



6 May 2020

COVID-19: ADO GUIDANCE FOR RESUMING TESTING

Introduction

The Caribbean Regional Anti-Doping Organization (Caribbean RADO) continues to monitor the international and regional treatment of the SAR-Cov-2 (COVID-19) pandemic and its immediate effect on the Caribbean sporting community. Since our last communication on March 18, 2020, all Caribbean RADO member countries have been directly affected by the pandemic.

The well-being of our athletes, athlete support personnel and doping control teams/sample collection personnel (SCP) is paramount as we take stock of how COVID-19 is affecting the sport industry; even as we attempt to continue doping control in the region. The Caribbean RADO is therefore monitoring information from the World Health Organization (WHO), the Pan American Health Organization (PAHO) and other health authorities to make informed decisions regarding doping control in the Caribbean, post COVID-19. Our primary aim is to execute the mandate of a unified region, committed to clean sport while ensuring the safety and health of the athletes and Doping Control Officers is sustained.

Consequently, on guidance from the World Anti-Doping Agency, the Caribbean RADO is issuing its Guidance Document for Resuming Testing (Caribbean RADO GDRT) in the Caribbean, and accompanying annexes, to inform National Olympic Committees, National Sport Federations/Organizations, Major Event Organizers to consider. The amendments and improvements to the sample collection process are to aid in protecting both the athlete(s) and doping control teams executing missions under the direction of the Caribbean RADO, an International Sport Federation/Organization or Testing Agency. It also maintains the integrity of the sample collection process by ensuring that all procedures are in compliance with the [International Standard for Testing and Investigations \(ISTI\)](#).

The Caribbean RADO GDRT contains steps to consider in the resumption of doping control, measures added to the sample collection process and supporting documentation regarding the use of personal protective equipment (PPE).

Step-by-Step Approach to Resuming Testing Activities

The following recommendations offer a starting point for resume testing operations in the Caribbean.



1. Testing Program

a) Prior to an ADO considering resuming its testing program, the decision to do so should begin by assessing several criteria which should guide if, how and when testing should resume. The Caribbean RADO, as well as all countries in the region who have a testing program of their own, will evaluate on a case by case basis:

1. The status of the virus and whether there are movement restrictions. For example, whether individuals in the relevant country can circulate or movement is very restricted given the number of individuals infected with the virus
2. Whether sports and/or competitions are beginning to resume in that country
3. Personal protection equipment (PPE) availability for sample collection personnel (SCP) and whether this potentially jeopardizes PPE availability to front line health care providers
4. The status of WADA-accredited laboratories used by the Caribbean RADO (or other WADA-accredited laboratories) with reference to restrictions related to shipment of samples
5. The status of courier companies used by the Caribbean RADO regarding the shipment of samples to the laboratories

b) The Caribbean RADO will consider a phased-in approach to testing based on the following criteria:

1. **Out-of-competition testing and small testing missions:** As competitions are currently not taking place in most countries, out-of-competition home visits where only one athlete is tested will be considered. (if feasible, the use of a mobile doping control station as an option will be considered).
2. **Urine sample collection:** To keep the number of SCP to a minimum for each mission, only urine samples will be collected. Blood sample collection will be considered only if intelligence warrants it or Athlete Biological Passport (ABP) blood samples on athletes from high risk endurance sports are urgently required (see below).
3. **'Higher risk' athletes:** Athletes in the following categories may be given priority for testing:
4. Registered Testing Pool (RTP) athletes from high risk sports and/or disciplines;
5. Athletes from sports and disciplines where training is still possible (for example, training from home); and,
6. Athletes from whom there is intelligence and/or suspicious ABP profiles and/or Athlete Passport Management Unit (APMU) recommendations for testing.
7. **Testing location:** Given each country is easing or lifting restrictions at a different pace, consideration will be given on whether testing athletes located in the relevant country and/or on athletes located abroad is possible. Requests for testing an athlete overseas will be considered after liaising closely with the relevant NADO or SCA to ensure it is safe to do so and that relevant measures, as per current and previous [WADA COVID-19 guidance](#), are in place.

c) Engage with relevant WADA-accredited laboratories to confirm their operational status to ensure sample deliveries will be accepted.



