

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

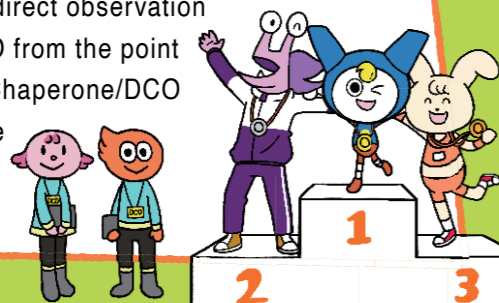


WHAT YOU MUST DO

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/permitted 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

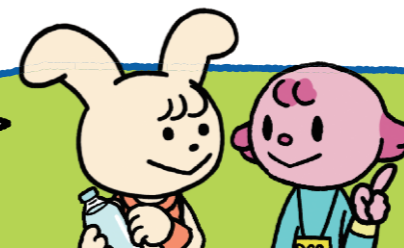
WHAT YOU CAN DO

in DOPING CONTROL

ASK QUESTION ANYTIME

Ask any questions you have about testing procedures at any time

Ask Questions!



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

REQUEST MODIFICATIONS

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

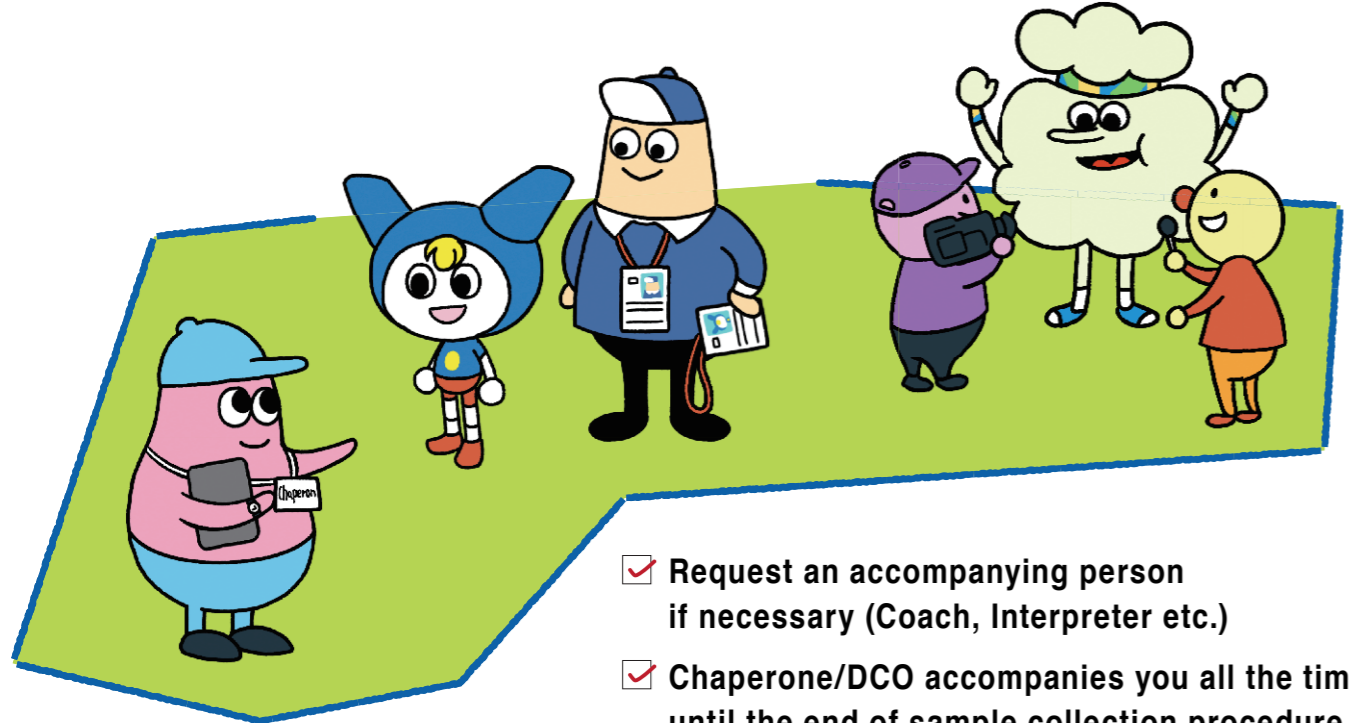
To ensure testing process accessible and suitable, request some modifications

