

**National Anti-Doping Agency  
Ministry of Youth Affairs & Sports**

**Standard Operating Procedure for resuming  
dope testing activities during COVID-19  
Pandemic**

**October 2020**

**Version. 1.3**

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## 1. Introduction:

The COVID-19) pandemic has continued to evolve into a health and societal emergency that has called for effective and immediate action by all of us around the world to minimize the likelihood of transmission and the impact on society. The situation clearly goes well beyond anti-doping and sport with most countries having put measures in place that include border closures, quarantine/self-isolation, cancellation of flights, social movement restrictions, etc

The COVID-19 pandemic has also thrown the sporting world into unprecedented turmoil, with sports events being cancelled and postponed all around the world and forcing most athletes to cut their training short to enter isolation mode. In response to the global pandemic, the Tokyo 2020 Olympic Games have been rescheduled to Jul-Aug 2021.

The COVID-19 pandemic is the first of its kind to affect humanity. Hence, there were no existing guidelines which could be used as reference for resuming dope testing activities. Accordingly, a Standard Operating Procedure (SOP) for resumption of dope testing activities during COVID-19 Pandemic by taking WADA's COVID-19: ADO Guidance for resuming testing as a reference has been prepared.

What is COVID-19?

COVID-19 is a disease caused by the “SARS-CoV-2”.

Common symptoms are:

- Fever
- Dry cough
- Breathing difficulty
- Some patients also have aches and pains, nasal congestion, runny nose, sore throat or diarrhea
- Loss of sense of smell and taste

COVID-19 spreads mainly by droplets produced as a result of coughing or sneezing of a COVID-19 infected person.

This can happen in two ways:

- Direct close contact: one can get the infection by being in close contact with COVID-19 patients (within one Meter of the infected person), especially if they do not cover their face when coughing or sneezing.
- Indirect contact: one can also get infected by touching any infected surface or cloth and then touching one's mouth, nose or eyes.

## 2. SCOPE

The National Anti-Doping Agency on the basis of information from Ministry of Health & Family Welfare (MoHFW), Ministry of Home Affairs (MHA), CDC, World Anti Doping Agency (WADA), World Health Organization (WHO) and other reliable sources prepared standard operating procedure for resuming dope testing activities during COVID-19 Pandemic and, its accompanying annexes provide recommendations for Sample Collection Personnel to consider and implement as they do so.

***NADA urges all individual to follow the advice of governments and health authorities to ensure proper protection of athletes and Sample Collection Personnel (SCP).***

## 3. Step-by-Step Approach to Resuming Testing Activities during COVID-19 Pandemic

### 3.1 Testing Program

- a) Consider a phased-in approach as testing resume based on the following criteria:
  - i. **Out-of-competition testing and small testing missions:** As competitions are currently not taking place in most countries including India, ideally NADA will focus on out-of-competition dope testing at athlete's home and/ or training center, where only one athlete is tested.
  - ii. **Urine sample collection:** To keep the number of SCP to a minimum for each mission, consider collecting urine samples only. NADA may 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.
  - iii. **'Higher risk' athletes:** To start with, out of competition testing, athletes with following criteria will be prioritized for dope testing which may include but not limited to:-
    1. Registered Testing Pool (RTP) athletes from high risk sports and/or disciplines;
    2. Athletes qualified/ core probable for Olympic 2021 and Paralympics 2021.
    3. Athletes from whom there is intelligence and/or suspicious ABP

profiles and/or Athlete Passport Management Unit (APMU) recommendations for testing.

4. Any other important events which may include but not limited to Olympics Qualifying Events/Trials and important cricket matches etc.
- iv. **Testing location:** Given our country is easing or lifting restrictions at different locations of the country, NADA can resume testing on athletes who are located in the COVID 19 free zone and/or on athletes not located/ residing in containment zone affected with COVID 19.
- v. Efforts will be made by NADA to depute SCP from local/nearby location in case athlete belongs to NRTP undergoing training in his/her home/isolation. Moreover, NADA may also consider by providing dedicated transport facility to SCP to avoid exposure in public transport in case athlete is undergoing training at remote location or isolation.

### **3.2 Additional Measures and Personal Protective Equipment (PPE)**

1. NADA will provide the following equipment to SCPs to be used during each sample collection session in addition to dope kit related equipment:
  - i. Gloves
  - ii. Facemasks
  - iii. Cleaning/Disinfecting products
  - iv. PPE Kits, if blood sample are to be collected.

