

# 01

YOU'VE BEEN SELECTED FOR TESTING

# 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





# 03

PROVIDING THE SAMPLE

# 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?

### FILLING OUT FORM



Complete personal information



Declare all medications and supplements taken in the last 7 days



Provide any comments about the procedure



Check all details carefully



Sign the form