CHECK



"Athletes' Anti-Doping Rights Act"

1-1 NOTIFICATION



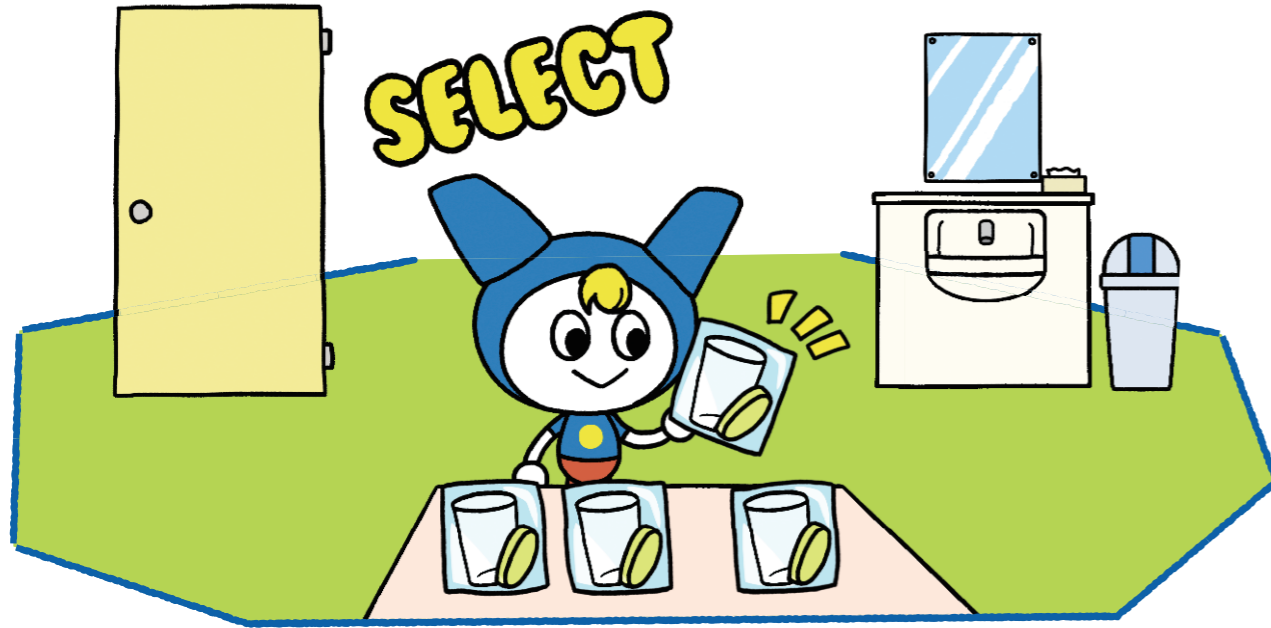
- ✓ Request an accompanying person if necessary (Coach, Interpreter etc.)
- ✓ Chaperone/DCO accompanies you all the time until the end of sample collection procedure