- d) Consideration will be given to expanding the Caribbean RADO testing programme (e.g., slowly increasing the pool of athletes tested, increasing testing missions, conducting in-competition testing, etc. to a fully comprehensive testing program) based on information received on the resumption of competitions.

NOTE: As training venues open and competitions start to resume, the principles outlined in this document should be implemented, as applicable, and subject to whether health and government authorities continue to recommend social/physical distancing and the use of PPE, etc. It will also be important to work closely with training venue staff or event organizers to be aware of any additional venue or sport specific measures.

2. Additional Measures and PPE

- a) Based on the [World Health Organization](#), [Pan American Health Organization](#), as well as national government and health regulations, any additional equipment and cleaning material required will be provided to SCP. References to those additional measures will be included in the sample collection procedures.
- b) The Caribbean RADO will seek to procure and provide the following equipment to be used during the sample collection session:
1. **Gloves:** While gloves are not a substitute for hand hygiene, it is recommended that SCP wear gloves throughout the sample collection process and that athletes are also given the choice to wear gloves. As a result, clear instructions on when SCP should wear gloves (see Annex A) and how to safely remove them (see Annex B) are outlined.
 2. **Face masks:** The use of face masks will be dependent on the availability to those in greater need, such as the health care industry and whether it is mandatory in country. If face masks are available, they will be made available to both the athlete and SCP during the sample collection process. Non-medical masks or face covering (i.e., something constructed to completely cover the nose and mouth, without gaps, and secured to the head by ties or ear loops) will also be considered if masks are not available. Clear instructions on when SCP should wear face masks (see Annex A) and how to safely put them on and remove them (see Annex B) are outlined.
 3. **Cleaning/Disinfecting products:** Additional products such as disinfecting wipes, disinfectant spray and/or appropriate concentrations of isopropyl alcohol, hydrogen peroxide or sodium hypochlorite (i.e., bleach) will be provided to SCP. Clear instructions on when and how SCP should use these products (see Annex A) are outlined.
- c) Clear instructions to SCP on hand washing, specifically when SCP and athletes should wash their hands (see Annex A) and how it must be done (see Annex B) are outlined.
- d) Clear instructions to SCP regarding safe handling/disposal of material include:
1. All disposable material should be safely disposed of into a garbage bag and sealed by SCP.
 2. All biohazardous material should be disposed of safely as per local medical regulations and taken by SCP at the end of the sample collection session.

- e) Clear instructions to SCP regarding social/physical distancing must be observed including:
1. SCP must maintain a minimum of one-meter distance (or a greater distance if stipulated by your national health authority) between themselves and an athlete as much as practical. This, of course, means that SCP should strictly refrain from shaking hands with athletes or their representative and should avoid any other direct contact. Some specific situations may not allow the recommended distance to be maintained at all times. For example, space limitations in blood collection and/or the need for direct observation of urine sample provision are acceptable reasons to temporarily make allowances for closer distance. SCP should also inform athletes at the beginning of the sample collection process that, while all efforts will be made to maintain the recommended distance, there will be times when this is not possible. In situations where social/physical distancing is difficult to maintain, SCP should explain that wearing a face mask provides a barrier between SCP's respiratory droplets and the people and surfaces around them.

3. Sample Collection Personnel

- a) All SCP will be provided with information regarding the revised and phased-in approach for testing. SCP who are not comfortable collecting samples during this time do not have to do so.
- b) The number and pool of SCP assigned to testing missions (without compromising no-advance notice or any modifications that are required such as when testing minors) will be reduced during the revised and phased in approach to doping control. *See also item 'e' below.*
- c) SCP with personal transportation will be prioritized for testing missions to reduce or eliminate the use of public transportation or air travel.
- d) Specific training for SCP who will be collecting samples during this COVID-19 period will be conducted as it relates to the additional measures in place. This training may occur online using an appropriate application. This training will include reviewing in detail the content of Annex A, Annex B and Annex C. SCP will need to prove their understanding of the additional measures that need to be made to the sample collection procedures. Records training and training materials will be maintained.
- e) To minimize the risk of transmitting COVID-19 to athletes, any SCP who are in one of the 'risk' groups identified below or populations that may be considered more vulnerable to severe consequences of COVID-19 will not be included in doping control teams during this COVID-19 period. (see 'vulnerable populations' groups below). Additional categories may be included based on country-specific regulations.

