

# AN ATHLETE'S GUIDE TO TESTING



01

**YOU'VE BEEN SELECTED  
FOR TESTING**

***NOW WHAT?***

## KNOW YOUR RIGHTS



Have a representative and/or interpreter with you



Ask for identification



Request a delay for valid reasons



Ask questions



Request a modification to the process for an injury or impairment



Record any comments or concerns on the Doping Control Form

## KNOW YOUR RESPONSIBILITIES



Report to the Doping Control Station immediately unless delayed for a valid reason



Show identification



Remain in direct sight of the Doping Control Officer or Chaperone



Comply with the collection procedure otherwise it may be considered an ADRV



# 02

**PROVIDING A URINE SAMPLE**

**READY, AIM!**

**URINE TESTING IS DONE BY  
A DOPING CONTROL OFFICER**



Select and check your collection vessel



Provide the urine sample – make sure  
sample provision is observed!



Select your kit



Seal bottles



Check numbers and form carefully

# 03

## PROVIDING A BLOOD SAMPLE

# JUST A DROP!

### BLOOD COLLECTION IS DONE BY A BLOOD COLLECTION OFFICER



Select your kit



Stay seated for 10 minutes  
before giving blood



Blood sample is collected



Place blood sample tube into bottle



Check numbers and form carefully

# 04

## THE DOPING CONTROL FORM

# WHAT HAVE I TAKEN?

### FILLING OUT THE FORM



Complete personal information



Declare all medications and supplements taken in the last 7 days and if a blood sample has been collected, any blood transfusions in the last 3 months



Provide any comments or concerns



Check all details carefully



Sign the form