

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



FINISH YOUR JOB

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



Acceptable Justifications

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



LET'S BE A REAL CHAMPION!



**BE ACCOMPANIED
BY A REPRESENTATIVE
OR INTERPRETER**



WHAT YOU CAN DO

in DOPING CONTROL



**ASK QUESTION
ANYTIME**

Ask any questions you have about testing procedures at any time



**REQUEST
MODIFICATIONS**

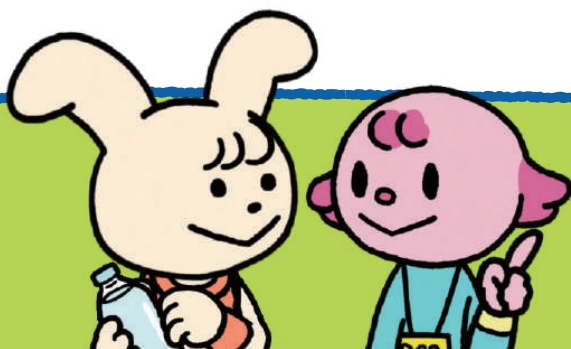
For those athletes with an impairment
(incl. physical, visual or intellectual)

To ensure testing process accessible and suitable, request some modifications



**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

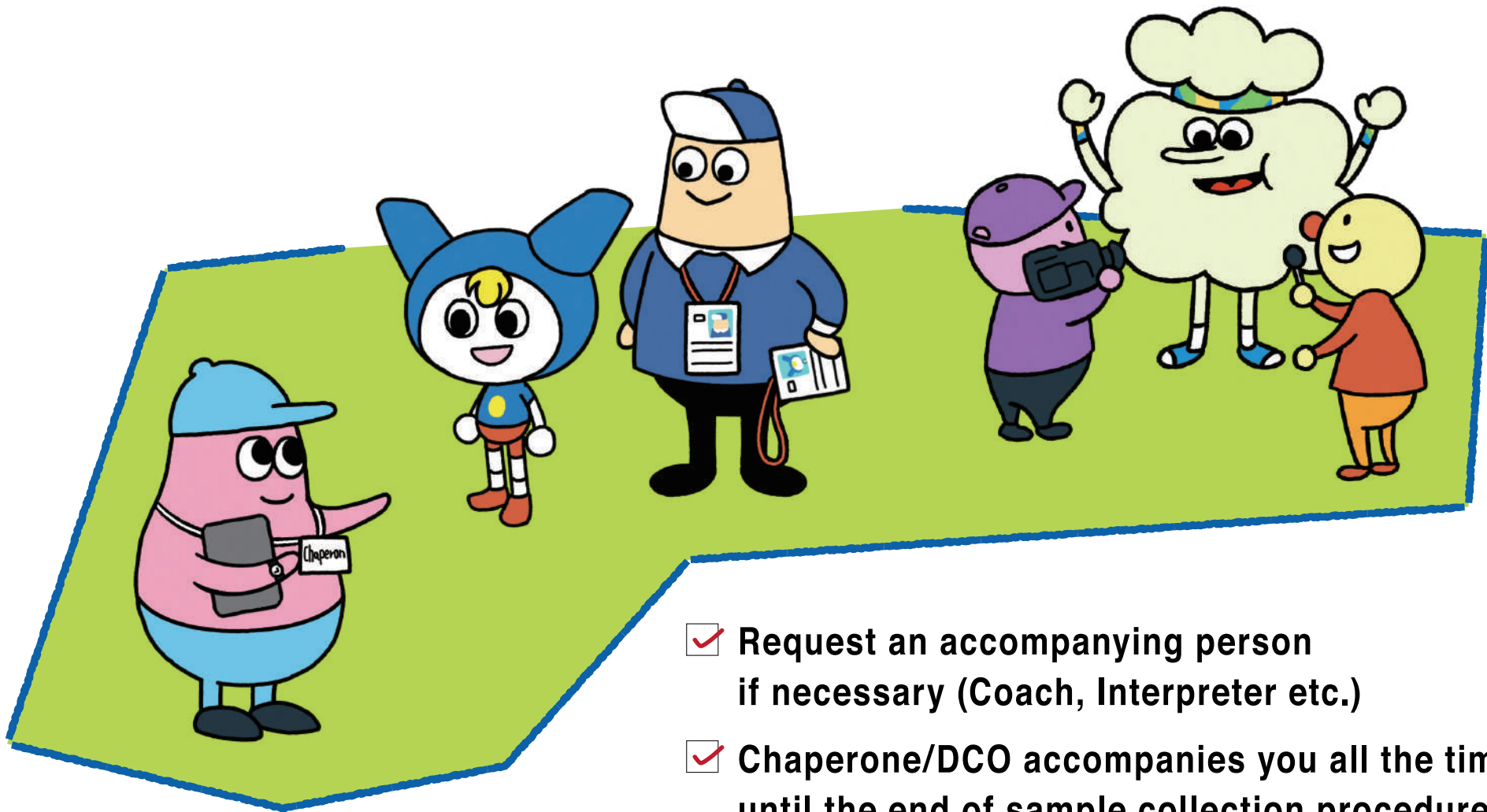


CHECK



"Athletes' Anti-Doping Rights Act"

1-1 NOTIFICATION



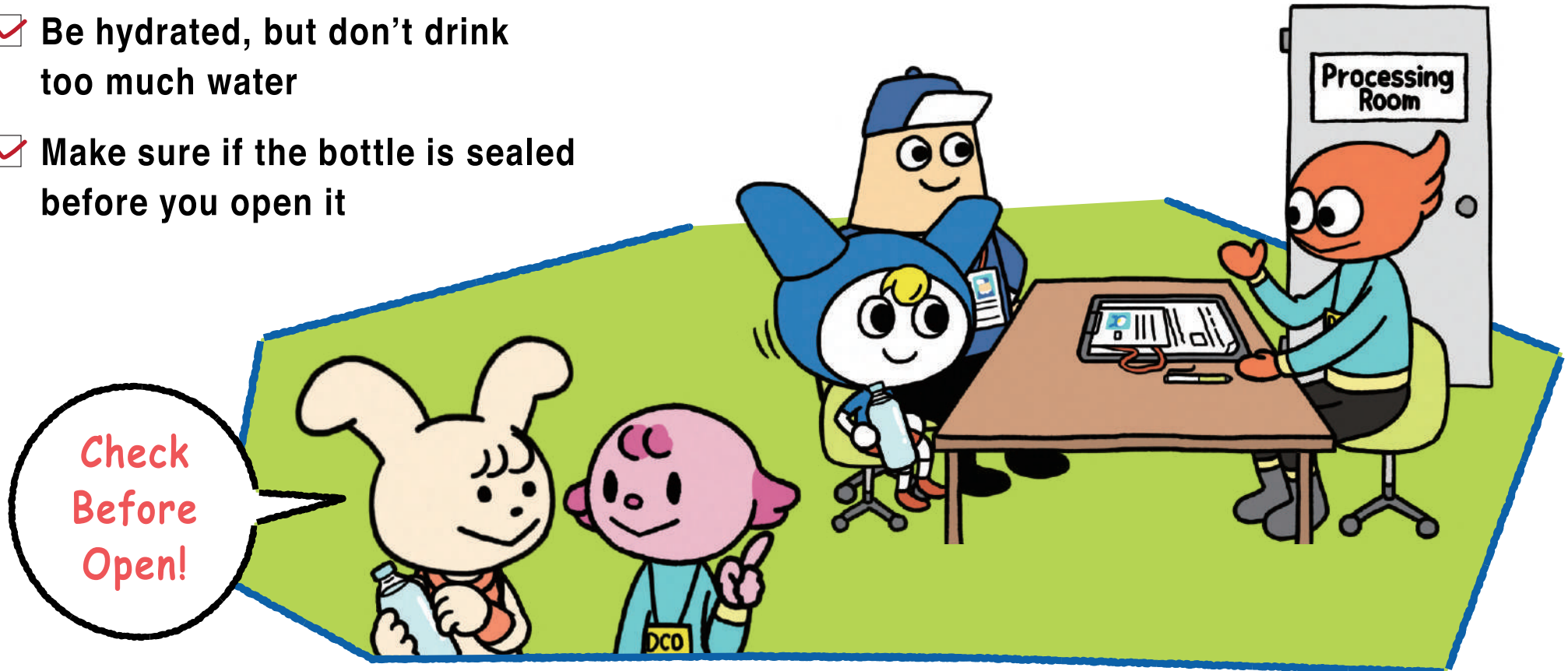
- Request an accompanying person if necessary (Coach, Interpreter etc.)
- Chaperone/DCO accompanies you all the time until the end of sample collection procedure

