

Racing New South Wales

Guidelines for Human Urine Collection

Version 3.0

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INDEX

- Page 3 1. OBJECTIVES
- Page 3 2. SCOPE
- Page 3 3. RULES OF RACING
- Page 6 4. TESTING KITS
- Page 8 5. PERSONNEL
- Page 96. PROCEDURES
- Page 12 7. PACKAGING & SECURITY
- Page 16 8. CUSTODY & TRANSPORTATION
- Page 16 9. ANALYSIS & RESULTS
- Page 18 10. ANNEXURE 'A' SAMPLE CUSTODY DOCUMENTS

1. OBJECTIVES

These guidelines detail the recommended procedures to adopt for the collection of human urine by Swab Officials, Investigators or Stewards. The guidelines identify the Rules of Racing pertaining to this sampling, along with an explanation of the contents of testing kits and procedures to adopt when conducting drug testing. The guidelines set out the processes to be adopted by persons partaking in the testing process, as it ensures the integrity of the sample is maintained at all times.

2. SCOPE

These guidelines commence with the selection process of persons to supply a urine sample and conclude with the transportation of the samples to the Australian Racing Forensic Laboratory (ARFL) for analysis.

3. RULES OF RACING

AR 8(jj) and (jjj) – Powers to order sample be taken

AR8 – To assist in the control of racing, Stewards shall be appointed according to the Rules of the respective Principal Racing Authorities, with the following powers:-

- (jj) To take any sample or to cause such sample to be taken from any rider either prior to or after riding in any race, official trial, jump-out or trackwork, and/or to appoint officials or other persons to take such sample. Further, to make or to cause to be made any test to determine whether any substance banned by AR 81B is present in such sample.
- (jjj) To take or cause to be taken any sample from any horse handler either prior to or after handling any horse at any race meeting, official trial, jump out or in training, provided that this power may only be exercised where a Steward reasonably suspects that a horse handler is affected by a substance banned by AR.81BB. Reasonably suspects means suspects on grounds which are reasonable in the circumstances.
- (jjjj) to make or cause to be made any test to determine whether any substance banned by AR.81BB is present in a sample taken pursuant to (jjj) above.

AR 81(4) – Obligation to provide under rules

It shall be a condition precedent to the granting under this rule of any licence or permit or permission to ride that the applicant undertakes to submit, prior to, during or after fulfilling his riding engagements in any race, official trial, jump out or riding trackwork to any tests that are intended to detect in his body the presence of any alcohol or drug or its metabolites or artefacts.

AR81A(1) - Offences

AR 81A. (1) Any rider commits an offence and may be penalised if -

(a) a sample taken from him is found upon analysis to contain a substance banned by AR 81B; or

(b) he refuses or fails to deliver a sample as directed by the Stewards , or tampers with or in any way hinders the collection of such sample.

AR.81AA. (1) Any Horse Handler commits an offence and may be penalised if:

- (a) A sample taken from him is found upon analysis to contain a substance banned by AR.81BB; or
- (b) He refuses or fails to deliver a sample as directed by the Stewards, or tampers with or in any way hinders the collection of such sample.

AR 81B and BB – Banned Substances

The following substances and/or their metabolites, artefacts and isomers are declared as banned substances in riders when present in a urine sample (unless otherwise stated) at a concentration above the applicable cut-off level:

Lysergic acid diethylamide (LSD) (0µg/L);

All barbiturates (0µg/L); 11-Nor-delta-9-tetrahydrocannabinol-9-carboxylic acid (15µg/L):

All diuretics (0μg/L): Probenecid: (0μg/L) Alcohol (at a concentration in excess of 0.02% on a breath analyser):

All stimulants – substances in this group include, but are not restricted to, Amphetamine (150µg/L): Methylamphetamine (150µg/L): Methylenedioxyamphetamine (MDA) (150µg/L): Methylenedioxyethylamphetamine (MDEA) (150µg/L): Metheledioxymethylamphetamine (MDMA) (150µg/L): Methylphenidate (0µg/L): Modafinil (0µg/L): Cocaine (100µg/L): Ephedrine (10,000µg/L).