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



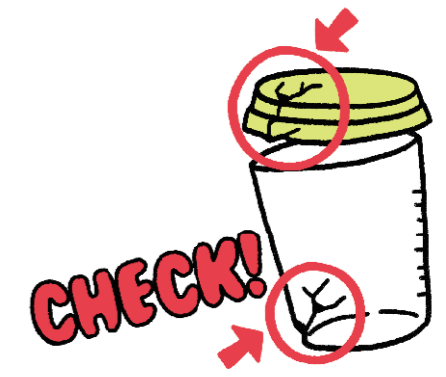
2 BEFORE SAMPLE COLLECTION



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

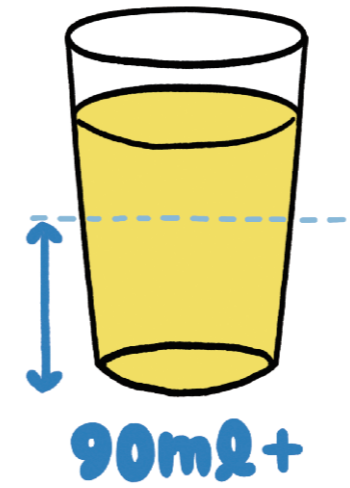
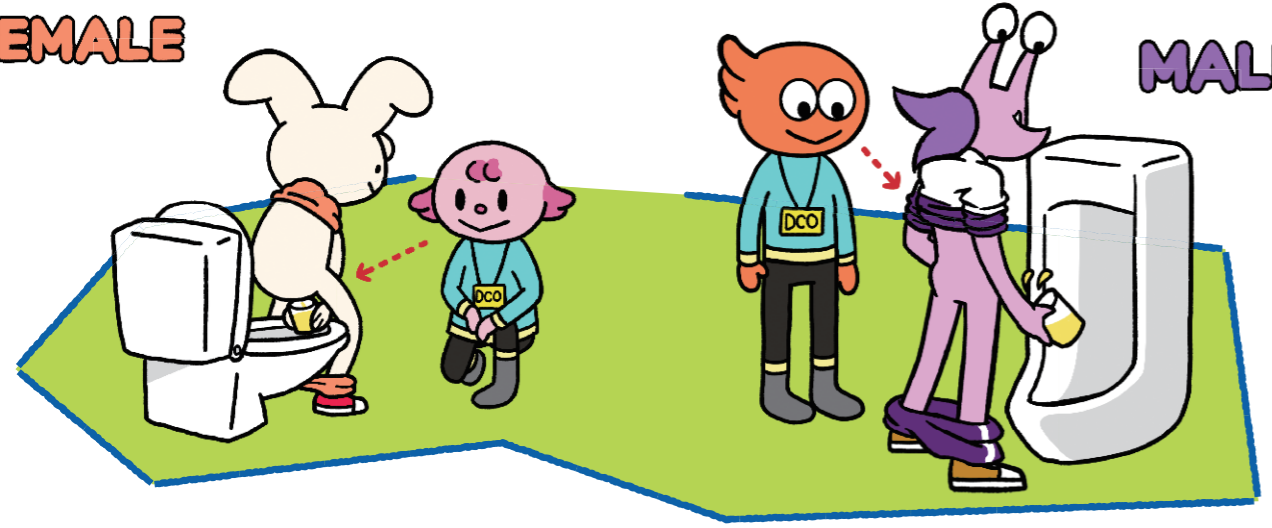


