



ETH-NADO COVID-19 Doping Control Procedures

The Covid-19 Pandemic case has been occurred starting from 04 March 2020 here in Ethiopia. Since then, the government of Ethiopia took different measures including declaring state of emergency to combat the pandemic.

So, ETH-NADO was totally interrupting the Doping Control Programs to minimize the contact between the athlete and Sample Collection Personnel (SCP) as per the direction set out by Ministry of Health and the government of Ethiopia.

Currently, we could understand some characteristics of the pandemic, Covid-19. WHO and Ministry of Health also put clear guideline on the pandemic. Hence there is some room to resume the doping control program as per the directions set out by the government of Ethiopia.

ETH-NADO will consider the maximum care to protect athletes and Samples Collection Personnel (SCP) from the Pandemic. So, the following outlines the enhanced measures that ETH-NADO will implement to carry out the Doping Control Procedure during the COVID-19 pandemic. The Doping Control procedure will continue to be conducted in accordance with the International Standard for Testing and Investigations (ISTI), however the health and well-being of those involved in the process will be prioritized.

These procedures are subject to ongoing review and amendment to ensure they are in line with the current Government decisions and Ministry of Health guidelines and to ensure the proper protection of athletes, ETH-NADO Sample Collection Personnel (SCP), and any other person involved with the Doping Control procedure.

1. ETH-NADO Responsibilities

To enable the effective implementation of the COVID-19 Doping Control Procedures and control measures, and to protect the health and well-being of all those involved in the Doping Control procedure, ETH-NADO will undertake a number of responsibilities:



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- Continually follow the current status of the pandemic and review the COVID-19 Doping Control procedures to ensure as it continues to be in accordance with Government advice and guideline of Ministry of Health;
- Seek guidance, advice and, where relevant, approval from Ministry of Health on the control measures and procedures ETH-NADO is implementing;
- Purchase and provide Sample Collection Personnel (SCP) with the required Personal Protective Equipment (PPE) along with any other additional equipment and documentation requirements;
- Provide training to Sample Collection Personnel (SCP) on the COVID-19 Doping Control procedures;
- Engage with the Ministry of Health, Institute of Public Health, other Health Institutions to gather information relating to any athletes and Athlete Support Personnel (ASP) who may be shielding or in a risk-group due to COVID-19 e.g. has symptoms of COVID-19, or classified as vulnerable to COVID-19;
- Engage with Sport Organizations and Ministry of Health to gather information about potential restrictions and measures at training and competition venues;
- Provide guidance to Ministry of Health and Sport Organizations as to the requirements for suitable Doping Control facilities;
- Monitor any updates from Ministry of Health, Public Health Institution, Sport Organizations and other Health Institutions and/or athletes regarding symptoms or testing positive for COVID-19 for 14 days following a test;
- Communicate and provide education to athletes, where possible, on the control measures being implemented for the Doping Control procedure;
- Provide transport Service for SCP to travel to/from tests;



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2. ETH-NADO Sample Collection Personnel (SCP)

To protect the health and well-being of athletes, other SCP and others involved in the Doping Control procedure, ETH-NADO will risk assess SCP in relation to the allocation of work.

This includes:

- SCP must continue to adhere to Government decision and Ministry of Health advice;
- SCP must adhere to the Government's 'contact tracing' system and must notify ETH-NADO should they be required to self-isolate and/or be tested for COVID-19;
- SCP must not use public transport to travel to/from tests and should travel alone (unless travelling with a member of their household); They should use the car provided by ETH-NADO;
- SCP must not bring or consume food within the Doping Control Station (DCS). However, SCP can take their own drinks with them;
- SCP must not shake hands with athletes or their representative and must avoid any other direct contact;
- SCP must notify ETH-NADO, if they or someone in their household are classified as 'clinically extremely vulnerable' or 'clinically vulnerable' (as defined by the Minister of Health and Ethiopian Government) and/or have received communication to that effect;
- SCP must notify ETH-NADO, if they or someone in their household are 'at-risk' group as identified below:
 - ✓ **Risk group 1:** SCP who are healthcare professionals currently employed and actively working in a healthcare setting or with COVID-19 positive patients,
 - ✓ **Risk group 2:** SCP who have taken part in testing athletes who have since tested positive for COVID-19 within a timeframe of 14 days after the specific test session. ETH-NADO will also be responsible for monitoring this,



