

FOR CLEAN, TRUE SPORT

DOPING CONTROL PROCEDURE

SHOW YOUR ID

Show your ID with your photo (AD card, Passport etc.) to the Chaperone/DCO at notification



WHAT YOU MUST DO

in DOPING CONTROL

BE ALWAYS OBSERVED

Always remain within direct observation of the Chaperone/DCO from the point of notification by the Chaperone/DCO until the end of sample collection process



2

FINISH YOUR JOB

Request a delay in going to DCS for valid reasons and only when granted/permitted by the Chaperone/DCO

Acceptable Justifications

- Medal ceremony
- Media interview
- Treatment of injuries
- Go and get your ID



**BE ACCOMPANIED
BY A REPRESENTATIVE
OR INTERPRETER**



WHAT YOU CAN DO

in DOPING CONTROL

**ONLY YOU CAN
TOUCH**

Until the sample is completely sealed in A and B bottles, it's only YOU who can touch and carry the collected sample

**ASK QUESTION
ANYTIME**

Ask any questions you have about testing procedures at any time

**REQUEST
MODIFICATIONS**

For those athletes with an impairment (incl. physical, visual or intellectual)

To ensure testing process accessible and suitable, request some modifications

Ask
Questions!



CHECK



"Athletes' Anti-Doping Rights Act"

3

1-1 NOTIFICATION



- Request an accompanying person if necessary (Coach, Interpreter etc.)
- Chaperone/DCO accompanies you all the time until the end of sample collection procedure

4

STEPS for CLEAN SPORT

1



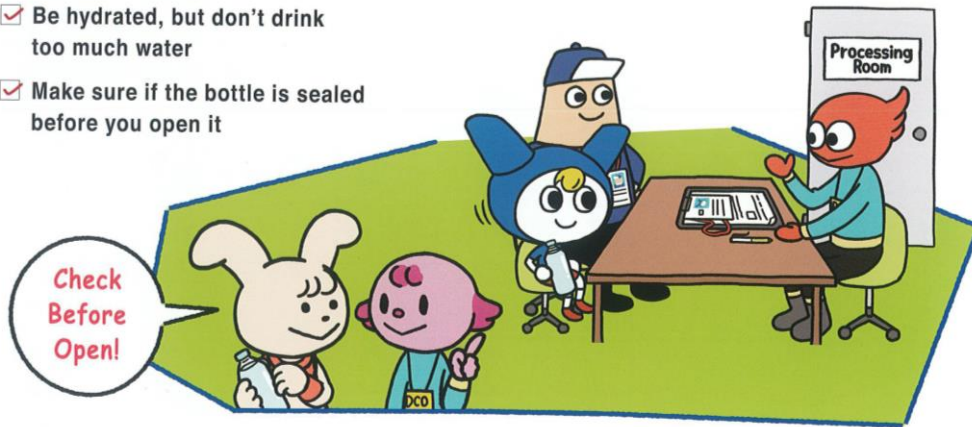
2



3

1-2 WAITING ROOM

- ✓ Relax, and be ready to provide sample!
- ✓ Be hydrated, but don't drink too much water
- ✓ Make sure if the bottle is sealed before you open it



2 BEFORE SAMPLE COLLECTION





- ☑ Washing hands with soap is not allowed



- ☑ Choose one vessel from three or more on table



- ☑ Check the vessel you chose if there is any damage



3 SAMPLE COLLECTION

- ☑ DCO, the same gender as you, witnesses the urine leaving your body
- ☑ DCO may advise your posture when passing sample
- ☑ DCO stays with you until meeting all requirements

