

2019 HANCOCK PROSPECTING WORLD SWIMMING TRIALS



BRISBANE AQUATIC CENTRE
OLD CLEVELAND RD & TILLEY RD, CHANDLER QLD 4155

SUNDAY 9 – FRIDAY 14 JUNE 2019

INFORMATION BOOK

AS AT 13/05/2019

SWIMMING AUSTRALIA EVENTS UNIT

IMPORTANT NOTE:

The information in this booklet is correct at the time of publishing. Swimming Australia Limited will not be held liable for any costs and expenses incurred by any person following any changes to the information outlined in this Event Information Book.

Any updates/amendments to this booklet will be posted on the SAL website in the same location this booklet can be found

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SECTION ONE: GENERAL INFORMATION

1.1 EVENT STAFF

NAME	POSITION	E-MAIL CONTACT
Event Enquiries: events@swimming.org.au		
Hannah Sidebottom	GM Events	hannah.sidebottom@swimming.org.au
Liz Avery	Entries, Records and Results Specialist	liz.avery@swimming.org.au
Wade Meaney	Event Coordinator	wade.meaney@swimming.org.au
Dale Johnson	Event Coordinator	dale.johnson@swimming.org.au
Kaye Bolger	Technical Manager	busybiz@rainbowis.com.au
Shelley Tilbrook	Head of Marketing and Engagement	shelley.tilbrook@swimming.org.au
Kate Hutchison	Head of Media & Communications	kate.hutchison@swimming.org.au
Victoria Clarke	GM - Partnerships	victoria.rickard@swimming.org.au

1.2 SWIMMING AUSTRALIA CALENDAR 2019

October

4 – 6	2019 State Teams Championships	Canberra ACT
24 – 26	2019 Hancock Prospecting Australian Short Course Swimming Championships	Melbourne VIC

SECTION TWO: EVENT INFORMATION

2.1 EVENT DETAILS

The 2019 Hancock Prospecting World Swimming Trials is a long course event and will be held at the Brisbane Aquatic Centre, Queensland from Sunday 9 to Friday 14 June 2019. The event will be used as the selection trials for the Australian Dolphins Swim Team that will compete at the 2019 World Championships in Gwangju, South Korea.

A Para Grand Prix will be held in conjunction with the trials on Thursday 13 and Friday 14 June 2019. For more details regarding the Para Grand Prix (Para GP) please refer to the event program.

2.2 ENTRY PROCEDURES

Entries for the 2019 Hancock Prospecting World Swimming Trials are now open. Entries will close at 11.59pm AEDST on **Monday 20 May 2019**.

All entries must be lodged using the Swimming Australia Ltd (SAL) online entry system. The online entry system can be accessed via the Swimming Australia website, www.swimming.org.au.

Do not leave it until the last minute to enter. Once you have entered check the competitors list to verify that your entries have been successful. Please ensure that you have entered before you book flights and accommodation.

Events for multi class swimmers will be swum in a grand prix format on 13 and 14 June 2019. Please note that QT's apply for all events. Please check to ensure you meet the qualifying time before entering. Blacked out classes in the entry QT's document means that the event for that class is not being swum at this event. When entering, multi class swimmers will need to enter the events for Day 1 of the Para GP (13 June 2019) online. There will be an entry form at the event that will be used to enter events on day 2 of the Para GP (14 June 2019).

Please note that SAL has a strict 'no late entries' policy.

2.2.1. Entry Fees (all prices are inclusive of GST)

Individual Event: **\$28.00** per event
 \$15.00 per event for Para GP

2.2.2 Entries Enquiries

Further enquiries relating to entries should be directed to Liz Avery on liz.avery@swimming.org.au.

2.3 PROGRAM OF EVENTS

The 2019 Hancock Prospecting World Swimming Trials will consist of 28 events held across six days.

Distance events are timed finals with the slow heat in the morning and the fast heat for each age group at night.

