



IN COMPETITION TESTING

KNOW YOUR RIGHTS & WHAT TO EXPECT.



ATHLETICS
INTEGRITY
UNIT

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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.