SCP will ensure that Infection Prevention Control Practices including donning & doffing of PPEs kits (if used) are strictly followed as suggested by MoHFW (Annexure IV). SCP will ensure to identify a separate area for donning & doffing of PPEs (if required)

2. Instructions to SCP on hand washing, specifically when SCP and athletes should wash their hands during dope testing.
3. Instructions to SCP regarding safe handling/disposal of material used during sample collection session.
4. Instructions to SCP regarding social/physical distancing.

### **3.3 Sample Collection Personnel**

- a) Information will be provided by NADA to all SCP regarding revised and phased-in approach for testing. NADA should clearly inform that any SCP who are not comfortable collecting samples may avoid to do so.
- b) NADA may reduce, where possible, the number of SCP assign to testing missions (without compromising no-advance notice or any modifications that are required such as when testing minors).
- c) NADA may ensure SCP's travel to testing missions and implement any measures that would reduce or eliminate the use of public transport.
- d) NADA may conduct specific training for SCP who will be collecting samples during this COVID-19 period as it relates to the additional measures in place.
- e) NADA may consider reducing pool of SCP that conduct testing to 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 NADA will consider not using them as SCP during present situation.
- f) Only local SCP would be deputed for sample collection, who qualify the criteria as set forth in SOP.
- g) SCP will be deputed on rotation/ roaster basis.
- h) Direct physical contact will be limited by collecting urine samples only (except in few cases, if blood sample is required for ABP or as advised by APMU/ target testing).
- i) SCP will also adhere to protocols towards 'Bio-Secure Environment' as arranged by organizers (if any).

### **3.4 Risk Groups of SCP**

**Risk group 1:** SCP who are health care professionals currently employed

and actively working in a health care setting or in treatment of COVID-19 positive patients.

**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.

**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.

### **3.5 Vulnerable Populations of SCP**

- I. **Vulnerable populations 1:** SCP who are over 60 years old.
- II. **Vulnerable populations 2:** SCP who have underlying medical conditions such as diabetes, heart disease or respiratory conditions.
- III. **Vulnerable populations 3:** SCP who may have, for whatever reason, compromised immune systems.

For the SCP who will be conducting dope testing, have to declare:

- a) The 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:
- b) 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.
- c) They have not been in contact with any one 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

d) They have not been in contact with anyone who is quarantined and/or self-isolating.

#### **4. Sample Collection Procedures**

##### **4.1 Preparing for a Testing Mission**

In addition to regular and standard sample collection equipment, ensure that SCP has the following:

- a. COVID-19 Athlete Information Letter
- b. COVID-19 Athlete Questionnaire
- 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 un used 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, SCP must ensure:

- a) Have conducted his/ her self-certification assessment.
- b) Review the "Safety Measures Information Guide"<sup>4</sup>.
- c) Review the additional measures contained in this document.
- d) Contact the NADA ahead of the testing mission with any questions or concerns.

##### **4.2 Arriving of SCP at the Athlete's Testing Location (SAI Centers/Athlete's home)**

- i. In case the testing is proposed at SAI Centres, Sample will be collected at the dedicated Doping Control Station. Arrangements towards cleanliness, sanitization and disposal of waste may be managed by SAI as per current guidelines issued by the Govt.



- j. In case the testing is proposed at Athlete's home,  
Sample will be processed at a place as identified by the athlete in consultation with SCP while considering cleanliness, sanitization and disposal of waste as per current guidelines issued by the Govt.
- k. As SCP arrives at the testing location, and just before locating the athlete for notification, SCP must clean his/ her hands using the 'hand rub's technique and put a disposable mask on face.

#### **4.3 Pre-Notification Information**

- a. While respecting the social/physical distancing recommendations (including not shaking hands), SCP should introduce himself/ herself and inform the athlete that they have been selected for doping control. Show accreditation card/ authorization letter (i.e., 'standard' NADA authorization letter) and the 'COVID-19 Athlete Information Letter'. If possible, and if SCP is at an athlete's home, try to be 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. SCP to proceed to **Section 4.4** below.
- d. If the athlete's response is "Yes", inform the athlete that they must confirm this information in writing. Request the athlete to wear gloves if not wore. 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. Ask the athlete to show the *Aarogya Setu app*

(<https://www.mygov.in/aAarogya-setu-app/>) for verifying the statement of the athlete.

