

COVID-19: ADO GUIDANCE FOR RESUMING TESTING

6 May 2020

Introduction

Since the World Anti-Doping Agency's (WADA's) last communication and guidance provided to Anti-Doping Organizations (ADOs) on [20 March 2020](#), the SARS-Cov-2 (COVID-19) pandemic has continued to change and evolve around the world. WADA continues to monitor the situation very closely based on expert information from the [World Health Organization](#) and from other reliable sources. WADA has also continued to communicate with its stakeholders to understand the challenges faced by different ADOs and to assist in dealing with those challenges.

As some countries continue to implement strict measures such as border closures, quarantine/self-isolation, cancellation of flights, social movement restrictions, etc., others are starting to slowly lift some of the restrictions previously in place. **WADA urges all ADOs to follow the advice of governments and health authorities to ensure proper protection of athletes and Sample Collection Personnel (SCP).**

As some ADOs prepare to resume their testing programs, this **ADO Guidance Document for Resuming Testing**; and, its accompanying annexes provide recommendations for ADOs to consider and implement as they do so. It is based on input from several National Anti-Doping Organizations (NADOs) and the result of a collaborative effort between a group of global NADOs¹ and WADA.

This document includes:

1. Guidance on the actions or the steps that ADOs should consider, and who they should communicate with (e.g., Sample Collection Authorities – SCAs) as they prepare to resume testing activities;
2. Examples of measures that should be added to sample collection procedures (Annex A) as well as an example of a 'COVID-19 Athlete Questionnaire' (Annex C); and
3. Supporting information and best practices regarding the use of personal protective equipment (PPE) (Annex B).

Step-by-Step Approach to Resuming Testing Activities

Given the different situations and stages of the pandemic specific to each country, it is difficult to establish one overarching set of guidelines. Therefore, the following recommendations aim to offer a starting point for ADOs as they plan to resume testing operations. In doing so, everyone's priority should be the same; namely: ensuring the health and safety of athletes as well as SCP

¹ WADA thanks the NADOs from the following countries for their collaboration: Austria, Canada, Denmark, France, Germany, Ireland, Norway, Spain, Sweden, Switzerland, United Kingdom, and the United States.

while maintaining the integrity of the sample collection process by ensuring that all procedures are in compliance with the [International Standard for Testing and Investigations \(ISTI\)](#).

1. Testing Program

- a) Prior to an ADO considering resuming its testing program, the decision to do so should begin by assessing several criteria which should guide if, how and when testing should resume. The points below are provided as examples (and some are further elaborated on throughout the document):
- i. The status of the virus and whether there are movement restrictions. For example, are individuals in the relevant country allowed to circulate or are movements very restricted given the number of individuals infected with the virus?
 - ii. Are sports and/or competitions beginning to resume in that country?
 - iii. Is personal protection equipment (PPE) availability low and as such would be difficult to provide to SCP or potentially jeopardize its availability to front line health care providers?
 - iv. The status of your WADA-accredited laboratory (or other WADA-accredited laboratories)? Are there restrictions related to shipment of samples?
- b) Consider a phased-in approach as you resume testing based on the following criteria:
- i. **Out-of-competition testing and small testing missions:** As competitions are currently not taking place in most countries, ideally focus on out-of-competition home visits where only one athlete is tested (e.g., if feasible, consider the use of a mobile doping control station as an option).
 - ii. **Urine sample collection:** To keep the number of SCP to a minimum for each mission, consider collecting urine samples only. Consider blood sample collection only if intelligence warrants it or Athlete Biological Passport (ABP) blood samples on athletes from high risk endurance sports are urgently required (see below).
 - iii. **'Higher risk' athletes:** As you select athletes for testing, consider focusing on:
 1. Registered Testing Pool (RTP) athletes from high risk sports and/or disciplines;
 2. Athletes from sports and disciplines where training is still possible (for example, training from home); and
 3. Athletes from whom there is intelligence and/or suspicious ABP profiles and/or Athlete Passport Management Unit (APMU) recommendations for testing.
 - iv. **Testing location:** Given each country is easing or lifting restrictions at a different pace, consider whether you can resume testing on athletes who are located in the relevant country and/or on athletes located abroad. For a NADO requesting testing of an athlete overseas or an International Federation (IF), liaise closely with the relevant NADO or SCA to ensure it is safe to do so and that relevant measures, as per current and previous [WADA COVID-19 guidance](#), are in place.
- c) Engage with relevant WADA-accredited laboratories to confirm their operational status. As support information, you can consult the [latest list](#) of WADA-accredited laboratories

(and WADA-approved laboratories) and find information on their operational status during this COVID-19 period to ensure that sample deliveries will be accepted.