STEPS for CLEAN SPORT

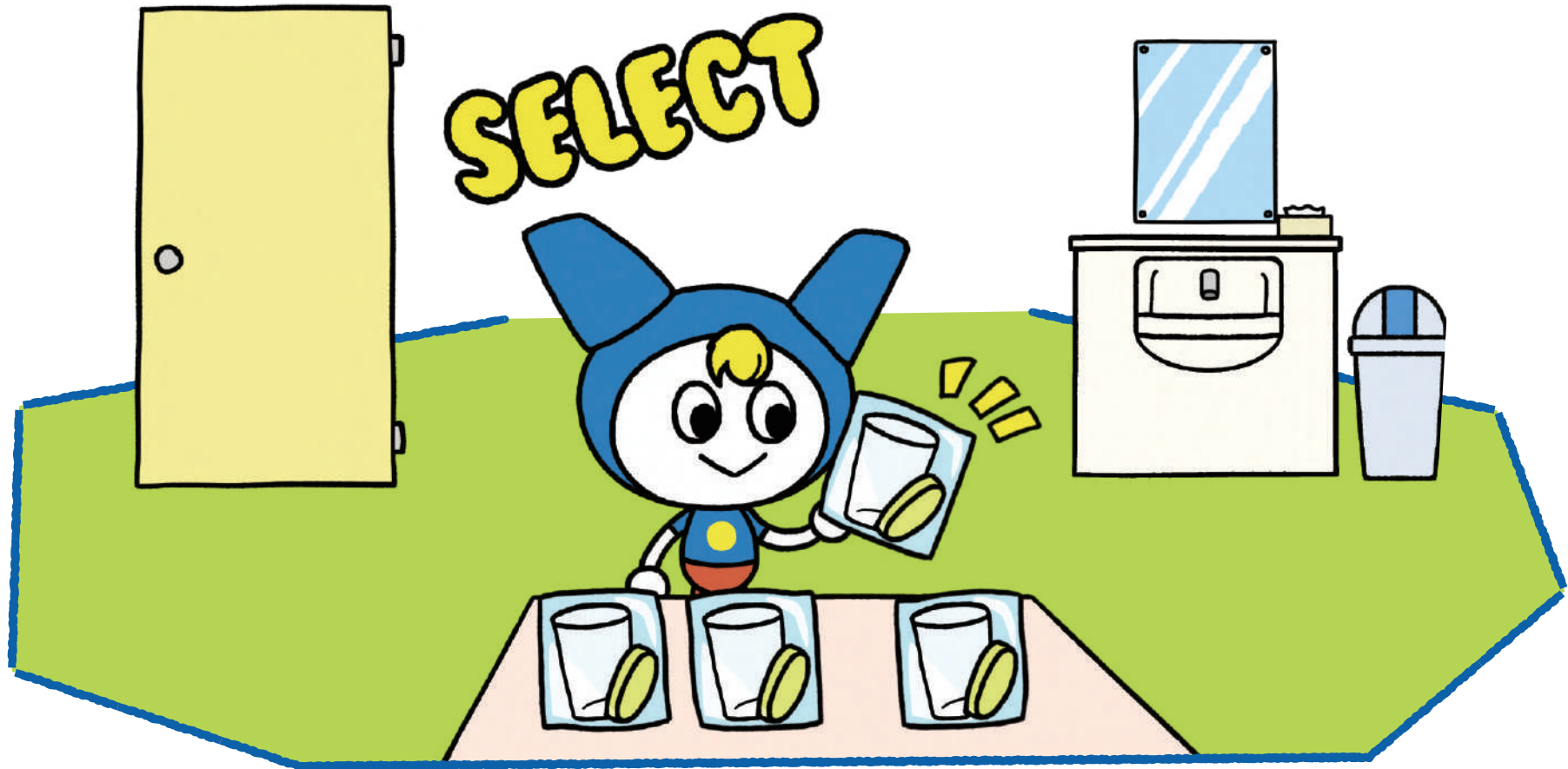


1-2 WAITING ROOM

- ✓ 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



STEPS for CLEAN SPORT





Washing hands with soap is not allowed



Choose one vessel from three or more on table



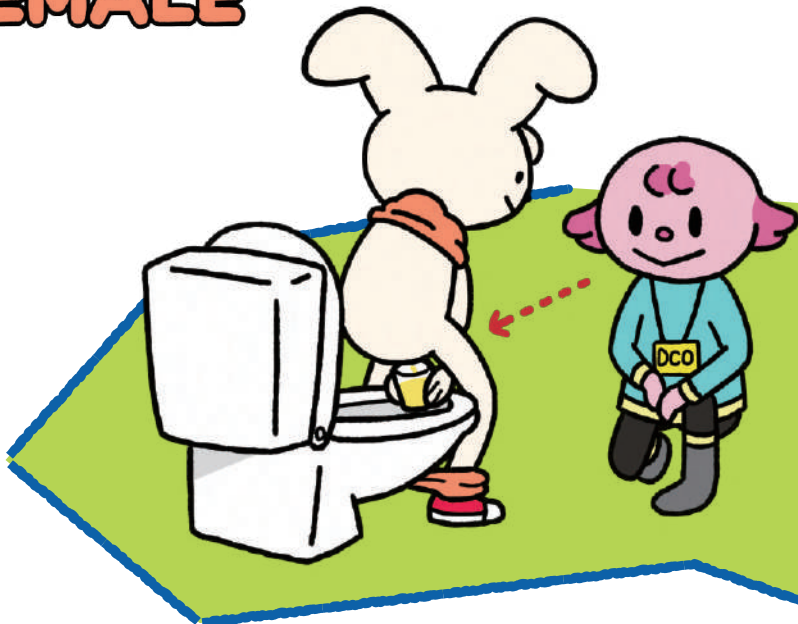
Check the vessel you chose if there is any damage



