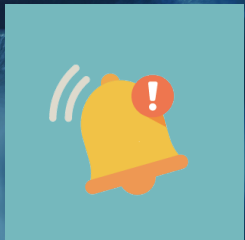


URINE TESTING

DOPING CONTROL PROCEDURES

DOPING CONTROL NOTIFICATION



- 1 The Doping Control Officer (DCO)/Chaperone notifies the Athlete that they have been selected for doping control.
- 2 The Athlete is required to present a photo ID to confirm their identity. The Athlete is also informed of their rights and responsibilities regarding the test.
- 3 The Athlete should sign on the Doping Control Form to acknowledge and confirm the notification.

⚠️ No Advance Notice Testing shall be the method for Sample collection save in exceptional and justifiable circumstances. DCO will not contact the Athlete or any 3rd Party prior to the test.

- 4 The Athlete should report to the Doping Control Station immediately after the notification.
- 5 The DCO may allow a delayed reporting to the Doping Control Station by the Athlete under reasonable circumstances. For example:
 - Locating a representative
 - Completing a training session
 - Receiving necessary medical treatment
 - Obtaining photo identification

REPORTING TO DOPING CONTROL STATION



HYDRATING

- 7 The Athlete should choose from a selection of individually sealed, non-alcoholic beverages to hydrate.



- 8 When the Athlete is ready to provide a urine sample (i.e. sample), they should follow the instructions of the DCO to select a Urine Collection Vessel. The Athlete is given at least three sets to choose from.
- 9 The Athlete should carefully check that the vessel is intact and has not been tampered with.
- 10 From then onwards, only the Athlete should handle the vessel until the sample is sealed (unless assistance is required by the Athlete).

SELECTION OF URINE COLLECTION VESSEL



SAMPLE PROVISION



- 11 The Athlete is accompanied by the DCO/Chaperone of the same gender to the toilet.
- 12 The Athlete should wash their hands thoroughly with water only, and then remove or adjust clothing so that the DCO/Chaperone (as witness) is able to directly observe the urine leaving the Athlete's body into the vessel.
- 13 The Athlete should provide at least 90ml of urine.
- 14 The Athlete is given a choice of at least three sets of Sample Collection Kit. The Athlete should check that all seals on the kit are intact and have not been tampered with.
- 15 Each Sample Collection Kit consists of an "A Bottle", a "B Bottle" and two sealable bags. After opening the kit, the Athlete should check to ensure that the sample code numbers on the bottles, lids, and the box are the same.
- 16 The Athlete pours the sample into the "A Bottle" and the "B Bottle" respectively as instructed by the DCO.
- 17 The Athlete should leave a small amount of urine in the Urine Collection Vessel for the DCO to measure the specific gravity.

SELECTION OF SAMPLE COLLECTION KIT



SEALING THE SAMPLE

- 18 The Athlete seals the "A and B Bottles" and the DCO should check that the bottles are sealed properly.
- 19 The Athlete puts the "A and B Bottles" into the sealable bags separately.

DECLARATION ON THE USE OF MEDICATION AND SUPPLEMENT

- 20 The Athlete should provide information on any medication and supplement used in the past 7 days.
- 21 The Athlete should indicate on the Doping Control Form if there is any granted Therapeutic Use Exemption (TUE).



COMPLETING AND SIGNING ON THE DOPING CONTROL FORM



- 22 The Athlete should review the Doping Control Form carefully to ensure that all information on the form is correct, including personal information, sample code number, etc.
- 23 If the Athlete has any comments regarding the sample collection process, they could also indicate on the form.
- 24 All involved parties, including the DCO, the Chaperone, the Athlete and the Athlete Representative (if present) should sign on the Doping Control Form to certify all the procedures have been conducted properly.
- 25 Finally, the DCO provides a copy of the Doping Control Form to the Athlete for their record.

TRANSPORTATION OF SAMPLES

- The Athlete's samples are packaged properly for sending to a World Anti-Doping Agency (WADA)-accredited laboratory for analysis.
- The transportation of samples is monitored by a chain of custody to ensure the security of the samples and that the samples can be tracked.

ATHLETE'S RIGHTS DURING DOPING CONTROL

- To have a representative and/or an interpreter (if available) accompany them (Athlete under the age of 18 must be accompanied by an adult)
- To have the sample collection procedures clearly explained
- To request a delay in reporting to the Doping Control Station for valid reasons
- To request modifications to the standard sample collection procedures if you have an impairment
- To give comments and raise concerns regarding the sample collection process
- To receive a copy of the signed Doping Control Form

DOCUMENTS REQUIRED FOR DOPING CONTROL

- Photo ID;
- Record of medication and supplement used in the past seven days (if applicable);
- Valid TUE (if applicable).

Athlete should always carry these documents in order to prepare for no advance notice doping tests anytime, anywhere.

⚠️ Evading, Refusing or Failing to submit to sample collection by an Athlete is a violation of the Anti-Doping Rules.

Disclaimer:
This pamphlet is published for reference purpose only, and is not intended to give any legal/medical advice by ADOHK who shall disclaim any liability arising therefrom. Relevant individuals are recommended to refer to the Anti-Doping Rules of ADOHK, and seek for professional/legal advice on important decisions.



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