ITA

KEEPING SPORT REAL

Lausanne 2020 Winter Youth Olympic Games Doping Control Guide

Content

Purpose of the Doping Control Guide

The purpose of this guide is to provide participants of the Lausanne 2020 Youth Olympic Games (YOG) with general information about the anti-doping programme and how doping control will be conducted.

This guide is not a technical document describing each step of doping control or all aspects of the anti-doping programme at the Games.

This guide is not a detailed set of rules, but rather a summary of key aspects of the rules.

This guide complements the International Olympic Committee (IOC) Anti-Doping Rules applicable to the 3rd Winter Youth Olympic Games Lausanne 2020 (IOC ADR) but does not replace or supersede it.

List of acronyms

Acronym	Full Name
2020 Prohibited List	WADA 2020 List of Prohibited Substances and Methods
ADR	Anti-Doping Rules
DCS	Doping Control Station
IC	In-Competition
IF	International Federation
IOC	International Olympic Committee
ISTI	International Standard for Testing and Investigations
ISTUE	International Standard for Therapeutic Use Exemptions
ITA	International Testing Agency
NADO	National Anti-Doping Organization
NOC	National Olympic Committee
OOC	Out-of-Competition
TUE	Therapeutic Use Exemption
WADA	World Anti-Doping Agency
YOG	Youth Olympic Games
YOV	Youth Olympic Village

01 Objectives

The general objectives of the doping control program are to preserve the dignity of Olympic sport, to protect the athletes' fundamental right to participate in doping-free sport, thereby promoting health, fairness and equality in competition, and to educate the athletes on the doping control program and training for Fair Play.

02 Governance of the Lausanne2020 Anti-Doping Programme

The International Testing Agency (ITA) takes over the role from the International Olympic Committee (IOC) and is in charge of directing the doping control program to guarantee the independence and transparency of doping control for the Lausanne 2020 Winter Youth Olympic Games (YOG), in compliance with the IOC Anti-Doping Rules (ADR) and the World Anti-Doping Code.

03 IOC Anti-Doping Rules

The IOC ADR applicable to the 3rd Winter YOG Lausanne 2020 comply with the 2015 World Anti-Doping Code and the World Anti-Doping Agency's (WADA) International Standards. All doping control procedures will be implemented in accordance with the International Standard for Testing and Investigations (ISTI).

04 WADA Prohibited Substances and Methods

The WADA Prohibited List 2020 (the "Prohibited List") lists the substances and methods prohibited for the Lausanne 2020 Winter Youth Olympic Games (the "Games"). If, at the time of the Games, the Prohibited List is amended, the valid version that can be found on the WADA website is applicable. All athletes and athlete support personnel must familiarise themselves with the Prohibited List.

05 In-Competition and Out-of-Competition Testing

The Period of the Lausanne 2020 Winter Youth Olympic Games is defined as the period commencing on the date of the opening of the Olympic Village for the Lausanne 2020 Winter Youth Olympic Games, namely, **5 January 2020**, up until and including the day of the closing ceremony of the Lausanne 2020 Winter Youth Olympic Games, namely, **22 January 2020**.

The Period of the Lausanne 2020 Winter Youth Olympic Games includes "In-Competition" (IC) and "Out of Competition" (OOC) periods.

- "**In-Competition**" refers to the period commencing **twelve hours before a Competition** in which an athlete is scheduled to participate through to the end of such Competition and the sample collection process related to such Competition.

- "**Out-of-Competition**" refers to any period that is not "In-Competition".

The term "Competition" is defined as "a single race, match, game or singular sport contest," such as the Men's 10 km Cross-Country Skiing.

06 Technical Procedure for Doping Control at Lausanne2020

6.1. Notification of Athletes

6.1.1. Objective

To ensure that an Athlete who has been selected for testing is properly notified of sample collection, that the rights of the Athlete are maintained, and there are no opportunities to manipulate the sample to be provided, and that the notification is documented.

6.1.2. General

Notification of Athletes starts when Sample Collection Personnel initiates the notification of the selected Athlete and ends when the Athlete arrives at the Doping Control Station or when the Athlete's possible Failure to Comply is brought to the attention of the IOC/ITA. Notification proceedings shall be conducted in accordance with WADA's International Standard for Testing and Investigations ("ISTI").

The main activities are:

- Appointment of DCOs, Chaperones and other Sample Collection Personnel;
- Locating the Athlete and confirming his/her identity;
- Informing the Athlete that he/she has been selected to provide a sample and of his/her rights and responsibilities;
- Continuous chaperoning of the Athlete from the time of notification to the arrival at the designated Doping Control Station; and
- Documenting the notification, or notification attempt.

6.1.3. Requirements prior to Notification of Athletes

6.1.3.1.
Save in exceptional and justifiable circumstances, No Advance Notice Testing shall be the method for sample collection.

6.1.3.2.
Sample Collection Personnel shall have official accreditation card, provided and controlled by Lausanne 2020, evidencing their authority to collect a sample from the Athlete.

6.1.3.3.
Identification will typically be done through the Athlete's Games-time accreditation or their valid passport. The method of identification shall be documented on the Doping Control Form.

6.1.3.4.
Sample Collection Personnel shall establish the location of the selected Athlete and plan the approach and timing of notification, taking into consideration the specific circumstances of the sport/competition/training session/etc. and the situation in question.

6.1.3.5.
The Athlete shall be the first person notified that he/she has been selected for sample collection, except where prior contact with a third party is required as specified in Article 6.1.3.6.

6.1.3.6.
The Sample Collection Personnel shall consider whether a third party is required to be notified prior to notification of the Athlete, when the Athlete is a Minor (as provided for in Annex C: Modifications for Athletes who are Minors), or where required by an Athlete's impairment (as provided for in Annex B: Modifications for Athletes with Impairments), or in situations where an interpreter is required and available for the notification. However, there is no requirement to notify any third party (e.g., a team doctor) of the Doping Control mission where such assistance is not needed.

6.1.4. Requirements for Notification of Athletes

6.1.4.1.
When initial contact is made, the Sample Collection Personnel shall ensure that the Athlete and/or a third party (if required in accordance with Article 6.1.3.6) is informed:

- That the Athlete is required to undergo a sample collection;
- That the sample collection is being conducted under the authority of the IOC/ITA;

- Of the type of sample collection and any conditions that need to be adhered to prior to the sample collection;

- Of the Athlete's rights, including the right to:

    i. Have a representative and, if available, an interpreter accompanies him/her;
    ii. Ask for additional information about the sample collection process;
    iii. Request a delay in reporting to the Doping Control Station for valid reasons; and

- Of the Athlete's responsibilities, including the requirement to:

    i. Remain within direct observation of the Sample Collection Personnel at all times from the point initial contact is made by the Sample Collection Personnel until the completion of the sample collection procedure;
    ii. Produce identification in accordance with Article 6.1.3.3;
    iii. Comply with sample collection procedures (and the Athlete should be advised of the possible Consequences of Failure to Comply); and
    iv. Report immediately for sample collection, unless there are valid reasons for a delay, as determined in accordance with Article 6.1.4.4;

- Of the location of the Doping Control Station;
- That should the Athlete choose to consume food or fluids prior to providing a sample, he/she does so at his/her own risk;
- Not to hydrate excessively, since this may delay the production of a suitable sample; and
- That any urine sample provided by the Athlete to the Sample Collection Personnel should be the first urine passed by the Athlete subsequent to notification, i.e., he/she should not pass urine in the shower or otherwise prior to providing a sample to the Sample Collection Personnel.

6.1.4.2.
When contact is made, the Sample Collection Personnel shall:

- From the time of such contact until the Athlete leaves the Doping Control Station at the end of his/her sample collection session, keep the Athlete under observation at all time;
- Identify themselves to the Athlete using the documentation referred to in Article 6.1.3.2; and
- Confirm the Athlete's identity as per the criteria established in Article 6.1.3.3. Confirmation of the Athlete's identity by any other method, or failure to confirm the identity of the Athlete, shall be documented and reported to the IOC/ITA. In case where the Athlete's identity cannot be confirmed as per the criteria established in Article 6.1.3.3, the IOC/ITA shall decide whether it is appropriate to follow up in accordance with Annex A: Investigating a Possible Failure to Comply.

6.1.4.3.
The Sample Collection Personnel shall have the Athlete sign a Doping Control Form to acknowledge and accept the notification. If the Athlete refuses to sign that he/she has been notified, or evades the notification, the Sample Collection Personnel shall, if possible, inform the Athlete of the Consequences of refusing or failing to comply, and the Sample Collection Personnel shall immediately report all relevant facts to the lead DCO. When possible the lead DCO shall continue to collect a sample. The Lead DCO shall document the facts in a detailed report and report the circumstances to the IOC/ITA. The IOC/ITA shall follow the steps prescribed in

Annex A: Investigating a Possible Failure to Comply.

6.1.4.4.
The Sample Collection Personnel may at its discretion consider any reasonable third party request or any request by the Athlete for permission to delay reporting to the Doping Control Station following acknowledgment and acceptance of notification, and/or to leave the Doping Control Station temporarily after arrival, and may grant such permission if the Athlete can be continuously chaperoned and kept under direct observation during the delay.
For example, delayed reporting to/temporary departure from the Doping Control Station may be permitted for the following activities:

- For In-Competition Testing:
  - i. Participation in a presentation ceremony;
  - ii. Fulfilment of media commitments;
  - iii. Competing in further competitions;
  - iv. Performing a warm down;
  - v. Obtaining necessary medical treatment;
  - vi. Locating a representative and/or interpreter;
  - vii. Obtaining photo identification; or
  - viii. Any other reasonable circumstances, as determined by the Sample Collection Personnel taking into account any instructions of the IOC/ITA.