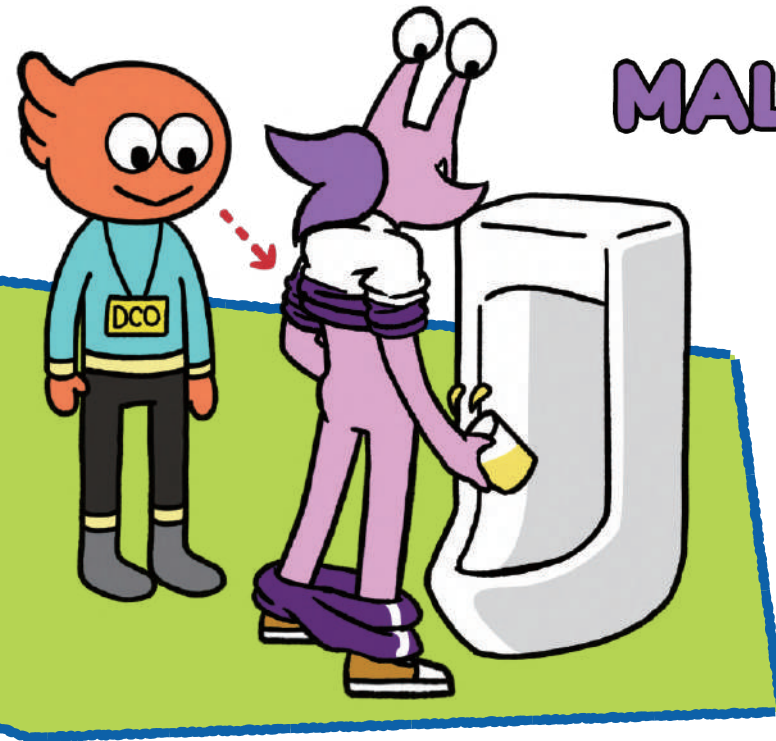
3 SAMPLE COLLECTION

- ✓ 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



