

A world map composed of small white dots on a green background, centered behind the main title.

ATHLETE

REFERENCE GUIDE

TO THE 2015 WORLD ANTI-DOPING **CODE**



Let's start





TABLE OF CONTENTS

PART 1	THE RIGHT STUFF	P. 3
PART 2	THE CODE	P. 3
PART 3	APPLICATION OF THE CODE.....	P. 4
PART 4	ROLES AND RESPONSIBILITIES.....	P. 5
PART 5	WHAT IS DOPING?	P. 6
PART 6	PROHIBITED LIST	P. 10
PART 7	THERAPEUTIC USE EXEMPTION (TUE).....	P. 12
PART 8	TESTING, SAMPLE COLLECTION AND SAMPLE ANALYSIS	P. 13
PART 9	CONSEQUENCES OF ANTI-DOPING RULE VIOLATIONS	P. 16
PART 10	BACK TO THE FUTURE	P. 20
APPENDIX 1	SAMPLE COLLECTION PROCESS	P. 22
APPENDIX 2	B SAMPLE PROCESS	P. 26
APPENDIX 3	WORLD ANTI-DOPING CODE 2015.....	P. 27



PART 1 THE RIGHT STUFF

The World Anti-Doping Code sets out rules that you, as an athlete, must follow. The point of this guide is to help you understand the rules.

This document is merely a guide. It is no substitute for the language of the Code. To emphasize: the language of the Code is always the primary source. This guide is thus provided purely for the purpose of understanding and is in no way a binding legal document.

The Code, in its first few pages, speaks of the intrinsic value of the “spirit of sport.” That spirit is what drives forward the primary goal of any anti-doping program: prevention.

That is, to prevent the intentional or unintentional use of prohibited substances or methods, or the commission of any other anti-doping rule violation.

This document is merely a guide. It is no substitute for the language of the Code.

PART 2 THE CODE

What, exactly, is the World Anti-Doping Code?

The Code is the anti-doping system framework. It has been accepted by the entire Olympic movement as well as by various sports bodies and National Anti-Doping Organizations throughout the entire world. It also has been recognized by more than 170 governments, through the UNESCO Convention against Doping in Sport.

The Code first came into effect in July 2004. A first set of amendments took effect on 1 January 2009. A second set will come into effect on 1 January 2015.

The full text of the Code can be found on the World Anti-Doping Agency’s website.

In support of the Code, WADA has also developed “International Standards” for different technical and operational areas, including the List of Prohibited Substances and Methods, Testing and Investigations, Therapeutic Use Exemptions, Laboratories and the Protection of Privacy and Personal Information.

References in this Guide to “Articles” are primarily to Articles in the Code; references to other documents, such as the International Standards will be so specified.

The purpose of the World Anti-Doping Code is to protect the rights of the clean athlete.





PART 3 APPLICATION OF THE CODE

Who is subject to the Code?

1. If you are a national – or international - level athlete, the Code applies to you. “International-level” athletes are defined by the athletes’ International Federation. “National-level” athletes are defined by the athletes’ National Anti-Doping Organization.
2. Each National Anti-Doping Organization can decide whether and how the Code will apply if you are an athlete competing domestically at a level that does not identify you as “national-level.” If you are competing at this level, the National Anti-Doping Organization tests you, and if you return a positive test or tamper with the doping control process or commit another anti-doping rule violation, the Code then requires that sanctions be imposed.
3. If you are not participating in competition but merely engaging in recreational or in fitness activities, National Anti-Doping Organizations also have discretion to decide whether and how the Code will apply.

PART 4 ROLES AND RESPONSIBILITIES

As an athlete, you have certain roles and responsibilities. These include:

- > You must know and comply with all “applicable anti-doping policies and rules.”
- > You must take responsibility for what you “ingest,” meaning what you eat and drink and anything that may enter your body. The essential rule is this: if it is in your body, you are responsible for it. In legal terms, this is called “strict liability.”
- > You must be available for sample collection.
- > You must inform medical personnel that they are obligated not to give you prohibited substances or methods. You must also take responsibility to make sure that any medical treatment you receive does not violate the Code.
- > You must cooperate with anti-doping organizations investigating anti-doping rule violations.
- > For more details, see [Article 21.1](#).

Coaches, trainers, managers, agents and other support personnel are often role models for athletes. They, too, have certain rights and responsibilities. These include:

- > They must know and comply with all anti-doping policies and rules that apply to them or the athletes they support.
- > They must cooperate with the athlete-testing program.
- > They must use their considerable influence to promote a clean sport philosophy.
- > They must cooperate with Anti-Doping Organizations investigating anti-doping rule violations.
- > They must not use or possess any prohibited substance or method without a valid justification.
- > For more details, see [Article 21.2](#).