- f. 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.
- g. Inform the athlete that this questionnaire will be sent to the NADA and that the NADA will review it and contact the local administration where the athlete belong to for further follow up.
- h. Once the athlete has duly completed and signed the 'COVID-19 Athlete Questionnaire', provide a copy to the athlete.
- i. 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.
- j. 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.
- k. Thank the athlete and leave the testing location.
- l. Inform the Center in Charge of the Training Camp where the athlete is training.
- m. Before entering into vehicle, and with the signed 'COVID-19 Athlete Questionnaire safely stored, SCP must clean his/ her hands, and remove disposable face mask and dispose safely in garbage bag.
- n. As usual practice, return any doping control documentation, including the complete 'COVID-19 Athlete Questionnaire', to NADA as soon as possible.

#### **4.4 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.
- b. If SCP are in the athlete's home, ask the athlete if SCP can clean the surface where sample collection will take place using disinfectant wipes or disinfectant spray (or ask the athlete to clean the surface).
- c. If SCP are at a training location, inform the athlete that SCP will disinfect the surface. As an alternative, a clean and disposable table cloth can be used. SCP must clean his/ her hands using the 'hand rub' technique before doing so.
- d. Before placing and organizing any sample collection equipment on the clean surface, SCP must again clean his/ her 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.
- e. SCP will ask the athletes to clean their hands either using hand sanitizer (i.e., the hand rub's technique) or using soap (i.e. the hand wash technique). Guide the athlete through either technique.
- f. SCP will 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 it will be recorded in the comment section of the DCF.
- g. Put gloves on, as per proper safety instructions.
- h. Review and complete the notification portion including asking the athlete to acknowledge the notification by signing. Provide the athlete with a new or unused pen (or they can use their own). SCP must use

his/ her own pen; and do not share it with the athlete.

- i. 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 (if any)).
- j. When collecting a urine sample, continue with standard urine sample collection procedures, keeping the following instructions in mind:
  - Where possible, continue to maintain social/physical distancing through sample collection.
  - 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.
  - 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).
  - SCP will ensure that the collected sample, sealed in both bottles is not leaking (due to manufacturing fault) and further ensure that the bottles has been again packed in watertight plastic bags (with absorbent pad) provided in the kit. After the packing of both bottles in the watertight plastic bags, the same will be transferred to the styrofoam box having a re-usable transparent tape which is used to close the box for transportation of the sealed sample containers. The Styrofoam box will be handed over to courier service provider who will transport the samples (packed in Styrofoam box) to the concerned lab while maintaining cold chain of custody in the validated/ approved packing
- k. When collecting a blood sample of selected athletes at SAI Centres, services of medical staff of SAI may be considered to avoid any direct

physical contact with athletes keeping in view standard blood sample collection procedures as per WADA standard, with following instructions in mind:

- The BCO will assess the most suitable arm for Venipuncture. This will always be the non-dominant arm, unless the BCO assesses the other arm to be more suitable or the Athlete requests a specific arm.
- The athlete himself/herself will clean the skin with a sterile disinfectant wipe or swab in a location unlikely to adversely affect the Athlete or his/her performance and, if required, applies a tourniquet. The BCO takes the Blood Sample from a superficial vein. The tourniquet, if applied, shall be immediately removed following the Venipuncture and will be discarded (single use only).
- After withdrawing the needle from the Athlete's arm, the athlete himself/herself places a pad over the puncture site and press firmly on the pad.

#### **4.5 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 garbage bag. Instruct the athlete to clean their hands.
- c. Ensure that all discarded items/waste are in garbage bag (e.g., plastic from sample collection boxes, sample collection vessel, disinfectant wipes, gloves, face mask, pen used by the athlete).
- d. Thank the athlete and, if SCP is at the athlete's home, ask the athlete to open the door for SCP (so that SCP is not touching their door knob).
- e. Before entering the vehicle, follow the removal instructions to remove gloves and disposable face mask and dispose safely in garbage bag. Clean hands using the hand rub technique.

- f. For transportation of samples, NADA will utilize services of empanelled courier service provider, who are specialized in transporting biological samples. Samples collected at SAI centers will be handed over to empanelled biological courier service provider by the deputed SCP.
- g. Samples collected at remote locations will be carried by deputed SCP and further handed over to empanelled biological courier service provider.

#### **4.6 Key Reminders for Sample Collection Personnel (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 facemasks.
  - 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.

## 5. Safety Measures Information Guide

### 5.1 Gloves

When wearing gloves, instruct SCP to:

- a) Perform hand hygiene immediately before using and after removing gloves. It is important that hands be clean and dry before putting gloves on.
- b) 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.
- c) Never wear the same pair of gloves for more than a single sample collection.
- d) 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 finger tips.
- 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.





