

Blood Testing & Sample Collection



When an Athlete is selected for testing, he/she may be required to provide a urine sample, a blood sample, or both. Blood testing, complementary to urine testing, allows for improved detection of prohibited methods/substances which may not be detected in urine such as blood transfusion, growth hormone, insulin and CERA.

Athlete Biological Passport

Blood testing also allows for the building of "Athlete Biological Passport" (ABP), a longitudinal data collection which monitors certain biological markers over time to detect the use of performance enhancing substances and/or methods.

Blood Collection Officer

When an Athlete is selected to provide a blood sample, a Blood Collection Officer (BCO) is to accompany the Doping Control Officer (DCO) throughout the blood collection session. The BCO is a qualified phlebotomist who performs the blood collection, while the DCO oversees the whole procedure.

Blood Sample Collection

- 1 Rest**
 - The Athlete is required to remain in a seated position for a minimum of 10 minutes before providing a blood sample.
 - If the blood sample is to be collected after training or competition for ABP, the Athlete may have to wait for two hours before the sample collection can take place.
- 2 Selection of Kits**
 - The Athlete selects a Blood Sample Collection Kit and a Sample Transport Kit. The Athlete is given at least 3 sets of each to choose from.
- 3 Blood Collection**
 - The BCO applies a tourniquet around the Athlete's upper arm (if necessary) and clean the skin. The BCO then draws sufficient blood (around 6 to 10 ml) from a superficial vein to fill either one or two tubes.
- 4 Sealing the Sample**
 - The Athlete places the tubes into the A and B containers of the Sample Transport Kit and seal them.
- 5 Completing and Signing on the Doping Control Form**
 - The DCO completes the Doping Control Form and verify the information with the Athlete.
- 6 Transportation of Samples**
 - The blood samples are sent to a WADA-accredited laboratory for analysis through a secure chain of custody.



Points to Note

- If an Athlete has a fear of needles and blood, he/she should express his/her concern to the BCO and the DCO directly. They are trained professionals who can guide the Athlete through the procedures to make the sampling procedures as easy and painless as possible. The Athlete is also recommended to bring a representative to assist him/her.
- After the blood sample collection, Athlete should use a cotton (or gauze pad) to press firmly on the puncture site for 2 to 3 minutes.
- In order to minimize any potential bruising, Athlete is advised not to undertake any strenuous exercise with the arm for at least 30 minutes.

Both urine and blood samples may be collected in the same doping control session.

Note!

Evading, refusing or failing to submit to any kind of sample collection is a violation of the Anti-Doping Rules.

Hong Kong Anti-Doping Committee

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