

# Testing Confident!

## (Urine Sample)



### Notification (1)

Athletes can be tested anytime - A chaperone or DCO will notify an athlete if they are selected for testing (urine or blood)

They will show ID say who they are and ask you for photographic ID or request a ASP to verify the athlete

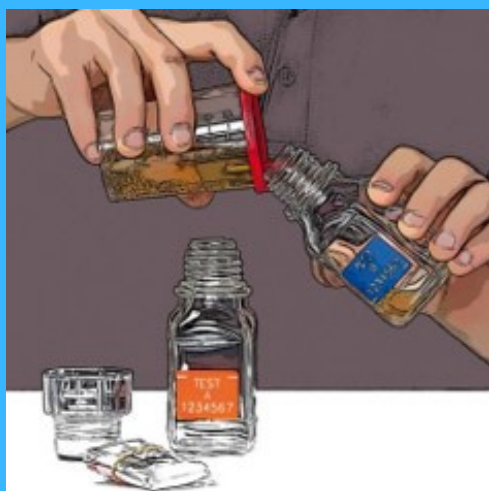
### Sample collection vessel (3)

The athlete should have a choice of sample collection vessels to choice from

The athlete should ensure the vessel is sealed, empty, clean and has not been tampered with

### Selecting the A & B Bottle (5)

The athlete should have a choice of A&B testing kits to select from  
The athlete should ensure they are sealed, empty, clean and has **not** been tampered with



### STAGE 01

### Report to doping control (2)

An athlete must report to the testing station unless they have a legitimate reason for a delay (in or out of competition) \*

The chaperone will follow you until you are in the testing station - it is the athletes' responsibility to remain in their view at all times!

\* Athlete rights & responsibilities.

### STAGE 02

### STAGE 03

### Providing a Sample (4)

The athlete may use gloves  
When ready the athlete will be required to provide a urine sample (min 90 ml) into the sample collection vessel

The DCO must see the sample come from the athletes body - they will need to remove clothing so the DCO has sight of the sample flow \*

U18 athletes will have a chaperone watch the DCO.

### STAGE 04

### STAGE 05

### Dividing the Sample (6)

The athlete will be asked to divide their urine sample into the A&B bottle

The athlete will be asked to seal the A&B bottle and double check the lids cannot be opened

The DCO will check the seal before the A&B bottles are placed in the storage box and the athlete will see the box is sealed.

### STAGE 06

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### Testing the Suitability (7)

The DCO will test the residue urine from the sample collection vessel for specific gravity (how concentrated or dilute)

Too dilute or concentrated and the athlete will need to repeat the sample collection process providing a new urine sample

STAGE  
**07**

STAGE  
**08**

### ATHLETE RIGHTS & DUTIES

- The DCO will be of the same sex as the athlete, the chaperone can be of the opposite sex
- The athlete has a right to an advocate
- In competition an athlete has the right to stretch/cool down, seek medical treatment, complete their medal ceremony, complete media commitments, obtain their accreditation
- Out of competition locating an advocate, complete their training session, receive medical treatment, obtain photo ID
- The athlete must remain in view of the chaperone at all times

### Recording & Certifying (8)


The DCO will complete the reporting form with the athlete

Athletes will be required to declare any medications (last 7 days) and any TUE's they may have, and asked whether they were satisfied with the testing process.

When the samples are sent for testing the athlete will be a URN - their name will not appear in the testing laboratory.

The URN should be on all paperwork and match the A & B bottle URN

Every athlete  
has a right  
to **clean** sport.

 WORLD ANTI-DOPING AGENCY