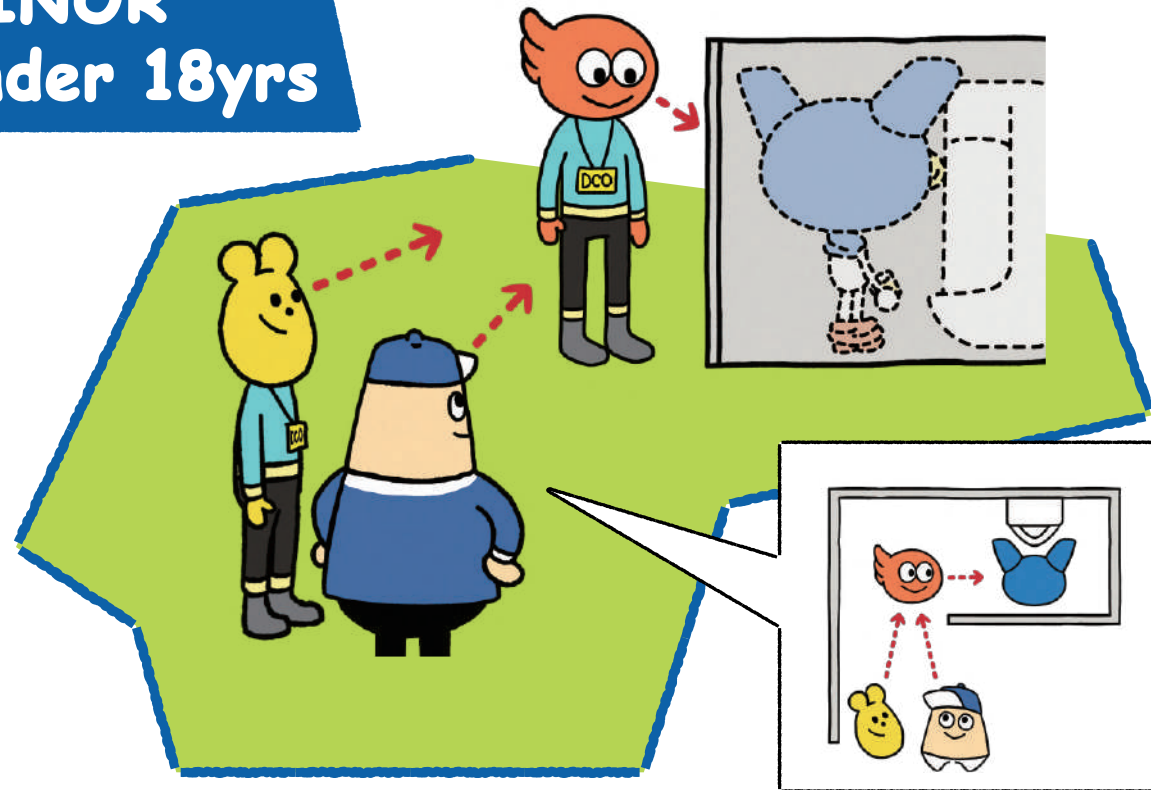
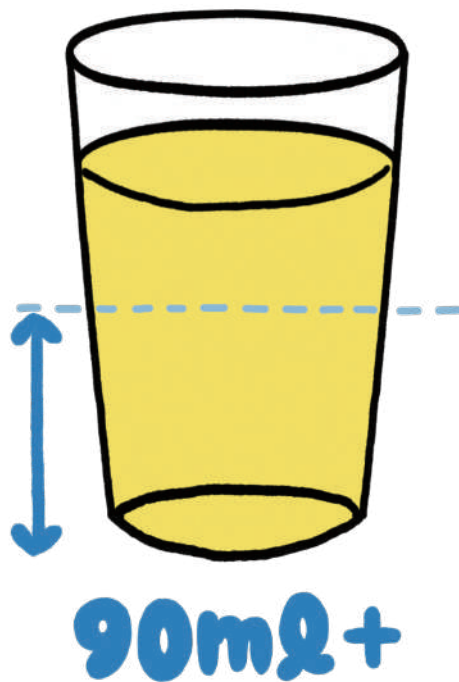
MALE