- d) The points outlined above are aimed at guiding ADOs as they resume testing. Consideration should also be given, based on a similar approach, to how ADOs progress and expand their testing program (e.g., slowly increasing the pool of athletes tested, increasing testing missions, conducting in-competition testing, etc. to a fully comprehensive testing program).

***NOTE:** As training venues open and competitions start to resume, the principles outlined in this document should be implemented, as applicable, and subject to whether health and government authorities continue to recommend social/physical distancing and the use of PPE, etc. It will also be important when planning testing to work closely with training venue staff or event organizers to be aware of any additional venue or sport specific measures.*

2. Additional Measures and PPE

- a) Based on the [World Health Organization](#) as well as national government and health regulations, consider any additional equipment and cleaning material that can be provided to your SCP. Include references to those additional measures in your sample collection procedures.
- b) Specifically, consider procuring and providing the following equipment to be used during the sample collection session:
- i. **Gloves:** While gloves are not a substitute for hand hygiene, it is recommended that SCP wear gloves throughout the sample collection process and that athletes are also given the choice to wear gloves. As a result, provide clear instructions on when SCP should wear gloves (see Annex A) and how to safely remove them (see Annex B).
 - ii. **Face masks:** The use of face masks should be dependent on the availability to those in greater need, such as the health care industry. If face masks are available, it is recommended that they be made available to both the athlete and SCP during the sample collection process. An alternative is to consider using non-medical masks or face covering (i.e., something constructed to completely cover the nose and mouth, without gaps, and secured to the head by ties or ear loops). Therefore, provide clear instructions on when SCP should wear face masks (see Annex A) and how to safely put them on and remove them (see Annex B).
 - iii. **Cleaning/Disinfecting products:** It is recommended that you provide additional products to your SCP such as: disinfecting wipes, disinfectant spray and/or appropriate concentrations of isopropyl alcohol, hydrogen peroxide or sodium hypochlorite (i.e., bleach). Provide clear instructions on when and how SCP should use these products (see Annex A).
- c) Provide clear instructions to SCP on hand washing, specifically when SCP and athletes should wash their hands (see Annex A) and how it must be done (see Annex B).

- d) Provide clear instructions to SCP regarding safe handling/disposal of material, in particular that:
 - i. All disposable material should be safely disposed of into a garbage bag and sealed by SCP.
 - ii. All biohazardous material should be disposed of safely as per local medical regulations and taken by SCP at the end of the sample collection session.
- e) Provide clear instructions to SCP regarding social/physical distancing, specifically that:
 - i. They maintain a minimum of one-meter distance (or a greater distance if stipulated by your national health authority) between themselves and an athlete as much as practical. This, of course, means that SCP should strictly refrain from shaking hands with athletes or their representative and should avoid any other direct contact. Some specific situations may not allow the recommended distance to be maintained at all times. For example, blood collection, space limitations and/or the need for direct observation of urine sample provision are acceptable reasons to temporarily make allowances for closer distance. SCP should also inform athletes at the beginning of the sample collection process that, while all efforts will be made to maintain the recommended distance, there will be times when this is not possible. In situations where social/physical distancing is difficult to maintain, SCP should explain that wearing a face mask provides a barrier between SCP's respiratory droplets and the people and surfaces around them.

