

ATHLETE INFORMATION

FOR DOPING CONTROL URINE SAMPLING

(Version 3, 2011)



DRUG FREE SPORT NZ

WHAT ARE MY RIGHTS AND RESPONSIBILITIES RELATING TO SAMPLE COLLECTION? ON BEING NOTIFIED YOU WILL BE INFORMED ORALLY AND/OR BY WAY OF THIS FORM:

- a) That you are required to provide a sample according to the Rules, or other relevant policy, adopted by your sport;
- b) Of the authority under which the sample collection is to be conducted;
- c) Of the type of sample collection and any conditions that need to be adhered to prior to the sample collection;
- d) Of your rights to:
 - i. Have a representative (such as a parent, coach or friend) and, if required, an interpreter;
 - ii. Ask for additional information (see following) about the sample collection process;
 - iii. Request a delay in reporting to the Doping Control Station for valid reasons;
 - iv. Request necessary modifications if you have a disability.
- e) Of your responsibilities and requirements to:
 - i. Remain within sight of the Doping Control Official (DCO) or Chaperone at all times from the first moment of in-person notification until the completion of the sample collection procedure;
 - ii. Produce identification as required;
 - iii. Comply with sample collection procedures;
 - iv. Report to the Doping Control Station, unless delay is approved for valid reasons (see below*), as soon as possible.
- f) Of the location of the Doping Control Station.
- g) Of the possible consequences of failure to comply.

*A DCO **may** accept a request from an Athlete to delay reporting to the Doping Control Station and/or once the athlete arrives at the Doping Control Station and wishes to leave if the Athlete can be continuously chaperoned during the delay and if the request relates to the following activities:

- a) Participation in a victory ceremony;
- b) Fulfillment of media commitments;
- c) Competing in further competitions;
- d) Performing a warm down;
- e) Obtaining necessary medical treatment;
- f) Locating a representative and/or interpreter;
- g) Any other exceptional circumstances which can be justified, and which shall be documented

PROVIDING THE SAMPLE

You may take drinks to help you give the sample. Drug Free Sport NZ will make sealed drinks available, but any drink or foodstuffs you consume are taken at your own risk.

When you are ready to provide a sample, the DCO or Chaperone

will ask you to select a sealed sample collection vessel. A Chaperone of your own gender will go with you to the toilet area and you must pass the sample in the direct sight of this person. You will be asked to adjust clothing and, if necessary, your position so that a clear view is possible.

Your representative may be present in the toilet area if you are under 18 or if you are an athlete with a disability who requires assistance in the toilet.

You must retain control of the collection vessel at all times and it must always be in the sight of a DCO or Chaperone. If the collection vessel containing your sample is taken out of the sight of a testing official you may be asked to give another sample.

A sample of at least 90mls or, in some cases, 120mls is required.

IDENTIFYING AND SEALING THE SAMPLE

The DCO will ask you to select a sealed a box containing a pair of bottles marked A & B. The DCO will then instruct you to:

- break the seal of the sealed box you have chosen and remove the bottles marked A and B
- check that the numbers on the bottles, lids and outside of the box match each other
- if any numbers do not match, the DCO will ask you to select another sealed box
- pour the sample into the A and B bottles
- seal the bottles.

Any action by you which has the potential to compromise the test will be investigated by DFSNZ as a possible violation of the Rules which, if proven, can result in a 2 year ban. Any action by another person which has the potential to compromise the test, may lead to you being asked to provide another sample.

A SAMPLE WHICH IS TOO SMALL FOR TESTING

If the sample is less than the required volume, this is called a partial sample. You will be asked to seal the partial sample and give additional samples until the volume requirement is met.

CHECKING WHETHER THE SAMPLE IS SUITABLE FOR TESTING

After you have given the sample, the DCO may test its specific gravity. If this is outside the limits you may be asked to give another sample. You will not be asked to provide more than two samples (except in special circumstances).

FILLING OUT THE DOPING CONTROL FORM

The DCO will enter information concerning the collection of the sample on a Doping Control Form.

You will be asked to give details of any medication or substances

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you have taken in the last three days. You must give the DCO any other information that is necessary to complete the form.

Your representative (if any) and the DCO will check the details on the form and sign it. The Chaperone who witnessed you provide the sample will also sign the form. Carefully check the details entered on this form, add any comments you consider to be relevant and necessary, and sign it. The DCO will then give you a copy of the Doping Control Form and you can leave the Doping Control Station.

WHAT HAPPENS IF I REFUSE TO BE TESTED OR FAIL TO GO THROUGH THE PROCESS?

Any sanction that is applied will be in accordance with the Rules/World Anti-Doping Code, but if there is no acceptable reason, it is likely that a 2 year ban will be applied.

HOW IS THE SAMPLE TESTED AND WHAT CAN IT BE USED FOR?