- For Out-of-Competition Testing
  - i. Locating a representative and/or interpreter;
  - ii. Completing a training session;
  - iii. Receiving necessary medical treatment;
  - iv. Obtaining photo identification; or
  - v. Any other reasonable circumstances, as determined by the Sample Collection Personnel, taking into account any instructions of the IOC/ITA.

6.1.4.5.
The Sample Collection Personnel shall document any reasons for delay in reporting to the Doping Control Station and/or reasons for leaving the Doping Control Station that may require further investigation by the IOC/ITA. Any failure of the Athlete to remain under constant observation should also be recorded.

6.1.4.6.
The Sample Collection Personnel shall reject a request for delay from an Athlete if it will not be possible for the Athlete to be continuously observed during such delay.

6.1.4.7.
If the Athlete delays reporting the Doping Control Station other than in accordance with Article 6.1.4.4 but arrives prior to the Sample Collection Personnel 's departure, Sample Collection Personnel shall decide whether to process a possible Failure to Comply. If at all possible, the Sample Collection Personnel shall proceed with collecting a sample, and shall document the details of the Athlete's delay in reporting to the Doping Control Station. If the Athlete delays reporting the Doping Control Station other than in accordance with Article 6.1.4.4.

6.1.4.8.
If the Sample Collection Personnel observe any matter with potential to compromise the col-

lection of the sample, the circumstances shall be reported to and documented by the Sample Collection Personnel. If deemed appropriate, the IOC/ITA shall follow the requirements of Annex A: Investigating a Possible Failure to Comply, and/or consider if it is appropriate to collect an additional sample from the Athlete.

6.2. Preparing for the Sample Collection Session

6.2.1. Objective

To prepare for the sample collection session in a manner that ensures the session can be conducted efficiently and effectively.

6.2.2. General

Preparation for the sample collection session starts with the establishment of a system for obtaining relevant information for effective conduct of the session and ends when it is confirmed that the sample collection equipment conforms to the specified criteria.

6.2.3. Requirements for Preparation for the Sample Collection Session

6.2.3.1.
Sample Collection Personnel shall obtain all information necessary to ensure the sample collection session can be conducted effectively and efficiently, including special requirements to meet the needs of Athletes with an impairment as provided in Annex B, as well as the needs of Athletes who are Minors as provided in Annex C.

6.2.3.2.
Doping Control Stations will be located at all competition venues and the Villages. The Lead DCO is responsible for managing operations and the workforce within the Doping Control Station.

6.2.3.3.
Sample Collection Personnel shall use a Doping Control Station which, at a minimum, ensures the Athlete's privacy and is used solely as a Doping Control Station for the duration of the sample collection session. The Lead DCO shall record any significant deviations from these criteria.

6.2.3.4.
Minimum criteria for who may be present during the sample collection session in addition to the Sample Collection Personnel on duty including:

- Athletes selected for Doping Control;
- An Athlete's entitlement to be accompanied by a representative and/or interpreter during the sample collection session (If required), except when the Athlete is passing a urine sample;
- A Minor's entitlement (as provided for in Annex C: Modifications for Athletes who are Minors), and the witnessing DCO/Chaperone's entitlement to have a representative observe the witnessing DCO/Chaperone when the Minor is passing a urine sample, but without the representative directly observing the passing of the sample unless requested to do so by the Minor;
- An Athlete with an Impairment's entitlement to be accompanied by a representative as

provided for in Annex B: Modifications for Athletes with an Impairment;
- IOC/ITA representative;
- The relevant International Federation representative; and

6.2.3.5.
The sample collection equipment will be used, which
- Have a unique numbering system incorporated into all bottles, containers, tubes or any other item used to seal the sample;
- Have a sealing system that is tamper-evident;
- Ensure the identity of the Athlete is not evident from the equipment; and
- Ensure that all equipment is clean and sealed prior to use by the Athlete.

6.2.3.6.
Photographs, videos or tape recordings may only be taken inside the Doping Control Station with the permission of the Lead DCO and only when the Doping Control Station is not in operation. No photographs, videos or tape recordings may be taken once the Doping Control Station is in operation. Mobile phones may be used in the waiting area only. However, telephones must not be used in the processing room unless related to sample collection matters. For example, they may be used if the athlete is contacting a doctor regarding his/her declaration of medications on the DCF.

6.3. Conducting the Sample Collection Session

6.3.1. Objective

To conduct the sample collection session in a manner that ensures the integrity, security and identity of the sample and respects the privacy of the Athlete.

6.3.2. General

The sample collection session starts with defining overall responsibility for the conduct of the sample collection session and ends once the sample has been collected and secured and the sample collection documentation is complete. Sample collection proceedings shall be conducted in accordance with the ISTI.
The main activities are:
- Preparing for collecting the sample;
- Collecting and securing the sample; and
- Documenting the sample collection.

6.3.3. Requirements Prior to Sample Collection

6.3.3.1.
The ITA, Lausanne 2020 and Anti-doping Switzerland, are responsible for the overall conduct of the sample collection session, with specific responsibilities delegated to the DCO.

6.3.3.2.
The DCO shall ensure that the Athlete has been informed of their rights and responsibilities as specified in the procedure under Article 6.1.4.1.

6.3.3.3.
The DCO shall provide the Athlete with the opportunity to hydrate. The Athlete should avoid excessive hydration, bearing in mind the requirement to provide a sample with a Suitable Specific Gravity for Analysis.

6.3.3.4.
The Athlete shall only leave the Doping Control Station under continuous observation by the DCO/Chaperone and with the approval of the DCO. The DCO shall consider any reasonable request, as specified in Articles 6.1.4.4, 6.1.4.5 and 6.1.4.6, by the Athlete to leave the Doping Control Station, until the Athlete is able to provide a sample.

6.3.3.5.
If the DCO gives approval for the Athlete to leave the Doping Control Station, the DCO shall agree with the Athlete on the following conditions:
- The purpose of the Athlete leaving the Doping Control Station;
- The time of return (or return upon completion of an agreed activity);
- The Athlete must remain under continuous observation;
- The Athlete shall not pass urine until they return to the Doping Control Station; and
- The DCO shall document the time of the Athlete's departure and return.

6.3.4. Requirements for Sample Collection

6.3.4.1.
The DCO shall collect the sample from the Athlete according to the following protocols for the specific type of sample collection:
- Annex D: Collection of Urine Samples; and
- Annex E: Collection of Blood Samples.

6.3.4.2.
Any behaviour by the Athlete and/or persons associated with the Athlete or anomalies with potential to compromise the sample collection shall be recorded by the DCO. If appropriate, IOC/ITA shall apply Annex A: Investigating a Possible Failure to Comply.

6.3.4.3.
If there are doubts as to the origin or authenticity of the sample, the Athlete shall be asked to provide an additional sample. If the Athlete refuses, the DCO shall document in detail the circumstances around the refusal, and Annex A (Investigating a Possible Failure to Comply) shall be applied.

6.3.4.4.
The DCO shall provide the Athlete with the opportunity to document any concerns they may have about how the sample collection session was conducted.

6.3.4.5.
In conducting the sample collection session, the following information shall be recorded:
- Name of the Testing Authority;
- Name of the Sample Collection Authority;
- Name of the Results Management Authority;
- Name, date of birth of the Athlete;
- Name of delegation (If applicable);

- The Athlete's accreditation number, which, when linked to the Lausanne 2020 database, can provide the Athlete's home address and telephone number;
- Date and time of notification;
- Name and signature of Chaperone or DCO confirming the notification;
- Signature of Athlete confirming the notification;
- Arrival date and time at Doping Control Station;
- Name of the Athlete's coach and doctor;
- Number of Mission Order;
- The Athlete's sport and discipline;
- Gender of the Athlete;
- Type of sample (urine or blood);
- Type of test (In-Competition or Out-of-Competition);
- Partial Sample information, as per Annex F.7;
- Number of sample and sealed time;
- Required laboratory information on the sample (i.e., for a urine Sample, its volume and Specific Gravity);
- The name and signature of the witnessing DCO;
- Name and signature of the Blood Collection Officer (where applicable);
- Number of ABP Supplementary Report (If applicable);
- Medications and supplements taken within the previous seven days and (where the sample collected is a blood sample) blood transfusions within the previous three months, as declared by the Athlete;
- Athlete comments or concerns regarding the conduct of the sample collection session, as declared by the Athlete;
- Athlete consent for the processing of sample collection data;
- Name and signature of the DCO;
- Name and signature of the Athlete's representative, if applicable;
- Number of Supplementary Report Form (If applicable); and
- Date, time, name and signature of the Athlete for the declaration.

6.3.4.6.
At the conclusion of the sample collection session the DCO and Athlete shall sign appropriate documentation to indicate their satisfaction that the documentation accurately reflects the details of the Athlete's sample collection session, including any concerns recorded by the Athlete. The Athlete's representative (if applicable) and the Athlete shall both sign the documentation if the Athlete is a Minor.

6.3.4.7.
The DCO shall provide the Athlete with a copy of the records of the sample collection session that has been signed by the Athlete.

