



Bermuda
sport anti-doping
authority

Guidelines For Illicit Testing

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Illicit Policy

- All Athletes are subject to testing throughout the year.
- Prior to the event, testing is to be conducted, NSGBs must inform BSA-DA four (4) weeks prior to the start of competition. Submitting a list of participants including all reserves is required.
- By adopting the Illicit Policy each relevant NSGB takes responsibility for ensuring sports men and women in their organizations are bound by the Policy's Standard. Any person registered as an athlete, member of a NSGB, local club who participates in an activity of (or sanctioned by) an NSGB, affiliate or local club, is required to adhere to this policy .

Illicit Policy (cont'd)

- BSADA will complete a Standard for Testing which will enable the integrity and identity of samples to be maintained.
- The Standard for Testing will include details on:
 1. Selection for testing.
 2. Notification of athletes for testing.
 3. Preparation for and conduct of the sample collection session, including appropriate collection personnel.
 4. The sample collection process.
 5. Security and protection of samples.
 6. The roles and responsibilities of BSADA, NSGBs and athletes throughout the sample collection.

ATHLETE TESTING TIPS

- All members of teams representing Bermuda must be tested prior to participating.
- Failure to attend a scheduled testing session will result in the forfeiture of your right to represent Bermuda.
- It is advised to hydrate oneself prior to testing.
- If you are under 18 years old, your parent/coach/rep must accompany you when testing occurs.
- Know your rights and responsibilities and be aware and knowledgeable of the testing process. If you do not understand sample collection procedures, ask the DCO to explain them.

Your Rights & Responsibilities

During the Illicit testing process, you must:-

- List all medications and supplements including over the counter medications you have taken in last seven days.
- Review all sample collection documents for accuracy.
- Receive a Sample Collection Card after the test is finished.

A video showing the entire testing process is available on our website www.bsada.org.



Your Rights & Responsibilities (cont'd)

During the Illicit testing process, you must:-

- Produce your identification.
- Choose your collection vessel.
- Be directly observed throughout the provision of your urine sample.
- At all times throughout the process, make sure your collection vessel is in sight.
- Keep control of your sample until you are in the DCO office and the DCO takes the vessel and views it for all criteria.

Results Management

The Results Management Standard will cover:

- Notification to and recognition by sporting organizations of results.
- Dealing with positive and negative results.
- Review of positive results.
- Time scales for reporting results.
- Disciplinary process.
- Appeals process.
- The roles and responsibilities of BSA-DA and the NSGBs throughout the result management process.

*** Be responsible for yourself ***

- **You must always show up for testing when scheduled. The expectation is that athletes should do everything in their power to present themselves for testing when required to do so.**
- **It is important that you let your medical specialist know that you are subject to illicit testing. Check all medications you may need to take including cold and cough remedies, and prescribed medications. Some medications may result in a positive test.**
- **Remember to keep a list of all medications you use and inform the Doping Control Officer.**
- **Always remember it is very important for you to be aware of what you are putting into your body.**

Visit our website WWW.BSADA.ORG