

Alcohol and Anti-Doping Testing Standard Operating Procedures

Alcohol Testing Standard Operating Procedures

Pursuant to Rule 20(xxi) of the Rules of Racing and the Irish National Hunt Steeplechase Rules (the “Rules”), the Directors of the IHRB hereby publish this level of concentration of alcohol and give notice that this level shall be the level referred to in Rule 277(iii):

A concentration of alcohol exceeding 22.00 micrograms per 100 millilitres in breath (the “Prescribed Limit”).

The Directors of the IHRB publish these Procedures, pursuant to Rule 20(xxi). These Procedures should be followed as far as is reasonably practicable. However, any deviation or deviations from the procedures shall not invalidate a finding of an alcohol breath test offence under Rule 277(iii) unless it is shown that the result of any such deviation or deviations was such as to cast real and substantial doubt on the integrity and reliability of such a finding.

Rider identification and notification

1. The Doping Control Officer shall supply a list of Riders engaged to ride to the Testing Officer. All modifications to the list originally supplied shall be notified by the Clerk of the Scales to the Testing Officer as available.
2. Riders will be informed of the test requirement by the Testing Officer or any person appointed by them, at such time as may be determined by the Doping Control Officer or the Testing Officer.
3. Riders should report to the test location at least 45 minutes prior to the first Race in which they are riding and may be required to produce an acceptable proof of identity i.e. IHRB Licence/Permit Card, Passport or Drivers Licence. Alternatively, and in the absence of acceptable proof of identity, the Rider may be identified by an Official to whom the Rider is known. In the event of a Rider being requested to report for a test or a repeat test subsequent to when their first ride was scheduled, they should, where practical, report at least 30 minutes prior to their next scheduled ride and be accompanied to the Doping Control Station by an Official as set out below.
4. The Testing Officer will inform the Clerk of the Scales of any Rider who has failed to present themselves in time for an alcohol breath test.
5. A Rider shall not ride at the meeting until such time as they have complied with the requirements of these procedures and are confirmed to be below the Prescribed Limit.

Preliminary test

6. Upon presentation for this preliminary test the Rider shall be subject to the procedures laid out herein and cannot withdraw from the process. The Testing Officer will invite any relevant queries or requests for information from a Rider and will inform them that they are first required to take an initial preliminary test by blowing as directed on the AlcoBlow.
 7. The Testing Officer switches the AlcoBlow on, waits until the status light goes to green and then invites the Rider to blow into the cone until instructed to stop.
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8. The Testing Officer keeps the AlcoBlow in full view of the Rider at all times during testing and, on completion displays the result to the Rider.

9. If the AlcoBlow light shows green the record sheet is noted and countersigned by the Rider, who is then free to leave the testing area.

10. If the AlcoBlow light shows amber or red, the Rider is informed that further confirmatory tests on the Alcometer are necessary. The Rider should also be informed that they may have a representative present during these tests, which will be commenced within 15 minutes of the notification.

11. Any Rider may be required to undertake additional tests as may be deemed necessary by the Chief Medical Officer or the IHRB Medical Officer.

In accordance with Rule 277(iii) a Rider who refuses to submit to any alcohol breath test shall be in breach of the Rules of Racing and Irish National Hunt Steeplechase Rules (the Rules) in this regard and sanctioned accordingly.

Confirmatory test(s)

12. The Testing Officer will inform the Rider of the Prescribed Limit as outlined above and answer any relevant queries. The Testing Officer shall record any matters confirmed, requested or volunteered by a Rider prior to or in the course of a test procedure. Records should be read over to the Rider and offered for signature in a case of a test exceeding the Prescribed Limit.

13. The Testing Officer will invite the Rider to select a mouthpiece from a number of sealed mouthpieces and will instruct them in the correct manner of providing a sample. The Rider will be asked to insert the mouthpiece in the Alcometer and to blow until instructed to stop by the Testing Officer. The Alcometer will, at all times during the test, be held in full view of the Rider.

14. Should the result of the test be at or below the Prescribed Limit the Rider will be asked to sign the Alcometer print out. This print out will also be signed by the Testing Officer. The Rider shall be given a copy of the Alcometer print out if requested.

15. Should the result of the test exceed the Prescribed Limit, the Testing Officer shall inform an Official who should be present for a second test, which shall be conducted within 15 minutes of the completion of the first confirmatory test.