All samples collected by DFSNZ are sent to a laboratory accredited by the World Anti-Doping Agency for analysis using recognised testing methods. The laboratory is not given your name, only numbers to identify the sample.

Your sample can be analysed to detect Prohibited Substances and Prohibited Methods identified on the Prohibited List and other substances that are in the WADA "Monitoring Programme". No Sample may be used for any purpose other than the detection of substances (or classes of substances) or methods on the Prohibited List, or the Monitoring Program, without your written consent. Your sample may be frozen and stored for further analysis.

WHAT HAPPENS IF THE 'A' BOTTLE TEST PRODUCES A NEGATIVE RESULT?

DFSNZ will notify you, your National Sporting Organisation and other organisations as required under the Rules regarding the result.

WHAT HAPPENS IF THE 'A' BOTTLE TEST PRODUCES AN "ADVERSE ANALYTICAL FINDING" REPORT?

DFSNZ will determine who has result management responsibility, whether or not a TUE applies, whether or not a departure from the International Standard for Testing invalidates the finding and whether any further investigation is required.

If DFSNZ has responsibility and no TUE or departure applies it will send you a notice setting out the details, possible consequences and full information about the process which will be followed. This will include asking whether or not you wish to have the sample in the B bottle analysed and, if you do, advising you of your right to attend or appoint a representative to attend.

DFSNZ will also notify your National Sporting Organisation and other organisations as required under the Rules. Depending on the substance and circumstances a provisional suspension may be imposed following an adverse finding on the A sample.

WHAT HAPPENS IF THE 'B' BOTTLE TEST RESULT IS NEGATIVE?

DFSNZ will notify you, your National Sporting Organisation and other organisations as required under the Rules that there has been a negative test.

WHAT HAPPENS IF THE 'B' BOTTLE TEST RESULT CONFIRMS THE FINDING (OR YOU WAIVE THE ANALYSIS OF THE B SAMPLE)?

A Review Committee will consider the case and if the Rules have been followed. DFSNZ will notify you, your National Sporting Organisation and other organisations of the allegation of an anti-doping rule violation as required by the Rules. This notice will include particulars of the allegation and possible consequences.

DFSNZ will refer the allegation to the Sports Tribunal or your NSO's equivalent.

HEARINGS AND SANCTIONS

If the Tribunal decides that you have committed an anti-doping rule violation, it will impose sanctions as required under the Rules. The decision of the Tribunal may be appealed at the Court of Arbitration for Sport. (CAS). Any sanction that is applied will be in accordance with the Rules/World Anti-Doping Code.

ANY OTHER QUESTIONS

If you have any questions, ask a DCO or call Drug Free Sport NZ during office hours on: **0800 DRUGFREE (0800 378-437)**

You can also visit the DFSNZ website: www.drugfreesport.org.nz

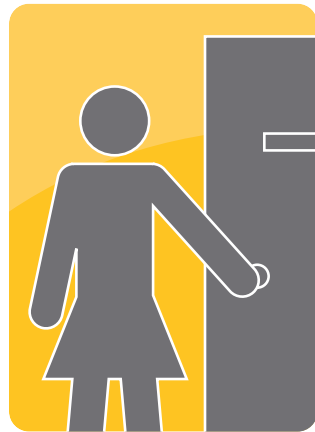
The Sports Anti-Doping Act 2006, the Sports Anti-Doping Rules, the World Anti-Doping Code and relevant International Standards may also be consulted and may be accessed via the DFSNZ web site.

SAMPLE COLLECTION PROCEDURES



NOTIFICATION

Testing official wearing identification notifies



REPORTING

Report to Doping Control Station



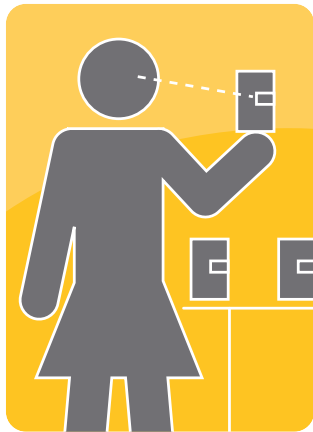
CHOOSE COLLECTION VESSEL

Choose a sealed, clean sample collection vessel



PROVIDE SAMPLE

Provide sample under direct sight of official



CHOOSE KIT

Choose testing kit and verify numbers on bottles



POUR SAMPLE

Pour sample into A and B bottle as instructed



SEAL KITS

Seal bottles and place back into kit



COMPLETE PAPERWORK

Sign completed forms and take a copy

drug  **space**
drug info when u need it

**The
NEW TXT SERVICE
that allows you to
check the status on a
medication instantly.**

**TXT
"drug info"
to 4365 for
instructions**

NOTE ▶ TXTS COST 20C PER MSG

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