3. Sample Collection Personnel

- a) Provide information to all SCP regarding your revised and phased-in approach for testing. The ADO should clearly communicate that any SCP who are not comfortable collecting samples during this time do not have to do so.
- b) Consider how you can reduce, where possible, the number of SCP you assign to testing missions (without compromising no-advance notice or any modifications that are required such as when testing minors).
- c) Review how SCP travel to testing missions and implement any measures that would reduce or eliminate the use of public transport or air travel.
- d) Conduct specific training for SCP who will be collecting samples during this COVID-19 period as it relates to the additional measures in place. This training may occur online using an appropriate application. This would include reviewing in detail the content of Annex A, Annex B and Annex C. Ensure they understand the additional measures that need to be made to the sample collection procedures. Keep records of this training and what it covered.
- e) Consider reducing your pool of SCP that conduct testing as you resume testing activities. To minimize the risk of transmitting COVID-19 to athletes, it is recommended that any SCP who are in one of the 'risk' groups identified below should not take part in testing during this COVID-19 period. Furthermore, there are certain populations that may be considered more vulnerable to severe consequences of COVID-19, and the ADO should consider not using them as SCP during this time (see 'vulnerable populations' groups

below). While examples are provided here, ADOs should establish appropriate categories that are country-specific.

Risk Groups of SCP

- i. **Risk group 1:** SCP who are health care professionals currently employed and actively working in a health care setting or with COVID-19 positive patients.
- ii. **Risk group 2:** SCP who have taken part in testing athletes who tested positive for COVID-19 within a timeframe of 14 days after the specific test session.
- iii. **Risk group 3:** SCP who live with a person in one of the risk groups above, or a person from a vulnerable population (as outlined below) or who display symptoms or recently returned from a high-risk country or national “hot-spot” location, or does not meet whatever national guidelines or criteria which might be in place at the applicable time in the relevant country.

Vulnerable Populations of SCP

- iv. **Vulnerable populations 1:** SCP who are over 60 years old (NOTE: Identifying a specific age is difficult. This may vary from country to country, but the general consensus is that older individuals are more vulnerable).
 - v. **Vulnerable populations 2:** SCP who have underlying medical conditions such as diabetes, heart disease or respiratory conditions.
 - vi. **Vulnerable populations 3:** SCP who may have, for whatever reason, compromised immune systems.
- f) For the SCP who will be conducting testing, develop a mechanism where:
- i. If permitted by applicable data protection, health, and employment laws, SCP are required to self-certify on the morning of, or the evening before, a scheduled testing mission to which they have been assigned that:
 1. they are well, have no symptoms that may be related to COVID-19, including a sore throat, cough, fever, however mild those symptoms might be;
 2. they have not been in contact with anyone whom they know is awaiting to be tested for COVID-19 due to the development of symptoms or is awaiting a test result for COVID-19; and
 3. they have not been in contact with anyone who is quarantined and/or self-isolating.
 - ii. The questions above could be included in a brief questionnaire that SCP sign off on before a mission. If they can confirm the above, the document can be submitted to the ADO with the remainder of the doping control documentation after the completed mission. The ADO should keep a record of these self-certifications for every SCP/every testing mission. If SCP cannot confirm that they are well, without COVID-19 related symptoms, etc. they should contact the ADO immediately.

NOTE: While the current recommendations are specifically related to COVID-19, it is important to note that SCP should not be involved in a testing mission if they are ill, regardless if it is related to COVID-19.

- g) As COVID-19 testing becomes more available, ADOs can consider whether SCP can be tested prior to sample collection missions.