Substances in this group excluded are: Levo-amphetamine: Levo-methylamphetamine: Phenylpropanolamine: Pseudoephedrine.

All anorectics – substances in this group include, but are not restricted to, Phentermine (500µg/L): Diethylpropion (0µg/L): Sibutramide (0µg/L).

All opiates and opioids – substances in this group include, but are not restricted to, Morphine ($0\mu g/L$), (save as specified by AR.81C) : Codeine ($0\mu g/L$), (save as specified in AR.81C): Oxycodone ($0\mu g/L$): Fentanyl ($0\mu g/L$): Alfentanil ($0\mu g/L$): Pethidine ($0\mu g/L$): Methadone (0μg/L): Heroin (0μg/L): Monoacetylmorphine (0μg/L): Hydromorphone (0μg/L):Buprenorphine (0μg/L).

Substances in this group excluded are: Dihydrocodeine: Dextromethorphan: Pholcodine: Propoxyphene: Tramadol

All dissociative anaesthetics and related substances – substances in this group include, but are not restricted to: Ketamine (0µg/L): Phencyclidine (0µg/L): Tiletamine (0µg/L).

Gamma-hydroxybutyrate (GHB) and pro-drugs of GHB (1,4-butanediol: gammabutyrolactone) (10,000µg/L).

Benzylpiperazine (500 μ g/L) and phenylpiperazine (0 μ g/L) and their derivatives (0 μ g/L). Tryptamine derivatives (0 μ g/L) (e.g. dimethyltryptamine: alphamethyltryptamine: hydroxydimethyltryptamine and related substances)

All benzodiazepines – substances in this group include: but are not restricted to: Diazepam (200 μ g/L): Nordiazepam (200 μ g/L): Oxazepam (200 μ g/L): Temazepam (200 μ g/L): Alprazolam (100 μ g/L, as alpha-hydroxyalprazolam): Clonazepam (100 μ g/L, as 7-aminoclonazepam): Flunitrazepam (100 μ g/L, as 7-aminoflunitrazepam): Nitrazepam (100 μ g/L): Alprazepam (0 μ g/L): Clobazam (0 μ g/L): Flumazenil (0 μ g/L): Lorazepam (0 μ g/L): Midazolam (0 μ g/L): Triazolam (0 μ g/L): and substances with similar structure or pharmacological activity – benzodiazepine receptor agonists (zalplon: zolpidem: zopiclone).

In horse handlers:

Lysergic acid diethylamide (LSD) (0µg/L); All barbiturates (0µg/L); Cannabinoids (11-Nor-delta-9-tetrahydrocannabinol-9-carboxylic acid) (15µg/L); Alcohol (at a concentration in excess of 0.05% on a breath analyser); All stimulants – substances in this group include, but are not restricted to, Amphetamine (150µg/L); Methylamphetamine (150µg/L): Methylenedioxyamphetamine (MDA) (150µg/L); Methylenedioxmyethylamphetamine (MDEA) (150µg/L): Metheledioxymethylamphetamine (MDMA) (150µg/L): Methylphenidate (0µg/L): Modafinil (0µg/L): Cocaine (100µg/L): Ephedrine (10,000µg/L).

Substances in this group excluded are: Levo-amphetamine: Levomethylamphetamine: Phenylpropanolamine: Pseudoephedrine.

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aminoflunitrazepam): Nitrazepam (100µg/L, as 7-aminonitrazepam): Bromazepam (0µg/L): Clobazam (0µg/L): Flumazenil (0µg/L): Lorazepam (0µg/L): Midazolam (0µg/L): Triazolam (0µg/L): and substances with similar structure or pharmacological activity – benzodiazepine receptor agonists (zalplon: zolpidem: zopiclone).