6.4. Security/Post-Test Administration

6.4.1. Objective
To ensure all samples collected at the Doping Control Station and sample collection documentation are securely stored prior to their dispatch from the Doping Control Station.

6.4.2. General
Post-test administration begins when the Athlete has left the Doping Control Station after providing their sample(s) and ends with preparation of all collected samples and sample collec-

tion documentation for transport.

6.4.3. Requirements for Security/Post Test Administration

6.4.3.1.
The lead DCO shall ensure documentation for each sample is completed and securely handled. The completed documentation will be sealed with the security seal.

6.4.3.2.
The lead DCO ensure that, where required, instructions for the type of analysis to be conducted are provided to the WADA-accredited laboratory.

6.5. Transport of Samples and Documentation

6.5.1. Objective

6.5.1.1.
To ensure samples and related documentation arrive at the WADA-accredited laboratory that will be conducting the analysis in proper condition to complete the necessary analysis.

6.5.1.2.
Ensure the sample collection session documentation is sent to the IOC/ITA in a secure and timely manner.

6.5.2. General

6.5.2.1.
Transport starts when the samples and related documentation leave the Doping Control Station and ends with the confirmed receipt of the samples and sample collection session documentation.

6.5.2.2.
The main activities are arranging for the secure transport of samples and related documentation to the WADA-accredited laboratory, and arranging for the secure transport of sample collection session documentation to the IOC/ITA.

6.5.3. Requirements for Transport and Storage of Samples and Documentation

6.5.3.1.
Samples shall always be transported to the WADA-accredited laboratory as soon as practicable after the completion of the sample collection session. Samples shall be transported in a manner which minimises the potential for degradation due to factors such as time delays and extreme temperature variations.

6.5.3.2.
Documentation identifying the Athlete shall not be included with the samples or documentation sent to the WADA-accredited laboratory.

6.5.3.3.
The Lead DCO shall send all relevant sample collection session documentation to IOC/ITA as

soon as practicable after the completion of the sample collection session.

6.5.3.4.
If the samples with accompanying documentation or the sample collection session documentation are not received at their respective intended destinations, or if a sample's integrity or identity may have been compromised during transport, IOC/ITA shall check the Chain of Custody, and the IOC/ITA shall consider whether the samples should be voided.

6.5.3.5.
Documentation related to a sample collection session and/or an Anti-Doping Rule Violation shall be stored by the IOC/ITA for the period specified in the International Standard for the Protection of Privacy and Personal Information.

6.6. Ownership of Samples

The IOC owns the samples collected at the Lausanne 2020 Youth Olympic Games.

07 Laboratory

The samples collected will be analysed at the WADA-accredited laboratory in Lausanne. Any Anti-Doping Rule Violation (ADRV) discovered as a result of such analysis will be dealt with according to the IOC ADR.

08 Whereabouts Information

8.1. Requirements

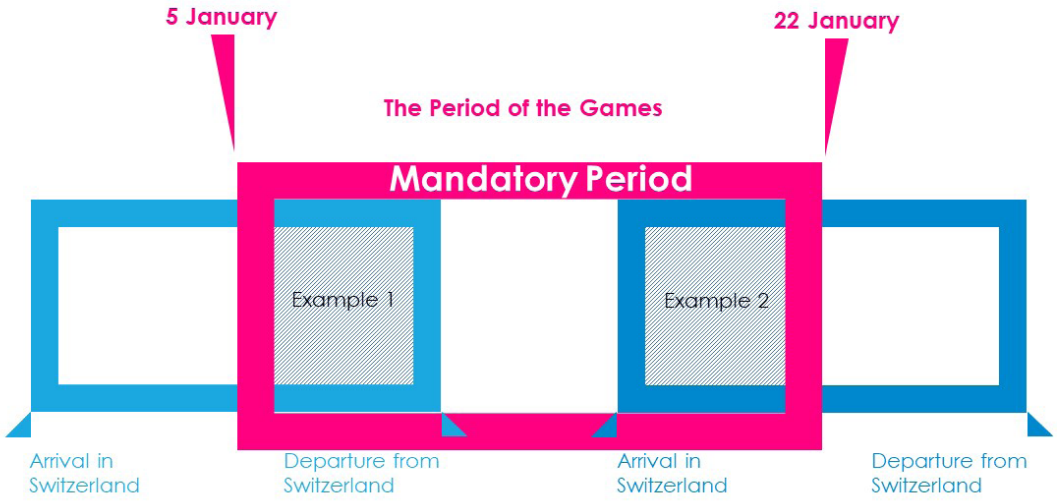
In order to protect clean athletes and increase the efficiency and effectiveness of the fight against doping, it is required that:

- Athletes included in the national and international testing pool of NADOs and/or IFs shall continue to provide the required whereabouts information via ADAMS; and
- NOCs shall provide the ITA with rooming information of all athletes belonging to their delegations during the period of the Games via the Rooming List App.

Such information shall be provided to the ITA by the Chef de Mission within 24 hours of their arrival at the Youth Olympic Village.
The Mandatory Period of rooming information is defined as the period during which both re-

quirements below are met:

1. During the Period of the Games (5 – 22 January)
2. The presence of each athlete in Switzerland



For example, the Athletes' whereabouts in the grey periods are required.

The NOCs shall also monitor and manage the updates of the whereabouts information, and provide any further reasonable assistance requested by the ITA in order to locate athletes belonging to their delegations. Failure to provide whereabouts information may lead to disciplinary consequences for Athletes and NOCs.

8.2. Rooming List App

The Rooming List App aims to provide the NOCs with a user-friendly application, making the rooming lists submission easier. Details of the app are as below:

- The ITA will contact each NOC and transmit the username, temporary password and instructions by email.
- Follow the link www.ita.sport/roominglist/L2020 for the instructions on how to access the application on your mobile phone or computer.
- NOCs will see the pre-populated athletes' list belongs to each NOC in the app.
- Enter the required information (Village, period of stay, room number) for all athletes
- Update the information in case an athlete's room is changed.

* If you have the rooming list data already managed by your own applications, ITA will provide the bulk upload function.
* Athletes included in the national and international Testing pool of NADOs and/or IFs shall continue to provide the required whereabouts information via ADAMS.
* Contact the International Testing Agency (ITA) at support.rooming@ita.sport if you need any support.

The information received will be handled exclusively and confidentially to respect Athletes' privacy.

09 Therapeutic Use Exemptions (TUEs)

9.1. What is a TUE?

Athletes, like all others, may have illnesses or conditions that require them to take medications. If the medication an athlete is required to take falls under the Prohibited List, a Therapeutic Use Exemption (TUE) must be required in order for the athlete to be allowed to take the prohibited substance. Athletes are required to obtain a TUE prior to the administration or consumption of any prohibited substance.
Athletes are not automatically granted authorization and must ensure they follow the appropriate process for their sport and competition level.
It is the responsibility of the athletes to determine whether a substance they are using, or considering using, is prohibited in the Prohibited List.

9.2. How to apply for a TUE?

9.2.1. Before the period of the Games

I. If the athlete already has a TUE:
There is nothing to do. The IF/NADO will enter the TUE in ADAMS and will share the information with the IOC and ITA through ADAMS. All pre-existing TUEs will be reviewed and will be recognized if they have been granted in accordance with the Code.

II. If the athlete needs to obtain a new TUE:
The responsible organization (IF or NADO) is in charge of TUE management and their procedures need to be followed. Athletes should apply to their NADO or IF.

9.2.2. During the period of the Games

In order to improve the security and processing times for TUE applications, the TUE process has been modified. The main changes comparing to the previous Games are:

- A helpdesk (TUE office) and phone number will be at disposal for the athletes and their physicians to process the TUE applications.
- No TUE applications will be accepted by email.
- No physical mailboxes and therefore no paper forms will be accepted.

If an athlete needs to obtain a new TUE during the period of the Games:

- The athlete and his/her physician must apply for the TUE through the TUE help desk (location indicated below). In order to speed up the process, we advise to bring all medical documentation related to the case.
- In cases where the athlete cannot be present, his/her physician will still need to initiate the process at the TUE help desk.

9.2.3. TUE Help Desk

I. Lausanne
Location: Youth Olympic Village (Vortex)
Time: 5 – 22 Jan, 7:00 – 12:00, daily
On call: +41 21 6121272 (TUE administration)

II. St. Moritz
On call: +41 21 6121272 (TUE administration)

9.3. Use of Supplements

Special attention should be paid to the use of dietary supplements by athletes, due to the inaccurate information that may be provided by the labeling. Unlike pharmaceutical medications, supplements do not undergo strict production processes and may contain prohibited substances that are not declared on the label. It is not uncommon for supplements to be cross-contaminated with banned substances during the manufacturing process if the manufacturer produces other products that contain prohibited substances.
Not surprisingly, a significant number of positive tests have been attributed to the misuse, mislabeling or contamination opf supplements.
The use of poorly labeled dietary supplements does not serve as a defense in a disciplinary hearing. The use of supplements is at the athlete's own risk.

10 Education

10.1. WADA Athlete Outreach (AO) Programme

The aim of the WADA AO Programme is to raise awareness about doping, to educate and to promote clean sport to athletes and athlete entourage participating at the Games. WADA AO activation areas will be set up in both Olympic Villages.