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- ✓ **Risk group 3:** SCP who live with a person in one of the risk groups above or DCO who (lives with someone) who display symptoms or have recently returned from a high-risk country or national “hot-spot” location. Specifically, DCO must notify ETH-NADO of the following:
 - If in the last 14 days, they or someone in their household have been/are unwell or had/have symptoms related to COVID-19 e.g. sore throat, cough, fever, loss of taste and smell, frequent vomiting, however mild, and provide details as to the symptoms;
 - If in the last 14 days, they or someone in their household is in self-isolation and provide the basis for self-isolation and how long they are in self-isolation for;
 - If in the last 14 days, they or someone in their household have contracted COVID-19. Any athlete tested within last three weeks by SCP will subsequently be notified;
 - Any recent (within last 14 days) or planned travel abroad including details of location and dates;
 - SCP must notify ETH-NADO if they or someone in their household contract COVID-19 at any stage;
 - SCP must self-certify before departing for a test (i.e. prior to leaving the house the day of the test) by completing the SCP Self-Certification Form to confirm the following information:
 - ✓ They are well, have no symptoms that may be related to COVID-19, including a sore throat, cough, fever, loss of taste and smell, frequent vomiting, however mild those symptoms might be,
 - ✓ 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,
 - ✓ They have not been in contact with anyone who is in quarantine and/or self-isolating Any SCP who is unable to confirm the above will not proceed with the test.



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3. Access to Training and Competition Venues

ETH-NADO will work with Minister of Health, Government & NFs (where relevant) venues, to ensure that ETH-NADO's SCP adhere to the access requirements stipulated by the venue (e.g. questionnaires, temperature checks).

4. Personal Protective Equipment (PPE) and Additional Safety Measures

Personal Protective Equipment (PPE) and Cleaning Materials In line with the World Health Organization (WHO), Government and Minister of Health regulations, the following PPE and cleaning materials will be essential requirements for the Doping Control procedure and will be provided by ETH-NADO to SCP:

- ✓ Disposable gloves,
- ✓ Hand sanitizer (at least 60% alcohol),
- ✓ Disposable face masks
- ✓ Face shield
- ✓ Towel
- ✓ Soap

5. When to Wear Gloves

Gloves are not a substitute for hand hygiene. However, SCP will wear gloves throughout the Doping Control procedure.

The SCP will ask the athlete, athlete representative (if applicable) and any third party involved at any stage of the Doping Control procedure (e.g. Coach, team manager) the following:

- To wear gloves provided by the SCP. SCP should strongly encourage them to do so, especially for the purposes of handling the Doping Control Form (DCF),
- **Not** to wear their own gloves,



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- To perform proper hand hygiene throughout the procedure and to adhere to the additional reminders set out below (see 'Hand Hygiene'),

6. When wearing gloves, SCP, and any associated person, is required to:

- Perform hand hygiene immediately before using and after removing gloves (with soap and water if available, or with hand sanitizer). 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,
- Change gloves and perform hand hygiene during sample collection after touching or using non-Doping Control equipment and materials that have not been disinfected e.g. their mobile phone, after disinfecting surfaces,
- Never wear the same pair of gloves for more than a single sample collection,
- Carefully remove and dispose of gloves to prevent hand contamination.

7. Additional Reminders

- DON'T touch environmental surfaces – e.g. door handles, a keyboard, a computer mouse – with contaminated gloves,
- DON'T touch your face or adjust PPE with contaminated gloves,
- 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.

8. When to Wear Face Masks?

SCP will wear face masks throughout the Doping Control Procedure. This is to help protect all those involved in the Doping Control procedure.



