
World Anti-Doping Program

**GUIDELINES FOR
BREATH ALCOHOL
COLLECTION**

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1. Objective

This guideline expands upon the International Standard for Testing and details the recommended process for breath alcohol collection for doping control purposes. The guideline includes on-site preparation, collection and post-test processing and administration.

The processes outlined in this document are not mandatory, but are aimed at assisting *anti-doping organizations* in the development of systems and protocols for breath alcohol collection. The method of collection may vary from these recommendations in some circumstances; however, minimum standards should apply to ensure that the integrity of the sample is maintained.

2. Scope

This Protocol begins with the arrival of *sample collection personnel* at the *collection facility*, and ends with the hand-over of the appropriate documentation to the courier or the relevant results management authority.

3. Responsibility

3.1 *Doping Control Officer (DCO)*

(One lead/senior DCO shall take responsibility for the *sample collection session*)

- Organize and brief *sample collection personnel*.
- Ensure that *chaperones* are trained in carrying out relevant activities.
- Liaise with sport representatives, if relevant.
- Arrange or perform notification and escorting of *athletes*.
- Provide equipment, including all relevant documentation.
- Assess and organize the facilities.
- Ensure that the *athlete's* rights and responsibilities are explained.
- Explain, or arrange explanation of, the process for Breath Alcohol collection to *athletes* and athlete representatives, as necessary.
- Collect and/or oversee the collection of the sample.
- Oversee the post-collection process.
- Co-ordinate collection of accompanying urine sample and/or blood sample.
- Complete, or arrange completion of, and verify, relevant paperwork.
- Verify the chain of custody.
- Organize courier services, if necessary.
- Report a failure to comply.

3.2 *Breath Alcohol Technician (BAT)*

- Possess certification for the collection of Breath Alcohol Collection from a trained breath alcohol technician or an Anti-Doping Organization, have experience in breath alcohol collection, and be approved by the authorized collection agency to conduct the breath alcohol collection procedure.
- Explain the procedures to athlete prior to undertaking the test or offer to provide an explanation.

- Answer relevant questions from *athletes* about the procedure.
- Prepare the *athlete* and collect a Breath Alcohol sample.

A DCO may also perform the duties of a BAT, if qualified to do so.

3.3 *Chaperone*

- Notify the *athlete* in writing as instructed by the DCO.
- Escort the *athlete* from notification until arrival at the Breath Alcohol Collection facility.

3.4 *Athlete*

- Request the presence of an athlete representative, if desired.
- Report for doping control without delay.
- Be escorted from notification to sample provision.
- Shall not consume any food or beverage prior to sample provision.
- Be familiar with the collection process.
- Observe the procedure and ensure there are no irregularities.
- Make comments relating to the collection process on the doping control form and/or the supplementary report form, if applicable.
- Sign documentation as requested by the DCO.

3.5 Athlete Representative

(presence optional, at *athlete's* request)

- Accompany the *athlete* during notification.
- Accompany the *athlete* to the collection facility.
- Be present during collection procedures and assist, if requested by the *athlete*, in the selection of sampling/testing equipment.
- Assist the *athlete* in the completion of paperwork where asked to do so by the *athlete*.
- Be familiar with the collection process and sampling/testing equipment.
- Observe the collection process and ensure that no irregularities occur; all irregularities should be documented.
- Sign documentation as requested by the DCO.

4 Definitions

"Air Blank" means a reading of 0.00 on an Evidential Breath Testing Device of ambient air containing no alcohol.

"Alcohol Concentration" means the alcohol in a volume of breath expressed in terms of grams of alcohol per 210 liters of breath.

"Anti-Doping Organization" means a Signatory (of the World Anti-Doping Code) that is responsible for adopting rules, for initiating, implementing or enforcing any part of the doping control process. This includes, for example, the International Olympic Committee, the International Paralympic Committee, or

other major event organizations that conduct testing at their events, WADA, International Federations, and National Anti-Doping Organizations.

'Athlete' means for purposes of doping control, any person who participates in sport at the international level (as defined by each International Federation), or national level (as defined by each National Anti-Doping Organization) and any additional person who participates in sport at the lower level if designated by the person's National Anti-Doping Organization. For purposes of anti-doping information and education, any person who participates in sport under the authority of any signatory, government, or other sports organization accepting the Code.