4. TESTING KITS

4.1 LARGE TESTING KIT



- Coloured carry bag with security bag label attached
- Yellow plastic outgoing seal which seals the zip of the bag
- Bar-coded Sampling kit ID label
- Client identity tag
- Inside the bag is:
 - Orange plastic return seal
 - 8 x Human sample packs consisting of: numbered self-sealing TRI-PAK bag; 1 x capped bottle with temperature strip, 1 x capped bottle (B sample), one capped bottle containing control solution; a pair of disposable gloves and one ARFL Sample Identity Card
 - o 1 x Icepack
 - Sample Kit Audit Document

4.2 SMALL TESTING KIT



- Coloured cool carry bag with security bag label attached
- Yellow plastic outgoing seal which seals the zip of the bag
- Bar-coded Sampling kit ID label
- Client identity tag
- Inside the bag is:
 - Orange plastic return seal
 - 2 x Human sample packs consisting of: numbered self-sealing TRI-PAK bag; 1 x capped bottle with temperature strip, 1 x capped bottle (B sample), one red capped bottle containing control solution; a pair of disposable gloves and one ARFL Sample Identity Card
 - 1 x lcepack
 - Sample Kit Audit Document

Note:

The **TRI-PAK** number is the same as the **Sample Identity Card** number. If the number on the card does not match the TRI-PAK number use the number on the card for the sample and record the TRI-PAK number in a blank area on parts A and B of the Sample Identity Card. Make a comment on the Sample Kit Audit Document.

5. PERSONNEL

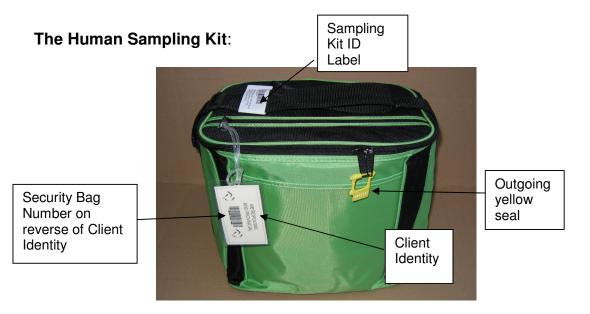
The selected **SAMPLE DONOR** (hereinafter referred to as 'Donor') The donor's **INDEPENDENT WITNESS** (hereinafter referred to as 'Witness') **DRUG SAMPLING OFFICIAL** (hereinafter referred to as 'Official')

Note: In the case of a female donor, a female member of the nursing staff from the first aid office, security employee or another suitable female, should whenever possible, act as the Official to witness the collection of the sample.

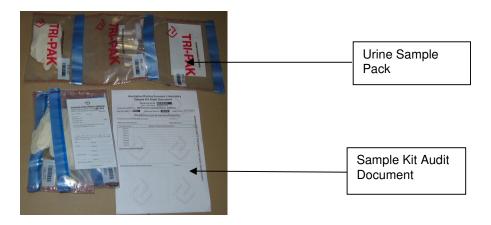
- 5.1 The Stewards shall direct the selected Donor that a urine sample must be provided and give details as to the appointed time for collection and the location of the collection area. If a behavioural problem is observed then the Stewards may direct such Donor immediately provide a urine sample and the Stewards may make such orders as they see fit in regards to the fulfilling of further riding engagements / work commitments by such Donor on the day.
- 5.2 Prior to the commencement of the taking of the sample, the Donor shall nominate a Witness. If the Donor refuses or is unable to do so the Official may nominate a suitable person to witness the procedure. Witnessing of sample collection must occur.
- 5.3 When the Donor reports he/she is ready to provide a sample, such Donor, the Witness and the Official will proceed to a designated collection area.
- 5.4 The Official shall inform the Donor of the collection process and that he/she has been selected to provide a urine sample which will be analysed for substances banned by the Rules of Racing as defined in AR 81B and AR 81BB.
- 5.5 Donors may request drinks to assist in providing a urine sample. These must be in the form of drinks from sealed containers or directly from a water fountain or tap and **must be supervised**.