## 5.2 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.

# HOW TO WEAR A MEDICAL MASK SAFELY

[who.int/epi-win](http://who.int/epi-win)

## Do's →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

## Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

**Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.**

EPI-wiN

World Health Organization

## 5.3 Hand Washing


Instruction to SCP:

- 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’s technique**.
- b) Wash 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’s technique**.


### HOW TO HANDRUB?

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**


**⌚ Duration of the entire procedure: 20-30 seconds**




1a Apply a palmful of the product in a cupped hand, covering all surfaces;




1b Rub hands palm to palm;




2 Rub hands palm to palm;




3 Right palm over left dorsum with interlaced fingers and vice versa;




4 Palm to palm with fingers interlaced;




5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;




8 Once dry, your hands are safe.


### HOW TO HANDWASH?

**WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB**


**⌚ Duration of the entire procedure: 40-60 seconds**




0 Wet hands with water;




1 Apply enough soap to cover all hand surfaces;




2 Rub hands palm to palm;




3 Right palm over left dorsum with interlaced fingers and vice versa;




4 Palm to palm with fingers interlaced;




5 Backs of fingers to opposing palms with fingers interlocked;




6 Rotational rubbing of left thumb clasped in right palm and vice versa;




7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;




8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.

## 5.4 Personal Protective Equipment (PPE)

### Instruction to SCP to put on & take off PPE kit

#### Steps to put on personal protective equipment (PPE) including gown

**1** Remove all personal items (jewelry, watches, cell phones, pens, etc.)



**2** Put on scrub suit and rubber boots<sup>1</sup> in the changing room.

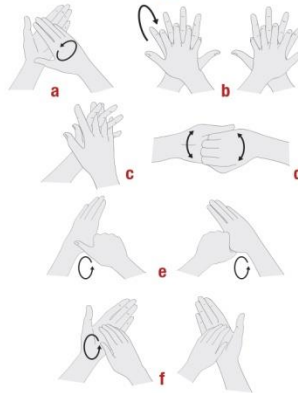


**3** Move to the clean area at the entrance of the isolation unit.

**4** By visual inspection, ensure that all sizes of the PPE set are correct and the quality is appropriate.

**5** Undertake the procedure of putting on PPE under the guidance and supervision of a trained observer (colleague).

**6** Perform hand hygiene.



**7** Put on gloves (examination, nitrile gloves).



**8** Put on disposable gown

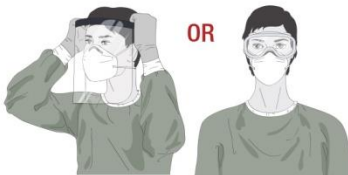
made of fabric that is tested for resistance to penetration by blood or body fluids OR to blood-borne pathogens.



**9** Put on face mask.



**10** Put on face shield OR goggles.



**11** Put on head and neck covering surgical bonnet covering neck and sides of the head (preferable with face shield) OR hood.



**12** Put on disposable waterproof apron

(if not available, use heavy duty, reusable waterproof apron).



**13** Put on second pair of (preferably long cuff) gloves over the cuff.



<sup>1</sup> If boots are not available, use closed shoes (slip-ons without shoelaces and fully covering the dorsum of the foot and ankles) and shoe covers (nonslip and preferably impermeable)

## Steps to take off personal protective equipment (PPE) including coverall

**1** Always remove PPE under the **guidance and supervision of a trained observer (colleague)**. Ensure that infectious waste containers are available in the doffing area for safe disposal of PPE. Separate containers should be available for reusable items.

**2** Perform **hand hygiene** on gloved hands.<sup>1</sup>

**3** Remove **apron** leaning forward and taking care to avoid contaminating your hands. When removing disposable apron, tear it off at the neck and roll it down without touching the front area. Then untie the back and roll the apron forward.



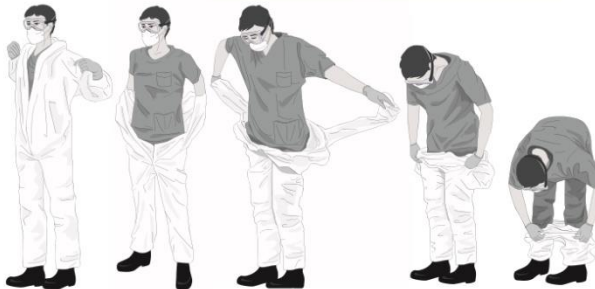
**5** Remove **head and neck covering** taking care to avoid contaminating your face by starting from the bottom of the hood in the back and rolling from back to front and from inside to outside, and dispose of it safely.