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The SCP will ask the athlete, the athlete representative (if applicable) and any third party involved at any stage of the Doping Control procedure (e.g. coaches, team manager) the following:

- To wear a face mask provided by the SCP or to wear their own face mask if they prefer. SCP should strongly encourage them to do so.
- To follow the guidance set out in 'How to wear a face mask'

9. How to wear a face mask

When using disposable face masks, the below instructions should be followed:

- Before putting on a mask, clean hands with alcohol-based hand sanitizer or soap and water,
- Cover mouth and nose with mask and make sure there are no gaps between your face and the mask,
- Avoid touching the mask while using it; if you do, clean your hands with alcohol based hand sanitizer or soap and water,
- Replace the mask with a new one as soon as it is damp and do not re-use single use masks,
- 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 sanitizer or soap and water.

10. Disinfectant Wipes and/or Sprays

The SCP will disinfect work surfaces and materials using the disinfectant wipes and/or disinfectant spray at the following stages of the Doping Control procedure:

- Prior to departing for a mission (materials only),
- Prior to commencing the Doping Control procedure (following the completion of notification),



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- In between athletes being tested (if more than one athlete is tested),
- At the end of the sample collection,

Applicable work surfaces are high touch surfaces within the designated Doping Control Station (DCS) (including toilet facilities) which the SCP and/or the athletes touches such as table, chairs, door handles, taps. The athlete will be asked to clean the toilet handle and seat (where required) with disinfectant wipes after sample provision.

Applicable materials are Doping Control equipment and any other materials e.g. clipboards, pens, kit bags, etc. used during the procedure but not documentation.

11. Hand Hygiene

Use of soap and water is preferred for washing your hands; however, if this is unavailable, hand sanitizer should be used.

The SCP, athlete, athlete representative (if applicable) and any third party involved at any stage of the Doping Control procedure (e.g. team manager) should wash their hands at the following stages:

- On arrival at the testing location (SCP, Athletes and other involved during sample collection process),
- Before commencing the sample collection session, post verbal notification,
- After using the toilet,
- After blowing their nose, coughing, or sneezing,
- Before using and after removing gloves,
- At the conclusion of the Doping Control procedure,
- SCP must not shake hands and avoid any direct contact with another person during the sample collection session. However, should this occur, these individuals should wash their hands as soon as possible after this.



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12. Additional Reminders

The SCP, athlete, athlete representative (if applicable) and any third party involved at any stage of the Doping Control procedure (e.g. team manager) should:

- ✓ Be reminded to avoid touching their face,
- ✓ Use separate pens when completing forms and any paperwork during the Doping Control procedure,
- ✓ Refrain from touching all unnecessary surfaces and/or objects during sample collection

13. Additional Equipment

In addition to the PPE and cleaning materials, the following equipment will be provided by SCP:

- Trash bag/can – required for the safe disposal of materials used during the Doping Control procedure. All disposable material will be safely disposed of into a rubbish bag and sealed by the SCP. If there is no suitable location for the disposal of the waste at the venue, the SCP will take the waste with them to dispose of following their departure from the venue.
- New and Sanitized pens – pens will not be shared between SCP or with athletes and athlete representatives involved in the process. If possible, athletes and athlete representatives should use their own pens. If they do not have their own pen, a selection of new and unused pens will be made available by the SCP. Any pens provided can either be kept by the athlete and/or representative should they choose or discarded.

14. Social Distancing

SCP must always maintain a minimum distance of two meters (as per WHO, FDRE minister of Health advice) between themselves, the athlete, other SCP, the athlete Representative (if applicable) and any third party involved at any stage of the Doping Control procedure (e.g. Coaches).



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The SCP will ask the athlete, the athlete representative (if applicable) and any third party involved at any stage of the Doping Control Procedure (e.g. team manager) to maintain a minimum distance of two meters at all time with the SCP, whilst ensuring that they remain in direct observation of the SCP (athletes only).