STEPS for CLEAN SPORT



**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

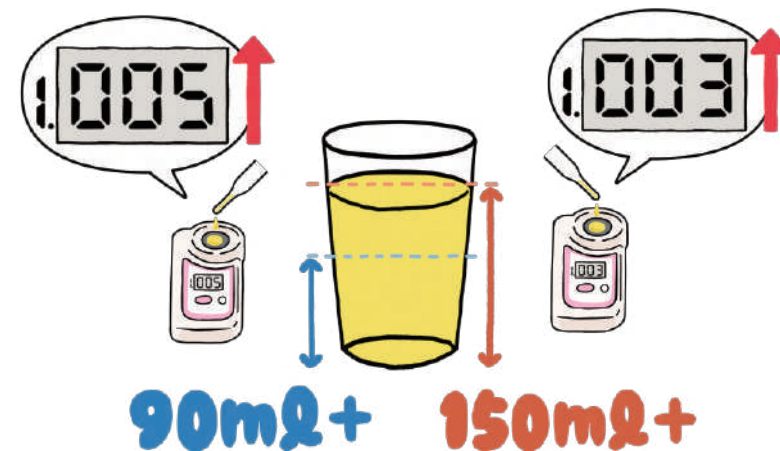


4 SEAL SAMPLE



STEPS for CLEAN SPORT





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

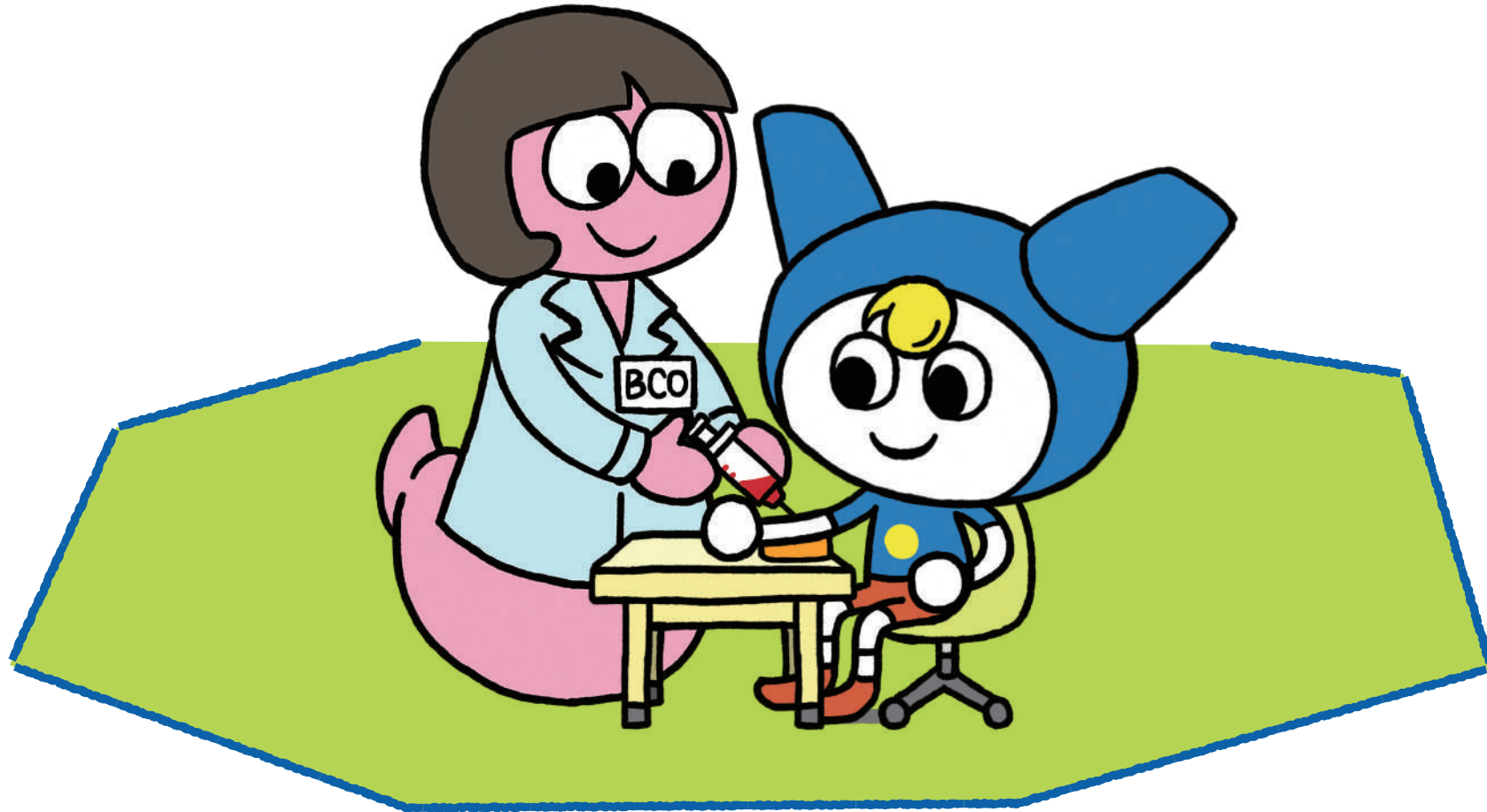
DCO checks if your urine meets specific gravity (concentration)