Risk Groups of SCP

1. **Risk group 1:** SCP who are health care professionals currently employed and actively working in a health care setting or with COVID-19 positive patients.
2. **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.
3. **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.

Vulnerable Populations of SCP

1. **Vulnerable populations 1:** SCP who are over 60 years old (NOTE: Identifying a specific age is difficult. This may vary from country to country, but the general consensus is that older individuals are more vulnerable).
2. **Vulnerable populations 2:** SCP who have underlying medical conditions such as diabetes, heart disease or respiratory conditions.
3. **Vulnerable populations 3:** SCP who may have, for whatever reason, compromised immune systems.

f) For the SCP who will be conducting testing, develop a mechanism where:

- i. If permitted by applicable data protection, health, and employment laws, 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:
 1. 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;
 2. 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; and,
 3. they have not been in contact with anyone who is quarantined and/or self-isolating.
- ii. The questions above may be included in a brief questionnaire that SCP sign off on before a mission. To confirm the above, the signed document can be submitted to the ADO with the remainder of the doping control documentation after the completed mission. The ADO should keep a record of these self-certifications for every SCP/every testing mission. If SCP cannot confirm that they are well, without COVID-19 related symptoms, etc. they should contact the ADO immediately.

NOTE: While the current recommendations are specifically related to COVID-19, it is important to note that SCP should not be involved in a testing mission if they are ill, regardless if it is related to COVID-19.

g) As COVID-19 testing becomes more available, SCP may be tested prior to sample collection missions.

4. Information and Communication Strategy for Athletes and Other Stakeholders

- a) The Caribbean RADO will release information and education material related to the following matters:
 1. Resuming testing if it was suspended and it is now safe to do so based on the relevant national and health regulations.
 2. The limited number of SCP conducting testing are not in any 'risk' groups (see "Risk Groups of SCP" in section 3) and are required (if permitted by applicable laws) to self-

- certify, before every testing mission, that they are in good health and have not been in contact with individuals exposed to COVID-19 (see section 3f) above.
3. Additional measures put in place to further protect the athletes' health and minimize the risk of COVID-19 infection during sample collection.
 4. Additional personal information may be requested from athletes during sample collection to ensure their health and safety as well as that of SCP, and the manner in which this information will be used, stored and shared.
- b) This information will be shared through as many channels as possible, for e.g.:
1. Directly to RTP athletes via email and an invitation to communicate with their respective Anti-Doping Organization
 2. Distributed to National Federations (NFs), National Olympic Committees (NOCs), and National Paralympic Committees (NPCs).
 3. Published on the Caribbean RADO website (www.caribbeanrado.com) and via social media channels Facebook and Twitter.
- c) A specific 'COVID-19 Athlete Information Letter' will be provided to athletes during sample collection. This letter will:
1. outline that, based on relevant national and/or health government directives, testing is resuming if it was suspended;
 2. confirm that the athlete in question has been selected for doping control and the requirement to comply;
 3. summarize the measures in place to protect the health of the athlete during this COVID-19 period;
 4. outline the potential consequences to the athlete should they refuse to comply;
 5. request that the athlete contacts the Caribbean RADO if their health situation changes (in line with item f)ii) below);
 6. summarize the additional personal information that the Caribbean RADO will be asking athletes to provide to ensure their health and safety as well as that of SCP, and the manner in which this information will be used, stored and shared; and,
 7. provide appropriate Caribbean RADO contact information.
- d) Specific instructions for SCP to ask athletes, at the start of a sample collection session, if they, or anyone with them at the testing location or who they live with, has COVID-19 or is experiencing any symptoms or has COVID-19; the *COVID-19 Athlete Questionnaire*, is included in Annex A. The questions developed may be pre-written on a Supplementary Report Form (SRF) or on an equivalent/new form, ensuring that a copy can be provided to the athlete, for athletes to read and answer.
- e) If testing cannot occur due to an athlete responding YES to the *COVID-19 Athlete Questionnaire* the Caribbean RADO will consider:
- a) Contacting the athlete to review and verify their answers.
 - b) Monitoring the timeframe and re-scheduling the testing mission for a later date as appropriate.



