For Clean, True Sport
Doping Control Procedure
Show your ID with your photo (AD card, Passport etc.) to the Chaperone/DCO at notification.

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.

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

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

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

For those athletes with an impairment (incl. physical, visual or intellectual) To ensure testing process accessible and suitable, request some modifications.

Ask any questions you have about testing procedures at any time.

“Athletes’ Anti-Doping Rights Act”
1-1 NOTIFICATION

- 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

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

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

Check Before Open!
2 BEFORE SAMPLE COLLECTION

SELECT

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

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

STEPS for CLEAN SPORT
4 SEAL SAMPLE

Cover with a cap!

☐ 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

STEPS for CLEAN SPORT
1 2 3 4 PLUS
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.

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.

STEPS for CLEAN SPORT

1. [ ]
2. [ ]
3. [ ]
4. [ ]

PLUS
If your sample can be used for anonymous research for clean sport

- Write any medications/supplements taken within 7 days
- Comment anything in your language about doping control procedure
- Sign your name for confirming all of the doping control procedures is processed appropriately