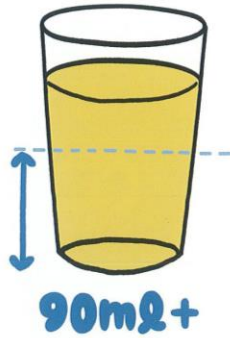
FEMALE



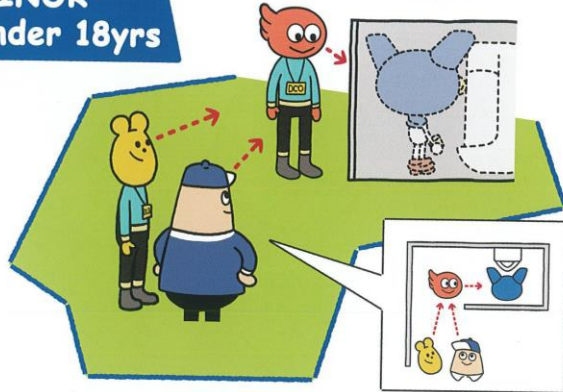
MALE



MINOR Under 18yrs



✓ Provide a minimum of 90ml of urine

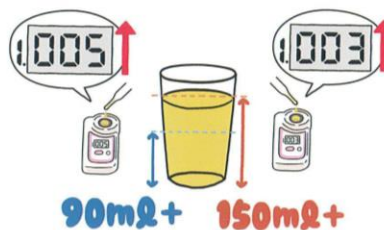


✓ Minor athletes (Under 18) can request an accompanying person to witness the doping control process if it goes appropriately



4 SEAL SAMPLE





✓ Choose and check a kit for any damage and all sample code numbers

✓ After you split your urine sample between the A and the B bottles, seal both bottles tightly

✓ Check & re-check that the tamper-evident bottle lids are securely fastened

✓ DCO checks if your urine meets specific gravity (concentration)

✓ Requirement of specific gravity varies depending on the volume of urine sample collected

✓ If your urine sample is not within the required range, you will be asked to provide another sample



PLUS : BLOOD TEST



REST 10min



- ✓ Sit still and feet on the ground for 10min
- ✓ The number of bottles collecting blood varies depending on the testing menu.
The Blood Control Officer (BCO) will tell you.

ANSWER QUESTIONS



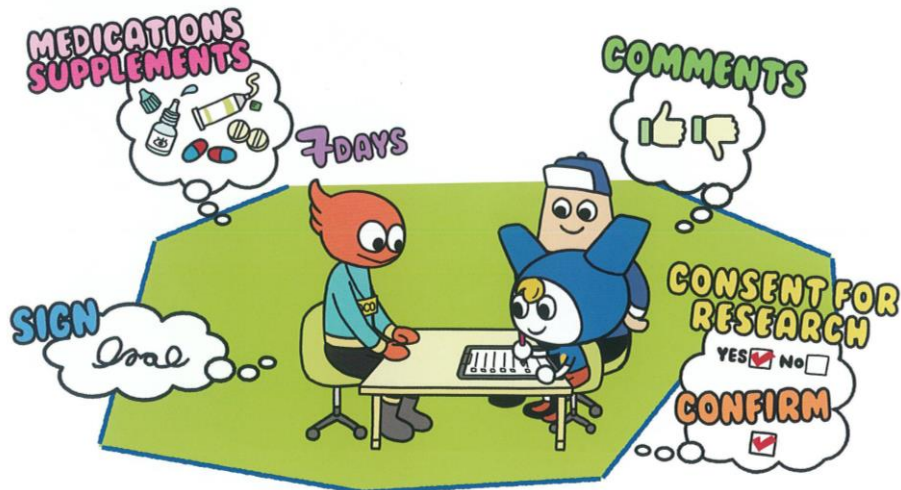
- ✓ BCO asks some questions about medications or supplements intake and blood transfusions received over the past 3 months



- ✓ You can request BCO the specific arm (Right or Left) to collect blood sample. BCO assesses and may choose the specific arm depending on the condition.



5 CHECK DOCUMENT



MEDICATIONS SUPPLEMENTS



- Write any medications/supplements taken within 7 days

CONSENT FOR RESEARCH



- If your sample can be used for anonymous research for clean sport
- Review and confirm with DCO if all of the information stated in the form is correct

COMMENTS



- Comment anything in your language about doping control procedure

SIGN



- Sign your name for confirming all of the doping control procedures is processed appropriately