6. PROCEDURES

Ensure that all security guidelines are followed during sample collection and any comments are recorded on the Sample Kit Audit Document

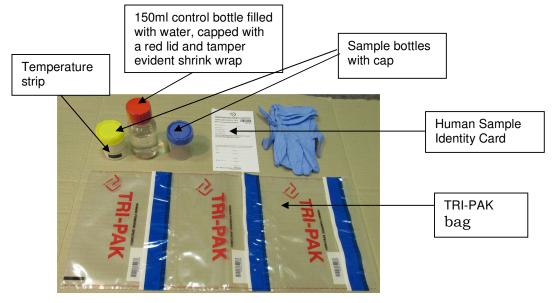


6.1 After opening the Sampling Kit, the Official must cross check the sampling kit and contents with the Sample Kit Audit Document. This check requires a witness. Sign the Sample Kit Audit Document after the Initial Check has been done.



Note: the security number is the Sample Identity Card/TRI-PAK number of the sample packs dispatched in the kit.

- 6.2 The Official shall place the ice pack into a freezer if available.
- 6.3 Prior to the commencement of the collection, the Donor shall wash and dry his/her hands. The Official shall direct that there be no unauthorized voiding of the bladder and be vigilant of any apparatus or adulterant.
- 6.4 The Official shall obtain a sample pack for the sample and place the contents onto the bench.



Note: At all times the sample bottles shall be kept under supervision to ensure the integrity of the sample.

- 6.5 The Official must place the disposable gloves on his/her hands.
- 6.6 The Official shall open the red-capped plastic bottle containing the control solution. In clear view of the witness, rinse the two empty capped bottles with the control solution and return the rinsing to the red-capped plastic bottle. Place the red lid firmly back on the control bottle so that the control solution will not leak.
- 6.7 The Official shall hand the rinsed capped bottle, that has the **temperature indicator strip attached**, to the Donor and direct that he/she donate a sample of his/her urine into the bottle.
- 6.8 The Official and the Witness shall then accompany the Donor to the collection area. Once in the sample collection area, the Official instructs the Donor to remove or adjust any clothing that restricts the Donor's clear, unobstructed view of sample provision.
- 6.9 The Official may direct that the Donor ensures the Official has an unobstructed view of the sample leaving the Donor's body and must

continue to observe the sample until the sample is securely sealed, so as to ensure the integrity of the sample.

- 6.10 After the sample is donated, the parties return to the preparation area. The Official shall ensure the temperature indicated on the strip is between 38°C and 32°C. If the temperature is less than 32°C the Official may require the Donor to deliver another sample. In such circumstances, the suspect sample shall be sealed in accordance with these protocols.
- 6.11 The Donor shall be directed by the Official to pour half of the sample into the other capped bottle. Both bottles should contain an approximately equal amount of urine. There should be at least 10 mls in each bottle and if the Donor is unable to supply the required amount of urine at that time, the samples should be sealed in accordance with these protocols and the procedure repeated using a fresh sampling kit.

Note: that the laboratory may reject the sample if the volume in either bottle is less than 10 mls

- 6.12 The Official must secure the lids **firmly**, to ensure the contents will not leak. The disposable gloves may now be removed, following the sample being secured in the bottles.
- 6.13 In the event of the donor being unable to supply a sample of their urine at the first attempt, following a period deemed reasonable by the Official, the Official in the presence of the donor and witness shall whenever circumstances permit render the sample test kit void. A new sample kit shall then be used at the next collection attempt. The Official is to wait as long as necessary to obtain a sample and may direct the donor to provide a sample by a specified time. While waiting to provide a further sample, the Donor is to remain under continuous observation by the Official.
- 6.14 Should an additional test kit not be available to the official the original test kit may be re-used subject to the following conditions:-
 - 6.14.1 The original testing kit be repackaged with both the empty urine bottles and the control bottle (including control solution) placed back into the tri-bag along with the Sample Identity card, bottle seals and gloves.
 - 6.14.2 The sample identity number is to be provided by the Official to the Donor and Witness for future reference.
 - 6.14.3 The Official shall complete an Human Urine Sample Reuse of Sample Kit form that must be signed by the Donor and Witness.

