

A photograph of three female sprinters running on a red track. The runner on the left is wearing a red and black singlet with 'MEXICO' on it. The middle runner is wearing a white and blue singlet. The runner on the right is wearing a white singlet with red and blue accents. The background is a solid red color with large, semi-transparent grey and blue geometric shapes overlaid.

IN-COMPETITION TESTING

WHAT TO EXPECT FROM AN IN-COMPETITION ANTI DOPING TEST



ATHLETICS
INTEGRITY
UNIT

DOPING CONTROL NOTIFICATION

If you are selected for an In-Competition Doping Control you will be informed immediately upon finishing your event.

A DCO (Doping Control Officer) and/or Chaperone will identify themselves to you and ask you to sign a form consenting to provide a sample.

You will need to provide photo ID such as a passport or accreditation.

You will be advised as to whether it is a urine or blood test or both.

You must proceed immediately to Doping Control and remain within sight of the DCO/Chaperone until you arrive there. You do have the right to warm down, receive necessary medical care, find a representative, complete any media commitments and medal presentations but must be accompanied by the DCO/Chaperone the whole time.

You are entitled to take someone with you, for example you team manager, team Doctor or a parent.



The image shows a form titled "IAAF DOPING CONTROL NOTIFICATION" with the subtitle "INFORMATION ON CONTROL ACTIVITIES". The form is divided into several sections:

- 1. ATHLETE INFORMATION - INFORMATIONS DE L'ATHLETE:** Includes fields for Name (Type: First, Last), Date of Birth, Sex, and Competition Name.
- 2. INFORMATION - INFORMATION:** Includes fields for the name of the Doping Control Officer (DCO) and the Chaperone, and a section for the athlete's signature.
- 3. INFORMATION ON THE ATHLETE'S RIGHTS:** A section containing a list of rights and responsibilities, such as the right to be accompanied by a representative, the right to warm down, and the right to receive medical care.
- 4. SIGNATURES - SIGNATURES:** A section for the athlete's signature and the DCO's signature.

A large diagonal watermark reading "COPYRIGHT IAAF" is overlaid on the form.



WHAT TO EXPECT INSIDE DOPING CONTROL

Always sign into doping control. When you are ready, choose a sample collection vessel. Check it is sealed and clean.

A same gender DCO will accompany you to the toilet and observe you providing the sample. They must always have a fully unobscured view of you. You are required to provide at least 90ml of urine. If you can only provide a partial sample, seal it and wait with the DCO until you can provide the rest.

Close the collection vessel and, keeping it in your control, return to the doping control room.

Choose a sealed sample collection kit. Check it's intact and all the ID numbers match. Divide your sample into the: A bottle (min. 60ml) and B bottle (min. 30ml), then seal both bottles, place them in the plastic bag and then into the storage box.

The DCO will check specific gravity (density) - if it is too dilute it will be recorded and you may be asked to provide a further sample to satisfy the specific gravity required.



COMPLETING THE FORMS

You must check every detail of the form.

Check that all bottle numbers match. Also that check partial samples and blood sample tubes (if a blood test is included) match.

Check that the volume, specific gravity and time markers are correct.

Write down all medication and supplements taken in the last 7 days.


Record any comments on the procedure that you may have.

Remember to double check everything.

You, your accompanying person and the DCO must all sign the form.

World Athletics will take the original white form. You have the pink form. The Testing Authority has the green form. The Lab gets the Yellow form.

You should keep your pink copy safe at least until you receive notification of a negative test.



BLOOD SAMPLES IN COMPETITION

If you also need to provide a blood sample, you will need to fill in a further blood sampling form.

You must consent to giving the blood sample.

You wait for two hours post exercise and you will have to sit down for 10 minutes prior to having the sample drawn.

Fully check all sample codes and other details.

Record any recent altitude trips or hypoxic tent use as well as blood transfusions or significant loss of blood.

Remember to double check everything before you sign and hand over the form.

As in the urine test you need to take and conserve your pink copy of the form.

Please write legibly and in CAPITAL letters

BLOOD SAMPLING FORM

1. ATHLETE INFORMATION

NAME: SMITH DATE: 12/03/20 TIME: 10:00 LOCATION: 10000 FT

2. INFORMATION ABOUT THE SAMPLE

TYPE: VENOUS TIME: 10:00 PLACE: 10000 FT

3. INFORMATION FOR ANALYSIS

4. INFORMATION OF PROVIDING THE BLOOD SAMPLE

Provide copy retained for 2 hours post competition

Signature: [Signature]