- Visitors can swim heats, but cannot progress to finals
- 8 lanes will be used for all events

The Para GP will consist of a combination of heats/finals and time trails on 13 and 14 June 2019.

[CLICK HERE TO ACCESS THE PROGRAM OF EVENTS](#)

2.4 QUALIFYING TIMES

Qualifying times for this event must be swum in a 50m pool and be achieved since 1 January 2018.

Age is as at the first day of competition.

[CLICK HERE TO ACCESS THE EVENT QUALIFYING TIMES](#)

[CLICK HERE TO ACCESS THE EVENT MC QUALIFYING TIMES](#)

2.5 OPERATING HOURS

Pre-Meet Training: Friday 7 and Saturday 8 June 2019

Morning Session

9.00am – 12.00pm

Pre-meet training

Accreditation collection open

Venue open to the public

Afternoon Session

3.00pm – 6.00pm

Pre-meet training

Accreditation collection open

Venue open to the public

Competition: Sunday 9 – Wednesday 12 June 2019

Heats Session

From 8.00am

Warm-up commences

Accreditation collection open

Venue opens to the public

Finals Session

From 4.00pm

Warm-up commences

Accreditation collection open

Venue opens to the public

From 10.00am

Competition commences

From 6.00pm

Competition commences

Competition: Thursday 13 June 2019

Heats Session

From 8.00am

Warm-up commences
Accreditation collection open
Venue opens to the public

From 10.00am

Competition commences

After Heats

Para GP

Finals Session

From 3.00pm

Warm-up commences
Accreditation collection open
Venue opens to the public

From 4.30pm

Para GP commences

From 6.00pm

Competition commences

Competition: Friday 14 June 2019

Heats Session

From 8.00am

Warm-up commences
Accreditation collection open
Venue opens to the public

From 10.00am

Competition commences

After Heats

Para GP commences

Finals Session

From 4.00pm

Warm-up commences
Accreditation collection open
Venue opens to the public

From 6.00pm

Competition commences

2.6 BY-LAWS

The 2019 Hancock Prospecting World Swimming Trials will be conducted under the By-Laws for Swimming Australia. A copy of the By-Laws can be found on the SAL website by clicking on the following link: [SAL Constitution and By-Laws](#)

This event is also governed by World Para Swimming Rules and Regulations for multi class events.

2.7 ACCREDITATION

Accreditation passes provide personnel with access to the pool for pre-meet training and all competition sessions.

Photo accreditation will not be used at this event. Athletes' accreditation is automatically provided as part of the event entry process. You do not need to apply separately or send in a photo. Simply register through the online entries page to be allocated an accreditation pass upon arrival.

Please ensure you bring photo identification with you to collect your accreditation pass. Passes will only be provided to the individual or Coach/Team Manager.

All patrons wishing to gain access to the competition venue must wear their accreditation in a visible position at all times. Accreditation checkpoints will be located at the entrance to each accreditation zone, and the cooperation of all personnel in providing their pass for inspection is greatly appreciated.

To ensure that all personnel attending the event are issued with the appropriate pass, please ensure that you follow the procedures outlined below.

NOTE: Accreditation passes are not transferable. Any accreditation passes found to be used by any other person will be confiscated.

For further information on accreditation please contact: events@swimming.org.au

2.7.1 Applying for Club Staff Packs

Club Staff Packs applications must be lodged using the SAL on-line application system which is now open. Please follow the link below to apply for club staff packs.

Coach and manager passes will only be issued to those persons listed on the online application form and accompanied by a fee of:

Coach or Manager - \$95.00 per person

Support Staff - \$50.00 per person

[CLUB STAFF PACKS APPLICATIONS](#)

MC applications - specifically for those only attending the Para GP:

[MC CLUB STAFF PACKS APPLICATIONS](#)

It is the responsibility of the club secretary to ensure that club staff packs for coaches and team managers are lodged online prior to applications closing. Applications for club staff packs close on **Monday 20 May 2019 at 11.59pm AEST**. Following this date, coaches and managers will need to apply for a Late Club Staff Pack via the link provided on the event website. Late club packages will be charged at \$190. **Late applications will be accepted until Monday 3 June 2019**, applications after this date will not be accepted.