SCP must not temporarily relax social distancing requirements at any time to enable the Doping Control procedure to continue, irrespective of whether it would be for a very short period of time. Where social distancing cannot be maintained, the SCP will contact ETH-NADO for further guidance on how to proceed. This will not include the option of temporarily relaxing social distancing requirements.

SCP have been provided with Best Practice Guidelines to support them in the implementation of social distancing throughout all stages of the Doping Control procedures.

15. Doping Control Procedures

The Doping Control procedures will continue to be delivered in accordance with the ISTI and the ETH-NADO Doping Control Procedure. The following identifies additional processes that will be implemented as part of the COVID-19 Doping Control procedures.

At all stages of the process, social distancing requirements of two meters will be maintained.

15.1. Notification

The SCP will introduce themselves to the athlete and inform them of their requirement for Doping Control. The SCP will show the athlete both their ID, badge or accreditation and the ETH-NADO COVID-19 Authorization letter. This will be issued for every test and stipulates the following:

- The athlete is required to undergo Doping Control,



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- Details of the precautionary measures that ETH-NADO has taken to manage the risk regarding COVID-19,
- Potential consequences should the athlete refuse or fail to comply.

The SCP will inform the athlete that they can review these at closer inspection once inside the DCS/inside the athlete's residence.

The SCP will ask the athlete if they have been tested before under the COVID-19 Doping Control procedures. If the athlete has not been tested under these procedures, the SCP will inform the athlete that the additional measures and controls relating to PPE and social distancing will be explained to them.

The SCP will ask the athlete the following **four** questions:

1. If they (and if attempting at an athlete's home, anyone present with them at their residence) is experiencing any COVID-19 symptoms (i.e. sore throat, cough, fever, loss of taste and smell, Frequent Vomiting),
2. If they (and if attempting at an athlete's home, anyone present with them at their residence) have COVID-19,
3. If they (and if attempting at an athlete's home, anyone present with them at their residence) is shielding because they are classified as vulnerable in accordance with Ministry of Health and Government guidelines for COVID-19,
4. If they (and if attempting at an athlete's home, anyone present with them at their residence) are in a at risk-group e.g. healthcare professional working with COVID19 patients.

If the athlete answers 'no' to the listed questions, the SCP will document these responses and proceed with notification as per the standard Doping Control Procedures.

If the athlete answers 'yes' to any of the listed questions, the SCP will inform the athlete that this information must be confirmed in writing and proceed to the Athlete Questionnaire.



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15.2. Athlete Questionnaire

The SCP will ask a series of additional questions in relation to the athlete's current situation vis-à-vis COVID-19/shielding. Questions will include:

- ✓ The specific situation that applies to the athlete (e.g. they have confirmed COVID-19, they have COVID-19 symptoms, they are shielding),
- ✓ Confirmation as to whether they are self-isolating and related timeframes (where applicable).

The athlete's responses to the questions will be recorded and sent to ETH-NADO. If ETH-NADO requires any further information or evidence, ETH-NADO will contact the athlete directly at a later stage.

SCP will emphasize to the athlete that if they provide any information which is later found to be false, misleading, inaccurate or incomplete they may be committing the Anti-Doping Rule Violation of 'Tampering or Attempted Tampering' and could face a ban from sport of up to 4 years. SCP will confirm with the athlete that they understand this warning.

Once documented and confirmed for accuracy, the SCP will inform the athlete that because they (or someone at their residence, if testing at an athlete's home address) have COVID-19, COVID-19 symptoms or are in a high-risk demographic, that the Doping Control Procedure will not proceed due to the risk of COVID-19.

ETH-NADO emphasizes that the above process will only be followed where an athlete can confirm they have COVID-19, COVID-19 symptoms or are shielding due to being in a high-risk demographic.