Schedule (subject to change by WADA):

Location	*Date*	*Time*
Lausanne Youth Olympic Village (Vortex)	7 - 22 Jan (except 16 Jan)	14:00 - 21:00, daily
St. Moritz Youth Olympic Village	8 - 15 Jan	16:00 – 21:00, daily

10.2. Clean Sport Workshops at IF Focus Days

As part of IOC's Athlete Education Programme, IF Focus Days promote cultural exchange, new knowledge, the development of new abilities and skills for personal and career development, while inspiring athletes with the Olympic values of excellence, friendship, and respect.
The ITA will set up and run an interactive experience that enables learning through work-

shop-composed simulations during the IF Focus Days. The sessions are designed to provide athletes with a first exposure of the testing process that they will inevitably experience either during the YOG or soon in their upcoming athletic career.

Sport/Discipline	*Location*	*Date*	*Time*
Alpine Skiing	Vortex, Lausanne	11 Jan	17:30 – 19:00
Ski Mountaineering	Villars	12 Jan	13:00 – 15:30
Luge and Bobsleigh	St. Moritz	14 Jan	18:30 – 20:30
Curling	Champéry	17 Jan	09:00 – 17:30 (training day)
Freestyle Skiing & Snowboarding	Vortex, Lausanne	20 Jan	20:00 – 21:00
Cross-country, Ski Jumping and Nordic Combined	Vortex, Lausanne	21 Jan	20:00 – 21:00

Note: The option to include ITA Clean Sport Workshops in the content of the IF Focus Day programme was offered to all IFs participating in YOG. The sports/disciplines not listed above have selected a different topic for their IF Focus Day programme and are encouraged to direct their athletes and athlete entourage to the WADA Athlete Outreach booths that will operate in both Olympic Villages.

11 Doping Control Stations (DCS)

Doping Control Stations (DCS) are set up in the following 11 locations:

- Lausanne Youth Olympic Village
  (Lausanne Main Doping Control Station)
- St Moritz Youth Olympic Village
  (St Moritz Main Doping Control Station and for Speed Skating)
- Les Diablerets
  (for Alpine Skiing)
- Villars
  (for Freestyle Skiing - Cross, Snowboard - Cross, Ski Mountaineering)
- Leysin
  (for Freestyle Skiing - Slopestyle, Snowboard - Slopestyle, Freestyle Skiing - BigAir, Snowboard - BigAir, Freestyle Skiing - Halfpipe, Snowboard -Halfpipe)
- Vallée de Joux
  (for Cross-Country Skiing)
- Les Tuffes
  (for Ski Jumping, Nordic Combined, Biathlon)

- Vaudoise Arena
  (for Ice Hockey)
- Malley 2.0
  (for Figure Skating, Short Track Speed Skating)
- St Moritz
  (for Luge, Bobsleigh, Skeleton)
- Champéry
  (for Curling)

12 References

The following documents can be found on the WADA's website.

- World Anti-Doping Code
- International Standard for Testing and Investigations (ISTI)
- IOC Anti-Doping Rules - 3rd Winter Youth Olympic Games Lausanne 2020
- International Standard for Therapeutic Use Exemptions (ISTUE)
- Prohibited List 2020

ANNEX A: INVESTIGATING A POSSIBLE FAILURE TO COMPLY

OBJECTIVE

A.1 To ensure any matters occurring before, during or after a sample collection session that may lead to a determination of a Failure to Comply are proper acted upon.

SCOPE

A.2 Investigating a possible Failure to Comply begins when the Sample collection personnel or IOC/ITA becomes aware of a possible Failure to Comply and ends when the IOC/ITA takes appropriate follow-up action based on the outcome of its investigation.

RESPONSIBILITY

A.3 The IOC/ITA is responsible for ensuring that:

- When the possible Failure to Comply comes to its attention, it notifies WADA and instigates an investigation of the possible failure based on all relevant information and documentation
- The Athlete or other party is informed of the possible failure in writing and has the opportunity to respond;
- The investigation is conducted without unnecessary delay and the evaluation process is documented; and
- The final determination (i.e., whether to assert the commission of an Anti-Doping Rule Violation), with reasons, is made available without delay to WADA and other Anti-Doping Organisations in accordance with the World Anti-Doping Code Articles 7.10 and 14.1.4.

A.4 The Sample Collection Personnel is responsible for:

- Informing the Athlete or other party of the consequences of a possible Failure to Comply;
- Completing the Athlete's sample collection session where possible; and
- Providing a detailed written report of any possible Failure to Comply.

REQUIREMENTS

A.5 Any potential Failure to Comply shall be reported by the DCO and/or followed up by the IOC/ITA as soon as practical.

A.6 If the IOC/ITA determines that there has been a potential Failure to Comply, the Athlete or other person shall be notified in writing:

- Of the possible consequences; and
- That the potential failure will be investigated by the IOC/ITA and appropriate fol-

low-up action will be taken.

A.7 Any additional necessary information about the possible Failure to Comply shall be obtained from all relevant sources, including the Athlete or other party, as soon as possible and recorded.

A.8 The IOC/ITA shall establish a system for ensuring the outcomes of its investigation into he potential Failure to Comply are considered for results management action and, if applicable, for further planning and Target Testing.

ANNEX B: MODIFICATIONS FOR ATHLETES WITH AN IMPAIRMENT (if applicable)

OBJECTIVE

B.1 To ensure the particular needs of Athletes with an Impairment are considered in relation to the provision of a sample, where possible, without compromising the integrity of the sample collection session.

SCOPE

B.2 Determining whether modifications are necessary starts with identification of situations where sample collection involves Athletes with an Impairment andends with modifications to sample collection procedures and equipment where necessary and possible.

RESPONSIBILITY

B.3 The ITA, Lausanne 2020 and Anti-doping Switzerland are responsible for ensuring, when possible, that the DCO has all information and sample collection equipment necessary to conduct a sample collection session with an Athlete with an Impairment.

B.4 The DCO has responsibility for sample collection.

REQUIREMENTS

B.5 All aspects of notification and sample collection for Athletes with an Impairment shall be carried out in accordance with the standard notification and sample collection procedures unless modifications are necessary due to the Athlete's Impairment.

B.6 In planning or arranging sample collection, the DCO shall consider whether there will be any sample collection for Athletes with an Impairment that may require modifications to the standard procedures for notification or sample collection, including sample collection equipment and facilities.

B.7 The DCO shall have the authority to make modifications as the situation requires when possible and as long as such modifications will not compromise the identity, security or integrity of the sample. All such modifications must be documented.

B.8 An Athlete with an intellectual, physical or sensory impairment may be assisted by the representative or Sample Collection Personnel during the sample collection session, where authorised by the Athlete and agreed to by the DCO.

B.9 The DCO may decide that alternative sample collection equipment or facilities will be used when required to enable the Athlete to provide the sample as long as the sample's identity, security and integrity will not be affected.

B.10 Athletes who are using urine collection or drainage systems are required to eliminate existing urine from such systems before providing a urine sample for analysis. Where possible, the existing urine collection or drainage system should be replaced with a new, unused catheter or drainage system prior to collection of the sample. The catheter or drainage system is not a required part of sample collection equipment; it is the responsibility of the Athlete to have the necessary equipment available for this purpose.

B.11 The DCO will record modifications made to the standard sample collection procedures for Athletes with an Impairment, including any applicable modifications specified in the above actions.

ANNEX C: MODIFICATIONS FOR ATHLETES WHO ARE MINORS

OBJECTIVE

C.1 To ensure the particular needs of Athletes who are Minors are considered in relation to the provision of a sample, where possible, without compromising the integrity of the sample collection session.

SCOPE

C.2 Determining whether modifications are necessary starts with identification of situations where sample collection involves Athletes who are Minors and ends with modifications to sample collection procedures where necessary and possible.

RESPONSIBILITY

C.3 The ITA, Lausanne 2020 and Anti-doping Switzerland are responsible for ensuring, when possible, that the DCO has all information necessary to conduct a sample collection session with an Athlete who is a Minor.

REQUIREMENTS

C.4 All aspects of notification and sample collection for Athletes who are Minors shall be carried out in accordance with the standard notification and sample collection procedures unless modifications are necessary due to the Athlete being a Minor.

C.5 In planning or arranging sample collection, The DCO shall consider whether there will be any sample collection for Athletes who are Minors that may require modifications to the standard procedures for notification or sample collection.

C.6 The DCO shall have the authority to make modifications as the situation requires when possible and as long as such modifications will not compromise the identity, security or integrity of the sample.

C.7 Athletes who are Minors should be notified in the presence of an adult, and may choose to be accompanied by a representative throughout the sample collection session. The representative shall not witness the passing of a urine sample unless requested to do so by the Minor. The objective is to ensure the DCO is observing the sample provision correctly. Even if the Minor declines a representative, the DCO shall consider whether another third-party ought to be present during notification of and/or collection of the sample from the Athlete.

C.8 The DCO shall determine who, in addition to the Sample Collection Personnel, may be present during the collection of a sample from an Athlete who is a Minor, namely a representative of the Minor to observe the sample collection session (including observing the DCO when the Minor is passing the urine sample, but not directly

observing the passing of the urine sample unless requested to do so by the Minor) and the DCO/Chaperone's representative, to observe the DCO/Chaperone when a Minor is passing a urine sample, but without the representative directly observing the passing of the sample unless requested by the Minor to do so.