PART 5 WHAT IS DOPING?

As an athlete, the Code specifically says that you are responsible for knowing what makes up an anti-doping rule violation.

Such violations can involve more than just a positive test – which, in the language of the Code, is called an “Adverse Analytical Finding.”

For example, it is also an anti-doping rule violation to use and possess prohibited substances and methods.

There are also other types of anti-doping rule violations. The Code spells these out:

- > Tampering or attempted tampering with any part of doping control. For example, intentionally interfering with a doping control officer, intimidating a potential witness or altering a sample by adding a foreign substance. See [Article 2.5](#).
- > Possession of prohibited substance or method. It’s not OK to buy or have on you a banned substance for the purposes of giving it to a friend or relative, except under certain very limited justified medical circumstances – say, buying insulin for a diabetic child. See [Article 2.6](#).
- > Trafficking or attempted trafficking in a prohibited substance or method. See [Article 2.7](#).
- > Administration or attempted administration of a prohibited substance or method to an athlete. See [Article 2.8](#).
- > Complicity. This covers a wide range of acts: assisting, encouraging, aiding, abetting, conspiring, covering up or “any other type of complicity” involving an anti-doping rule violation or attempted violation by “another person.” See [Article 2.9](#).
- > Prohibited Association. See [Article 2.10](#).
- > Whereabouts Failure. See [Article 2.4](#).
- > Evading, refusing or failing to submit a sample collection. See [Article 2.3](#).

Violations can involve more than just a positive test

You should be aware that an anti-doping rule violation can be proven by any reliable means. This includes laboratory results and other evidence - the term used is, “non-analytical” proof. This evidence can include but is not limited to the “Athlete Biological Passport” (a study over time of a number of your biological parameters), admissions, witness testimony and various types of documentary evidence.

Does intent matter when it comes to an anti-doping rule violation?

As noted before, you are responsible – “strictly liable” – for anything and everything in your system. To establish an anti-doping rule violation for use or presence of a prohibited substance, it is not necessary to demonstrate intent, fault, negligence or knowing use on your part.

It is not a defense to an anti-doping rule violation that, for instance, someone in your entourage or camp gave you a substance; or that a banned substance was not listed on a product label; or that a prohibited substance or method would not have improved your performance.

If you use or try to use a prohibited substance or method, that is doping. The “success” or “failure” of the use or attempted use does not matter. It is considered doping.

For more details, see [Articles 2.1](#) and [2.2](#).

What about dietary supplements?

In many countries, the regulation of dietary supplements can be very lax. It is not unusual for supplements marketed in health-food stores or over the Internet to contain prohibited substances that are not disclosed on the product label. Over the past few years, a significant number of positive tests have been attributed to mislabeled or contaminated supplements.

To use but one example, there have been a large number of cases in recent years, including at the Olympic Games, of athletes from different sports testing positive for the banned stimulant methylhexaneamine (MHA). This stimulant might also be known as, among other things, 1,3-dimethylamylamine or DMAA; it might also be called geranium root extract or geranium oil (even if it does not come from geranium oil or plants). These names might – or might not – be on a product label. But “methylhexaneamine” rarely is, even though it is on the Prohibited List.

You should be extremely wary of products that, among other things, claim to build muscle, aid in recovery, provide energy or help with weight loss. Because you will be held strictly liable for the consequences of a positive test caused by a mislabeled supplement, the best advice is: you should not take a supplement if there is any doubt as to what it might contain.

You should not take a supplement if there is any doubt as to what it might contain.

If you are unsure what is in a product, do not take it. Ignorance is never an excuse.



The 'Whereabouts' rule

The primary purpose of the Whereabouts requirements is to facilitate out-of-competition testing.

Providing Whereabouts information gives an Anti-Doping Organization the ability to locate you and, as well, to rely on unannounced controls to maximize the potential for doping athletes to be caught. Unannounced testing is the cornerstone of an effective anti-doping program.

Relatively few athletes are in a "Registered Testing Pool" and need to provide accurate and current Whereabouts information.

If you have been notified that you are in a "registered testing pool," that means you have to provide Whereabouts information quarterly. That filing includes regularly scheduled activities and a one-hour window each day where you must be available for testing. The activities and testing window must be kept updated.

- > **If you fail to file your quarterly form on time, you commit a filing failure.**
- > **If you are not where you say you are going to be during the daily one-hour window, you commit a missed test.**

You have the right to contest any potential filing failure or missed test before the relevant Anti-Doping Organization. Any combination of three filing failures or missed tests within a 12-month period – if not successfully contested by you – results in an anti-doping rule violation.

If you take part in a team sport, and are in a registered testing pool, you are subject to the same whereabouts rules as athletes who compete in an individual sport.

