



Bermuda  
sport anti-doping  
authority

# **Guidelines For Anti-Doping Testing**

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## Your Responsibility During Sample Collection

- Remain within direct observation of the Doping Control Officer (DCO)/Chaperone at all times .
- Present your government issued identification.
- Fulfill/carry on with the test.
- Report to the testing station immediately, unless there is a valid reason for a delay.
- Inspect testing equipment to be sure it has not been tampered with.
- Your sample must be at least 90 milliliters. Always have control of your sample until procedure is complete.
- Remember to keep a list of all medications you use and inform the Doping Control Officer.
- List all medications and supplements including over the counter medications you have taken in last seven days.
- Review all sample collection documents for accuracy.

## **Your Rights**

### **During the Anti-Doping testing Process are:-**

- To be notified by a Chaperone or DCO with official identification of his/her authority from an official anti-doping organization.
- To be accompanied by a representative of your choice and an interpreter if required to the Doping Control Station.
- To be observed during the sample collection by a DCO or Chaperone of the same gender as yourself.
- To give comments or ask for additional information on the testing procedure.
- To receive a completed copy of the Doping Control Form.

## **Your Rights**

### **Delayed arrival at the Doping Control Station when:-**

#### **In Competition**

- To obtain photo identification
- To attend a medal ceremony
- To receive medical attention
- To compete in further events
- To warm down
- To locate your representative

#### **Out of Competition**

- To obtain photo identification
- To receive medical attention
- To locate representative
- To complete training

You can also request a delay for other exceptional circumstances, but only at the discretion of the DCO or Chaperone.

## Anti-Doping Checklist

- You must know and comply with Anti-Doping Rules.
- Use supplements at your own risk.
- Stay up to date with the Prohibited List.
- Tell your Doctor and Athlete Support Personnel that your medication must comply with the WADA Prohibited List.
- Have a TUE in place, if required.
- Make yourself available for testing.
- Keep your whereabouts accurate and up to date at all times.

**You are responsible for any banned substance found in your system, no matter how it got there or whether or not you had any intention to cheat.**

## Anti-Doping Rule Violations (ADRV's)

### Doping is defined as:-

- Use or Presence of a Prohibited Substance. *(article 2.1 and 2.2)*
- Evading, refusing or failing to submit a sample. *(article 2.3)*
- Whereabouts Failure. *(article 2.4)*
- Tamper with any part of the testing process. *(article 2.5)*
- Possession of a Prohibited Substance or a Prohibited Method. *(article 2.6)*
- Trafficking or attempted trafficking of a prohibited substance or method. *(article 2.7)*
- Administer or attempt to administer a prohibited substance or method. *(article 2.8)*
- Complicity with an athlete to aid or cover up any involvement in an anti-doping rule violation. *(article 2.9)*
- Prohibited Association. *(article 2.10)*

## Whereabouts

Athletes in the RTP and NTP1 are required to submit whereabouts.

Whereabouts submissions dates & times

- Qtr 1— Dec 31 at 23:59 or 11:59p.m.
- Qtr 2— Mar 31 at 23:59 or 11:59p.m.
- Qtr 3— Jun 30 at 23:59 or 11:59p.m.
- Qtr 4— Sep 30 at 23:59 or 11:59p.m.

**Be specific and accurate when completing your whereabouts, ensuring you use the 24 hour clock.**

## Whereabouts Failures

- Missed test - Not available during the 60 minute slot.
- Filing Failure -
  - No whereabouts filing received by the stated deadline.
  - Unsuccessful attempt due to inaccurate or incomplete information.

## **World Anti-Doping Code and Prohibited List**

- The Code is a set of International Anti-Doping Rules. National Anti-Doping Organizations have developed rules to align with the Code.
- The Prohibited List is updated each year, which contains a list of Prohibited Substances and Methods. This list is available on :-  
**[www.wada-ama.org](http://www.wada-ama.org)**

## **Medications**

- Before taking any medications, please go online to Global DRO website **[www.globaldro.com](http://www.globaldro.com)** to check the status of medications.
- Please keep a list of all medications you are currently taking in your possession at all times.

**You are responsible for what you put into  
your body .  
Please check all medications yourself.**



## Therapeutic Use Exemptions (TUE's)

- If you must use a banned substance to treat a medical condition, you must apply for a TUE.
- You will need to provide medical evidence from your Doctor.
- The Doctor will need to help you complete the TUE Form.
- A TUE Application can take up to 30 days for a decision.
- You must follow all TUE procedures to avoid your application being rejected.
- If your TUE is expired or is withdrawn, it will not be valid.
- If you do not have a TUE in place, and you are required to, you may commit an Anti-Doping Rule Violation.

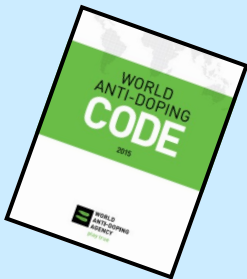
## Blood Collection

- Blood Collection is conducted both in and out of competition.
- A licensed phlebotomist will perform the blood draw.
- Before the sample is taken, you are required to sit down for a minimum of 10 minutes or 2 hours if you have been training or competing.
- The required number of tubes will be filled with blood.
- Samples will be stored and transported at a controlled temperature between 2-8 C.

## Supplements

BSADA does not promote the use of supplements as there is no guarantee that a supplement is free of prohibited substances, athletes who use supplements do so at their own risk. If you chose to take supplements consider the following:-

- Contaminated or mislabeled supplements are one of the main causes of positive tests.
- You are strongly advised to be very cautious if you choose to use any supplement.
- Many products do not display or describe all the ingredients on the label.
- Be aware of any supplement that claims to contain “no banned substances” or endorsed as safe for athletes to use.
- Before taking any supplements, please visits the following websites **[www.informed-sport.com](http://www.informed-sport.com)** or **[www.supplement411.com](http://www.supplement411.com)**.



## Anti-Doping Kit