4. Information and Communication Strategy for Athletes and Other Stakeholders

- a) Develop information and education material to address the following matters:
- i. Testing is resuming (if it was suspended) and it is safe to do so based on the relevant national and health regulations.
 - ii. The limited number of SCP who are conducting testing are not in any 'risk' groups (see "Risk Groups of SCP" in section 3 and clearly identify what those risk groups are) and are required (if permitted by applicable laws) to self-certify, before every testing mission, that they are in good health and have not been in contact with individuals exposed to COVID-19 (see section 3 f) above).
 - iii. Additional measures have been put in place to further protect the athletes' health and minimize the risk of COVID-19 infection during sample collection.
 - iv. Additional personal information may be requested from athletes during sample collection. Identify the additional personal information that the ADO will be asking athletes to provide to ensure their health and safety as well as that of SCP, and the manner in which this information will be used, stored and shared.
- b) Share this information through as many channels as possible. For example:
- i. Communicate directly to RTP athletes via email and invite them to communicate with you regarding any question or concerns.
 - ii. Distribute it to the relevant National Federations (NFs), National Olympic Committees (NOCs), and National Paralympic Committees (NPCs).
 - iii. Share it on your website, via social media channels, etc.
- c) Develop a specific 'COVID-19 Athlete Information Letter' that SCP must provide to athletes during sample collection. This letter should:
- i. outline that, based on relevant national and/or health government directives, testing is resuming (if it was suspended);
 - ii. confirm that the athlete in question has been selected for doping control and the requirement to comply;
 - iii. summarize the measures in place to protect the health of the athlete during this COVID-19 period;
 - iv. outline the potential consequences to the athlete should they refuse to comply;
 - v. request that the athlete contacts you (ADO) if their health situation changes (in line with point f) ii) below);
 - vi. summarize the additional personal information that the ADO will be asking athletes to provide to ensure their health and safety as well as that of SCP, and the manner

- in which this information will be used, stored and shared; and
- vii. provide appropriate ADO contact information.
- d) Develop specific instructions for SCP to ask athletes, at the start of a sample collection session, if they, or anyone with them at the testing location or who they live with, has COVID-19 or is experiencing any symptoms or has COVID-19. Specific guidance is included in Annex A. To support SCP with this, it is recommended that a brief 'COVID-19 Athlete Questionnaire' be developed if the athlete answers YES to the above question. The questions developed could be pre-written on a Supplementary Report Form (SRF) (or on an equivalent/new form ensuring that a copy can be provided to the athlete) for athletes to read and answer. An example of this is provided in Annex C.
 - e) Develop procedures to follow if testing cannot occur due to an athlete responding YES (to the above question). You should consider the following:
 - i. Once you receive the complete 'COVID-19 Athlete Questionnaire', contacting the athlete to review and verify their answers.
 - ii. Monitoring the timeframe and re-scheduling the testing mission for a later date as appropriate.
 - f) Develop a communication strategy for the following two scenarios:
 - i. If any SCP contracts COVID-19, athletes who have been tested by the SCP within the last three weeks should be informed. The identity of the SCP should not be disclosed.
 - ii. Conversely, athletes who are tested and subsequently contract COVID-19 should be encouraged to inform the ADO that was responsible for the SCP who collected the sample so that the SCP and the laboratory (through the provision of the sample code number only) can be contacted and advised.

Conclusion

WADA encourages all ADOs and SCAs to adopt these guidelines to the best of their ability based on their available resources and the situation in the relevant country. Such guidelines should remain in place until national health authorities advise otherwise. WADA will continue to engage with the anti-doping community and revise/update these guidelines as required.

Annex A – Sample Collection Procedures Template

The following outlines the information and procedures that Anti-Doping Organizations (ADOs) can use to revise and adapt their sample collection procedures during the COVID-19 pandemic and as restrictions are slowly lifted by health and government authorities. In addition to these procedures, the standard sample collection procedures shall follow the International Standard for Testing and Investigations (ISTI).

These can be added to an existing Sample Collection Personnel (SCP) Manual or provided as a stand-alone document that would complement existing sample collection procedures. These are written for SCP and should be adapted and ‘personalized’ (e.g., include ADO name, etc.) accordingly.

1. Preparing for a Testing Mission

In addition to regular and standard sample collection equipment, ensure you have the following:

- a) COVID-19 Athlete Information Letter²
- b) COVID-19 Athlete Questionnaire³
- c) Disposable gloves
- d) Hand sanitizer
- e) Disinfectant wipes and/or disinfectant spray and/or disposable table cloth
- f) Disposable face masks (medical face masks or non-medical masks or face covering)
- g) New and unused pens
- h) Garbage bags (if they are not usually provided to SCP)

In addition to regular and standard preparatory work and review, ahead of any testing mission, ensure you:

- a) Have conducted your self-certification assessment.
- b) Review the “Safety Measures Information Guide”⁴.
- c) Review the additional measures contained in this document.
- d) Contact the ADO ahead of the testing mission with any questions or concerns.

