IN COMPETITION TESTING

WHAT TO EXPECT FROM AN IN COMPETITION ANTI DOPING TEST
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.
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 have a fully unobscured view of you at all times. 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.
IAAF 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.
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.