

IN-COMPETITION TESTING SPECIFICITIES DURING COVID-19 OFF-ROAD RACES

MAKING HEALTH & SAFETY A TOP PRIORITY - SEPTEMBER 2020

1. ITA CONTROL OFFICER (DCO and BCO)

When appointing a ITA Doping Control Officer (DCO) or Blood Collection Officer (BCO) for a race, the ITA has assessed that either is not at risk. Sample Collection Personnel (SCP) can be at risk if:

- they fall into a group of persons at risk; health care professionals working with COVID-19 positive patients, have tested athletes who tested positive to COVID-19 within a timeframe of 14 days after the mission, live with a person in one of the other risk groups or vulnerable populations.
- they fall into vulnerable persons' group due to age over 60 years' old, high blood pressure, diabetes, cardiovascular disease, compromised immune systems, etc., as advised by World Health Organization (WHO).

ITA DCOs & BCOs will perform a self-assessment (ITA document: ITA-034f_rev1-[ENG] SCP self-assessment form) each day for the 5 days prior to the first planned controls. ITA DCOs & BCOs will have to have had a viral test, based on a PCR method, as far as possible 3 days before the first AD controls. Results will of course need to be negative for them to conduct the test. All document will be submitted to the ITA & UCI using a dedicated online platform.

Based on the results, the ITA and the UCI Medical Director will decide whether to allow the ITA DCO or BCO to attend the event.

ITA DCOs and BCOs shall respect social distancing with any other sample collection or support personnel involved during the event.

2. DOPING CONTROL STATION (DCS)

A DCS must be provided by organizers as per UCI Testing & Investigations Regulations (UCI TIR).

In addition, organizers shall:

- ensure a spacious Doping Control Station (DCS) in order to ensure the recommended social distancing (at least 1m) can be respected. Shouldn't the existing waiting room be spacious enough, please, consider setting an appropriate area for the athletes before the sample collection starts.

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- provide premises that can be ventilated
- ensure the premises are cleaned and disinfected daily before use.
- provide disposable gloves. While gloves are not a substitute for hand hygiene, Sample Collection Personnel (SCP) shall wear gloves throughout the sample collection process and athletes are also given the choice to wear gloves
- provide disposable face masks (medical face masks or non-medical masks or face covering); they shall be made available to the athlete, supporting personnel and SCP during the sample collection process.
- provide alcohol-based hand sanitizer
- provide disinfecting wipes and/or disinfecting spray
- provide disposable table cloth
- fence the area and provide someone to prevent non authorized persons to enter. Only one person is allowed to accompany the athlete.
- Provide waste bins for contaminated items to allow for the safe disposal or storing of all hygienic materials such as masks, gloves, etc.

3. DOPING CONTROLS IN HOTELS

- Same prerequisites as listed above apply.
- Before conducting a doping control mission in a hotel, the DCO shall ensure that the tests can be conducted in a room that is ventilated and spacious enough to respect social distancing. If not possible, a minimum number of persons shall be present in the room; i.e. the athlete, the DCO, the BCO and if necessary, the Team Doctor.
- The team doctor and the SCP (DCO and chaperons) must regulate the arrival of athletes in the waiting room in the case where multiple athletes of the same team are tested. This will reduce the number of athletes in the same room.

4. NOTIFICATION PROCESS

- Chaperons must be provided by organizers as usual according to UCI Testing & Investigations Regulations. Should the total risk of transmission and spread of COVID-19 be qualified by a race organizer as higher than “moderate” in the total risk assessment (i.e. “high” or “very high”), as detailed in UCI's procedure, chaperones should not be appointed. The assessment from the Covid coordinator will be available 2 weeks prior to the start of the race. On the day of the event, the chaperon will fill the self-assessment form.
- Chaperons will be responsible to notify athlete orally only respecting social distancing. A specific internal document for the chaperon will be created.
- The absence of signature of the rider and/or a third party upon oral notification does not prevent the rider to be bind.
- Should no chaperone be present, rider remains responsible for ensuring whether he/she has been selected to undergo Sample collection. The absence of a chaperone shall not excuse the rider for not reporting in time to the doping control station.
- List for notification purposes is displayed, where applicable usually near the finish

line and near the DCS.

- It is the rider's responsibility to remain within direct observation of the Chaperone at all times from the notification until the completion of the sample collection procedure.
- Rider must report immediately for sample collection and at the latest within 30 (thirty) minutes of finishing the Event, unless there are valid reasons for a delay, as per Article 7.4.2. of the UCI TIR.
- Written notification will be finalized with the DCO at the DCS.
- In the event where the control would take place outside the DCS, such as in hotels (specific room or in rider's/doctor's room), as detailed before, only one athlete and one support personnel should be present at a time. When multiple riders are tested in hotels, notification will be done in a sensible manner but bearing in mind the no-advance notice aspect of these controls.

5. SAMPLE COLLECTION PROCESS

- In between athletes, surface where sample collection will take place must be cleaned using disinfectant wipes or disinfectant spray, including all materials to be used. As an alternative, a clean and disposable table cloth can be used.
- SCP must wash or sanitize hands and put on new gloves for each athlete and wear face mask.
- Athletes and supporting personnel (soigneur, doctor, etc) must wear a face mask
- Social/physical distancing is maintained as much as possible.
- Number of persons present during control session will be limited to minimum i.e.:
 - It is not necessary for organizers to provide a doctor/nurse to witness the miction, the task will be exceptionally ensured by the DCO if of the same gender. If not of the same gender, organizers will be asked to provide a doctor/nurse. On the day of the event, the doctor/nurse, if any, will fill the self-assessment form.
 - Only one person is allowed to accompany the athlete in the DCS area and during the sample collection process It is recommended that athletes present themselves at the DCS alone.

NOTE: 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.

6. COMPLETING SAMPLE COLLECTION SESSION

- Before leaving, work surfaces must be cleaned and all used materials (refractometer, pen, ruler etc.) cleaned with disinfectant wipes or spray.
- SCP must ensure that all discarded items/waste are disposed of in the appropriate bins for medical waste material.
- SCP guide athletes through the proper gloves and face mask removal techniques

and ask them to place those items in their garbage bag.

- SCP instruct the athlete to clean their hands.

7. OTHER CONTROLS SUPPORTED BY ITA

- TRAMADOL:
 - Controls will be conducted in the Doping Control Station following the existing procedure at the end of events selected by the UCI, including the supplementary sanitary measures described above.
 - The Tramadol Sample collection procedure may be amended if the circumstances so require.
- X-Ray Bike Check:
 - The ITA will support the UCI as much as possible in its program taking into account the circumstances.
 - The chaperon will wear masks and gloves when attaching the tag to the bike of the rider and will do their best to respect social distancing.