

URINE DOPING TEST PROCEDURE

PROCESS	RECOMMENDATIONS & ADVICE
<p>Notification</p> <p>A chaperone or Doping Control Officer (DCO) will notify you that you have been selected for a test. They will show you ID to confirm who they are and ask to see your photographic ID..</p> <p>As an athlete you will be informed of your rights and responsibilities around the testing procedure. If you have any questions at all during the testing procedure you can ask for additional information or clarity from the DCO and/or your representative.</p>	<p>It is your responsibility to stay in the sight of the DCO! Don't lose them and don't let them lose you!</p> <p>Ensure you listen to the DCO, take in what they are saying, if you have any queries about what you need to do next ask them.</p>
<p>Reporting to Doping Control</p> <p>You must report immediately to the doping control station unless you request a delay for one of the following permitted reasons:</p> <p>In-competition test</p> <ul style="list-style-type: none"> - To obtain photo ID - To attend a medal ceremony - To fulfil media commitments - To receive medical treatment - To compete in further events - To warm down - To locate an interpreter and/or representative <p>Out-of-competition test</p> <ul style="list-style-type: none"> - To obtain photo ID - To locate an interpreter and/or representative - To complete training - To receive medical treatment 	<p><u>Photo ID</u></p> <p>BC recommends you use your passport or photo driving licence (event accreditation is sometimes acceptable though not always).</p> <p><u>Representative</u></p> <p>BC recommends that you always take a representative with you. If you are training or at competition ask your physio or a team staff member to attend with you. If you are at home we recommend you ask your partner, housemate or a neighbour to act as the representative.</p> <p>Your representative will act as another pairs of eyes over the process and provide reassurance should you wish to ask any questions or raise any issues/concerns.</p>

<p>The approval or any delay is at the discretion of the person who notified you (the chaperone or the DCO).</p> <p>It is the athlete's responsibility to remain within sight of the chaperone/DCO at all times.</p> <p>At the doping control station the athlete will be offered the opportunity to hydrate.</p> <p>You will be asked to complete your personal details on the doping control form including name, address, ID details, coach's name, doctor's name and sport/discipline.</p>	<p>Hydration Make sure any drink is sealed unless you are providing it yourself. Excessive hydration should be avoided as the urine sample will be tested for concentration levels, and if it is too dilute the athlete may need to provide another sample.</p> <p>For BC performance programme athletes please use your EIS doctor as opposed to your GP at home.</p>
<p>Selecting Sample Collection Vessel</p> <p>The DCO will be of the same gender as the athlete.</p> <p>Once you are ready to provide a sample you will be asked by the DCO to select an empty, clean and sealed sample collection vessel and a separate lid.</p>	 <p>You should be provided with a choice of vessels. If only one is available note this on the doping control form.</p> <p>Make sure your collection vessel has not been tampered with and remains in your control and sight at all times.</p> <p>Do not allow others to touch the collection vessel. If they do ensure this is recorded on your form.</p>
<p>Providing a urine sample</p> <p>When ready to provide a sample, you will be asked if you would like to wear gloves or wash your hands.</p> <p>Remove the sample collection vessel from the packaging and tear off the plastic seal, removing the lid.</p>	<p>BC recommends that you wear gloves to reduce the risk of any contamination from your hands.</p>

The DCO will then directly observe you providing your urine sample, which must be at least 90mls.

You will be asked to remove the lids from its packaging and place this firmly onto the sample collection vessel. Your sample should now be secure.

Leave the toilet area as directed by the DCO and place the sealed sample collection vessel containing your urine sample on a table/desk.

In order to ensure a clear and unobstructed view of the passing of the sample, the DCO/Chaperone shall instruct you to remove or adjust any clothing which restricts the DCO's/Chaperone's clear view of Sample provision.

If a female athlete is on their period do not be concerned, the DCO will have chaperoned athletes in this position before. If you would like more privacy or to cover your sample when carrying it from the toilet to administration room please liaise with the DCO. They will also be supportive if you would like more privacy when dividing your samples (still in their presence).

Dividing urine sample between the A and B bottles

You will then be asked to pick from a selection of sealed sample bottle kits containing an A and B bottle.

When the DCO asks you, divide your urine sample between the A and B bottles, then tightly seal the bottles, double check that the lids cannot be opened.