C.9 Should an Athlete who is a Minor decline to have a representative present during the sample collection session, this should be clearly documented in writing by the DCO. If a Minor declines the presence of a representative, the representative of the DCO/ Chaperone must be present.

C.10 The ITA, Lausanne 2020 and Anti-doping Switzerland shall consider the appropriate course of action when no adult is present at the testing of an Athlete who is a Minor and shall accommodate the Athlete in locating a representative in order to proceed with testing.

ANNEX D: COLLECTION OF URINE SAMPLES

OBJECTIVE

D.1 To collect an Athlete's urine sample in a manner that ensures:

- Consistency with relevant principles of internationally recognised standard precautions in healthcare settings, so that the health and safety of the Athlete and Sample Collection Personnel are not compromised;
- The sample meets the Suitable Specific Gravity for Analysis and the Suitable Volume of Urine for Analysis. Failure of a sample to meet these requirements in no way invalidates the suitability of the sample for analysis. The determination of a sample's suitability for analysis is the decision of the relevant laboratory, in consultation with the IOC/ITA;
- The sample has not been manipulated, substituted, contaminated or otherwise tampered with in any way;
- The sample is clearly and accurately identified; and
- The sample is securely sealed in a tamper-evident kit.

SCOPE

D.2 The collection of a urine sample begins with ensuring the Athlete is informed of the sample collection requirements and ends with discarding any residual urine remaining at the end of the Athlete's sample collection session.

RESPONSIBILITY

D.3 The DCO has the responsibility of ensuring that each sample is properly collected, identified and sealed, and directly witnessing the passing of the urine sample.

REQUIREMENTS

D.4 The DCO shall ensure the Athlete is informed of the requirements of the sample collection session, including any modifications as provided for in Annex B: Modifications for Athletes with an Impairment.

D.5 The DCO shall ensure the Athlete is offered a choice of appropriate equipment for collecting the sample. If the nature of an Athlete's impairment requires them to use additional equipment as provided for in Annex B: Modifications for Athletes with Impairment, the DCO shall inspect the equipment to ensure it will not affect the identity or integrity of the sample.

D.6 The DCO shall instruct the Athlete to select a collection vessel.

D.7 When the Athlete selects a collection vessel, and for selection of all other sample collection equipment that directly holds the urine sample, the DCO will instruct the Athlete to check all seals on the selected equipment are intact and the equipment has not been tampered with. If the Athlete is not satisfied with the selected equipment,

they may select another. If the Athlete is not satisfied with any of the equipment available, this shall be recorded by the DCO.

D.8 If the DCO does not agree with the Athlete's opinion that all equipment available for the selection is unsatisfactory, the DCO shall instruct the Athlete to proceed with the sample collection session. If the DCO agrees with the Athlete that all equipment available for the selection is unsatisfactory, the DCO shall terminate the sample collection session and this shall be recorded by the DCO.

D.9 The Athlete shall retain control of the collection vessel and any sample provided until the sample (or Partial Sample) is sealed, unless assistance is required by reason of anAthlete's impairment as provided for in Annex B: Modifications for Athletes with an Impairment. Additional assistance may be provided in exceptional circumstances to any Athlete by the Athlete's representative or Sample Collection Personnel during the sample collection session, where authorised by the Athlete and agreed to by the DCO.

D.10 The DCO who witnesses the passing of the sample shall be of the same gender as the Athlete providing the sample.

D.11 The DCO should, where practicable, ensure the Athlete thoroughly washes their hands prior to the provision of the sample or wears suitable (for example, latex) gloves during provision of the sample.

D.12 The DCO and Athlete shall proceed to an area of privacy to collect a sample.

D.13 The DCO shall ensure an unobstructed view of the sample leaving the Athlete's body and must continue to observe the sample after provision until the sample is securely sealed. To ensure a clear and unobstructed view of the passing of the sample, the DCO shall instruct the Athlete to remove or adjust any clothing which restricts the DCO's clear view of sample provision. The DCO shall ensure all urine passed by the Athlete at the time of provision of the sample is collected in the collection vessel.

D.14 The DCO shall verify, in full view of the Athlete, that a Suitable Volume of Urine for Analysis has been provided.

D.15 Where the volume of urine provided by the Athlete is insufficient, the DCO shall follow the Partial Sample collection procedure set out in Annex F: Urine Samples – Insufficient Volume.

D.16 Once the volume of urine provided by the Athlete is sufficient, the DCO shall instruct the Athlete to select a sample collection kit containing A and B bottles in accordance with Article D.7.

D.17 Once a sample collection kit has been selected, the DCO and the Athlete shall check all code numbers match and that this code number is recorded accurately by the DCO on the Doping Control Form. If the Athlete or DCO finds that the numbers are not the same, the DCO shall instruct the Athlete to choose another kit in accordance with Article D.7. The DCO shall record the matter.

D.18 The Athlete shall pour the minimum Suitable Volume of Urine for Analysis into the B

bottle (to a minimum of 30 ml), and then pour the remainder of the urine into the A bottle (to a minimum of 60 ml). The Suitable Volume of Urine for Analysis shall be viewed as an absolute minimum. If more than the minimum Suitable Volume of Urine for Analysis has been provided, the DCO shall ensure the Athlete fills the A bottle to capacity as per the recommendation of the equipment manufacturer. Should there still be urine remaining, the DCO shall ensure the Athlete fills the B bottle to capacity as per the recommendation of the equipment manufacturer. The DCO shall instruct the Athlete to ensure a small amount of urine is left in the collection vessel, explaining that this is to enable the DCO to test that residual urine in accordance with Article D.20.

D.19 The Athlete shall then seal the A and B bottles as directed by the DCO. The DCO shall check, in full view of the Athlete, that the bottles have been properly sealed.

D.20 The DCO shall test the residual urine in the collection vessel to determine if the sample has a Suitable Specific Gravity for Analysis. If the DCO's field reading indicates that the sample does not have a Suitable Specific Gravity for Analysis, then the DCO shall follow Annex G: Urine Samples that do not meet the requirement for Suitable Specific Gravity for Analysis.

D.21 Urine should only be discarded when both the A and B bottles have been filled to capacity in accordance with Article D.18 and the residual urine has been tested in accordance with Article D.20.

D.22 The Athlete shall be given the option of witnessing the discarding of any residual urine that will not be sent for analysis.

ANNEX E: COLLECTION OF BLOOD SAMPLES

OBJECTIVE

E.1 To collect an Athlete's blood sample in a manner that ensures:

- Consistency with relevant principles of internationally recognised standard precautions in healthcare settings, and is collected by a suitably qualified person, so that the health and safety of the Athlete and Sample Collection Personnel are not compromised;
- The sample is of a quality and quantity that meets the relevant analytical guidelines;
- That samples intended for use in connection with the measurement of individual Athlete blood variables within the framework of the Athlete Biological Passport programme are collected in a manner appropriate for such use;
- The sample has not been manipulated, substituted, contaminated or otherwise tampered with in any way;
- The sample is clearly and accurately identified; and
- The sample is securely sealed.

SCOPE

E.2 The collection of a blood sample begins with ensuring the Athlete is informed of the sample collection requirements and ends with properly storing the sample prior to transport to the laboratory that will be analysing the sample.

RESPONSIBILITY

E.3 The DCO is responsible for ensuring:

- Each sample is properly collected, identified and sealed; and
- All samples have been properly stored and dispatched in accordance with the relevant analytical guidelines.

E.4 The Blood Collection Officer has the responsibility of collecting the blood sample, answering related questions during the provision of the sample and proper disposal of used blood sampling equipment not required for completing the sample collection session.

REQUIREMENTS

E.5 Procedures involving blood shall be consistent with local standards and regulatory requirements regarding precautions in healthcare settings where those standards and requirements exceed the requirements set out below.

E.6 Blood sample collection equipment shall be labelled with a unique Sample code number by the DCO/BCO if they are not pre-labelled.

E.7 The DCO shall ensure the Athlete is properly notified of the requirements of the sample collection, including any modifications as provided for in Annex B: modifications for

Athletes with an Impairment. If the sample is to be used in connection with the Athlete Biological Passport programme, the DCO/BCO shall use the Supplementary Report Form that is specific to the Athlete Biological Passport programme. If said form is not available, the DCO/BCO shall use a regular Supplementary Report Form, but they shall collect and record the following additional information on a Supplementary Report Form that shall be signed by the Athlete and the DCO/BCO:

- If the Athlete has been seated for ten minutes prior to blood collection;
- If the sample was collected immediately following at least three consecutive days of intense endurance competition (hemodilution expected);
- Confirmation that the Athlete did not participate in training or competition in the last two hours before the sample was collected (see Article E.9);
- Whether the Athlete has trained, competed or resided at an altitude greater than 1,500metres in the previous two weeks. If so, or if in doubt, the name and location of the place(s) where the Athlete has been, as well as the duration of their stay there, shall be recorded, along with the estimated altitude there (if known);
- Whether the Athlete has used any form of altitude simulation (such as a hypoxic tent, mask, etc.) in the previous two weeks. If so, as much information as possible on the type of device and the manner in which it was used (frequency, duration, intensity, etc.) should be recorded;
- Whether the Athlete has donated blood or lost blood as a result of a medical or emergency condition during the previous three months. If so, the date, cause and the estimated volume of the blood loss should be recorded;
- Whether the Athlete has given or received any blood transfusion(s) during the previous three months. If so, the date and estimated volume shall be recorded; and
- Record any extreme environmental conditions the Athlete has been exposed to in the two hours prior to blood sample collection.

