

## Requests for Blood Lactate sampling at IPC Swimming sanctioned events

**Note: This testing procedure is only for lactate testing. Blood sampling for any other purpose requires additional formal notification.**

IPC swimming is concerned with the health and welfare of all participants at sanctioned events. We therefore want to assure that all activities of any nature taking place at such events are conducted with this in mind. The following guidelines and questions apply to the collection of blood sample for the purpose of athlete service. Countries wishing to conduct such testing at sanctioned events 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 closing of the competition.
- Countries wishing to perform such testing must make a written request to IPC Swimming 3 months prior to their arrival at the event. ([anne.ipcswimming@bigpond.com](mailto:anne.ipcswimming@bigpond.com))
- The country involved in blood sampling will test only its own athletes and has written permission from each individual to do so. A copy of these individual forms should be available for inspection during the event.
- The detailed sampling methods and safety procedures (Universal precautions [www.niehs.nih.gov/odhsb/biosafe/univers.htm](http://www.niehs.nih.gov/odhsb/biosafe/univers.htm)) must be presented in writing together with the written request in addition to the qualifications of the person(s) performing the testing. If necessary the country will be required to answer any concerns still standing. When no concerns are present preliminary permission will be granted.
- The sampling will take place at a predetermined position or room in the pool agreed to by the Technical Delegate (TD) in consultation with the meet organizer and an IPC Swimming representative medical doctor from the classification team present. The individual responsible for testing the swimmers from their country is to contact the TD on arrival and will then be informed of the allocated position for testing.
- The organizer will provide for disposal of all medical waste (gloves, lancets, capillary tubes etc.) in agreement with a recognized local firm and/or hospital. All costs of this disposal are for the country involved. A written request to test implies that the country involved agrees to cover their part of the costs (in relation to the size of their participant delegation).
- Before testing can start the IPC Swimming representative will inspect the testing area and confirm that all stipulations are being adhered to. At this time the IPC Swimming representative together with the country representative will sign the final agreement sheet.
- Failure to adhere to these terms will result in the loss of accreditation for the person(s) involved in the testing.
- Each country involved will file a report on their testing to the chairperson of IPC Swimming within 6 weeks of the event in question. This should include the number of tests conducted, problems with the procedures, and findings of general interest to IPC Swimming. If a country fails to forward a report, permission to conduct future tests may not be granted.

## ABBREVIATED STANDARD PRECAUTIONS

'Standard Precautions' are basic work practices adapted from the Universal precautions of the National Institute of Environmental Health and Safety (USA). It is only for use by persons specified by IPC Swimming.

### 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 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 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 24 hours to the designated doctor in the classification team and their team and their team doctor. Full responsibility for assessment of the injury and categorization of exposure, including the follow-up lies with the team doctor.

## CHECKLIST FOR BLOOD SAMPLING AT IPC SWIMMING SANCTIONED EVENTS

1. The country involved in blood sampling will test only their own swimmers.
2. The country will have written consent forms from each individual swimmer.
3. The country must have a hard copy of the standard sampling methods and safety procedures available.
4. The country must do their sampling at the predetermined position or room in the pool agreed to by the Technical Delegate and the designated IPC Swimming medical person.
5. Countries must adhere to the standard precautions described below.
6. The qualifications of personnel performing the testing are available in writing.
7. The country will sign an agreement form allowing blood sampling during competition.

BLOOD SAMPLING CHECK LIST		
General	Yes/No	Action
Country testing own Swimmers		
Written consent forms		
Hard copy of standard sampling safety procedures		
Sampling at the predetermined position		
Adhere to the standard precautions described		
Copy of tester qualifications available.		
The country will sign an agreement form allowing blood sampling during competition (attached)		

## AGREEMENT FORM ALLOWING BLOOD SAMPLING DURING COMPETITION

I,.....on behalf of .....,  
[PRINT NAME] [COUNTRY]

have read the IPC Guidelines for Lactate testing, and verify that we will abide by the procedures laid down. We will ensure that the testing area is clean and that our hazardous materials are being disposed of through the appropriate agency.

.....  
Signature

.....  
Date

.....  
Witness

.....  
Date

.....  
IPC Medical Officer

.....  
Date