IN COMPETITION TESTING

KNOW YOUR RIGHTS & WHAT TO EXPECT.
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This is a quick guide to help you understand what you should and can do during a doping test.

• You will be notified, and must sign consent, on completion of your competition.

• You must provide photo ID and report immediately to Doping Control. Inform the Doping Control Officer (DCO) if you wish to warm down, complete media commitments or attend a medal presentation.

• You must be accompanied by and be in sight of the DCO at all times until the test is complete.

• You can have a representative with you.

• You should keep a copy of every form. This is usually the pink copy.

• You should record all medications and supplements taken in the last 7 days.

• You can eat and drink but should choose sealed drinks provided in Doping Control.