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



STEPS for CLEAN SPORT



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



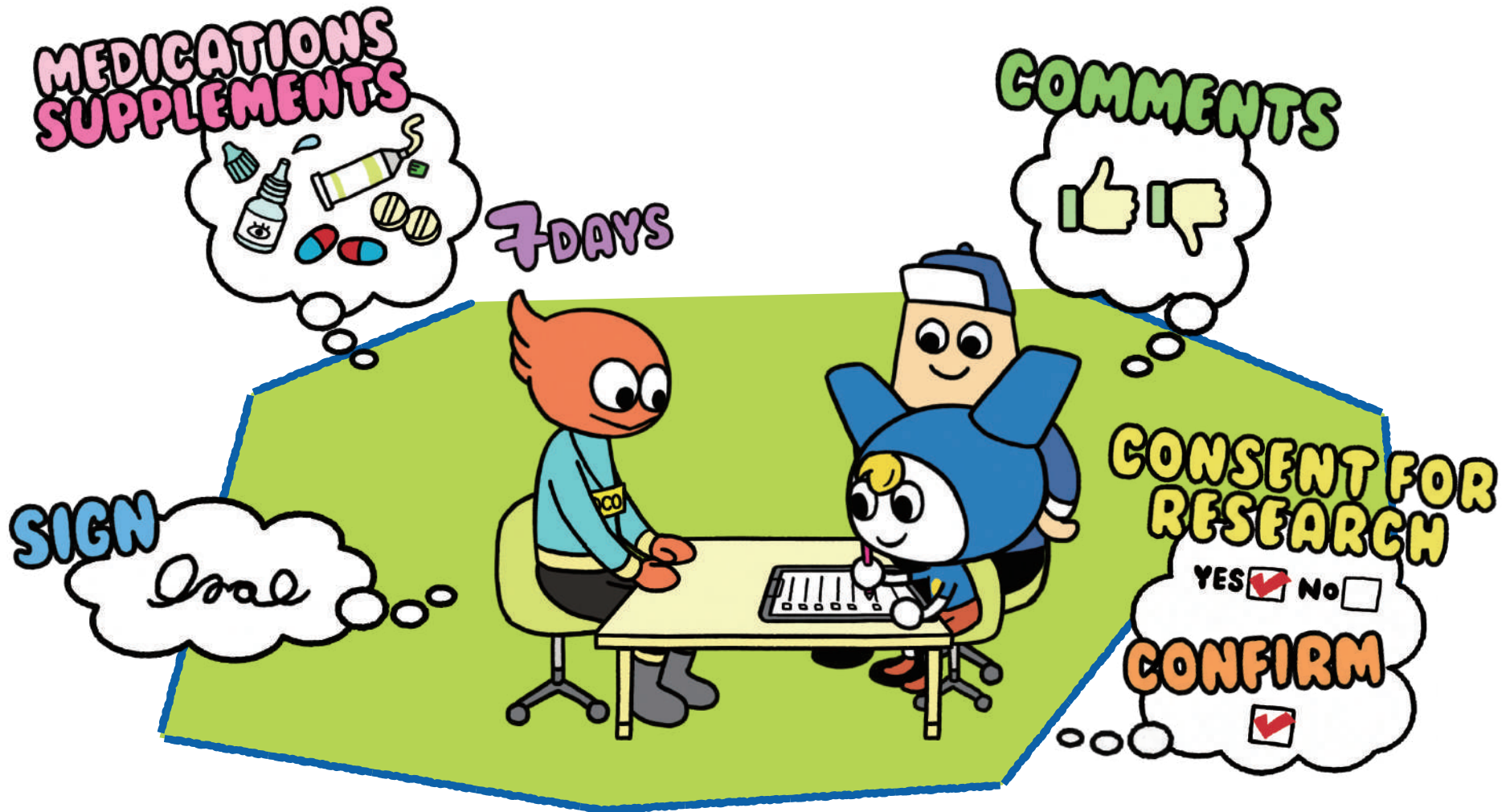
- ✓ BCO asks some questions about medications or supplements intake and blood transfusions received over the past 3 months



- ✓ 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



STEPS for CLEAN SPORT



MEDICATIONS SUPPLEMENTS



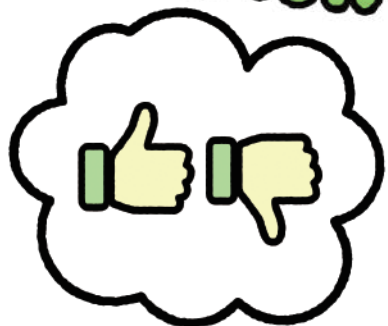
- Write any medications/supplements taken within 7 days

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





PLAY TRUE

We are
Real Champions

TRUE SPORT