'Evidential Breath Alcohol Devise': means a devise that has the ability to provide a quantitative measurement of alcohol concentration.

'Athlete Representative' means a person designated by the Athlete to assist with the verification of the sample collection procedure. This person may be a member of the Athlete's support personnel, such as a coach or team doctor, a family member, or other.

'Breath Alcohol Collection' means a test that is carried out through volume of breath into an Evidential Breath Alcohol Devise.

'Breath Alcohol Mouthpiece' means a plastic disposable tube that is inserted to an Evidential Breath Alcohol Devise.

'Breath Alcohol Technician (BAT)' means an official who is qualified to and has been authorized by the ADO to collect a Breath Alcohol Sample from an *athlete*.

'Chaperone' means an official who is trained and authorized by the ADO to carry out specific duties including notification of the Athlete selected for sample collection, accompanying and observing the Athlete until arrival at the Doping Control Station, and/or witnessing and verifying the provision of the sample where the training qualifies him/her to do so.

'Confirmation Test' means a subsequent test using an Evidential Breath Alcohol Devise, following a screening test with a result above a specified threshold level, that provides quantitative data about the Alcohol Concentration.

'Doping Control Officer' means an official who has been trained and authorized by the ADO with delegated responsibility for the on-site management of a sample collection session.

'Doping Control Station' means the location where the sample collection session will be conducted.

'In-Competition' means for purposes of differentiating between In Competition and Out of Competition Testing, unless provided otherwise in the rules of an

ADO, an In-Competition test is a test where an Athlete is selected for testing in connection with a specific competition.

'Minor' means a natural person who has not reached the age of maturity as established by the applicable laws of his or her country of residence.

'Out of Competition' means any doping control which is not In-Competition.

'No-Advance-Notice' means a doping control which takes place with no advance warning to the Athlete, and where the Athlete is continuously chaperoned from the moment of notification through to sample provision.

'TUE' means a Therapeutic Use Exemption (see International Standard for Therapeutic Use Exemptions).

'Sample Collection Personnel' is a collective term for qualified officials authorized by the ADO who may carry out or assist with duties during the sample collection session.

'Screening Test' means an initial test using an Evidential Breath Alcohol Device that provides quantitative data about the Alcohol Concentration.

'Witness' means the member of Sample Collection Personnel who observes the passing of the sample by the Athlete in accordance with procedures for observation.

5 Equipment

The DCO shall ensure that supplies of equipment are adequate for the testing session. The type of equipment may vary but, as a guideline will include:

- 5.1 Evidential Breath Testing Device
- 5.2 Portable printer to display the findings of Evidential Breath Testing Device
- 5.3 Individually sealed Breath Alcohol Mouthpieces
- 5.4 Calibration device

6 Protocol for Breath Alcohol Collection Session

6.1.1 The lead DCO shall brief the Sample Collection Personnel on their roles and responsibilities prior to or upon arrival at the Doping Control Station. This will include Athlete notification, escorting, Breath Alcohol Collection, and related urine and blood sample collection if applicable.

6.2 Assess the facilities

The Breath Alcohol Collection facilities shall ideally meet the following criteria:

- Maintain *Athlete* privacy and confidentiality
- Provide a high standard of cleanliness
- Be well-lit and well-ventilated
- Be accessible only to authorized personnel
- Be secure enough to store sample collection equipment
- Contain a table and chairs for administration and completion of paperwork
- Be large enough to accommodate the *Athletes*, Athlete Representative and *Sample Collection Personnel* who will occupy the area
- Be suitably located in relation to the field of play or other location where *Athletes* will be notified.

6.3 Athlete notification

- 6.3.1 The DCO/Chaperone shall establish the location of the selected Athlete, and plan the approach and timing of notification, taking into account any specific circumstances around the competition, and such that the notification will be carried out as No-Advance-Notice notification.
- 6.3.2 The DCO/Chaperone shall show the Athlete the official card/document naming the ADO which has granted the authority to test. Additional identification proving affiliation to the sample collection authority shall also be provided, if this authority is not the ADO which authorized the test. DCO identification documents shall include name, photograph, and the documents' expiry date.
- 6.3.3 The DCO shall, at a minimum, verbally confirm the Athlete's identity. If the Athlete is carrying photo ID, this may be checked at this stage. An Athlete's inability to provide photo ID shall not invalidate a test. Formal identification can be established if the athlete is known to the DCO, starting number, accreditation, third party witness, or other viable method. If the athlete's identity is unknown and can not be established in any manner, the DCO must contact the ADO for further instructions.
- 6.3.4 The DCO/Chaperone shall show the Athlete the notification form (which may form part of the doping control form), and notify the Athlete of his/her selection for testing, the authority under which Breath Alcohol Collection is to be conducted, and the requirement to provide a breath alcohol sample and shall inform the Athlete that the sample must be provided without delay. The DCO shall use their discretion if an athlete cannot provide a sample without delay. The DCO/Chaperone/BAT shall inform the Athlete that they have:

- The right to have a representative or interpreter present.
- The possible consequence of an Anti-Doping Rule Violation for failing to submit to a Breath Alcohol Collection.
- The requirement to remain in sight of the designated Chaperone until arrival at the Doping Control Station.
- The requirement to bring satisfactory identification to the Doping Control Station if this has not already been provided.
- The requirement to report to the Doping Control Station as soon as possible.
- The right to have an Athlete Representative present.

6.4 *Arrival at the Doping Control Station*

- 6.4.1 The Athlete arrives at Doping Control Station with a DCO/Chaperone and, if requested, an Athlete Representative. At this time, the Athlete should present photo ID to the DCO or BAT. An Athlete's inability to provide photo ID shall not invalidate a test.
- 6.4.2 The Athlete should be advised not to eat, drink or put anything (e.g. chewing gum) into his or her mouth.
- 6.4.3 The Athlete must be escorted at all times until Breath Alcohol Collection is completed.
- 6.4.4 The Athlete must submit to the breath alcohol test immediately upon arrival of the Doping Control Station and shall be chaperoned until the collection is complete.
- 6.4.5 Before sample collection, the BAT shall ask the Athlete whether they have been tested before, and whether they require an explanation of the collection procedure.
- 6.4.6 If the Athlete has not been tested before, or requests an explanation of the procedure, the BAT shall explain the Breath Alcohol Collection procedure to the athlete.
- 6.4.7 As a minimum, the DCO shall ensure the Athlete is informed of his/her rights and responsibilities as defined in 6.3.4.

6.5 *Selection of the Breath Alcohol Mouthpiece*

- 6.5.1 The Athlete must be given a choice of at least 3 individually sealed Breath Alcohol Mouthpieces, from which they will be asked to, choose one.

- 6.5.2 The Athlete and BAT shall check that the equipment is clean and intact. If either the Athlete or BAT is not satisfied with the equipment, the Athlete shall make another selection.
- 6.5.3 If the Athlete is not satisfied with any of the equipment, and the BAT does not agree with the Athlete's opinion that all of the available equipment is unsatisfactory, the BAT shall instruct the Athlete to proceed with the Breath Alcohol Collection session and the Athlete's views must be recorded on the doping control form and/or supplementary report form by the BAT.
- 6.5.4 If both the BAT and the Athlete agree that none of the equipment is satisfactory, the BAT shall terminate the collection, and record the reasons.
- 6.5.5 Once a Breath Alcohol Mouthpiece has been selected the BAT shall instruct the Athlete to insert the Breath Alcohol Mouthpiece into the Evidential Breath Testing Device. The BAT should hold the Testing Device throughout the procedure and instruct the athlete to blow into the mouthpiece until the required sample is provided.

6.6 *Provision of the Screening Test.*

- 6.6.1 For the Breath Alcohol Screening Test the BAT shall instruct the athlete to blow steadily and forcefully into the Breath Alcohol Mouthpiece until the device indicates that an adequate amount of breath has been obtained. Should the reading not be obtained the Athlete shall continue the process until the reading has been displayed on the device. Should the Athlete not be able to provide an adequate breath sample the test shall be treated as a refusal.
- 6.6.2 The BAT shall show the Athlete the displayed test result.
- 6.6.3 A print out shall be made indicating the test number, testing device name and serial number, time and result. The BAT and Athlete must ensure that the information has been printed correctly. If a printout is not available the DCO shall write on the doping control form the result that is displayed on the screen, the testing device brand and type, serial number, date of the last calibration (or date of expiry of calibration), and the time, all of which will be confirmed by the athlete, athlete's representative and the DCO and/or BAT. The reading may be witnessed by an independent observer and recorded.
- 6.6.4 The Evidential Breath Testing Device will provide a reading, if the reading is below the threshold as provide for in the **WADA Prohibited List** the athlete will be asked to complete the doping control form and

will be provided with a copy of the documentation and no further action will take place.