A team-sport or individual athlete **may delegate** some or all whereabouts filings to a coach, manager or other third party; however, **each athlete ultimately remains responsible for submitting accurate and complete whereabouts information.**

Team whereabouts can also be submitted to an Anti-Doping Organization for activities that involves a Team. See [the International Standard for Testing and Investigation \(ISTI\) Article 4.8.2](#).

Anti-Doping Organizations may require certain athletes who are not in a registered testing pool to provide less-detailed whereabouts information. If you are one of these athletes: failure to comply with whereabouts requirements is not considered an anti-doping rule violation but may carry other consequences set by your Anti-Doping Organization.

Unannounced testing is the cornerstone of an effective anti-doping program.

What is 'prohibited association'?

There have been several high-profile examples where athletes have continued to work with coaches who have been banned or with other individuals who have been criminally convicted for providing performance-enhancing drugs.

A new feature of the Code taking effect at the start of 2015 makes it an anti-doping rule violation for you to associate with this sort of "athlete support person" once you have been specifically warned not to engage in that association.

THE DETAILS:

You must not work with coaches, trainers, doctors or others who are ineligible because of an anti-doping rule violation or who have been criminally convicted or professionally disciplined in relation to doping.

Some examples of this type of prohibited association include obtaining training, strategy, nutrition or medical advice, therapy, treatment or prescriptions. Moreover, the "athlete support person" may not serve as an agent or representative. Prohibited association need not involve any form of compensation.

This provision does not apply in circumstances where the association is not in a professional or sport-related capacity. Examples: a parent-child or husband-wife relationship.

For more details, see [Article 2.10](#).



PART 6 PROHIBITED LIST

What substances and methods are prohibited?

WADA keeps a list of substances and methods that are banned. It updates this Prohibited Substances and Methods List periodically, and at least annually. The updated list normally applies from 1 January each year and is available a few months before on the WADA website.

The list is divided into **substances** that are:

1. banned at all times and
2. those prohibited during the in-competition period (as defined by each sport but often within 24 hours of the competition).

Those **substances** banned at all times would include (but are not limited to): hormones, anabolics, EPO, beta-2 agonists, masking agents and diuretics.

Those **substances** prohibited only in-competition would include but not be limited to: stimulants, marijuana, narcotics and glucocorticosteroids.

Also banned at all times: **methods** such as blood transfusion or manipulation, or intravenous injections in some situations.

*You are responsible
for knowing what
substances and
methods are on the
Prohibited List.*



What is the difference between substances prohibited at all times and those prohibited in-competition?

To be banned at all times means to be prohibited all year long, including in training and in-competition as well. Examples: anabolic steroids, which when used in training may have long-term performance-enhancing training effects, or masking agents, which can be used to hide evidence of doping.

By contrast, out-of-competition use of a substance that is prohibited only in-competition is not considered an anti-doping rule violation unless evidence of that substance is still in your system at the time of an in-competition test. To be clear, many substances can stay in your system for a long time. If you return a positive result for a substance you took out-of-competition (that was not prohibited at the time you took it) and test positive for it at an in-competition doping control (where it is prohibited), you will be charged with an anti-doping rule violation.

Can prohibited substances be found in common medicines?

Yes. Any number of common medications, including painkillers and treatments for colds and the flu, can contain prohibited substances.

For even more information, see other resources made available by your International Federation or National Anti-Doping Organization.

PART 7 THERAPEUTIC USE EXEMPTION (TUE)

One of the key principles of the anti-doping effort is to protect your health.

It might happen that, for health reasons, you need to take a prohibited substance or use a prohibited method. You **may** do so under the Code. The key is that you **must** obtain what is called a 'Therapeutic Use Exemption,' or TUE.

Several criteria must be met to secure a TUE, such as: the use of the prohibited substance (or method) is necessary for your health; its use should not result in performance enhancement beyond a return to normal health; and there is no reasonable therapeutic alternative to the use of the prohibited substance or method.

International- and national-level athletes must also understand another important aspect of the rules: except in emergency or exceptional circumstances, a TUE must be obtained in advance, not retroactively. See [Article 4.3 of the International Standard for Therapeutic Use Exemption \(ISTUE\)](#).

A TUE must be obtained in advance, not retroactively.

TUEs for national athletes are overseen by your National Anti-Doping Organization. TUEs for international athletes are administered by your International Federation. The Olympic Games and other major multi-sport competitions may also grant their own TUEs. See [Article 4.4](#).

You need to verify with your International Federation or National Anti-Doping Organization when a new application must be submitted or whether a previously granted TUE may be forwarded for recognition. Your Anti-Doping Organization should guide you through this process.

Never take for granted that your national TUE will automatically be recognized at the international level. If you have any doubt, check with your International Federation or multi-sport game organizer.

A chart clarifying this process can be found in [Annex 1 of the ISTUE](#).

