. The DCO, the team doctor and the player then sign the form.
- b) The player receives a password protected pdf copy of the digital doping control form to an e-mail address of their choice.

10. URINE SAMPLES: PARTIAL SAMPLE PROCEDURE

- a) If the urine sample provided by the player is less than 90ml, the player selects a partial sample kit which contains an interim sealing device and plastic security bag.
- b) The player pours the partial sample into the A bottle and closes this bottle with the interim sealing device before replacing the lid. The bottle is then placed back in the cardboard container and sealed inside the plastic security bag.
- c) The partial sample code and the quantity of urine collected is written on the doping control form, which the player signs.
- d) When ready to provide more urine, the player identifies their initial sample by checking the code number on the security bag against the number on the doping control form. The player then urinates again into a clean, unused beaker.
- e) The player then selects another new, unused, collection beaker and pours the partial sample from the A bottle into the new collection beaker. The second sample is then added to this until there is a maximum of 150ml in the new beaker.
- f) Once the required volume of at least 90ml is obtained, the testing can continue as from section 7.

11. INJURED PLAYERS; RED CARD; PLAYERS REFUSING TO UNDERGO A DOPING CONTROL

- a) If a selected player is injured during a match, they are examined by the DCO who determines whether they are fit to complete a doping control. If the DCO considers that the player is not capable, they are replaced with the first selected reserve player. Note that as a general rule, if the player does not need to leave the stadium for immediate medical treatment, they will be required to complete the doping control.
- b) If a player is shown a red card at any time during the match, the player must remain available to undergo a doping control after the match. They should therefore not leave the stadium before the end of the match.
- c) Refusal to undergo a doping control is a serious doping offence and can lead to a player being banned for four years.

12. AT-HOME DOPING CONTROLS

- a) There may be occasions when UEFA tests a player at home. This will only happen if UEFA has informed the player that they must provide partial individual whereabouts, and the player has designated their home address as the place they will be available to be tested during their one-hour timeslot.
- b) The DCO arrives at the player's home at the beginning of the one-hour timeslot and both rings the doorbell and knocks on the front door. If there is no immediate response, the DCO remains at the address for the full one-hour timeslot, and keeps trying to make contact with the player.
- c) Once the DCO has made contact with the player, the DCO introduces themselves and explains that the player has to undergo a doping control. The DCO explains the procedure, and if necessary asks the player to provide photo ID.
- d) Once the DCO has informed the player about the doping control, the player must remain within direct observation of the DCO until the end of the sample collection process.
- e) The player has the right to ask for a representative to be present. This would normally be someone from the player's team but they can also choose to have a family member or other person as a representative. If the player chooses someone from their team, it is their responsibility to contact the representative and to ask them to attend as soon as possible.
- f) If the player's team doctor is not present, the player has to complete the declaration of medication section themselves. If they don't know what medications they have been taking they are allowed to phone their team doctor.
- g) The sample collection procedure, for both urine and blood samples, is the same as during a normal doping control (steps 4 – 10 above).
- h) If the player cannot be contacted at the designated address during the one-hour window, the DCO will report this to UEFA and the player may face disciplinary action.



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