- f) Developing a communication strategy for the following two scenarios:
 - i. If any SCP contracts COVID-19, athletes who have been tested by the SCP within the last three weeks should be informed. The identity of the SCP should not be disclosed.
 - ii. Conversely, athletes who are tested and subsequently contract COVID-19 should be encouraged to inform the Caribbean RADO so that the SCP and the laboratory (through the provision of the sample code number only) can be contacted and advised.

Conclusion

These guidelines are adopted by the Caribbean RADO to the best of the organization's ability, based on its available resources and the specific situation in each Caribbean RADO member country.

These guidelines remain in place until national health authorities advise otherwise.

The Caribbean RADO will continue to engage with the anti-doping community and revise/update these guidelines as required.



Annex A – Sample Collection Procedures

The following outlines the information and procedures that the Caribbean Regional Anti-Doping Organization (Caribbean RADO) has used to revise and adapt its sample collection procedures during the COVID-19 pandemic and as restrictions are slowly lifted by health and government authorities. In addition to these procedures, the standard sample collection procedures shall follow the International Standard for Testing and Investigations (ISTI). This is provided as a stand-alone document to complement existing sample collection procedures. These procedures are written for SCP.

1. Preparing for a Testing Mission

In addition to regular and standard sample collection equipment, ensure you have 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 tablecloth
- f) Disposable face masks (medical face masks or non-medical masks or face covering)
- g) New and unused 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, ensure you:

- a) Have conducted your self-certification assessment.
- b) Review the “Safety Measures Information Guide”.
- c) Review the additional measures contained in this document.
- d) Contact the Caribbean RADO ahead of the testing mission with any questions or concerns.

2. Arriving at the Athlete’s Testing Location

- a) As you arrive at the testing location, and just before locating the athlete for notification, clean your hands using the ‘hand rub’ technique.
- b) Put a disposable face mask on.

3. Pre-Notification Information

- a) While respecting the social/physical distancing recommendations (including not shaking hands), introduce yourself and inform the athlete that they have been selected for doping control. Show your accreditation, Caribbean RADO letter of authorization and the ‘COVID-19 Athlete Information Letter’. If possible, and if you are at an athlete’s home, 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. Proceed to **Section 4** below.

- d) If the athlete's response is "Yes", inform the athlete that they must confirm this information in writing. Offer the athlete the option to wear gloves. 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) 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.
- f) Inform the athlete that this questionnaire will be sent to the Caribbean RADO and that the Caribbean RADO will review it and contact them to follow up.
- g) Once the athlete has duly completed and signed the 'COVID-19 Athlete Questionnaire', provide a copy to the athlete.
- h) 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.
- i) 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.
- j) Thank the athlete and leave the testing location.
- k) Before entering your vehicle, and with the signed 'COVID-19 Athlete Questionnaire' safely stored, clean your hands, remove your disposable facemask, and dispose safely in your garbage bag.
- l) As usual practice, return any doping control documentation, including the complete 'COVID-19 Athlete Questionnaire', to your ADO as soon as possible.

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.
- c) If you are in the athlete's home, ask the athlete if you can clean the surface where sample collection will take place using disinfectant wipes or disinfectant spray (or ask the athlete to clean the surface). If you are at a training location, inform the athlete that you will disinfect the surface. As an alternative, a clean and disposable tablecloth can be used. Clean your hands using the 'hand rub' technique before doing so.
- b) Before placing and organizing any sample collection equipment on the clean surface, again clean your 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.
- c) Ask the athlete to clean their hands either using hand sanitizer (i.e., the hand rub technique) or using soap (i.e., the hand wash technique). Guide the athlete through either technique.
- d) 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 you will record this in the Comment section of the DCF.



- e) Put gloves on, as per proper safety instructions.
- f) Review and complete the notification portion including asking the athlete to acknowledge the notification by signing. Provide the athlete with a new unused pen (or they can use their own). Use your own pen, do not share it with the athlete.
- g) 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).
- h) When collecting a urine sample, continue with standard urine sample collection procedures, keeping the following instructions in mind:
 - a. Where possible, continue to maintain social/physical distancing through sample collection.
 - b. 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.
- c. 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).