Onsite applications will not be accepted.

2.7.2 Restrictions

For each club staff pack purchased, clubs will receive one accreditation pass for a nominated coach or team manager (please note the club staff packs are non-transferable).

Event programs, tea and coffee will be provided in the coaches' room located next to the dive pool.

Clubs are eligible to purchase club staff packs based on the number of athletes from their club attending the event. Accreditation applications will be allocated based on the following:

1 to 5 swimmers in individual events	2 x Accreditation Passes @ \$95.00 each
6 to 10 swimmers in individual events	3 x Accreditation Passes @ \$95.00 each
11 to 20 swimmers in individual events	4 x Accreditation Passes @ \$95.00 each
21 to 30 swimmers in individual events	6 x Accreditation Passes @ \$95.00 each
31 or more swimmers in individual events	7 x Accreditation Passes @ \$95.00 each

Teams may travel with any combination of managers and coaches that they wish.

NOTE: There will be no free entry to the pool on ASCTA Membership or SAL's accredited coach cards.

2.7.3 Important Information

A coach accreditation pass for pool deck access will only be issued to coaches who hold current Swimming Australia Coach Accreditation and who are current members of the Australian Swimming Coaches and Teachers Association (ASCTA) and Swimming Australia Ltd.

Applications for pool deck accreditation for all coaches/managers must be made as part of the online club staff pack application.

Accreditation will only be granted to applicants wishing to attend the event in a club working capacity i.e. Coach, Team Manager, Physio, etc.

If a club purchases over its allocated number of club staff packs passes (as indicated above), the club will be contacted to confirm which passes will be cancelled. Fees for excess club staff packs purchased will be refunded, less an administration fee of \$10.00 per excess pass.

Accreditation must only be requested to the extent required to enable the applicant to properly perform his or her duties for their club in connection with the event.

Unless authorised in writing by Swimming Australia, accredited parties must not directly or indirectly engage in (or authorise or procure that other persons engage in) the marketing or promotion of any products or services while at the event or in the vicinity of the event, including (and without limitation):

- Representing, distributing and/or promoting products and services of any kind, including those which compete with those offered by Swimming Australia or its sponsors.
- Ambush marketing.

2.7.4 Accreditation Collection

Accreditation can be collected from the Accreditation Collection Booth which will be located at the event entrance to the Brisbane Aquatic Centre. The accreditation booth opening hours are listed below:

Friday 7 – Saturday 8 June 2019

Morning: 9.00am – 12.00pm
Afternoon: 3.00pm – 6.00pm

Sunday 9 – Wednesday 12 June 2019

Heats: From 8.00am
Finals: From 4.00pm

Thursday 13 June 2019

Heats: From 8.00am
Finals: From 3.00pm

Friday 14 June 2019

Heats: From 8.00am
Finals: From 4.00pm

2.7.5 Lost or Misplaced Accreditation Passes

Should you lose or misplace your accreditation pass, replacement passes are available for purchase at **\$25.00 per pass**. \$20.00 of this amount will be refunded if the lost or misplaced accreditation is found and returned to the accreditation collection site.

2.8 PARKING AND PUBLIC TRANSPORT

Ample parking is available free of charge in P3. Please see appendix C for a map highlighting the location of parking and the event entry.

For detailed information on public transport services, timetables, and ticket and fare information, please call TransLink on 13 12 30 or go to their website <https://translink.com.au/>

There is ample parking at the venue. Charges may apply for parking in this facility.