E.8 The DCO/Chaperone and Athlete shall proceed to the area where the Sample will be provided.

E.9 The DCO/BCO shall ensure the Athlete is comfortable and shall instruct the Athlete to remain in a normal seated position with their feet on the floor for at least 10 minutes prior to providing a Sample. If the sample is to be used in connection with the Athlete Biological Passport programme, it shall not be collected within two hours of the Athlete training or competing. If the Athlete has trained or competed within two hours of the time the Athlete is notified of their selection for sample collection, the DCO/ B C O / Chaperone shall monitor the Athlete continuously until the two-hour period has elapsed, after which the sample shall be collected. The nature of the exertion (competition, training, etc.), as well as its duration and general intensity, shall be recorded by the DCO/BCO in the mission documentation.

E.10 The DCO shall instruct the Athlete to select the sample collection kit(s) required for collecting the sample and to check the selected equipment has not been tampered with and the seals are intact. If the athlete is not satisfied with a selected kit, they may select another. If the Athlete is not satisfied with any kits and no others are available, this shall be recorded by the DCO. If the DCO does not agree with the athlete that all available kits are unsatisfactory, the DCO shall instruct the Athlete to proceed with the sample collection session. If the DCO agrees with the Athlete that all available kits are unsatisfactory, the DCO shall terminate the sample collection session and this shall be

recorded by the DCO.

E.11 When a sample collection kit has been selected, the DCO and the Athlete shall check all code numbers match and that this code number is recorded accurately by t h e DCO. If the Athlete or DCO finds that the numbers are not the same, the DCO shall instruct the Athlete to choose another kit. The DCO shall record the matter.

E.12 The Blood Collection Officer shall clean the skin with a sterile disinfectant wipe or swab in a location unlikely to adversely affect the Athlete or their performance and, if required, apply a tourniquet. The Blood Collection Officer shall take the blood sample from a superficial vein into the tube. The tourniquet, if applied, shall be immediately removed after the venipuncture has been made.

E.13 The amount of blood removed shall be adequate to satisfy the relevant analytical requirements for the sample analysis to be performed.

E.14 If the amount of blood that can be removed from the Athlete at the first attempt is insufficient, the BCO shall repeat the procedure up to three times. Should all three attempts fail to produce a sufficient amount of blood, the BCO shall inform the DCO. The DCO shall terminate the sample collection session and record this and the reasons for terminating the collection.

E.15 The Blood Collection Officer shall apply a dressing to the puncture site(s).

E.16 The Blood Collection Officer shall dispose of used blood sampling equipment not required for completing the sample collection session in accordance with the required local standards for handling blood.

E.17 If the sample requires further on-site processing, such as centrifugation or separation serum (for example, after the blood flow into the tube ceases, the BCO shall remove the tube from the holder and homogenise the blood in the tube manually by inverting the tube gently at least five times), the Athlete shall remain to observe the Sample until final sealing in secure, tamper-evident kit.

E.18 The Athlete shall seal their sample in the sample collection kit as directed by the DCO. In full view of the Athlete, the DCO shall check the sealing is satisfactory. The Athlete and BCO/DCO shall sign the Doping Control Form.

E.19 The BCO shall place the blood sample in a lockable refrigerator that is capable of maintaining blood samples at a cool temperature for the duration of the period of storage, but without allowing blood Samples to freeze. The portable electric refrigerator shall be used during the transportation. A temperature data logger shall be used to record the temperature of the sample during storage and transport.

E.20 The sealed sample shall be stored in a lockable refrigerator that protects its integrity, identity and security prior to transport from the Doping Control Station to the WADA-accredited laboratory.

E.21 Blood samples shall be transported in accordance with Section 6. The transport procedure is the responsibility of the lead DCO. Blood samples shall be transported in a portable

electric refrigerator that maintains the integrity of samples over time notwithstanding changes in external temperature. The transport device shall be transported by secure means using a method authorised by the IOC/ITA.

ANNEX F: URINE SAMPLES – INSUFFICIENT VOLUME

OBJECTIVE

F.1 To ensure that where a Suitable Volume of Urine for Analysis is not provided, appropriate procedures are followed.

SCOPE

F.2 The procedure begins with informing the Athlete that the sample is not a Suitable Volume of Urine for Analysis and ends with the provision of a sample of sufficient volume.

RESPONSIBILITY

F.3 The DCO has the responsibility of declaring the sample volume insufficient and for collecting the additional sample(s) to obtain a combined sample of sufficient volume.

REQUIREMENTS

F.4 If the sample collected is of insufficient volume, the DCO shall inform the Athlete that a further sample shall be collected to meet requirements.

F.5 The DCO shall instruct the Athlete to select Partial Sample collection equipment in accordance with Procedure D.7 of Annex D: Collection of Urine Samples.

F.6 The DCO shall then instruct the Athlete to open the relevant equipment, pour the insufficient sample into the new container and seal it as directed by the DCO. The DCO shall check, in full view of the Athlete, that the container has been properly sealed.

F.7 The DCO and the Athlete shall check the equipment code number, volume and identity of the insufficient sample are recorded accurately by the DCO. Either the Athlete or the DCO shall retain control of the sealed Partial Sample.

F.8 While waiting to provide an additional Sample, the Athlete shall remain under continuous observation and be given the opportunity to hydrate.

F.9 When the Athlete is able to provide an additional sample, procedures for collection shall be repeated as prescribed in Annex D: Collection of Urine Samples, until a sufficient volume of urine may be achieved by combining the initial and additional samples.

F.10 When the DCO is satisfied that the requirements for Suitable Volume of Urine for Analysis have been met, the DCO and Athlete shall check the integrity of the seal(s) on the container(s) containing the previously provided Partial Sample(s). Any irregularity with the integrity of the seal(s) will be recorded by the DCO and investigated according to Annex A: Investigating a Possible Failure to Comply.

F.11 The DCO shall then direct the Athlete to break the seals and combine the samples,

ensuring additional samples are added in the order they were collected to the original Partial Sample until, as a minimum, the requirement for Suitable Volume of Urine for Analysis is met.

F.12 The DCO and Athlete shall then continue with the appropriate sections of Annex D: Collection of Urine Samples.

F.13 The DCO shall check the residual urine in accordance with Article D.20 to ensure that it meets the requirement for Suitable Specific Gravity for Analysis.

F.14 Urine should only be discarded when both the A and B containers have been filled to capacity in accordance with Procedure D.18. The Suitable Volume of Urine for Analysis shall be viewed as the minimum.

ANNEX G: URINE SAMPLES THAT DO NOT MEET THE REQUIREMENT FOR SUITABLE SPECIFIC GRAVITY FOR ANALYSIS

OBJECTIVE

G.1 To ensure that when the urine sample does not meet the requirement for Suitable Specific Gravity for Analysis, appropriate procedures are followed.

SCOPE

G.2 The procedure begins with the DCO informing the Athlete that a further sample is required and ends with the collection of a sample that meets the requirements for Suitable Specific Gravity for Analysis, or appropriate follow-up action by the IOC/ITA if required.

RESPONSIBILITY

G.3 The ITA, Lausanne 2020 and Anti-doping Switzerland are responsible for establishing procedures to ensure a suitable sample is collected. If the original sample collected does not meet the requirements for Suitable Specific Gravity for Analysis, the DCO is responsible for collecting additional samples until a suitable sample is obtained.

REQUIREMENTS

G.4 The DCO shall determine that the requirements for Suitable Specific Gravity for Analysis have not been met.

G.5 The DCO shall inform the Athlete that they are required to provide a further sample.

G.6 While waiting to provide additional samples, the Athlete shall remain under continuous observation.

G.7 The Athlete shall be advised not to hydrate excessively, since this may delay the production of a suitable sample. In appropriate circumstances, excessive hydration may be pursued as a violation of Code Article 2.5 (Tampering or Attempted Tampering with any part of Doping Control).

G.8 When the Athlete is able to provide an additional sample, the DCO shall repeat the procedures for sample collection set out in Annex D: Collection of Urine Samples.

G.9 The DCO should continue to collect additional samples until the requirement for Suitable Specific Gravity for Analysis is met, or until the DCO determines there are exceptional circumstances which mean that for logistical reasons it is impossible to continue with the sample collection session. Such exceptional circumstances shall be documented accordingly by the DCO.

G.10 The DCO shall record that the Samples collected belong to a single Athlete and the order in which the samples were provided.

G.11 The DCO shall then continue with the sample collection session in accordance with appropriate sections of Annex D: Collection of Urine Samples.

G.12 If it is determined that none of the Athlete's samples meet the requirement for Suitable Specific Gravity for Analysis and the DCO determines that for logistical reasons it is impossible to continue with the sample collection session, the DCO may end the sample collection session. In such circumstances, if appropriate, the IOC/ITA may investigate a possible Anti-Doping Rule Violation.

G.13 The DCO shall send to the WADA-accredited laboratory for analysis all samples which were collected, irrespective of whether they meet the requirement for Suitable Specific Gravity for Analysis.

G.14 The WADA-accredited laboratory shall, in conjunction with the IOC/ITA, determine which samples shall be analysed.

ANNEX H: WADA PROHIBITED LIST 2020

The Prohibited List shall come into effect on 1 January 2020.