**4** Perform **hand hygiene** on gloved hands.

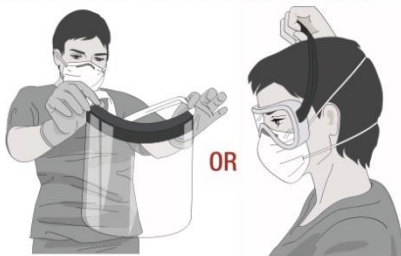
**6** Perform **hand hygiene** on gloved hands.

**7** Remove **coverall and outer pair of gloves**: Ideally, in front of a mirror, tilt head back to reach zipper, unzip completely without touching any skin or scrubs, and start removing coverall from top to bottom. After freeing shoulders, remove the outer gloves<sup>2</sup> while pulling the arms out of the sleeves. With inner gloves roll the coverall, from the waist down and from the inside of the coverall, down to the top of the boots. Use one boot to pull off coverall from other boot and vice versa, then step away from the coverall and dispose of it safely.



**8** Perform **hand hygiene** on gloved hands.

**9** Remove **eye protection** by pulling the string from behind the head and dispose of it safely.



**11** Remove the **mask** from behind the head by first untying the bottom string above the head and leaving it hanging in front; and then the top string next from behind head and dispose of it safely.



**12** Perform **hand hygiene** on gloved hands.

**10** Perform **hand hygiene** on gloved hands.

**13** Remove **rubber boots** without touching them (or overshoes if wearing shoes). If the same boots are to be used outside of the high-risk zone, keep them on but clean and decontaminate appropriately before leaving the doffing area.<sup>3</sup>

**14** Perform **hand hygiene** on gloved hands.

**15** Remove **gloves** carefully with appropriate technique and dispose of them safely.



**16** Perform **hand hygiene**.

<sup>1</sup> While working in the patient care area, outer gloves should be changed between patients and prior to exiting (change after seeing the last patient)

<sup>2</sup> This technique requires properly fitted gloves. When outer gloves are too tight or inner gloves are too loose and/or hands are sweaty, the outer gloves may need to be removed separately, after removing the apron.

<sup>3</sup> Appropriate decontamination of boots includes stepping into a footbath with 0.5% chlorine solution (and removing dirt with toilet brush if heavily soiled with mud and/or organic materials) and then wiping all sides with 0.5% chlorine solution. At least once a day boots should be disinfected by soaking in a 0.5% chlorine solution for 30 min, then rinsed and dried.

## **Annexure-I**

### **Athlete Information**

Please be informed that this questionnaire will be sent to National Anti Doping Agency, India and that NADA India, will review it and contact you to confirm the information provided. NADA India 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:**\_\_\_\_\_

For any clarification, please contact office of NADA India at below:

National Anti Doping Agency  
Hall No. 103-104, 1st Floor  
JLN Stadium, Lodhi Road  
New Delhi -110 003  
Tel No- 011-24368274

## Annexure –II COVID-19 Athlete Questionnaire

### 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. Tick (✓/x)
  - b. I have COVID-19 symptoms. Tick (✓/x)
  - i. Please specify symptoms. \_\_\_\_\_
  - c. I live with someone that has COVID-19. Tick (✓/x)
  - d. I live with someone that has COVID-19 symptoms. Tick (✓/x)
  - 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 NADA to explain the reasons.

### Athlete Information

Please be informed that this questionnaire will be sent to National Anti-Doping Agency, India and that NADA India, will review it and contact you to confirm the information provided. NADA India 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:** \_\_\_\_\_

### **Annexure –III Self-Certification Form for Sample Collection Personnel’s**

This is certify that, I \_\_\_\_\_ empanelled with NADA India as Lead DCO/BCO/DCO & Chaperone. I have been deputed for dope sample collection work vide Mission Order \_\_\_\_\_. I confirmed that I do/do not belong to the following groups:

1. Risk Groups of SCP:

- I. Risk Group 1:
- II. Risk Group 2:
- III. Risk Group 3:

2. Vulnerable Populations of SCP:

- I. Vulnerable Populations of SCP 1:
- II. Vulnerable Populations of SCP 2:
- III. Vulnerable Populations of SCP 3:

In addition, I also specify that below points applies to my situation:

- a. I have confirmed COVID-19. Tick (✓/x)
- b. I have COVID-19 symptoms. Tick (✓/x)
- i. Please specify symptoms. \_\_\_\_\_
- c. I live with someone that has COVID-19. Tick (✓/x)
- d. I live with someone that has COVID-19 symptoms. Tick (✓/x)
- ii. Please specify their symptoms. \_\_\_\_\_

### **SCP Information**

Please be informed that above certification will be sent to National Anti-Doping Agency, India and that NADA India, will review it and contact you to confirm the information provided. NADA India may also ask additional questions or require further documentation.