2. Arriving at the Athlete’s Testing Location

- a) As you arrive at the testing location, and just before locating the athlete for notification, clean your hands using the ‘hand rub’ technique.
- b) Put a disposable face mask on.

² Example of content for this letter is provided in the ADO Guidance document, specifically in Section 4 “Information and Communication Strategy for Athletes and Other Stakeholders”.

³ An example of a ‘COVID-19 Athlete Questionnaire’ is provided in Annex C in this guidance document.

⁴ A ‘Safety Measures Information Guide’ is provided in Annex B in this guidance document.

3. Pre-Notification Information

- a) While respecting the social/physical distancing recommendations (including not shaking hands), introduce yourself and inform the athlete that they have been selected for doping control. Show your accreditation, authorization letter (i.e., 'standard' ADO authorization letter) and the 'COVID-19 Athlete Information Letter'. If possible, and if you are at an athlete's home, remain outside.
- b) While remaining outside (and before proceeding with formal notification), ask the athlete the following question: "Are you or anyone present with you at this location/living at this residence/who lives with you, experiencing any COVID-19 symptoms (i.e., sore throat, cough or fever) or do you or anyone present with you at this location/living at this residence/who lives with you, have COVID-19?"
- c) If the athlete's response is "No", proceed with formal verbal notification and inform the athlete that the completion of the Doping Control Form (DCF) will take place once inside the testing location. Proceed to **Section 4** below.
- d) If the athlete's response is "Yes", inform the athlete that they must confirm this information in writing. Offer the athlete the option to wear gloves. Provide the athlete with the 'COVID-19 Athlete Questionnaire'. Provide the athlete with a new pen or ask them to use their own pen.
- e) Inform the athlete that they must complete this questionnaire truthfully and to the best of their knowledge and that if they purposefully provide any information which is inaccurate or incorrect, it could be construed as an anti-doping rule violation (e.g., tampering or attempted tampering) and they may be subject to a sanction of up to four years. Confirm that the athlete understands this.
- f) Inform the athlete that this questionnaire will be sent to the ADO and that the ADO will review it and contact them to follow up.
- g) Once the athlete has duly completed and signed the 'COVID-19 Athlete Questionnaire', provide a copy to the athlete.
- h) Inform the athlete that because they have declared that they (or someone present with them at this location/living at this residence/who lives with them) have COVID-19 or COVID-19 symptoms, sample collection will not proceed due to the risk of infection with COVID-19.
- i) If the athlete had chosen to wear gloves, instruct them on how to properly remove them and request they dispose of them in your garbage bag.
- j) Thank the athlete and leave the testing location.
- k) Before entering your vehicle, and with the signed 'COVID-19 Athlete Questionnaire' safely stored, clean your hands, remove your disposable face mask and dispose safely in your garbage bag.
- l) As usual practice, return any doping control documentation, including the complete 'COVID-19 Athlete Questionnaire', to your ADO as soon as possible.

4. Proceeding with Sample Collection

- a) Enter the testing venue and discuss the best location for sample collection where contact with other individuals that may be present will be avoided or minimized.
- c) If you are in the athlete's home, ask the athlete if you can clean the surface where sample

collection will take place using disinfectant wipes or disinfectant spray (or ask the athlete to clean the surface). If you are at a training location, inform the athlete that you will disinfect the surface. As an alternative, a clean and disposable table cloth can be used. Clean your hands using the 'hand rub' technique before doing so.