2.9 CODES OF CONDUCT AND THE SAFE SPORT FRAMEWORK

Swimming Australia is proud to lead the way in providing a safe sporting environment for all. Persons involved in any way with the sport of swimming are expected to adhere to the standards of behaviour outlined in the Swimming Australia Codes of Conduct:

- *The **General Code of Conduct**; and*
- *The **Code of Conduct for dealing with Children and Young People**.*

Swimming Australia promotes its Codes of Conduct to all people involved with the sport of swimming, particularly those responsible for activities involving persons under the age of 18 years. Aligned to our values, the Codes of Conduct set out the behavioural standards that are expected of all persons involved in swimming, The Codes of Conduct are now a core part of the Swimming Australia **Safe Sport Framework**. The Safe Sport Framework also contains a specific **Child Protection Commitment Statement** and refreshed **complaint procedures and guidance**.

A complete copy of the Safe Sport Framework, including the Codes of Conduct, can be found on the Swimming Australia website under Swimmers / A Sport For Everyone / Safe Sport.

2.10 TEAM LEADERS MEETING

There will be not be a Team Leaders Meeting held prior to this event. All relevant information will be placed on the event webpage a week out from the event.

2.11 TEAM SELECTION

The event will incorporate the selection of the Australian Dolphins Swim Team that will compete at the 2019 World Championships to be held in Gwangju, South Korea from 12 – 28 July 2019.

[CLICK HERE TO VIEW THE SELECTION CRITERIA](#)

A Paralympic team will not be selected at this event, the Australian Dolphins team that will compete at the 2019 World Para Swimming Championships in London was selected at the 2019 Hancock Prospecting Australian Swimming Championships in Adelaide, in April.

2.12 TRAINING PROCEDURES AND DRY LAND WARM UP

The old gym located between the outdoor pool and the indoor dive pool will be available throughout competition for dry-land stretching.

The competition pool, dive pool and outdoor pool will be available for warm up during pre-meet and for two hours before the commencement of each session. **Please note:** on Thursday 13 June 2019 the pools will open 1.5 hours before the afternoon Para GP session commencing at 4:00pm.

The following general pool procedures for the **MAIN COMPETITION POOL (50m)** must be observed throughout the meet:

- | | |
|----------------------|--|
| Lanes 0 and 9 | Reserved for dive sprints from the start end of the pool. Swimmers must clear the lane immediately |
| Lanes 1 and 8 | Reserved for pace swimming, feet first entry (no diving) |
| Lanes 2 – 7 | Reserved throughout the whole of the warmup period as circle swimming lanes, feet first entry |

The following general pool procedures for the **INDOOR DIVE POOL (25m)** must be observed throughout the meet:

- | | |
|--------------------|--|
| Lanes 0 | Reserved for dive sprints from the start end of the pool. Swimmers must clear the lane immediately |
| Lanes 1 | Reserved for pace swimming, feet first entry (no diving) |
| Lanes 2 - 3 | Reserved throughout the whole of the warmup period as circle swimming lanes, feet first entry |

The following general pool procedures for the **OUTDOOR/WARM UP POOL (50m)** must be observed throughout the meet:

Lanes 0 and 12	Reserved for 25m dive sprints and backstroke ledge practice (one way only)
Lane 1	Reserved for MC Athletes only
Lanes 2 and 11	Reserved as designated pace lanes, feet first entry
Lanes 3 – 10	Reserved as circle swimming lanes, feet first entry

Appendix A – Warm Up Procedures

2.13 MEDAL PRESENTATIONS

There will be no medal presentations at this event.

2.14 SEATING

2.14.1 Athlete and Coach Seating

Athlete seating will be provided within the grandstand on the opposite side to the AOE room. Access to the grandstand will be via the event entry.

Coaches will have access to a standing area overlooking the start/finish line opposite the AOE room.

Athletes and coaches are reminded to use the designated walkways when accessing these areas, and ensure that you have your accreditation pass available to be checked

2.14.2 General Public Seating

General public seating for this event will be available in the grandstand overlooking the competition pool on the opposite side to the AOE room. All seating for this event is by general admission.