16. If the levels indicated on this second test still exceed the Prescribed Limit, the Testing Officer will refer the matter via an Official to the Raceday Stewards for such action, as they may deem appropriate. If, on the other hand, the level is now below the prescribed limit the Rider will be deemed to have satisfied the requirements. The result print out will be signed by the Rider, the Official and the Testing Officer.

Records

17. All record sheets and print outs will be forwarded to the Office of the IHRB within 48 hours of raceday.

ANTI-DOPING PROCEDURES

The IHRB publish these procedures, pursuant to Rule 278 (iii). These procedures should be followed as far as is reasonably practicable. However, any deviation or deviations from the procedures set out shall not invalidate a finding of a Doping Offence unless it is shown that the result of any such deviation or deviations was such as to cast real and substantial doubt on the integrity and reliability of such a finding.

1. Selection of Riders to undergo a Dope Test

- i. The selection of Riders to submit to a Dope Test shall be made by the Doping Control Officer in such manner as they shall decide or as they shall be instructed by the IHRB or Agent or Agents appointed by them for this purpose.
- ii. Subject to Clause 2(iv) of these procedures, the Riders selected shall undergo a Dope Test.
- iii. Otherwise than as provided for by Clause 2(i) of these procedures, Riders shall not be notified of their selection to submit to a Dope Test.

2. Rider Notification

- i. A Sampling Officer, IHRB Chaperone or Official shall, as soon as is reasonably practicable identify the selected Rider and notify them verbally and in writing on the Doping Control Notification Form that they are required to submit to a Dope Test. Such notification may take place at any time on the day of the meeting. The selected Rider shall sign the Doping Control Notification Form to acknowledge receipt of notification and to consent to submit to a Dope Test.
- ii. Where a Rider selected to undergo a test is certified, by the IHRB Medical Officer or by the appointed representative of the IHRB Medical Officer at the meeting, to be medically unfit, then the Raceday Stewards shall consider the Rider excused from undergoing the Dope Test.
- iii. If a Rider fails or refuses to report to the Doping Control Station, by the time indicated on the Doping Control Form or fails to sign the Doping Control Notification Form the Rider shall be deemed to have failed or refused to submit to a Dope Test and to have thereby committed a Doping Offence in accordance with the Rules.
- iv. Any time limits specified in these procedures for the taking of a Dope Test may be extended at the discretion of the Doping Control Officer or the Sampling Officer.

3. Sample Collection

- i. All Race Meeting Dope Tests shall take place at a Doping Control Station. The Doping Control Station should consist of a sample collection area being a place of sufficient size to allow a Sampling Officer to observe directly a Rider providing a sample, with sufficient amenities to facilitate the provision of a sample, associated administration and waiting area.
- ii. Only the following persons shall be authorised to attend the Doping Control Station outside of duly appointed IHRB Officials:
 - (a) the Riders selected to undergo a Dope Test;
 - (b) the Riders' representatives, if any;
 - (c) Sampling Officers and Chaperones; and
 - (d) an interpreter (if required).
- iii. Any other person shall only be authorised to attend the Doping Control Station with the consent of the Sampling Officer in charge, such consent to be at the discretion of the Sampling Officer. For the avoidance of any doubt, however, other than as provided for by Clause 3(vii)p of these procedures only the Rider and a Sampling Officer shall be present when the Rider provides a sample or samples.
- iv. Sufficient drinks for Riders selected for testing will be provided, which drinks will be individually sealed, non-alcoholic and caffeine-free. If a Rider elects to consume other drinks or food, they do so at their own risk.

- v. When a Rider is ready to provide a sample of urine, the Rider shall be asked to select a sealed sample collection vessel. The Rider should break the seal of the sample collection vessel in the presence of the Sampling Officer.
- vi. The Rider shall be required to remove sufficient clothing so as to allow the Sampling Officer, who shall be of the same gender as the Rider, an unrestricted view of the Rider urinating into the collection vessel. The Rider shall be requested to provide a minimum of 50ml of urine. However, any shortfall in the amount of urine provided shall not invalidate the test, provided the urine is of an appropriate density for the required analysis to be performed. When the Rider signifies to the Sampling Officer that they have finished, the Rider and the Sampling Officer shall return to the administration area of the Doping Control Station. Only the Rider should handle the urine collection vessel.
- vii. Where a sample is to be taken from a Rider under 18 years of age, a representative acceptable to the Rider and of the same gender as the Rider must be present at all times.