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15.3. Urine Sample Collection

SCP will follow the standard Doping Control Procedures in accordance with the ISTI and ETH-NADO Doping Control Procedure and will implement the below additional measures:

- Maintaining social distance (two meters) during urine sample provision,
- SCP will change gloves in between athletes (if testing more than one athlete during sample collection session),
- When the athlete is ready to provide their sample, the athlete will be offered the opportunity to wear gloves or wash their hands as per standard procedure,
- When choosing to wash their hands, the athlete should remove and dispose the gloves they are wearing (if applicable) and rinse their hands with water only prior to providing their sample,
- If the athlete chooses to wear gloves, they should remove and dispose the gloves they are wearing (if applicable), wash their hands with soap and water or with hand sanitizer and place on a new set of gloves,
- After closing the collection vessel after sample provision, the athlete should be instructed to take the following steps:
 - ✓ If at a training or competition venue, wipe down the toilet handle and toilet seat (if applicable) with a disinfectant wipe (provided by the SCP),
 - ✓ If the athlete wore gloves, remove and dispose their gloves and wash their hands with soap and water thoroughly or with hand sanitizer prior to return to the processing room/area,
 - ✓ If the athlete did not wear gloves, the athlete will be asked to wash their hands with soap and water thoroughly or with hand sanitizer prior to return to the processing room/area,
 - ✓ The athlete will be asked to wear a new set of gloves for the remainder of the Doping Control procedure.



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15.4. Concluding the Doping Control procedure

When concluding the Doping Control procedure with the athlete, SCP will:

- ✚ Clean the surface used for sample collection with disinfectant wipes or spray,
- ✚ If the athlete is wearing gloves and/or a disposable face mask, guide them through the correct removal techniques and ask them to be placed into the rubbish bag,
- ✚ Ask the athlete to wash their hands,
- ✚ Ensure that all discarded items/waste are in the rubbish bag (e.g. plastic from sample collection boxes, disinfectant wipes, gloves, face mask, pen used by the athlete, etc.).

15.5. Refusal or Failure to Comply

The Refusal or Failure to Comply process will apply should the athlete not be willing to proceed with sample collection if they are not self-isolating (that is to say they or someone they live with, does not have COVID-19, COVID-19 symptoms, or are in a high-risk demographic).

Athletes should proceed with testing while following the preventative measures put in place by ETH-NADO

16. Athlete Engagement

Athlete engagement in the process is Key to the safe and effective implementation of the COVID-19 Doping Control procedures. Athletes can assist as follows:

- The Doping Control Procedures will take longer due to the additional safety and control measures in place. It is important that the athlete completes the process at the pace directed by the SCP and follows their instructions,
- Verbal communication throughout all stages of the process is Key due to the implementation of social distancing requirements,
- Athletes can help protect ETH-NADO's SCP and all others involved in the process by:



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- ✓ Maintaining the required social distance of two meters at all times whilst remaining in clear sight of the SCP,
- ✓ Performing proper hand hygiene practices,
- ✓ Wearing PPE throughout the Doping Control procedures. Whilst this is optional, ETH-NADO strongly encourages athletes to do so,
- ✓ Have your medications easily and readily available if you can.

17. Post Test

Where an athlete develops COVID-19 symptoms or contracts COVID-19 in the 14 days following completion of the Doping Control procedures, they are requested to inform ETH-NADO /NGB immediately. ETH-NADO will in turn contact relevant SCP who had exposure to the athlete to inform them that they have had exposure to an individual who has COVID-19 symptoms/has contracted COVID-19 and instruct them to self-isolate in accordance with Government guidance.

This does not replace the athlete's engagement with the relevant Government's contact tracing system. Should an athlete need to engage with the contact tracing system, the athlete should inform contact tracing officials that they have been tested by ETH-NADO and to contact ETH-NADO for further details (if required).

Where a SCP develops COVID-19 symptoms or contracts COVID-19 in the 14 days following completion of the Doping Control procedures, ETH-NADO will contact any athlete directly (or via their NGB) who had exposure to the SCP to inform them that they have had exposure to an individual who has COVID-19 symptoms/has contracted COVID19.