



Protocol for Blood Lactate Sampling at IPC Sanctioned Competitions

Note: This testing procedure is only for lactate testing. Blood sampling for any other purpose requires formal notification in writing to the IPC Medical & Scientific Department.

The following guidelines apply to the collection of blood samples for the purpose of athlete service. NPCs wishing to conduct such testing at IPC Sanctioned Competitions, including Paralympic Games, must adhere to the following.

- These guidelines refer to testing done in or near the competition or training area from the moment that the competition venue is available for training purposes until the official close of the competition.
- NPCs wishing to perform such testing must make a written request to IPC Medical & Scientific Department by means of the completed form on page 3 of this protocol. The request includes details on the sampling methods and safety procedures that will be implemented.
- The NPC involved in blood sampling will test only its own athletes and has written permission from each individual to do so. A copy of these forms should be available for inspection during the competition.
- In absence of International Standards, the NPC is responsible to ensure the person(s) performing the testing are appropriately qualified. A namelist with notification of qualification needs to be submitted as part of the application. Only the persons listed are authorized to perform the testing.
- The sampling will take place at a predetermined designated location at the venue agreed to by the Technical Delegate (TD) in consultation with the Organizing Committee. The individual(s) responsible for testing the swimmers from their NPC is to contact the TD upon arrival and will then be informed of the designated location for testing.
- The organizer will provide the required tools for disposal of all medical waste (gloves, lancets, capillary tubes etc.) in agreement with a recognized local firm and/or hospital.
- The TD is mandated to check if all relevant documents can be shown at the event, act when the agreement is not complied with, and will report back to the IPC Medical & Scientific Department in case of inconveniences.
- The IPC is not liable for injuries, exposures and/or any irregularities in procedures related to the blood lactate sampling conducted by the NPC.
- Failure to adhere to these terms will result in loss of accreditation for the person(s) involved in the testing.
- The authorization will be granted on annual basis, and a new application will have to be submitted after expiry date.
- The NPC submits a report on its activities under this protocol at the occasion of the renewal.

ABBREVIATED STANDARD PRECAUTIONS

'Standard Precautions' are basic work practices adapted from the Universal precautions of the National Institute of Environmental Health and Safety (USA).

1. General Hygiene:

- Work areas should be maintained in a hygienic state – benches and equipment should be kept free of spills and wiped over with an alcohol or bleach based product after each use. The use of protective pads can help to keep the work area clean. The protective pads should be changed at the end of every work session and within a session if it becomes soiled.

2. Hands / Gloves:

- Disposable latex gloves *must be* worn at all times when handling blood samples or any equipment associated with blood collection/testing.
- Hands should be cleaned with warm water and disinfectant after the handling of any blood samples or equipment associated with blood testing.

3. Biohazard Disposal / Biological Waste:

- All 'sharp' items contaminated or not, *must be* disposed of immediately after use, in a Biohazard Sharps Container [ie needles, butterfly needles, lancets, capillary tubes].
- Other contaminated items, not considered 'sharps' must be disposed of in a Biohazard Bag [ie tissues, autolet platforms, gloves, cotton wool balls, alcohol swabs].
- Biohazard Sharps Containers and Biohazard Bags should be collected by the firm designated in the agreement as mentioned above.

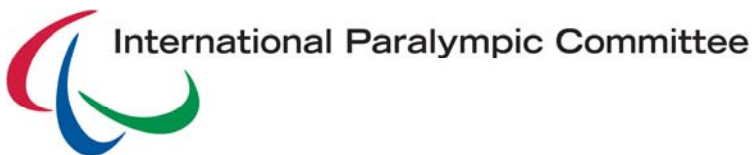
4. Food – Foodstuffs and drinks *must not* be consumed in blood testing areas or when using blood testing equipment.

5. Risk Minimization – All blood samples *must be* transported from the testing areas in closed containers.

NEEDLE/SHARPS INJURY & EXPOSURE MANAGEMENT

In the event of a needle/sharp injury and/or exposure to body fluids, the individual must report within twelve (12) hours to the NPC's doctor or, in absence hereof, to the medical services in the venue. Full responsibility for further assessment of the injury, including the follow-up lies with the NPC.

In cases where the LOC has not ensured an appropriate infrastructure nor waste management provisions in accordance with the IPSF requirements, the IPSF TD will inform all relevant parties that the blood lactate testing will not take place.



APPLICATION FOR BLOOD SAMPLING AT IPC SANCTIONED EVENTS

1. The NPC involved in blood sampling will test only their own athletes.
2. The NPC will have written consent forms from each individual athlete.
3. The NPC must have a hard copy of the standard sampling methods and safety procedures available.
4. The NPC encloses a list of qualified individuals to perform the testing with this application (Names + qualification). The NPC has a copy of this list available to the TD upon request.
5. The NPC must do their sampling at the predetermined position or room in the pool agreed to by the Technical Delegate and the Organizing Committee.
6. NPCs must adhere to the standard precautions described above.

BLOOD SAMPLING CHECK LIST – documents to be available at the venue (The IPSF TD is mandated to check if all documents are available)
Written consent forms from each individual athlete
Hard copy of standard sampling safety procedures
Hard copy of qualifications of person(s) who conducts the tests
Hard copy of this Agreement, countersigned by IPC

AGREEMENT FORM ALLOWING BLOOD SAMPLING DURING COMPETITION

I have read and will ensure adherence by the NPC to the IPC Protocol for Blood Lactate Testing. On behalf of the NPC I will ensure that the testing area is kept clean and that our hazardous materials are being disposed of through the appropriate agency.

Date:

Name:	Name:	
Function:	Function:	
Signature:	Signature:	
Responsible person NPC Swimming	NPC President/Secretary-General/CEO	Stamp NPC

Agreement received by IPC:

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Signature IPC Medical & Scientific Director

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Date

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