3 SAMPLE COLLECTION

- ✓ 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

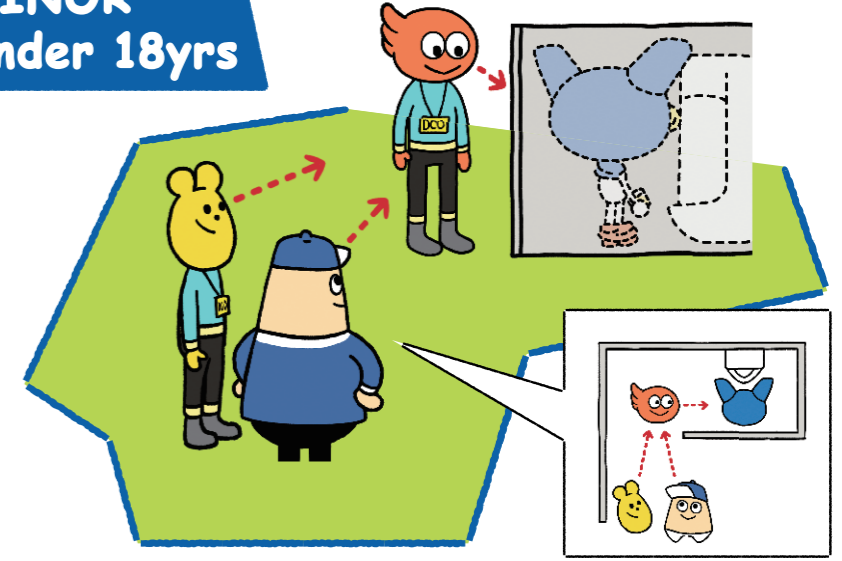
FEMALE

MALE



- ✓ Provide a minimum of 90ml of urine

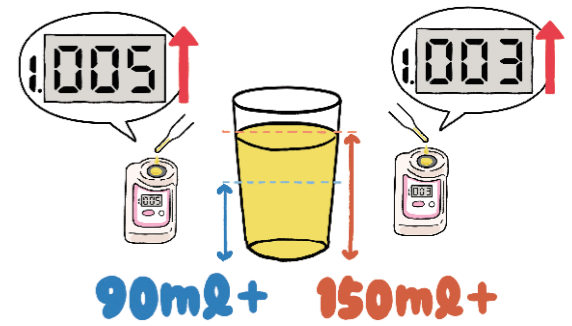
MINOR Under 18yrs



- ✓ 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

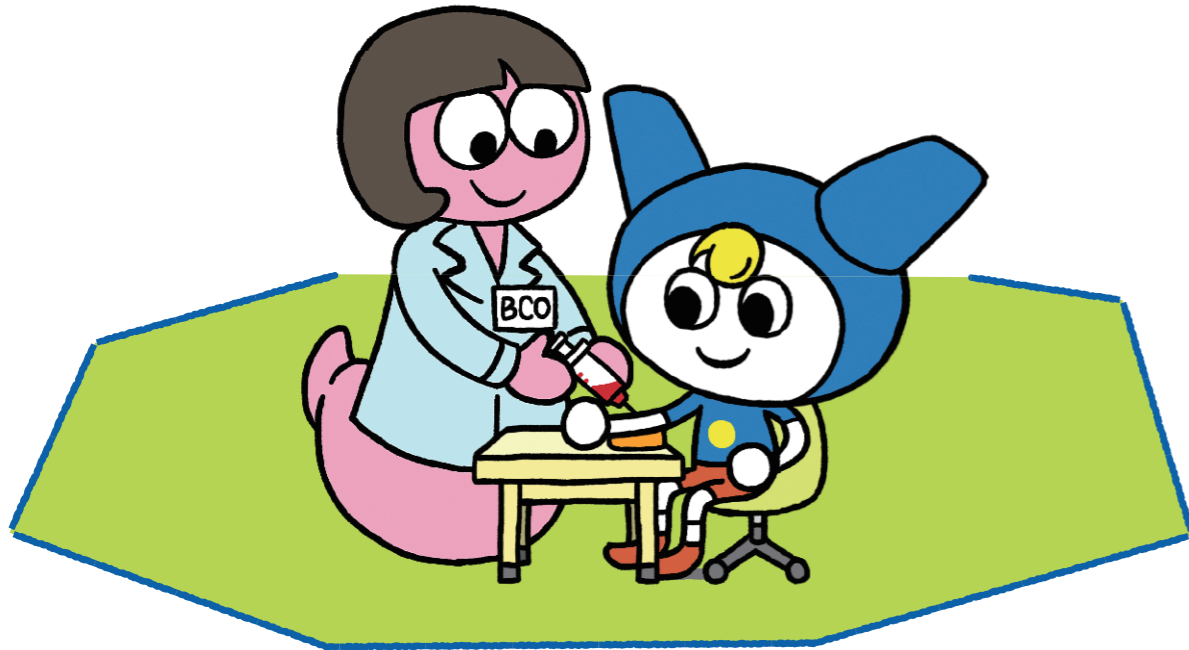
✓ DCO checks if your urine meets specific gravity (concentration)

✓ 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

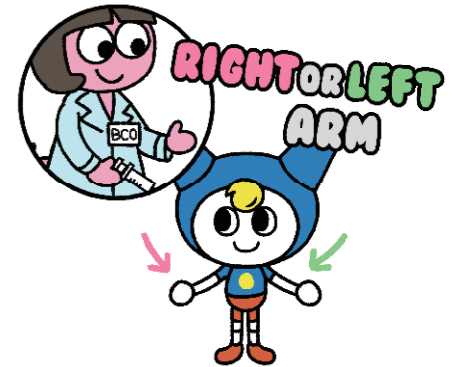


- ✓ Sit still and feet on the ground for 10min
- ✓ The number of bottles collecting blood varies depending on the testing menu.
The Blood Control Officer (BCO) will tell you.