- b) Before placing and organizing any sample collection equipment on the clean surface, again clean your hands with sanitizer using the hand rub technique. Using disinfectant wipes, clean the equipment to be used (i.e., wipe boxes, etc.). Display only the equipment necessary for that sample collection. All remaining equipment shall remain stored to avoid any potential contamination.
- c) Ask the athlete to clean their hands either using hand sanitizer (i.e., the hand rub technique) or using soap (i.e., the hand wash technique). Guide the athlete through either technique.
- d) Offer the athlete the option to wear gloves and a disposable face mask. If the athlete does not want to use gloves and/or a face mask, inform them that you will record this in the Comment section of the DCF.
- e) Put gloves on, as per proper safety instructions.
- f) Review and complete the notification portion including asking the athlete to acknowledge the notification by signing. Provide the athlete with a new unused pen (or they can use their own). Use your own pen, do not share it with the athlete.
- g) Inform the athlete that social/physical distancing will be maintained as much as possible. Remind the athlete of all the additional measures in place for health and safety (e.g., disinfecting and use of PPE).
- h) When collecting a urine sample, continue with standard urine sample collection procedures, keeping the following instructions in mind:
 - a. Where possible, continue to maintain social/physical distancing through sample collection.
 - b. When the athlete is ready to provide a sample, they must rinse their hands with water only (unless they have chosen to wear gloves) prior to providing a sample.
 - c. Once the athlete has provided their urine sample, instruct them to clean their hands with soap and water or use hand sanitizer prior to returning to the processing area (or to remove their gloves).

5. Completing the Sample Collection Session

- a) Before leaving, clean the surface used for sample collection with disinfectant wipes or spray.
- b) If the athlete was wearing gloves and/or a disposable face mask, guide them through the proper removal techniques and ask them to place those items in your garbage bag. Instruct the athlete to clean their hands.
- c) Ensure that all discarded items/waste are in your garbage bag (e.g., plastic from sample collection boxes, disinfectant wipes, gloves, face mask, pen used by the athlete).
- d) Thank the athlete and, if you are at the athlete's home, ask the athlete to open the door for you (so that you are not touching their door knob).
- e) Before entering your vehicle, follow the removal instructions to remove your gloves and disposable face mask and dispose safely in garbage bag. Clean your hands using the hand rub technique.

Key Reminders for SCP

1. SCP and athletes should clean their hands at the following stages:
 - a) When initiating the test session prior to athlete notification.
 - b) After using the toilet.
 - c) After blowing their nose, coughing, or sneezing.
 - d) Before using and after removing face masks.
 - e) Before using and after removing gloves.
 - f) At the conclusion of the sample collection process.

2. SCP and athletes should:
 - a) Be reminded to avoid touching their face.
 - b) Avoid shaking hands at the start or conclusion of sample collection.
 - c) Use separate pens when completing forms during sample collection.
 - d) Refrain from touching all unnecessary surfaces and/or objects during sample collection.

3. SCP should disinfect work surfaces using disinfectant wipes or spray at the following stages:
 - a) Prior to beginning the sample collection process.
 - b) In between athletes (if more than one athlete is tested).
 - c) At the end of the sample collection session.

Annex B – Safety Measures Information Guide

The following guidance should be reviewed with Sample Collection Personnel (SCP). This information can be adapted based on any further national and/or health regulations specific to the relevant country. Please amend accordingly.

1. Gloves

When wearing gloves, instruct SCP to:

- Perform hand hygiene immediately before using and after removing gloves. It is important that hands be clean and dry before putting gloves on.
- Change gloves and perform hand hygiene during sample collection if gloves become damaged or gloves become visibly soiled with blood or body fluids following a task.
- Never wear the same pair of gloves for more than a single sample collection.
- Carefully remove gloves to prevent hand contamination. Follow the instructions provided in the diagram below and ensure that there is no direct contact with the outside of the gloves.



Additional Reminders:

- **DON'T** remove one glove, and then pull the other glove off by the fingertips.
- **DON'T** reuse disposable gloves once they have been removed.
- **DO** change gloves when heavily soiled or if torn.
- **DO** dispose of used gloves appropriately.
- **DO** cleanse hands before putting gloves on and after their removal and disposal.

Reference: <https://www.globus.co.uk/how-to-safely-remove-disposable-gloves>

2. Face Masks

When using disposable face masks, SCP should be informed of the following:

- a) Disposable face masks should only be used once.
- b) Disposable face masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- c) Disposable face masks must be removed along with other waste generated from the sample collection session (i.e., SCP must leave with all the sample collection session waste).
- d) When using disposable face masks, follow these instructions:
 - i. Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
 - ii. Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
 - iii. Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
 - iv. Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
 - v. To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.