4. Sample Division and Sealing

- i. Upon return to the administration area of the Doping Control Station, the quantity of urine shall be measured by the Sampling Officer. If the quantity of urine is less than 50ml the partial sample procedure set out in Clause 5 of these procedures shall apply.
- ii. If the collection vessel contains approximately 50ml or more of urine, the Rider shall select a sealed urine sample kit. The Rider should check the seals prior to opening the kit. If there is any evidence of tampering the Rider should select a new urine sample kit. The Rider will then be invited to break the security seals and remove the contents of the kit in the presence of the Sampling Officer.
- iii. The urine sample kits contain two bottles. One bottle should be marked sample "A" and the other sample "B". The sample shall then be divided between the two sample bottles by the Rider. It is recommended that the "A" sample consists of at least 30 ml and the "B" sample of at least 20 ml.
- iv. The Rider shall seal the sample bottles. The Sampling Officer shall ensure that the sample bottles have been tightly sealed by checking the bottle tops.
- v. The Sampling Officer shall measure the specific gravity of a Rider's urine using a residue volume of the urine in the collection vessel. The criteria for acceptance of the sample shall be a specific gravity of not less than 1.005.
- vi. If the first sample does not meet these specifications a second sample shall be requested by the Sampling Officer. If the Rider refuses to provide a second sample, having been requested to do so, he or she shall be deemed to have failed or refused to submit to a Dope Test and to have thereby committed a Doping Offence, pursuant to the Rules.
- vii. The Sampling Officer shall record the "A" and "B" sample code numbers on the Doping Control Form. This information should be checked by the Rider and the Rider's representative, if any.
- viii. The Rider shall be asked by the Sampling Officer to declare any medications the Rider has taken during the previous seven days. This declaration should be recorded on the Doping Control Form. If the Rider declines to make such a declaration this should also be recorded on the Doping Control Form. The Rider should be asked if he or she has any comments on the procedures followed during the sample collection process. Any such comments should be recorded on the Doping Control Form.
- ix. The Sampling Officer shall request the Rider (and the Rider's representative, if any) to check all the information on the Doping Control Form and if satisfied shall request the Rider (and the Rider's representative, if any) to sign the Doping Control Form. If the Rider indicates his or her satisfaction with the sample collection procedures on the Doping Control Form, this shall amount to conclusive evidence that such procedures were properly conducted, and the Rider shall be deemed to have waived any irregularity in the collection of the sample.
- x. The Sampling Officer shall then check and sign the Doping Control Form. The Sampling Officer shall provide the Rider with a copy of the Doping Control Form and the Rider is free to go.

xi. If a Rider fails or refuses to provide a sample, having been requested to do so, he or she shall be deemed to have failed or refused to submit to a Dope Test and to have thereby committed a Doping Offence, pursuant to the Rules.

xii. The samples provided by Riders for the purpose of a Dope Test shall be the property of the IHRB.

5. Partial Sample

i. If a Rider has provided insufficient urine, their partial sample shall be sealed and coded. The code shall be recorded on the Doping Control Form. The Doping Control Form and partial sample shall be kept secure until the Rider is ready to provide another sample.

ii. When the Rider is ready to provide more urine, the sealed collection vessel should be reopened, and the Rider should again provide their sample in the reopened collection vessel under the direct observation of a Sampling Officer.

iii. Before breaking the seal to open the bottle containing the Rider's partial sample, the Sampling Officer and the Rider should check the code number on the seal of the bottle in which the Rider's partial sample is stored against the code previously recorded on the Doping Control Form. The Rider and the Sampling Officer should ensure that the seal has not been tampered with.

iv. The total volume of urine collected from the Rider following the second collection shall be checked by the Sampling Officer. If the sample is still insufficient in volume, the partial sample sealing and recording procedures shall be repeated.

v. Once a sufficient volume of urine has been provided the standard division and sealing procedures should be followed as set out in Clause 4 of these procedures.

6. Transportation of Samples

i. The sealed samples shall be stored in a secure place under the auspices of a Sampling Officer pending their dispatch to the laboratory for analysis.

ii. Samples shall be sent to the laboratory for analysis as soon as is reasonably practicable.

iii. The laboratory shall receive a copy of the Doping Control Form that contains details of the sample, medications and code numbers. No other information is provided in the laboratory's copy of the Doping Control Form that might allow the Rider who provided the sample to be identified.
