



# Doping Control Step-by-Step Guide

## 1 Athlete selection

Attention: you can be selected for doping control anytime and anywhere in the world, between the opening and the closing of the athletes' village. Update your whereabouts or make sure your Chef de Mission has your name on the rooming list.



## 2 Notification

Keep your accreditation with you so your identity can be checked. If you are selected, the chaperone will notify you and explain your rights and responsibilities. You will sign the athlete notification field on the form.



## 3 Reporting to the doping control station

The chaperone will stay close to you at all times. You will need to go to the doping control station as soon as possible. In some cases, such as media commitments, seeking medical attention or attending a medal ceremony, you may delay your arrival at the doping control station.



## 4 At the doping control station

At the doping control station you will stay in the waiting room, under supervision of the chaperone, until you are ready to provide your sample. If you have any questions, you may ask the doping control officer (DCO).



## 5 Selecting a sample collection vessel

You will choose a sample collection vessel. Make sure the bag is sealed and the vessel doesn't have any cracks.



## 6 Providing the urine sample

It is time! You will be accompanied to the toilet by a DCO of the same gender, who will give you instructions in order to clearly see you passing the sample. You will need at least 90mL of urine.



## 7 Selecting a kit

You will select a kit that will protect your sample on the way to the lab. Always check if the number on the box and the one on bottles A and B is the same. That is the number that will be written on the doping control form.



## 8 Dividing and sealing your sample

Once you choose your kit, the DCO will instruct you on pouring the urine into bottles A and B. You will tighten the lids and confirm that the bottles are sealed.



## 9 Measuring specific gravity

The DCO will measure the specific gravity of your urine sample to make sure it meets lab requirements. If your sample does not meet laboratory requirements, an additional sample may be collected.



## 10 Blood sample

You may be asked to provide a blood sample. You will choose a blood kit and then the blood collection officer will collect the sample. The DCO will also provide instructions.



## 11 Completing the doping control form

After every sample collection session, the DCO will complete the doping control form. You will be asked to declare any medications or supplements taken in the last seven days. Confirm all your data and the number of the kit.



## 12 Finishing up

Sign where indicated and get the athlete's copy before you go. Your sample will be sent to a WADA (World Anti-Doping Agency)-accredited laboratory by secure courier.

