

Doping Control Procedures

The 25 Steps Approach



Why are some Substances and Methods Prohibited?

Substances or methods that are prohibited must meet at least two of the following criteria:

- Performance enhancing
- Harmful to health
- Contrary to the spirit of sport



Anti-Doping Rule Violations

There are eight anti-doping rule violations which relate to athletes and their support personnel.

1. The presence of a prohibited substance detected in a sample.
2. Use or attempted use of a prohibited substance or method.
3. Failure to comply or evasion.
4. Tampering or attempting to tamper.

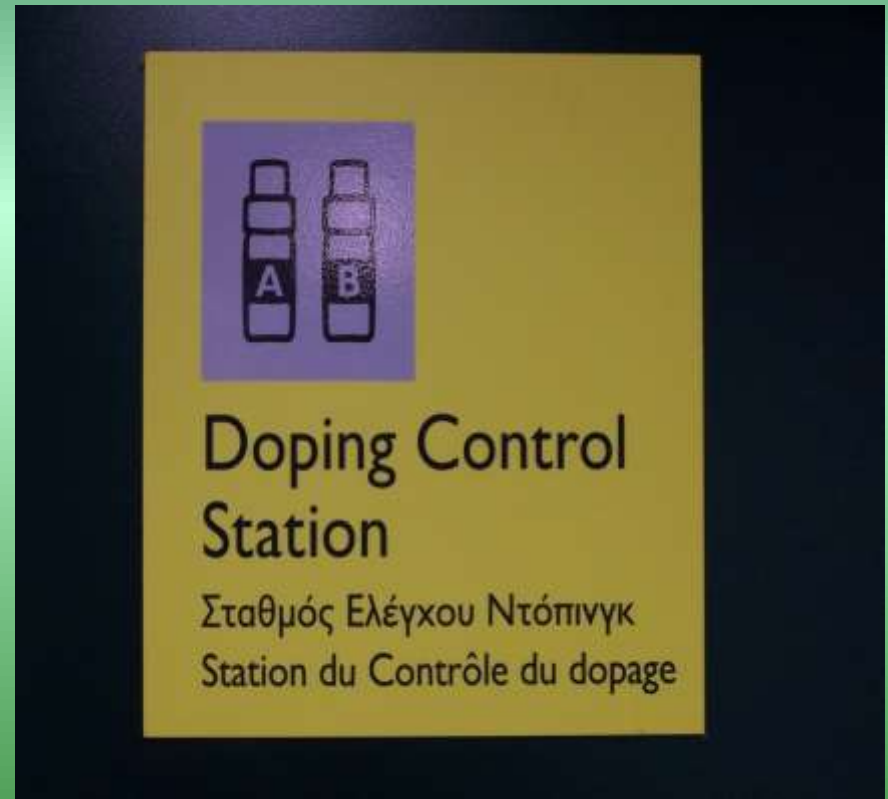


Anti-Doping Rule Violations (Cont)

5. Failure to provide location information or being unavailable for testing.
6. Administration, assisting, involvement, covering up or any other type of complicity.
7. Possession.
8. Trafficking.



The doping control station



Entrance



The doping control station



Reception



The doping control station



Waiting Room



The doping control station



Waiting Room



The doping control station



Washroom for Urine Provision



The doping control station



Doping Control Room



The doping control station



Doping Control table



The doping control station



Refractometer

The doping control KIT



IOC/WADA Approved Bereg Kit



Doping Control Procedure

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- (1) Athlete arrives to the doping control station
- (2) Athlete selects a kit
- (3) Athlete verifies all sample code numbers
- (4) DCO records the sample code numbers on the Form
- (5) DCO instructs the athlete to pour his/her urine into the "B" bottle
- (6) DCO instructs athlete to place cap on collection vessel



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- (7) DCO instructs athlete to invert the "B" glass bottle and check for leakage
- (8) DCO instructs athlete to place the "B" glass bottle into the "B" plastic container
- (9) DCO instructs athlete to pour remaining urine into "A" glass bottle while leaving a few drops to test for pH and SG
- (10) DCO instructs athlete to place cap on "A" glass bottle, invert and check for leakage
- (11) DCO instructs athlete to place the "A" glass bottle into the "A" plastic container



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- (12) DCO instructs athlete to seal both containers
- (13) DCO checks the residual urine for pH and SG
- (14) DCO records readings on Doping Control Form and reads declaration to athlete
- (15) DCO records the time the sample was sealed
- (16) DCO instructs athlete to initial the form
- (17) DCO asks the athlete to indicate any medications / nutritional supplements consumed in the last 10 days



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- (18) DCO reviews the Doping Control Form for errors / blank omissions.
- (19) DCO signs the form as the DCO for the first sample.
- (20) DCO asks the athlete and athlete's representative if they are satisfied with the manner in which the doping control process was conducted.
- (21) DCO asks the athlete's representative to sign.
- (22) DCO asks the athlete to record any remarks and sign the form.



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- (23) DCO separates the paper work and informs the athlete of which copy will go the laboratory.
- (24) DCO places the athlete's sample and the laboratory's copy of the paper work into the Versapak transportation bag.
- (25) DCO provides the athlete with his/her copy of the paperwork and informs the athlete to retain his/her copy for a period of six weeks. DCO also informs the athlete that he/she will only be notified if there is a problematic finding.



Doping Control Procedure

- The Transportation bag should contain:
 - the sealed samples
 - the lab copies of the Doping Control Form
 - the Lab Advice / Chain of Custody Form
- The bag should be sealed as soon as possible (after a testing session is complete or the bag is full)
- The bag should be sealed or in a secure place when you are not with them



Doping Control Procedure

IMPORTANT:

- **Samples should be refrigerated as soon as possible**
- **Samples should be sent to the lab as soon as possible**
- **Samples should be sent by courier and waybill should be noted for tracking and chain of custody**