THE WORLD ANTI-DOPING CODE

INTERNATIONAL STANDARD

PROHIBITED LIST

JANUARY 2020

WORLD ANTI-DOPING AGENCY
play true

The official text of the *Prohibited List* shall be maintained by *WADA* and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.

This List shall come into effect on 1 January 2020

SUBSTANCES & METHODS
PROHIBITED AT ALL TIMES
(IN- AND OUT-OF-COMPETITION)

IN ACCORDANCE WITH ARTICLE 4.2.2 OF THE WORLD ANTI-DOPING CODE, ALL *PROHIBITED SUBSTANCES* SHALL BE CONSIDERED AS *"SPECIFIED SUBSTANCES"* EXCEPT SUBSTANCES IN CLASSES S1, S2, S4.4, S4.5, S6.A, AND *PROHIBITED METHODS* M1, M2 AND M3.

PROHIBITED SUBSTANCES

S0 NON-APPROVED SUBSTANCES

Any pharmacological substance which is not addressed by any of the subsequent sections of the *List* and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

S1 ANABOLIC AGENTS

Anabolic agents are prohibited.

1. ANABOLIC ANDROGENIC STEROIDS (AAS)

when administered exogenously, including but not limited to:

1-Androstenediol (5α-androst-1-ene-3β,17β-diol);
1-Androstenedione (5α-androst-1-ene-3,17-dione);
1-Androsterone (3α-hydroxy-5α-androst-1-ene-17-one);
1-Epiandrosterone (3β-hydroxy-5α-androst-1-ene-17-one);
1-Testosterone (17β-hydroxy-5α-androst-1-en-3-one);
4-Androstenediol (androst-4-ene-3β,17β-diol);
4-Hydroxytestosterone (4,17β-dihydroxyandrost-4-en-3-one);
5-Androstenedione (androst-5-ene-3,17-dione);
7α-hydroxy-DHEA;
7β-hydroxy-DHEA;
7-Keto-DHEA;
19-Norandrostenediol (estr-4-ene-3,17-diol);
19-Norandrostenedione (estr-4-ene-3,17-dione);
Androstanolone (5α-dihydrotestosterone, 17β-hydroxy-5α-androstan-3-one);
Androstenediol (androst-5-ene-3β,17β-diol);
Androstenedione (androst-4-ene-3,17-dione);
Bolasterone;
Boldenone;
Boldione (androsta-1,4-diene-3,17-dione);
Calusterone;
Clostebol;
Danazol ([1,2]oxazolo[4',5':2,3]pregna-4-en-20-yn-17α-ol);
Dehydrochlormethyltestosterone (4-chloro-17β-hydroxy-17α-methylandrosta-1,4-dien-3-one);
Desoxymethyltestosterone (17α-methyl-5α-androst-2-en-17β-ol and 17α-methyl-5α-androst-3-en-17β-ol);
Drostanolone;
Epiandrosterone (3β-hydroxy-5α-androstan-17-one);
Epi-dihydrotestosterone (17β-hydroxy-5β-androstan-3-one);
Epitestosterone;
Ethylestrenol (19-norpregna-4-en-17α-ol);
Fluoxymesterone;
Formebolone;
Furazabol (17α-methyl [1,2,5]oxadiazolo[3',4':2,3]-5α-androstan-17β-ol);
Gestrinone;
Mestanolone;
Mesterolone;
Metandienone (17β-hydroxy-17α-methylandrosta-1,4-dien-3-one);
Metenolone;
Methandriol;
Methasterone (17β-hydroxy-2α,17α-dimethyl-5α-androstan-3-one);
Methyl-1-testosterone (17β-hydroxy-17α-methyl-5α-androst-1-en-3-one);
Methylclostebol;
Methyldienolone (17β-hydroxy-17α-methylestra-4,9-dien-3-one);
Methylnortestosterone (17β-hydroxy-17α-methylestr-4-en-3-one);
Methyltestosterone;
Metribolone (methyltrienolone, 17β-hydroxy-17α-methylestra-4,9,11-trien-3-one);
Mibolerone;
Nandrolone (19-nortestosterone);
Norboletone;

Norclostebol (4-chloro-17β-ol-estr-4-en-3-one);
Norethandrolone;
Oxabolone;
Oxandrolone;
Oxymesterone;
Oxymetholone;
Prasterone (dehydroepiandrosterone, DHEA, 3β-hydroxyandrost-5-en-17-one);
Prostanozol (17β-[(tetrahydropyran-2-yl)oxy]-1'H-pyrazolo[3,4:2,3]-5α-androstane);
Quinbolone;
Stanozolol;
Stenbolone;
Testosterone;
Tetrahydrogestrinone (17-hydroxy-18a-homo-19-nor-17α-pregna-4,9,11-trien-3-one);
Trenbolone (17β-hydroxyestr-4,9,11-trien-3-one);

and other substances with a similar chemical structure or similar biological effect(s).

2. OTHER ANABOLIC AGENTS

Including, but not limited to:
Clenbuterol, selective androgen receptor modulators [SARMs, e.g. andarine, LGD-4033 (ligandrol), enobosarm (ostarine) and RAD140], tibolone, zeranol and zilpaterol.

S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS

The following substances, and other substances with similar chemical structure or similar biological effect(s), are prohibited:

1. Erythropoietins (EPO) and agents affecting erythropoiesis, including, but not limited to:

1.1 Erythropoietin-Receptor Agonists, e.g.
Darbepoetins (dEPO);
Erythropoietins (EPO);
EPO based constructs [e.g. EPO-Fc, methoxy polyethylene glycol-epoetin beta (CERA)];
EPO-mimetic agents and their constructs (e.g. CNTO-530, peginesatide).

1.2 Hypoxia-inducible factor (HIF) activating agents, e.g.
Cobalt;
Daprodustat (GSK1278863);
Molidustat (BAY 85-3934);
Roxadustat (FG-4592);
Vadadustat (AKB-6548);
Xenon.

1.3 GATA inhibitors, e.g.
K-11706.

1.4 TGF-beta (TGF-β) signalling inhibitors, e.g.
Luspatercept;
Sotatercept.

1.5 Innate repair receptor agonists, e.g.
Asialo EPO;
Carbamylated EPO (CEPO).

2. Peptide Hormones and their Releasing Factors,

2.1 Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) and their releasing factors in males, e.g. Buserelin, deslorelin, gonadorelin, goserelin, leuprorelin, nafarelin and triptorelin;

2.2 Corticotrophins and their releasing factors, e.g. Corticorelin;

2.3 Growth Hormone (GH), its fragments and releasing factors, including, but not limited to:
Growth Hormone fragments, e.g.
AOD-9604 and hGH 176-191;
Growth Hormone Releasing Hormone (GHRH) and its analogues, e.g.
CJC-1293, CJC-1295, sermorelin and tesamorelin;
Growth Hormone Secretagogues (GHS), e.g.
Lenomorelin (ghrelin) and its mimetics, e.g.
Anamorelin, ipamorelin, macimorelin and tabimorelin; GH-Releasing Peptides (GHRPs), e.g.
Alexamorelin, GHRP-1, GHRP-2 (pralmorelin), GHRP-3, GHRP-4, GHRP-5, GHRP-6, and examorelin (hexarelin).

3. Growth Factors and Growth Factor Modulators, including, but not limited to:
Fibroblast Growth Factors (FGFs);
Hepatocyte Growth Factor (HGF);
Insulin-like Growth Factor-1 (IGF-1) and its analogues;
Mechano Growth Factors (MGFs);
Platelet-Derived Growth Factor (PDGF);
Thymosin-β4 and its derivatives e.g. TB-500;
Vascular-Endothelial Growth Factor (VEGF);

and other growth factors or growth factor modulators affecting muscle, tendon or ligament protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching.

S3 BETA-2 AGONISTS

All selective and non-selective beta-2 agonists, including all optical isomers, are prohibited.
Including, but not limited to:
Fenoterol;
Formoterol;
Higenamine;
Indacaterol;
Olodaterol;
Procaterol;
Reproterol;
Salbutamol;
Salmeterol;
Terbutaline;
Tretoquinol (trimetoquinol);
Tulobuterol;
Vilanterol.

Except:

- Inhaled salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 800 micrograms over 12 hours starting from any dose;
- Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours;
- Inhaled salmeterol: maximum 200 micrograms over 24 hours.

The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL is not consistent with therapeutic use of the substance and will be considered as an *Adverse Analytical Finding* (*AAF*) unless the *Athlete* proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of a therapeutic dose (by inhalation) up to the maximum dose indicated above.

S4 HORMONE AND METABOLIC MODULATORS

The following hormone and metabolic modulators are prohibited:

1. Aromatase inhibitors including, but not limited to:
2-Aandrostenol (5α-androst-2-en-17-ol);
2-Androstenone (5α-androst-2-en-17-one);
3-Aandrostenol (5α-androst-3-en-17-ol);
3-Androstenone (5α-androst-3-en-17-one);
4-Aandrostene-3,6,17 trione (6-oxo);
Aminoglutethimide;
Anastrozole;
Androsta-1,4,6-triene-3,17-dione (androstatrienedione);
Androsta-3,5-diene-7,17-dione (arimistane);
Exemestane;
Formestane;
Letrozole;
Testolactone.

2. Selective estrogen receptor modulators (SERMs) including, but not limited to:
Bazedoxifene;
Ospemifene;
Raloxifene;
Tamoxifen;
Toremifene.