ANSWER QUESTIONS



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

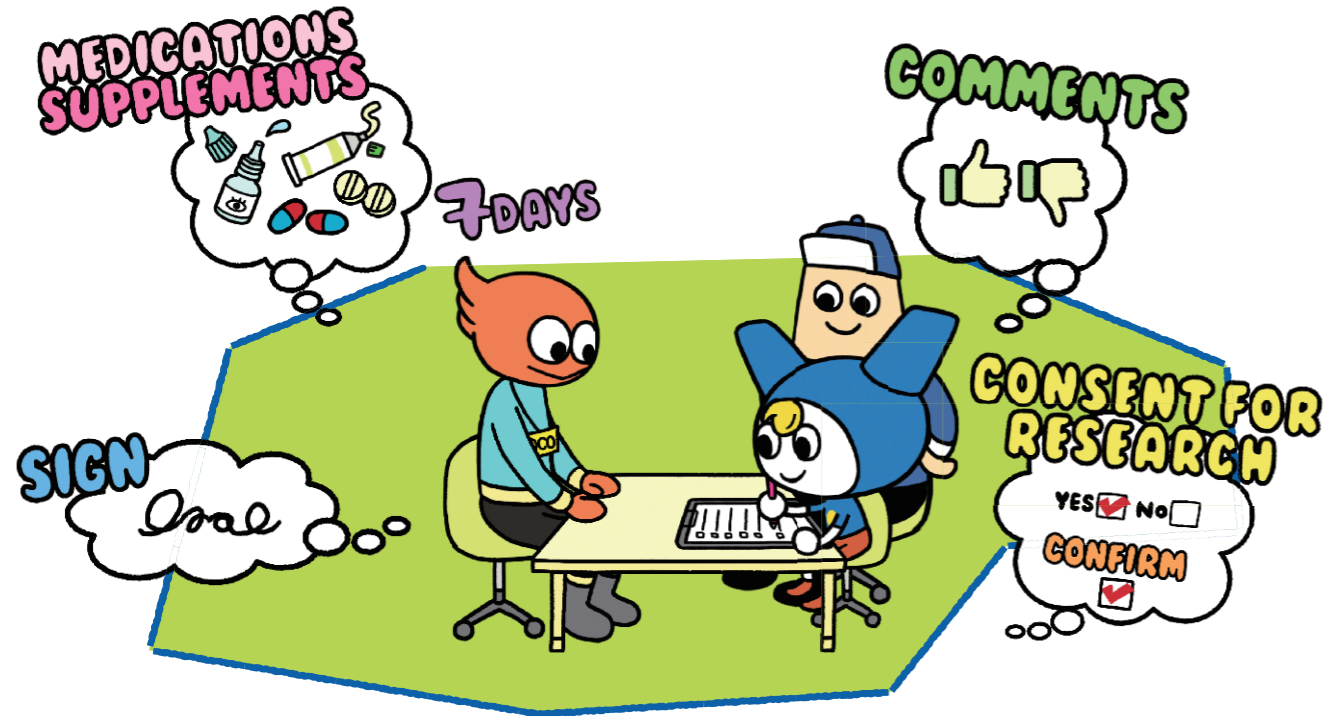


- ✓ You can request BCO the specific arm (Right or Left) to collect blood sample. BCO assesses and may choose the specific arm depending on the condition.

STEPS for CLEAN SPORT



5 CHECK DOCUMENT



MEDICATIONS SUPPLEMENTS



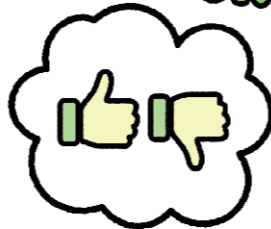
- Write any medications/supplements taken within 7 days

CONFIRM FOR RESEARCH



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

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

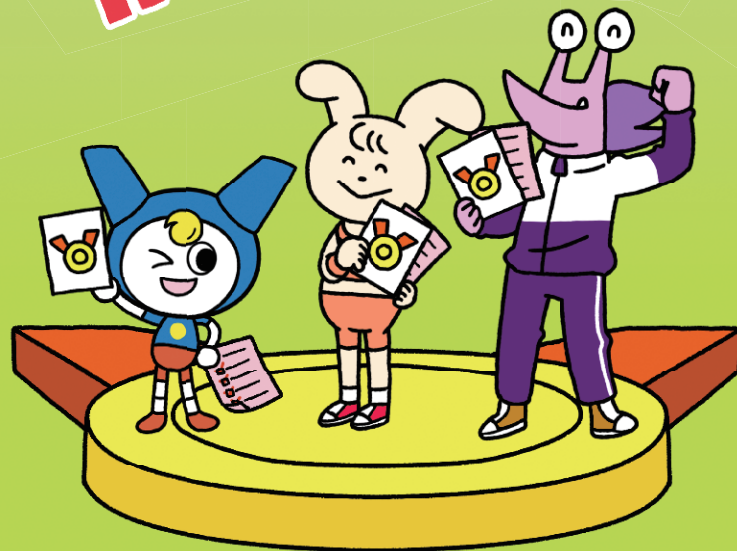




PLAY TRUE

We are
Real Champion

TRUE SPORT



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