2.15 TICKETING

Tickets for this event are free.

Those wishing to attend will need to purchase their free ticket from the Ticketbooth website. Tickets will be scanned for entry.

<https://www.ticketbooth.com.au/>

2.16 HEATS AND FINALS PROGRAMS

Event programs (heats and finals) will be available to download from the event website. The finals program will be uploaded each day when it becomes available (approximately 1.5 hours after the completion of heats).

Coaches and Team Managers who have purchased a club staff pack are entitled to one heat program for the competition and one finals program for each finals session. All finals programs can be collected from the coaches' room from mid-way through the warm-up period of each respective finals session, and heats programs will be available from the first day of pre-meet training from the accreditation van.

2.17 LIVE STREAMING

All sessions will be live streamed through the Swimming Australia website: www.swimming.org.au

2.18 MERCHANDISE

There will be no event merchandise for this event.

2.19 OFFICIAL PHOTOGRAPHER AND VIDEOGRAPHER

Swimming Australia will have an official photographer and videographer on deck throughout the competition. If you have any concerns regarding the photographer or videographer, please approach a Swimming Australia staff member.

2.20 MEDICAL SERVICES

2.20.1 First Aid

Venue staff are trained in first responder care and will be providing general first aid coverage for all people attending the event.

The aquatic centre First Aid room will be available to team doctors and Aquatic Centre Lifeguards.

2.20.2 Event Medical Officer

Swimming Australia will have an onsite Event Medical Officer to provide a medical assistance to athletes attending the event.

The SAL Event Medical Officer will be situated in either the aquatic First Aid room or will roaming between the field of play exit and warm-up area during competition. The SAL Event Medical Officer will be wearing an orange hi-visibility vest.

2.20.3 Medical Directory

SERVICE	ADDRESS	SUBURB	PC	PHONE
Emergency - Ambulance, Police, Fire				000
QLD Police Service				131 444
Public Hospitals and Medical Centres				
Princess Alexandra Hospital (PA)	199 Ipswich Rd	WOOLLOONGABBA	4102	07 3176 2111
Redlands Hospital*	Weippin Street	CLEVELAND	4163	07 3488 3111

SERVICE	ADDRESS	SUBURB	PC	PHONE
Mater Hospital	Raymond Terrace	SOUTH BRISBANE	4101	07 3163 8111
Carindale Medical Centre	Westfield Carindale, 1151 Creek Rd	CARINDALE	4152	07 3398 5225
Metropol Medical Centre	Cnr Pine Mountain & Creek Rd	CARINDALE	4152	07 3343 0000
Cleveland Central Medical Centre	177 Bloomfield St	CLEVELAND	4163	07 3821 3844
Capalaba Medical Centre	189-201 Old Cleveland Rd	CAPALABA	4157	07 3245 9600
Carina Medical Centre	396 Stanley Rd	CARINA	4152	07 3398 8188
*Does not offer 24-hour emergency				
Pharmacies				
Priceline Pharmacy Capalaba	Capalaba Central Shopping Centre	CAPALABA	4157	07 9245 3636
Gumdale Pharmacy	Eastside Village, 696 New Cleveland Rd	WAKERLEY	4154	07 3890 0050
Carina Day & Night Pharmacy	834 Old Cleveland Rd	CARINA	4152	07 3398 2501
Terry White Chemist	Westfield Carindale, 1151 Creek Rd	CARINDALE	4152	07 3398 4499

2.20.4 Doping Control

The Australian Sports Anti-Doping Authority (ASADA) has been notified of this event and may conduct testing.

To ensure that you are adequately informed on testing procedures, please read the guidelines provided by ASADA in the appendices of this document. Please note that blood samples may be required along with standard urine samples. If blood is collected, you may need to wait up to two hours after competing.