Reference: <https://www.who.int/images/default-source/health-topics/coronavirus/risk-communications/general-public/protect-yourself/infographics/masks-infographic---final.tmb-1920v.png>

3. Hand Washing

Instruct SCP to:

- a) Clean their hands by rubbing them with an alcohol-based formulation, as the preferred mean for routine hygienic hand antisepsis, if hands are not visibly soiled. It is faster, more effective, and better tolerated by hands than washing with soap and water. This should take 20-30 seconds and is referred to as the **'hand rub' technique**.
- b) Wash their hands with soap and water when hands are visibly dirty or visibly soiled by body fluids or after using the toilet. This should take 40-60 seconds and is referred to as the **'hand wash' technique**.

HOW TO HANDRUB?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

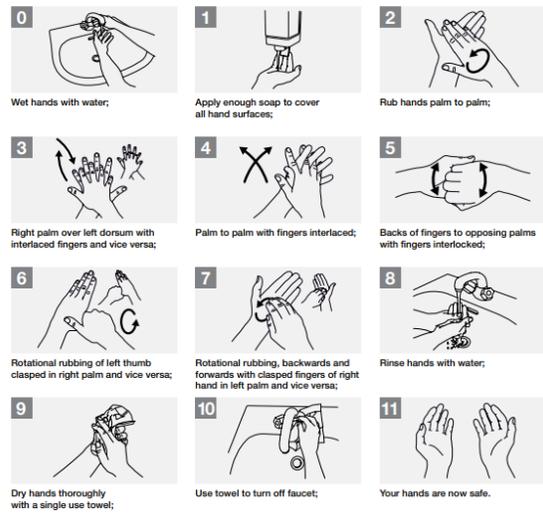
⌚ Duration of the entire procedure: 20-30 seconds



HOW TO HANDWASH?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the entire procedure: 40-60 seconds



Reference: World Health Organization, Hand Hygiene:

https://www.who.int/qpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf

Annex C – COVID-19 Athlete Questionnaire Template

The questions and text provided below are meant to serve as an example and to provide assistance to Anti-Doping Organizations (ADOs) in developing their own questionnaire. It is important to remember that ADOs should verify available guidance and/or consult with local health authorities when further developing these questions.

It is also important to verify with local data protection authorities when determining what COVID-19-related personal information they are authorized to collect. A list of data protection guidance on COVID-19 is available here: <https://iapp.org/resources/article/dpa-guidance-on-covid-19/>.

The questions developed could be pre-written on a Supplementary Report Form (SRF) or on an equivalent/new form ensuring that a copy can be provided to the athlete. Please review and adapt this document as necessary.

Athlete Questions

Since you answered ‘Yes’ to the question “Are you or anyone present with you experiencing any COVID-19 symptoms (i.e., sore throat, cough or fever) or do you or anyone living at this address have COVID-19?”, please answer the following questions truthfully and to the best of your ability.

- 1) Please specify what applies to your current situation:
 - a. I have confirmed COVID-19.
 - b. I have COVID-19 symptoms.
 - i. Please specify symptoms.
 - c. I live with someone that has COVID-19.
 - d. I live with someone that has COVID-19 symptoms.
 - i. Please specify their symptoms.
- 2) If you are quarantining or self-isolating, on what date did it begin?
- 3) How long will the quarantine/self-isolating be for?
 - a. Please give the expected date of when the quarantine period will end.
 - b. If the quarantine extends beyond the end date provided, you should contact your ADO to explain the reasons.



Athlete Information

Please be informed that this questionnaire will be sent to *[insert ADO Name]* and that *[insert ADO Name]* will review it and contact you to confirm the information provided. *[insert ADO Name]* may also ask additional questions or require further documentation. Please also be aware that providing information which is inaccurate or incomplete could be considered as an anti-doping rule violation (e.g., tampering or attempted tampering) which could carry a sanction of up to four years.

Athlete name: _____ **Athlete signature:** _____

Athlete phone number: _____ **Athlete email:** _____

Date: _____

Please contact us at: *[Insert ADO contact details]*