- 6.14.4 The sample test kit is then placed back into the Security Bag and the Security Bag is to be stored in a secure environment, preferably a lockable swab facility or alternatively remain under the supervision of the Official.
- 6.14.5 Subject to the Donor advising he/she is now able to provide a sample the Official shall remove the original testing kit from the security bag and provide the Donor and Witness with the sample identity number to ensure the original test kit is being used again.
- 6.14.6 The Official shall than in the presence of the Donor and Witness repeat steps 6.3 to 6.12 including the re-rinsing of both urine bottles with the control solution.

7. PACKAGING & SECURITY

7.1 The Donor, Witness and Official must check that the number on the ARFL Sample Identity Card is also the number on the seals at the back of the card and on the TRI-PAK bag.



Note: Part B of the card is a carbon copy of Part A, therefore whatever is written on Part A will also be written on Part B.

7.2 The Official must promptly place the seal labelled "CONTROL" over the top of the lid of the bottle of control solution and down each side of the bottle, sealing the lid to the bottle.



7.3 The Official must promptly seal the two bottles filled with urine similarly with the two remaining seals.



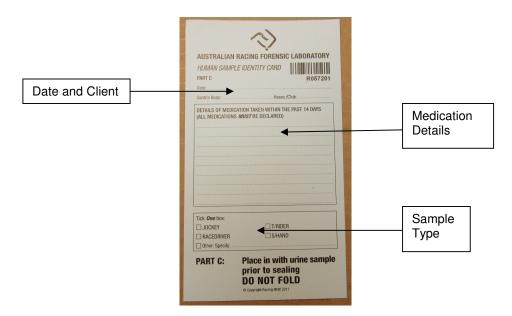
7.4 The Official must record details on the ARFL Sample Identity Card part A (and therefore part B).

Note: No one should sign the card until all procedures are complete.

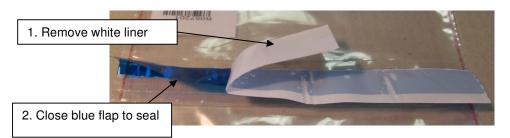
The Official must complete Part C of the card for the following:

- Date and CLIENT. "Client" refers to the local racing authority (eg, in Sydney metropolitan, either ATC or RNSW Metro).
- Complete the details of medication.
- > Tick the relevant sample type (eg, Jockey, track rider, non-rider)

IT IS IMPERATIVE THAT ALL DETAILS OF MEDICATION TAKEN WITHIN THE PAST 14 DAYS ARE DECLARED BY THE DONOR.



- 7.5 The Official must place the sealed bottle containing the control solution in the centre pouch of the TRI-PAK Bag. Place the two sealed bottles containing urine into the end pouches of the TRI-PAK Bag. The three bottles must be placed the same way up. Place Part C of the Sample Identity Card in the end pouch, which contains the most urine. Ensure details on the card are visible through the TRI-PAK Bag.
- **Note:** Do **NOT** place Part C of the Sample Identity Card with the bottle containing the control solution.
- 7.6 The Official must remove trapped air from one of the pouches of the TRI-PAK Bag,then **press the blue tape down firmly from the centre to the edges to seal the pouch**. Request that the Donor and witness confirm the security of the seal.



Repeat the above for the remaining two pouches.

Note: If the original TRI-PAK bag is damaged as a result of packaging the sample or Part C of the Sample Identity Card is inadvertently omitted from its contents the re-opening of the TRI-PAK Bag must only be done in the presence of the Donor and the Witness. A replacement TRI-PAK Bag may be taken from the same sampling kit. It will be necessary to note the TRI-PAK

Bag Security Number on parts A, B and C of the Sample Identity Card as it replaces the original TRI-PAK bag security number. The new number must be initialled by both the Donor and the Official, noting this change. The original TRI-PAK[®] Bag is returned to the Sampling Kit and all changes noted on the audit document of the Sampling Kit. The sample identity card associated with the replacement TRI-PAK bag must be returned to the sampling kit.