Check your substance on Global Dro <https://globaldro.com/Home>

For questions about prohibited substances, please contact the ASADA Hotline on 1800 020 506

TUE (Therapeutic Use Exemption)

A Therapeutic Use Exemption (TUE) is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance) which may be present during competition. Do you need a TUE? For more information and TUE forms follow this link:

<https://www.swimming.org.au/Therapeutic-Use-Exemption.aspx>

ASADA eLearning

Swimming Australia strongly encourages all athletes, coaches and support personnel to ensure that you maintain ample knowledge about the sample collection process and your rights and

responsibilities in relation to testing. Please visit the ASADA website – www.asada.gov.au or the ASADA eLearning website - <http://elearning.asada.gov.au/> for further information.

ASADA eLearning is a free and easy-to-use online education tool developed by ASADA. More than 10,000 people from across the sporting community have accessed a variety of learning options offered by ASADA eLearning.

It provides everyone with the opportunity to learn about the key areas of anti-doping such as prohibited substances and methods, therapeutic use exemptions, doping control and whereabouts.

By completing the course people will build personal awareness of their anti-doping obligations as athletes or support personnel.

The course is available 24 hours a day, seven days a week (a high-speed internet connection is recommended).

Any athletes, coaches and support staff selected to Swimming Australia camps, teams and activities are required to complete ASADA online education.

ASADA Clean Sport App

The ASADA Clean Sport App has been designed with athletes in mind. The App gives a complete list of all supplements sold in Australia that have been screened for prohibited substances by an independent laboratory. These cannot give athletes a 100% safety guarantee but does significantly lower the risk of a positive test. For non-tested supplements the App gives athletes access to a quiz to assess the risk posed by highlighting key risk factors.

The App can also be used to report doping, check if a medication is banned in sport, give ASADA feedback on testing missions, and complete online education modules.

Download the App: iTunes App store

Google Play Store

For further antidoping information:

ASADA: <https://www.asada.gov.au/>

Swimming Australia: <https://www.swimming.org.au/Home/Swimmer-HQ/Elite-Athletes/Anti-doping.aspx>

Appendix B – ASADA Drug Testing Procedures

2.21 LOST PROPERTY

All lost property will be handed in to the Aquatic Centre pool attendants on duty.

SECTION THREE: APPENDICES

3.1 APPENDIX A – WARM UP PROCEDURES

**MAIN COMPETITION POOL (50m)
START END OF POOL**

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
25m Dive Sprint	Pace Lane	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Pace Lane	25m Dive Sprint

**OUTDOOR POOL (50m)
START SIDE OF POOL**

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10	Lane 11	Lane 12
25m Dive Sprints ↓	MC Only	Pace Lane	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Pace Lane	25m Dive Sprints ↓

Diagram not to scale

3.2 APPENDIX B – ASADA DRUG TESTING PROCEDURES

The Australian Sports Anti-Doping Authority (ASADA) has been notified of the event and may conduct testing during this event.

If in attendance, ASADA will operate from a designated area within the venue.

To ensure that you are adequately informed on testing procedures, please read the ASADA guidelines, provided separately. **Please note that blood samples may be required along with standard urine samples.** If blood is collected you may need to wait up to two hours after competing.

GENERAL GUIDELINES

The Australian Sports Anti-Doping Authority (ASADA) is the Australian national anti-doping organisation. It is responsible for developing a sporting culture free from doping.

Athletes can be selected for testing by ASADA anywhere, any time, and are subject to both random and targeted selection methods. Sample collection can be either in-competition (at an event) or out-of-competition (such as a training venue or home). The majority of testing is carried out with no-advance-notice. Tests can involve the collection of urine, blood, or both.

Athletes may be selected at this event for testing. For in-competition testing at this event, athletes can be notified during heats, finals or any other time during the event.

All ASADA officials wear uniform and identification badges.

