YOU'VE BEEN SELECTED FOR TESTING

01 NOW WHAT?

YOUR RIGHTS AND RESPONSIBILITIES

Rights

- ✓ Have a representative with you
- ✓ Ask for identification
- ✓ Ask questions
- ✓ Request a delay for valid reasons
- ✓ Request special assistance

Responsibilities

- ✓ Keep Whereabouts up to date
- ✓ Keep Therapeutic Use Exemptions up to date
- ✓ Report for testing immediately
- ✓ Show identification
- ✓ Remain in direct sight of Doping Control Officer or Chaperone
- ✓ Comply with collection procedure

02 PROVIDING THE SAMPLE

READY, AIM!

URINE TEST

- Urine testing is done by a Doping Control Officer
- Select your collection vessel
- Provide urine sample
- Select your kit
- Seal bottles
- Check numbers and form carefully

KEEPING SPORT REAL

PROVIDING THE SAMPLE

03 JUST A DROP!

BLOOD TEST

- Blood testing is done by a Blood Collection Officer
- Select your kit
- Stay seated for 10 minutes before giving blood
- Blood sample is collected
- Place sample tube in testing bottle
- Check numbers and form carefully

04

DOPING CONTROL FORM

WHAT HAVE I TAKEN?

ITA
KEEPING SPORT REAL

FILLING OUT FORM

- Complete personal information
- Declare all medications and supplements taken in the last 7 days
- Confirm whether you have a Therapeutic Use Exemption
- Provide any comments about the procedure
- Check all details carefully
- Sign the form