- 7.7 The Official must ensure that the Donor and Witness are satisfied with the collection and packaging procedures. If so, then the Donor and Witness must sign Part A (and therefore Part B) of the Sample Identity Card.
- 7.8 The Official must then sign where indicated on Part A (and therefore Part B) of the Sample Identity Card and give the Donor Part B, and ensure that Part A of the Sample Identity Card is retained for the Stewards.
- 7.9 The Official must place the Sample Pack containing the urine samples and control solution into the Sampling Kit, which is kept in a secure, preferably refrigerated location. Ensure that the bottles stand upright.
- 7.10 The Official signs the Sample Kit Audit Document in the space immediately to the right of the "Security Number" for the urine sample collected, and tick in the relevant space under "Used".
- 7.11 The Official must record any discrepancies in the packaging and sealing of the sample in the section "Comments on Samples Returned".
- 7.12 The Official must return all unused and voided sample packs in the Sampling Kit in which they were originally dispatched. Note: When the control bottle is removed from a sample pack and the seal is broken but then **NOT** used, empty the contents. Do **NOT** replace the cap back on the control bottle. Return the cap and the bottle separated in the Sampling Kit.
- 7.13 The Official, when the Sampling Kit is filled with its complement of samples and unused sample packs, must enter the orange return security seal number and the "Date Returned" (the date sample was taken) in their appropriate locations on the Sample Kit Audit Document.
- 7.14 The Official must crosscheck the Sampling Kit and contents with the Sample Kit Audit Document for the following:
 - Sampling kit ID number
 - Number of samples
 - Sample security numbers
 - Signatures and ticks for used sample packs

This crosscheck requires a witness.

- 7.15 The Official must sign the Sample Kit Audit Document after the Final Check has been done. The witness also signs the Sample Kit Audit Document. Place the document in the sampling kit.
- 7.16 Place the frozen ice-pack into the sampling kit.
- 7.17 The Official must seal the Security Bag after the zipper is closed with the orange return security seal (located in bottom of the Cool Carry bag). Ensure that the return seal is completely closed.

The sampling kit should be kept upright and refrigerated and must be sent as soon as possible to the Australian Racing Forensic Laboratory, either by direct delivery by a Steward, Racing NSW Investigator, or despatched by an authorised courier. If the kit cannot be dispatched on the day of collection the samples must be refrigerated.

8. CUSTODY & TRANSPORTATION

- 8.1 Following the sealing of the security bag the Human Sample Custody Document (annexure a) must be completed by the Official signing the samples over the relevant Official/Steward who is responsible for the transportation of the sample to the Australian Racing Forensic Laboratory.
- 8.2 At each stage the samples change custody during transportation the document must be completed.

9. ANALYSIS & RESULTS

- 9.1 All Human Samples shall be submitted to the Australian Racing Forensic Laboratory (ARFL) for analysis for the detection of banned substances in accordance with AR81B and AR81BB.
- 9.2 Upon notification from the ARFL that it has detected a banned substance in accordance with AR81B and AR81BB in a urine sample, the Stewards shall notify the Donor of such finding and under the provisions of AR81A(3) may stand down such person from riding.

- 9.3 The donor may request that the "B" sample be analysed by an Official Racing Laboratory. Such request must be relayed to the Stewards within 24 hours of advice being received by the ARFL.
- 9.4 Should no such request be made the result and certification of the "A" sample from the ARFL shall be prima facie evidence that a banned substance was found to be present in the urine sample referred to.



