

The Doping Control Process



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United Nations
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FUND FOR ELIMINATION OF DOPING IN SPORT

"AWARENESS AND COMMITMENT CAMPAIGN
ON ANTI-DOPING IN PHILIPPINE SPORTS"

DOPING FREE Philippine Sports

Play true, Play clean, Play fair

Nope to Dope



United Nations
Educational, Scientific and
Cultural Organization

Philippines

National Commission for
UNESCO



WORLD
ANTI-DOPING
AGENCY

play true

The 11 Stages of Doping Control



01
DOPING Control

Your urine and/or blood can be collected **anytime and anywhere** for doping control.

02
ATHLETE Selection

You will be notified by a doping control officer (DCO) or chaperone about your selection for doping control. You will be asked to sign a form confirming that you understand your rights and responsibilities.

03
REPORT Station

You will report to the doping control station as soon as possible.

04
CHOOSE Vessel

You will choose a collection vessel from the selection provided.

- A minimum amount of 90mL of urine will need to be provided.
- You will disrobe from knees to navel and from your hands to elbow to provide an unobstructed view of the passing of the sample.
- A DCO or chaperone of the same gender will observe the urine leaving your body.

5/6
PROVIDE Sample

07
SPLIT THE Sample

Choose a sample collection kit from the selection provided. Split the sample in the A and B bottles. Pour urine up to the line in the B bottle first. Next, fill the A bottle and leave a small portion in the collection vessel.



08
SEAL THE Sample

Seal the A and B bottles.



09
SPECIFIC Gravity

The DCO will measure the specific gravity of the sample to ensure it is not too diluted to analyze. If it is too dilute, you may be required to provide additional samples.

10
SIGN THE FORM

You will complete the Doping Control Form, by:

- providing personal information
- noting any substances you may be taking: prescription medication, over the counter medication and supplements
- noting concerns or comments, if you have any, about the doping control
- confirming the information, recorded numbers and sample code are correct
- signing and receiving your copy of the doping control form



90mL
90mL

11
SAMPLE Analysis

Samples will be sent to a WADA accredited laboratory in strict confidentiality and will be tracked to ensure their security.

Your A sample will be analyzed and your B sample will be securely stored for further testing if required. The laboratory will send the results to the responsible anti-doping organization (ADO) and WADA.

From the time of notification to the end of the doping control process, you will be **accompanied at all times.**



Athlete

Rights and Responsibilities

You have the **right** to:

- ▶ have a representative and, if available, an interpreter
- ▶ ask for additional information about the sample collection process
- ▶ request a delay in reporting to the Doping Control Station for valid reasons (as determined by the DCO)
- ▶ if you are an athlete with a disability, to request modifications to the sample collection procedure

You have a **responsibility** to:

- ▶ remain within direct observation of the DCO/chaperone at all times from the point of notification until the completion of the sample collection process
- ▶ produce appropriate identification
- ▶ comply with sample collection procedures (failure to do so may constitute an anti-doping rule violation)
- ▶ report immediately for doping control, unless there are compelling reasons for a delay



DOPING CONTROL VIDEO

For a fun and informative review of the information presented in this flyer, check out WADA's Doping Control Video at:

www.wada-ama.org/en/Education-Awareness/Tools/Doping-Control-Video

In the case of any discrepancy between this information and the World Anti-Doping Code, **the Code prevails**. This information is subject to change at anytime. Always check with your International Federation, National Anti-Doping Organization or National Federation for the most up-to-date anti-doping regulations.

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Find out more at wada-ama.org