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

Key Reminders for 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 face masks.
 - 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.

Annex B – Safety Measures Information Guide

1. Gloves

When wearing gloves, SCP should:

- Perform hand hygiene immediately before using and after removing gloves. 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.
- Never wear the same pair of gloves for more than a single sample collection.
- 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 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.

Reference: <https://www.globus.co.uk/how-to-safely-remove-disposable-gloves>

2. Face Masks

When using disposable face masks, SCP are reminded:

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

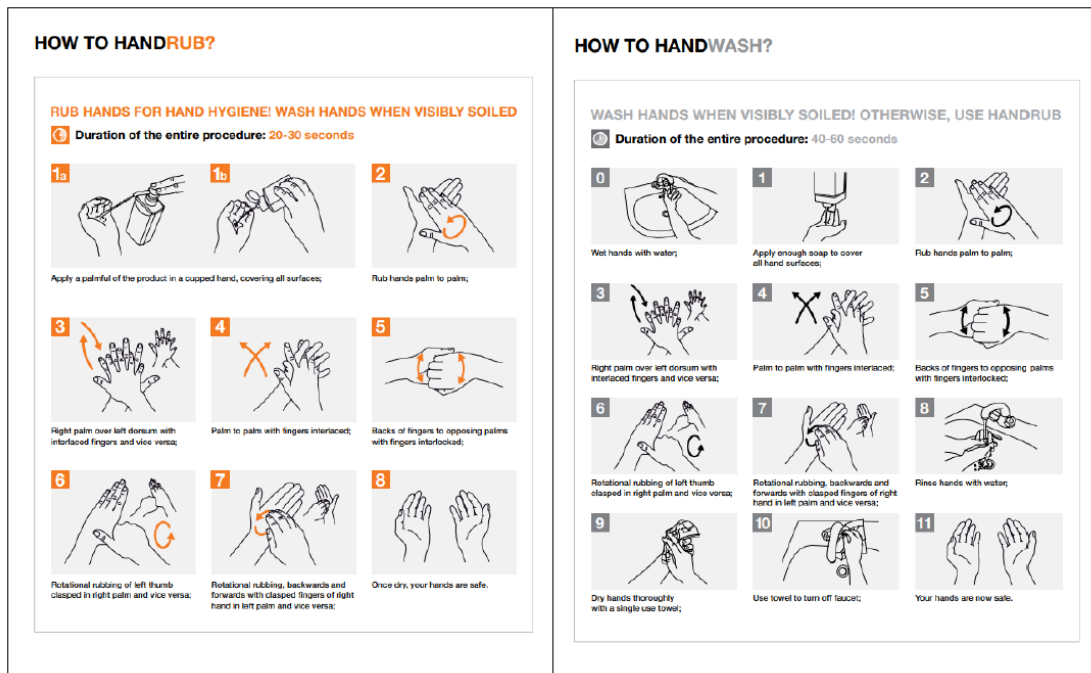


Reference: <https://www.who.int/images/default-source/health-topics/coronavirus/risk-communications/general-public/protect-yourself/infographics/masks-info-graphic---final.tmb-1920v.png>

3. Hand Washing

SCP should:

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



Reference: World Health Organization, Hand Hygiene: https://www.who.int/gpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf



Annex C – COVID-19 Athlete Questionnaire

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.
 - b) I have COVID-19 symptoms.
 - a. Please specify symptoms.
 - c) I live with someone that has COVID-19.
 - d) I live with someone that has COVID-19 symptoms.
 - a. 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 ADO to explain the reasons.

Athlete Information

Please be informed that this questionnaire will be sent to the Caribbean Regional Anti-Doping Organization (Caribbean RADO) and that Caribbean RADO will review it and contact you to confirm the information provided. Caribbean RADO 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: _____

Please contact us at:

Caribbean Regional Anti-Doping Organization
Barbados Olympic Centre, Garfield Sobers Sports Complex, Wilkey, St. Michael, Barbados
Telephone: (246) 426-7859 or 429-1998 **Mobile:** (246) 230- 9318 **Fax:** (246) 271-0544
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