Record of Human Sample Custody and Dispatch (Metropolitan)

Race Club	Venue	Date
1. Supply of Sampling k	(its -	
I verify that the Sampling am/pm.	Kits listed below were receive	ed with outgoing seals intact at
Security Bag No.	Outgoing Seal No.	
Name of Official	Sign	ature
2. Sample Collection/Se	curity	
		ed and securely kept in accordance with the prised delegate atam/pm.
Name of Swab Official		Signature
	ng Kits listed below were reco	eived with return seals intact at in an approved storage facility at
Name of Steward/Delega	te	Signature
Name of Witness	_	Signature
4. Delivery of Samples		
	were consigned for delivery to am/pm on	o the Australian Racing Forensic Laboratory
Name of Race Club Offic	al	Signature
Name of Courier/Agent _		Consignment no
5. ARFL Receipt		
	the Sampling Kits listed aborum/pm on/ /	ve and have examined the Kits and return seals
Name of ARFL Employee		Signature



Race Club	Venue	Date			
1. Supply of Sampling Kits -					
I verify that the Sampling Kits li am/pm.	sted below were recei	ved with outgoing seals intact at			
Secu	urity Bag No. Outgoing	g Seal No.			
– Name of Swab Official		Signature			
2. Sample Collection/Security	/ -				
Following collection the sample with the approved guidelines unam/pm.		aled and securely kept in accordance ds or authorised delegate at			
Name of Official		Signature			
3. Receipt of Samples -					
I verify that the Sampling Kits liam/pm.	sted below were recei	ved with return seals intact at _			
Security Bag No. Return Seal No.					
-					
Name of Steward/Delegate	;	Signature			
4. Custody/Delivery of Sampl	es -				
The above Sampling Kits were delivery to the Australian Racinam/pm on/	g Forensic Laboratory				
Name of Steward/Delegate		Signature			
Name of Courier/Agent		Consignment no			
5. ARFL Receipt -					
I acknowledge custody of the Sampling Kits listed above and have examined the Kits and return seals for integrity atam/pm on/ /					
Name of ARFL Employee		Signature			





Record of Human Sample Custody and Dispatch (Country)

Race Club	Venue	Date		
1. Supply of Sampling Kit	s -			
I verify that the Sampling K am/pm.	its listed below were re	eceived with outgoing seals intact at		
Secu		oing Seal No.		
Name of Swab Official		Signature		
2. Sample Collection/Secu	urity -			
		sealed and securely kept in accordance vards or authorised delegate at		
Name of Official		Signature		
3. Receipt of Samples -				
I verify that the Sampling K am/pm.	its listed below were re	eceived with return seals intact at _		
	Security Bag No.	Return Seal No.		
Name of Steward/Delegate		Signature		
4. Custody/Delivery of Sa	mples -			
delivery to the Australian R		transported before being consigned for tor tory with return seals intact at		
Name of Steward/Delegate		Signature		
Name of Courier/Agent		Consignment no		
5. ARFL Receipt -				
I acknowledge custody of the Sampling Kits listed above and have examined the Kits and return seals for integrity atam/pm on//				
Name of ARFL Employee_		Signature		





Human Urine Collection – Reuse of Sample Kit

Race Club_		Venue	Date
I,		(Donors name)	do hereby declare that
subsequent	to not being able	e to supply a sample of m	y urine to the Stewards at
		(Venue) on	(date) at
	(time) I	have witnessed the U	rine Sample Kit number
	(insert n	umber) being repackaged a	and I am satisfied that the
sample has	been stored in a s	ecure location.	
Name	(Donor)	(Witness)	(Official)
Signed	(Donor)	(Witness)	(Official)
I,		(Donors name)	do hereby declare that
subsequent	to not being able	e to supply a sample of m	y urine to the Stewards at
		(Venue) on	(date) at
	(time) I h	ave witnessed the sample	bottles in Urine Sample Kit
number		(insert number) being rinse	ed with the control solution
prior to prov	riding a sample of	my urine for analysis.	
Name	(Donor)	(Witness)	(Official)
Signed	(Donor)	(Witness)	(Official)