6.7 Provision of the Confirmation Test

- 6.7.1 Should the Screening Test reading be greater than the alcohol concentration threshold the BAT shall inform the Athlete and support personnel that a Confirmation Test will be taken after a waiting period of 10¹ minutes, starting with the completion of the Screening Test. After the waiting period has elapsed, the BAT should begin the Confirmation Test as soon as possible, but no longer than 30 minutes after the completion of the Screening Test.
- 6.7.2 In the presence of the Athlete the BAT will perform an Air Blank test on the Evidentiary Breath Testing Device before begin the Confirmation Test and show the reading to the Athlete. Alternatively an alternative machine should be used where the DCO or BAT has more than one machine.
- 6.7.3 If the reading of the Air Blank is 0.00, the Confirmation Test may proceed. If the reading of Air Blank test is greater than 0.00, the BAT must conduct another Air Blank.
- 6.7.4 If the reading on the second Air Blank is 0.00 the Confirmation Test may proceed. If the reading of Air Blank test is greater than 0.00, the BAT must take the Evidentiary Breath Testing Device out of service. If another Evidentiary Breath Testing Device is available the BAT shall proceed with a new test. If another Evidentiary Breath Testing Device is not available the test will be terminated.
- 6.7.5 For the Confirmation Test the Athlete must be given a choice of individually sealed breath alcohol Breath Alcohol Mouthpieces, from which they will be asked to, choose one and if required follow section 6.5 until a suitable Mouthpieces has been chosen.
- 6.7.6 For the Confirmation Test the BAT shall instruct the athlete to blow steadily and forcefully into the mouthpiece for at least six (6) seconds or until the devise indicates that an adequate amount of breath has been obtained. Should the reading not be obtained the Athlete shall continue the process until the reading has been displayed on the devise.
- 6.7.7 The BAT shall show the Athlete the displayed test result of the Confirmation Test.

¹ A 10 minute waiting period is suggested to ensure any residual alcohol in ones mouth is no longer present. Residual alcohol could be a result of mouth wash or other food. Such a waiting period will limit false positives.

- 6.7.8 A print out shall be made of the Confirmation Test indicating the test number, testing device name and serial number, time and result. The BAT and Athlete must ensure that the information has been printed correctly. If a printout is not available to DCO shall write on the doping control form the result that is displayed on the screen, the testing device brand and type, serial number, date of the last calibration, and the time, all of which will be confirmed by the athlete, athlete's representative and the DCO and/or BAT.
- 6.7.9 The Evidentiary Breath Testing Device will provide a reading, if the reading is below the threshold the athlete will be asked to complete the doping control form and will be provided with a copy of the documentation and no further action will take place.
- 6.7.10 Should the Confirmation Test reading be greater than the threshold the BAT shall inform the Athlete and support personnel and ask them to complete the doping control form and will be provided a copy of the documentation.
- 6.7.11 The BAT will then perform a reference confirmation test on the Evidentiary Breath Testing Device in accordance with the manufactures instructions. The Athlete will be provided a copy of the reference confirmation test and all documentation will be forwarded to the relevant Results Management Authority.
- 6.8 Paperwork
- 6.8.1 The BAT to sign the form to confirm that he/she collected a Breath Alcohol Test from the *athlete* in accordance with the relevant procedures for Breath Alcohol Collection.
- 6.8.2 The BAT shall check all information on the form and sign to confirm that collection was conducted in accordance with procedures.
- 6.8.3 The *athlete* and the athlete's representative, if present, shall be invited to check that all information on the form accurately reflects the details of the entire collection session. The *athlete* shall be invited to complete the comments section of the form if he/she has any concerns or comments regarding the procedure. If there is insufficient space on the form, the *athlete* shall be invited to complete a supplementary report form.
- 6.8.4 The *athlete* should always be the last person to sign the doping control form.

6.8.5 The DCO must give a full copy of the form to the *athlete*.

6.8.6 The *athlete* shall then proceed to provide a urine and/or blood sample if required, or is free to leave the breath alcohol collection facility.