Guidelines
For
Anti-Doping Testing

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Your Responsibility During Sample Collection

- Remain within direct observation of the Doping Control Officer (DCO)/Chaperone at all times.
- Present your government issued identification.
- Fulfill/carry on with the test.
- Report to the testing station immediately, unless there is a valid reason for a delay.
- Inspect testing equipment to be sure it has not been tampered with.
- Your sample must be at least 90 milliliters. Always have control of your sample until procedure is complete.
- Remember to keep a list of all medications you use and inform the Doping Control Officer.
- List all medications and supplements including over the counter medications you have taken in last seven days.
- Review all sample collection documents for accuracy.
Your Rights

During the Anti-Doping testing Process are:-

- To be notified by a Chaperone or DCO with official identification of his/her authority from an official anti-doping organization.

- To be accompanied by a representative of your choice and an interpreter if required to the Doping Control Station.

- To be observed during the sample collection by a DCO or Chaperone of the same gender as yourself.

- To give comments or ask for additional information on the testing procedure.

- To receive a completed copy of the Doping Control Form.
Your Rights

Delayed arrival at the Doping Control Station when:-

In Competition
- To obtain photo identification
- To attend a medal ceremony
- To receive medical attention
- To compete in further events
- To warm down
- To locate your representative

Out of Competition
- To obtain photo identification
- To receive medical attention
- To locate representative
- To complete training

You can also request a delay for other exceptional circumstances, but only at the discretion of the DCO or Chaperone.
Anti-Doping Checklist

- You must know and comply with Anti-Doping Rules.
- Use supplements at your own risk.
- Stay up to date with the Prohibited List.
- Tell your Doctor and Athlete Support Personnel that your medication must comply with the WADA Prohibited List.
- Have a TUE in place, if required.
- Make yourself available for testing.
- Keep your whereabouts accurate and up to date at all times.

You are responsible for any banned substance found in your system, no matter how it got there or whether or not you had any intention to cheat.
**Anti-Doping Rule Violations (ADRV’s)**

**Doping is defined as:-**

- Use or Presence of a Prohibited Substance. *(article 2.1 and 2.2)*
- Evading, refusing or failing to submit a sample. *(article 2.3)*
- Whereabouts Failure. *(article 2.4)*
- Tamper with any part of the testing process. *(article 2.5)*
- Possession of a Prohibited Substance or a Prohibited Method. *(article 2.6)*
- Trafficking or attempted trafficking of a prohibited substance or method. *(article 2.7)*
- Administer or attempt to administer a prohibited substance or method. *(article 2.8)*
- Complicity with an athlete to aid or cover up any involvement in an anti-doping rule violation. *(article 2.9)*
- Prohibited Association. *(article 2.10)*
Whereabouts

Athletes in the RTP and NTP1 are required to submit whereabouts.

Whereabouts submissions dates & times

- Qtr 1—Dec 31 at 23:59 or 11:59p.m.
- Qtr 2—Mar 31 at 23:59 or 11:59p.m.
- Qtr 3—Jun 30 at 23:59 or 11:59p.m.
- Qtr 4—Sep 30 at 23:59 or 11:59p.m.

Be specific and accurate when completing your whereabouts, ensuring you use the 24 hour clock.

Whereabouts Failures

- Missed test - Not available during the 60 minute slot.
- Filing Failure - No whereabouts filing received by the stated deadline. Unsuccessful attempt due to inaccurate or incomplete information.
World Anti-Doping Code and Prohibited List

- The Code is a set of International Anti-Doping Rules. National Anti-Doping Organizations have developed rules to align with the Code.

- The Prohibited List is updated each year, which contains a list of Prohibited Substances and Methods. This list is available on:
  www.wada-ama.org

Medications

- Before taking any medications, please go online to Global DRO website www.globaldro.com to check the status of medications.

- Please keep a list of all medications you are currently taking in your possession at all times.

You are responsible for what you put into your body. Please check all medications yourself.
Therapeutic Use Exemptions (TUE’s)

- If you must use a banned substance to treat a medical condition, you must apply for a TUE.
- You will need to provide medical evidence from your Doctor.
- The Doctor will need to help you complete the TUE Form.
- A TUE Application can take up to 30 days for a decision.
- You must follow all TUE procedures to avoid your application being rejected.
- If your TUE is expired or is withdrawn, it will not be valid.
- If you do not have a TUE in place, and you are required to, you may commit an Anti-Doping Rule Violation.
Blood Collection

- Blood Collection is conducted both in and out of competition.
- A licensed phlebotomist will perform the blood draw.
- Before the sample is taken, you are required to sit down for a minimum of 10 minutes or 2 hours if you have been training or competing.
- The required number of tubes will be filled with blood.
- Samples will be stored and transported at a controlled temperature between 2-8 C.
BSADA does not promote the use of supplements as there is no guarantee that a supplement is free of prohibited substances, athletes who use supplements do so at their own risk. If you chose to take supplements consider the following:

- Contaminated or mislabeled supplements are one of the main causes of positive tests.
- You are strongly advised to be very cautious if you choose to use any supplement.
- Many products do not display or describe all the ingredients on the label.
- Be aware of any supplement that claims to contain “no banned substances” or endorsed as safe for athletes to use.
- Before taking any supplements, please visits the following websites [www.informed-sport.com](http://www.informed-sport.com) or [www.supplement411.com](http://www.supplement411.com).
Anti-Doping Kit