



THE 12 STEPS OF DOPING CONTROL

From WADA's Athlete's Guide – Edition 5 – January 2009

The following is a general overview of the doping control process. Departures from these procedures will not invalidate a test result unless it is determined that the integrity of the sample has been affected. More information is available on WADA's Web site at www.wada-ama.org or from your Anti-Doping Organization.

01. Athlete Selection

You can be selected for doping control at any time and any place.

02. Notification

A Doping Control Officer (DCO) or chaperone will notify you of selection for doping control. The DCO or chaperone will inform you of your rights and responsibilities, including the right to have a representative present throughout the process.

You will be asked to sign a form confirming that you have been notified for doping control. For a minor or an athlete with a disability, a third party may be notified as well.

03. Reporting to the Doping Control Station

You should report to the doping control station immediately. The DCO may allow you to delay reporting to the station for activities such as a press conference or the completion of a training session; however you will be accompanied by a DCO or chaperone from the time of notification until the completion of the sample collection process.

04. Selection of a Collection Vessel

You are given a choice of individually sealed collection vessels and you may select one. You should verify that the equipment is intact and has not been tampered with. You should maintain control of the collection vessel at all times.

05. Provision of Sample

Only you and a DCO or chaperone of the same gender are permitted in the washroom during the sample provision.

Minors and athletes with a disability may also have their representative present, however this representative is not permitted to view the sample provision. The objective is to ensure that the DCO is observing the sample provision correctly.

06. Volume of Urine

The DCO shall ensure, in full view of the athlete, that the minimum required volume of 90 mL has been provided. If you are unable to provide 90 mL, you will be asked to provide additional urine until the minimum volume has been attained.

07. Selection of a Sample Collection Kit

You are given a choice of individually sealed sample collection kits from which to choose one. You should verify that the equipment is intact and has not been tampered with. Open the kit and confirm that the sample code numbers on the bottles, the lids, and the container all match.

08. Splitting the Sample

You split the sample, pouring the urine yourself, unless assistance is required and you provide consent for your representative or the DCO to do so on your behalf. Pour at least 30 mL of urine into the B bottle; and pour the remaining urine into the A bottle. You will be asked to leave a small amount in the collection vessel so that the DCO can measure the specific gravity.

09. Sealing the Samples

You should seal the A and B bottles. Your representative and the DCO should verify that the bottles are sealed properly.

10. Measuring Specific Gravity

The DCO is required to measure the specific gravity of the sample provided. If your sample does not meet the specific gravity requirements, you will be asked to provide an additional sample(s).

11. Completion of the Doping Control Form

You should provide information on the doping control form about any prescription or non-prescription medication or supplements you have taken recently. You also have the right to note comments on the form regarding the conduct of the doping control session. Be sure to confirm that all of the information is correct, including the sample code number.

You will receive a copy of the doping control form. Ensure that the laboratory copy of the form does not contain any information that could identify you.

12. The Laboratory Process

Your samples are packaged for shipping to ensure that their security is tracked. They are sent to a WADA accredited laboratory, which will adhere to the International Standard for Laboratories when processing your samples, ensuring the chain of custody is maintained at all times.

Your A sample is analyzed. Your B sample is securely stored and may be used to confirm an Adverse Analytical Finding (AAF) from the A sample. The laboratory will report the results of your sample analysis to the responsible ADO and WADA.