THE TESTING PROCESS

If you are notified for a test, the following steps are what to expect:

1. Once notified of selection for testing, you must remain in direct observation of the Doping Control Officer (DCO) or Chaperone until the DCO is satisfied that the sample collection procedure is complete.
2. For no-advance-notice testing, including in-competition testing, you are required to report to the doping control station immediately unless you request a delay in reporting for valid reasons. You are permitted to complete a warm-down, participate in medal presentations, compete in further events or fulfil media commitments if required. At all times you must be accompanied by the chaperone.
3. You will be given a choice of individually sealed collection vessels, and you will select one. You will verify that the equipment is intact and has not been tampered with, and you will maintain control of the collection vessel at all times.
4. Providing the sample
 - Urine: The Chaperone will directly witness the urine sample leaving your body and going into the beaker. Only a Chaperone of the same gender is permitted in the area of privacy when you provide the sample.
 - Blood: You will be asked to select blood collection equipment and check that it is intact and has not been tampered with. A blood collection official will collect the sample in the presence of a DCO, Chaperone and, if applicable, the athlete representative.

5. You will select an individually sealed sample collection kit that is intact and has not been tampered with.
6. Splitting the sample
 - Urine: you will pour a measured amount of the urine into each of the 'A' and 'B' labelled bottles, and then secure the kits. You will be asked to leave a small amount of urine in the collection vessel so the DCO can measure the specific gravity.
 - You will place and secure the blood samples in the relevant labelled containers and secure the kits.
7. The DCO will check the specific gravity of the residual urine left in the collection vessel, and will record the value on the Doping Control Test Form. You should avoid over hydrating; this can happen if you drink too much fluid. If your sample is too diluted and does not meet the required specific gravity you will be required to provide additional urine samples until the DCO is satisfied.
8. Final paperwork - Your personal information is recorded on the doping Control Test Form, including contact details. You will be asked to provide information on prescription and non-prescription medications, vitamins, herbal products, food supplements, and any other substances you have used within the last seven days. These are recorded on the Doping Control Test Form.
9. The secure sample(s) and the laboratory copy of the Doping Control Test Form are sent to the laboratory for analysis. There is a strict chain of custody regarding transportation, storage and opening of the sample.

Note: You should not consume any unsealed drinks. You will be provided with sealed drinks when you report to the Doping Control Station. You should open them yourself and once opened, be responsible for them. Any food or drink you consume is consumed at your own risk and is not grounds for challenging a test result.

ATHLETE RIGHTS

Athletes have the right to:

- have a representative present during testing (e.g. your coach or manager)
- have an interpreter, if available
- ask for additional information about the testing process
- request modifications for athletes with disabilities
- request a delay in reporting to the doping control station for valid reasons (provided they remain in sight of the Chaperone at all times):

for in-competition testing:

- performing a warm down
- competing in further competitions
- fulfilling media commitments
- participating in a victory ceremony
- obtaining necessary medical treatment
- obtaining photo identification
- locating a representative and/or interpreter
- any other exceptional circumstances as approved by the DCO

ATHLETE RESPONSIBILITIES

Athletes have the responsibility to:

- remain within direct observation of the DCO or Chaperone at all times from the point of notification by the DCO or Chaperone until the completion of the sample collection procedure
- produce appropriate identification
- comply with sample collection procedures
- report immediately for a test, unless there is a valid reason for a delay.

SWIMMERS SUBJECT TO TESTING

All Australian Swimming Team members and other swimmers identified by SAL as competing at an elite level are subject to ASADA's national out-of-competition testing program. Some state level swimmers are subject to state testing programs as determined by ASADA.

CHECK YOUR SUBSTANCES

Athletes can't just take any drug or medication, or even use any training method. Some drugs, medications and substances are banned in sport, as are some methods.

Check your substance on Global Dro <https://globaldro.com/Home>

For questions about prohibited substances, please contact the ASADA Hotline on 1800 020 506

MORE INFORMATION

For more information about anti-doping, visit www.asada.gov.au

3.3 APPENDIX C: VENUE MAP (ENTRY AND PARKING)