Once you have sealed the A and B bottles, place them in the plastic bag, then into the storage box.



You should be offered at least 2 sample bottle kits to choose from. They should all be:

- Sealed, not tampered with
- Uniquely numbered
- Have not passed the expiry date
- Clean and empty



If you are offered only 1 or any of the sample kits are out of date please note this in the comments section on the Doping Control Form but continue through the process).

	 <p>You have control of your sample. The DCO should not handle the testing equipment unless you ask them to do so or the sample is already sealed.</p>
<p>Urine Concentration Check (also known as Specific Gravity)</p> <p>The concentration of your sample will be checked. If it is too dilute (below 1.005), the DCO will record this on the doping control form (DCF) and you will be asked to provide another sample.</p>	<p>Don't worry if your sample is too dilute, just follow the process again, and if this means only one sample kit is available this time record this on the form etc.</p> <p>If you are too hydrated it may help to eat some food so take some snacks with you to the doping control station.</p>
<p>Recording of Information</p> <p>The DCO will record all the necessary personal information and certifying sample information (A and B sample bottle numbers) on the DCF.</p> <p>You will then be given the opportunity to record additional information on the form:</p> <ul style="list-style-type: none"> - Medications and/or supplements taken within the past 7 days - Recent blood transfusions - Therapeutic Use Exemption (TUE) information 	<p>Medications - You should record the medicine and dosage in the comments box <i>e.g. Salbutamol Inhaler 100mcg x2 puffs every 12 hours</i></p> <p>Supplements - You should record the exact product title and if it is batched tested in the comments box <i>e.g. Optimum Nutrition Hydro Whey Protein batched tested</i></p> <p>Vitamins & Health Supplements - You should record the exact product title in the comments box <i>e.g. Vitamin D 4000Ug per day</i></p> <p>TUE - If you have an existing TUE in place record the number on the DCF</p>

<p>Record any additional comments in the “comments box” e.g. if there were any issues with the facility or the process.</p> <p>If you have not taken any medications/supplements etc and have no comment to make write “NO COMMENTS” in the comments box.</p>	<p>If female athletes are on their period you may wish to note this in the comments section.</p> <p>Please do not make any comments such as “nice DCO, or good test”, keep to facts regarding the testing procedure. If the box is not big enough use an additional sheet of paper.</p>
<p>Checks</p> <p>Check that the information on the DCF is accurate and once happy sign the form.</p> <p>Check that the laboratory’s copy of the DCF does not include any of your personal details.</p> <p>Keep a copy of the DCF in a safe place for future reference if required.</p>	<p>Forms should be kept for up to 10years as samples can be retested</p>
<p>Under 18</p> <p>As with any athlete being tested, we advise you take a representative with you to the doping control station.</p> <p>During the testing procedure, the DCO will be accompanied by another member of the doping control team. They will not observe you giving the sample, but will observe the DCO who is directly observing you for your protection.</p>	<p>We advise for U18s that this is the same gender as the athlete but is ultimately the choice of the individual athlete.</p>
<p>Impairments</p> <p>If you have an impairment, modifications can be made to the procedure to protect you and the integrity of your sample.</p>	<p>The DCO can provide more information or if you would like to discuss options in advance please contact UKAD or British Canoeing as per below contact details.</p>
<p>Results</p> <p>You are unlikely to be informed of the result of the test if it is negative.</p>	

You will receive communication from the ICF, UKAD and/or British Canoeing if there are any issues with your sample. If you do receive correspondence to this affect or have any questions at all please contact British Canoeing Anti-Doping Lead Officer Gemma Wiggs (gemma.wiggs@britishcanoeing.org.uk or 0115 8966589 / 07702 568 673).

Top 5 Tips

- ✓ Always take a representative with you
- ✓ Keep a record on your phone and a paper copy with your passport of medications and supplements (don't rely on your memory)
- ✓ Check everything on GlobalDro
- ✓ Print batch certificates, internet research for supplements every 3 months
- ✓ Take a snack with you! If your specific gravity is too low EAT!

Medications / Supplements

e.g. Salbutamol Inhaler 100mcg x2 puffs every 12 hours

e.g. Vitamin D 4000Ug per day

e.g. Optimum Nutrition Hydro Whey Protein batched tested