3. Other anti-estrogenic substances including, but not limited to:
Clomifene;
Cyclofenil;
Fulvestrant.

4. Agents preventing activin receptor IIB activation including, but not limited, to:

Activin A-neutralizing antibodies;
Activin receptor IIB competitors such as:
Decoy activin receptors (e.g. ACE-031);
Anti-activin receptor IIB antibodies (e.g. Bimagrumab);
Myostatin inhibitors such as:
Agents reducing or ablating myostatin expression;
Myostatin-binding proteins (e.g. Follistatin, myostatin propeptide);
Myostatin-neutralizing antibodies (e.g. Domagrozumab, landogrozumab, stamulumab).

5. Metabolic modulators:
5.1 Activators of the AMP-activated protein kinase (AMPK), e.g. AICAR, SR9009; and Peroxisome Proliferator Activated Receptor δ (PPARδ) agonists, e.g. 2-(2-methyl-4-((4-methyl-2-(4-(trifluoromethyl) phenyl)thiazol-5-yl)methylthio)phenoxy) acetic acid (GW1516, GW501516);
5.2 Insulins and insulin-mimetics;
5.3 Meldonium;
5.4 Trimetazidine.

S5 DIURETICS AND MASKING AGENTS

The following diuretics and masking agents are prohibited, as are other substances with a similar chemical structure or similar biological effect(s).

Including, but not limited to:

- Desmopressin; probenecid; plasma expanders, e.g. intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol.
- Acetazolamide; amiloride; bumetanide; canrenone; chlortalidone; etacrynic acid; furosemide; indapamide; metolazone; spironolactone; thiazides, e.g. Bendroflumethiazide, chlorothiazide and hydrochlorothiazide; triamterene and vaptans, e.g. Tolvaptan.

Except:

- Drospirenone; pamabrom; and ophthalmic use of carbonic anhydrase inhibitors (e.g. Dorzolamide, brinzolamide);
- Local administration of felypressin in dental anaesthesia.

The detection in an *Athlete's Sample* at all times or *In-Competition*, as applicable, of any quantity of the following substances subject to threshold limits: formoterol, salbutamol, cathine, ephedrine, methylephedrine and pseudoephedrine, in conjunction with a diuretic or masking agent, will be considered as an *Adverse Analytical Finding (AAF)* unless the *Athlete* has an approved *Therapeutic Use Exemption (TUE)* for that substance in addition to the one granted for the diuretic or masking agent.

PROHIBITED METHODS

M1 MANIPULATION OF BLOOD AND BLOOD COMPONENTS

The following are prohibited:

1. The *Administration* or reintroduction of any quantity of autologous, allogenic (homologous) or heterologous blood, or red blood cell products of any origin into the circulatory system.

2. Artificially enhancing the uptake, transport or delivery of oxygen.
Including, but not limited to:
Perfluorochemicals; efaproxiral (RSR13) and modified haemoglobin products, e.g. Haemoglobin-based blood substitutes and microencapsulated haemoglobin products, excluding supplemental oxygen by inhalation.

3. Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

M2 CHEMICAL AND PHYSICAL MANIPULATION

The following are prohibited:

1. *Tampering*, or *Attempting to Tamper*, to alter the integrity and validity of *Samples* collected during *Doping Control*.
Including, but not limited to:
Sample substitution and/or adulteration, e.g. Addition of proteases to *Sample*.

2. Intravenous infusions and/or injections of more than a total of 100 mL per 12 hour period except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.

M3 GENE AND CELL DOPING

The following, with the potential to enhance sport performance, are prohibited:

1. The use of nucleic acids or nucleic acid analogues that may alter genome sequences and/or alter gene expression by any mechanism. This includes but is not limited to gene editing, gene silencing and gene transfer technologies.

2. The use of normal or genetically modified cells.

SUBSTANCES & METHODS
PROHIBITED *IN-COMPETITION*

IN ADDITION TO THE CLASSES S0 TO S5 AND M1 TO M3 DEFINED ABOVE, THE FOLLOWING CLASSES ARE PROHIBITED *IN-COMPETITION*:

PROHIBITED SUBSTANCES

S6 STIMULANTS

All stimulants, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited.

Stimulants include:

a: Non-Specified Stimulants:

Adrafinil;
Amfepramone;
Amfetamine;
Amfetaminil;
Amiphenazole;
Benfluorex;
Benzylpiperazine;
Bromantan;
Clobenzorex;
Cocaine;
Cropropamide;
Crotetamide;
Fencamine;
Fenetylline;
Fenfluramine;
Fenproporex;
Fonturacetam [4-phenylpiracetam (carphedon)];
Furfenorex;
Lisdexamfetamine;
Mefenorex;
Mephentermine;
Mesocarb;
Metamfetamine(*d*-);
p-methylamfetamine;
Modafinil;
Norfenfluramine;
Phendimetrazine;
Phentermine;
Prenylamine;
Prolintane.

A stimulant not expressly listed in this section is a *Specified Substance*.

b: *Specified* Stimulants:

Including, but not limited to:

3-Methylhexan-2-amine (1,2-dimethylpentylamine);
4-Methylhexan-2-amine (methylhexaneamine);
4-Methylpentan-2-amine (1,3-dimethylbutylamine);
5-Methylhexan-2-amine (1,4-dimethylpentylamine);
Benzfetamine;
Cathine**;
Cathinone and its analogues, e.g. mephedrone, methedrone, and α - pyrrolidinovalerophenone;
Dimetamfetamine (dimethylamphetamine);
Ephedrine***;
Epinephrine**** (adrenaline);
Etamivan;
Etilamfetamine;
Etilefrine;
Famprofazone;
Fenbutrazate;
Fencamfamin;
Heptaminol;
Hydroxyamfetamine (parahydroxyamphetamine);
Isometheptene;
Levmetamfetamine;
Meclofenoxate;
Methylenedioxymethamphetamine;
Methylephedrine***;
Methylphenidate;
Nikethamide;
Norfenefrine;
Octodrine (1,5-dimethylhexylamine);
Octopamine;
Oxilofrine (methylsynephrine);
Pemoline;
Pentetrazol;
Phenethylamine and its derivatives;
Phenmetrazine;
Phenpromethamine;
Propylhexedrine;
Pseudoephedrine*****;

Selegiline;
Sibutramine;
Strychnine;
Tenamfetamine (methylenedioxyamphetamine);
Tuaminoheptane;

and other substances with a similar chemical structure or similar biological effect(s).

Except:

- Clonidine;
- Imidazole derivatives for dermatological, nasal or ophthalmic use and those stimulants included in the 2020 Monitoring Program*.

* Bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine: These substances are included in the 2020 Monitoring Program, and are not considered *Prohibited Substances*.

** Cathine: Prohibited when its concentration in urine is greater than 5 micrograms per milliliter.

*** Ephedrine and methylephedrine: Prohibited when the concentration of either in urine is greater than 10 micrograms per milliliter.

**** Epinephrine (adrenaline): Not prohibited in local administration, e.g. nasal, ophthalmologic, or co-administration with local anaesthetic agents.

***** Pseudoephedrine: Prohibited when its concentration in urine is greater than 150 micrograms per milliliter.

S7 NARCOTICS

The following narcotics, including all optical isomers, e.g. *d*- and *l*- where relevant, are prohibited:

Buprenorphine;
Dextromoramide;
Diamorphine (heroin);
Fentanyl and its derivatives;
Hydromorphone;
Methadone;
Morphine;
Nicomorphine;
Oxycodone;
Oxymorphone;
Pentazocine;
Pethidine.

S8 CANNABINOIDS

All natural and synthetic cannabinoids are prohibited, e.g.

- In cannabis (hashish, marijuana) and cannabis products
- Natural and synthetic tetrahydrocannabinols (THCs)
- Synthetic cannabinoids that mimic the effects of THC

Except:

- Cannabidiol.

S9 GLUCOCORTICOIDS

All glucocorticoids are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

Including but not limited to:

Betamethasone;
Budesonide;
Cortisone;
Deflazacort;
Dexamethasone;
Fluticasone;
Hydrocortisone;
Methylprednisolone;
Prednisolone;
Prednisone;
Triamcinolone.

SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

P1 BETA-BLOCKERS

Beta-blockers are prohibited *In-Competition* only, in the following sports, and also prohibited *Out-of-Competition* where indicated.

- Archery (WA)*
- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Shooting (ISSF, IPC)*
- Skiing/Snowboarding (FIS) in ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/big air
- Underwater sports (CMAS) in constant-weight apnoea with or without fins, dynamic apnoea with and without fins, free immersion apnoea, Jump Blue apnoea, spearfishing, static apnoea, target shooting, and variable weight apnoea.

*Also prohibited *Out-of-Competition*

Including, but not limited to:

Acebutolol;
Alprenolol;
Atenolol;
Betaxolol;
Bisoprolol;
Bunolol;
Carteolol;
Carvedilol;
Celiprolol;
Esmolol;
Labetalol;
Metipranolol;
Metoprolol;
Nadolol;
Oxprenolol;
Pindolol;
Propranolol;
Sotalol;
Timolol.

www.wada-ama.org

WORLD
ANTI-DOPING
AGENCY
play true

INTERNATIONAL TESTING AGENCY
Avenue de Rhodanie 58
1007 Lausanne
Switzerland
Tel: +41 21 612 12 12
Email: info@ita.sport
Website: www.ita.sport