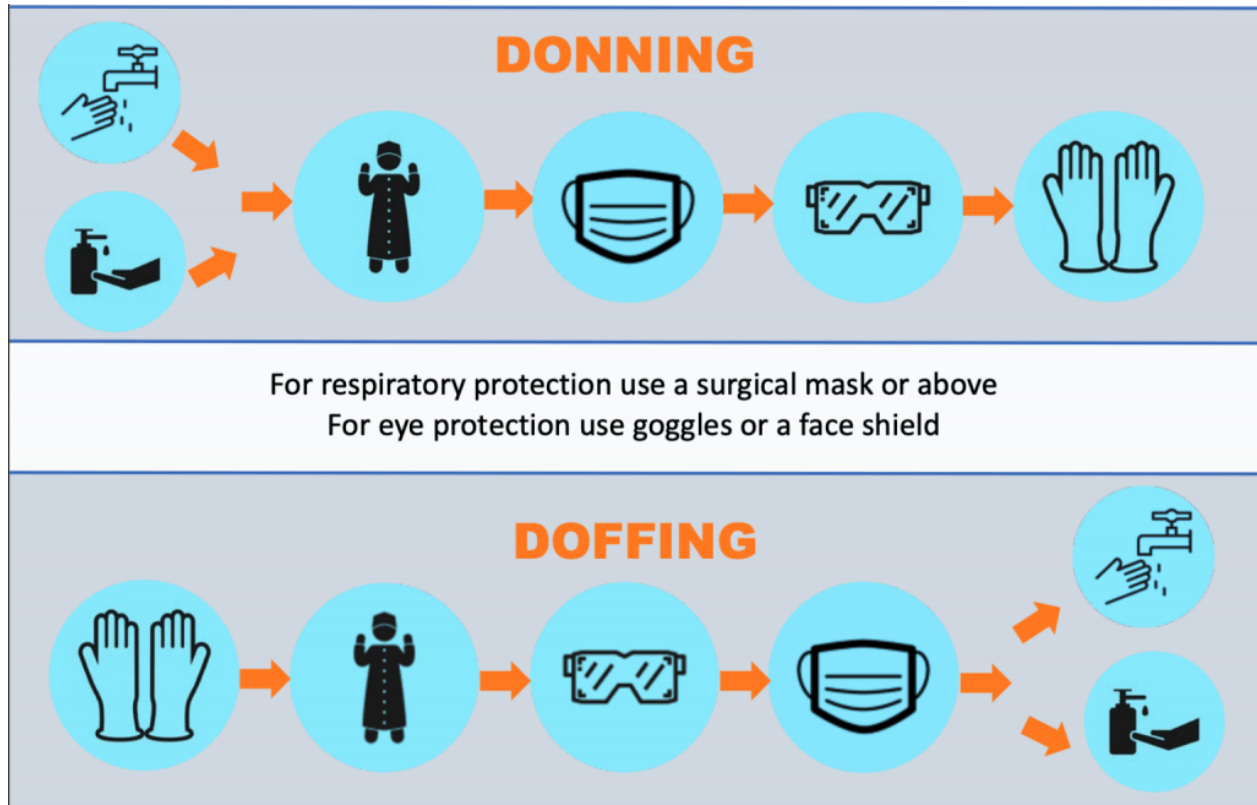
Signature: \_\_\_\_\_

Date: \_\_\_\_\_

For any clarification, please contact NADA India.



## Annexure –IV Donning & Doffing of PPEs



## References –

The following is a list of references used for creating and finalizing the SOP –

1. WADA'S COVID 19: ADO Guide for resuming testing.
2. Guidelines for State/Department/Ministry, Ministry of Health & Family Welfare (MoHFW).
3. Ministry of Home affair order dated 29.06.2020.
4. Guideline on use of Mask, Gloves, Hand washing & PPE Kits, World Health Organization (WHO).
5. Guideline of handling & management of bio waste in COVID 19, Central Pollution Control Board (CPCB).
6. Standard Operating Procedures of SAI for resuming sports activities
7. Minutes of the Joint Monitoring Group meeting held under DGHS on Sep 29, 2020.