One of the key principles of the anti-doping effort is to protect your health.



PART 8 TESTING, SAMPLE COLLECTION AND SAMPLE ANALYSIS

When an authorized doping control officer asks you to provide a sample, you must do so.

Every Anti-Doping Organization with authority over an athlete has the right to collect urine and/or blood samples from that athlete at any time or place and to have those samples analyzed for anti-doping purposes.

Who has testing authority?

National Anti-Doping Organizations have authority over athletes

1. who are nationals, residents, license-holders or members of sports organizations of that country, or
2. who are present in that National Anti-Doping Organization's country, or
3. where the rules of an International Federation otherwise grant them broader authority.

International Federations have authority over athletes who are subject to their rules,

1. including athletes who compete in certain international events and
2. athletes who are members or license holders of that International Federation (or its direct or indirect members).

Major event organizations, generally have authority over athletes entered in their events.

WADA does not normally initiate testing but it does have the authority to test. In the event WADA initiates testing, it outsources the actual conduct of the test to other Anti-Doping Organizations.

The sample collection process is standardized. For more about the process, and your rights under that process, see [Annex 1](#).

In order to establish a violation based on the presence of a prohibited substance in an athlete's sample, only those laboratories that have been accredited or specifically approved by WADA may analyze the samples. See [Annex 2](#) for more about your rights in connection with the analysis of the B sample if your A sample has been reported as an Adverse Analytical Finding.

How long are samples kept?

Samples may be frozen, stored and re-analyzed for 10 years. Technology is rapidly advancing. Some prohibited substances and methods, which are not detectable today, may well be in the future. The potential that stored samples will be subject to further analysis should serve as a powerful deterrent if you, or anyone you know, should for any reason be considering doping.

When samples are no longer used for anti-doping purposes, they will be made anonymous and used for quality-assurance purposes, discarded or, with your prior written consent on the doping-control form, used for research.

Returning to competition following retirement

If you retire while you are in the registered testing pool of an International Federation or National Anti-Doping Organization, you must give **six months'** prior written notice of your desire to return to competition. During those six months, you must agree to be subject to the anti-doping rules and make yourself available for testing before you will be allowed to compete again.

If the strict application of this rule would be “manifestly unfair,” WADA may grant an exemption. See [Article 5.7](#).

If you retire while you are in the registered testing pool you must give six months' prior written notice of your desire to return to competition.

Samples may be frozen, stored and re-analyzed for 10 years.



What is ADAMS?

ADAMS (Anti-Doping Administration & Management System) is WADA's secure web-based anti-doping database management system. ADAMS stores, in particular laboratory results, Therapeutic Use Exemptions and information on Anti-Doping Rule Violations. This database facilitates the sharing of information among relevant organizations and aims to promote efficiency, effectiveness and transparency.

Most International Federations and National Anti-Doping Organizations use ADAMS as a central information base for athlete Whereabouts information, TUEs and test results. ADAMS has been developed to make your life easier.

You have access to your own information in ADAMS. International Federations and National Anti-Doping Organizations are responsible for giving you access to ADAMS. Only restricted personnel within Anti-Doping Organizations have access to your data. ADAMS' multi-level access system protects data security and confidentiality.



PART 9 CONSEQUENCES OF ANTI-DOPING RULE VIOLATIONS

The consequences of an anti-doping rule violation may include the disqualification of results, the imposition of a period of ineligibility, mandatory publication of your violation and, perhaps, financial sanctions.

THE DISQUALIFICATION OF RESULTS

In an individual sport, an anti-doping rule violation in connection with a competition (for instance, an individual match or race) automatically results in disqualification of the results of that competition. See [Article 9](#).

What does disqualification mean?

It means the loss of results, medals, points and prize money. Your results in other competitions in the same event – for example, the Olympic Games – may also be disqualified. See [Article 10.1](#).

Generally, results are disqualified retroactively – unless “fairness requires otherwise” – from the date of the anti-doping rule violation (for instance, the date of collection of the positive sample) until the commencement of any provisional suspension or ineligibility period. See [Article 10.8](#).

INELIGIBILITY

Ineligibility means exactly what it says – you cannot take part in any competition or the activities of an International Federation, its member national federations or their member clubs. This includes training with your club or team or using facilities that are linked with your club or team.

Similarly, you cannot take part in any competitions authorized or organized by any of the other signatories of the Code (such as the International Olympic Committee, the International Paralympic Committee, the National Olympic Committee) or their affiliated entities.

Likewise, you cannot take part in any professional league or any international- or national-level event organization or any elite- or national-level sports activity funded by a governmental organization. See [Article 10.12.1](#).

How long is the period of ineligibility?

A strong consensus has emerged worldwide, and in particular among athletes, that intentional cheaters should be ineligible for four years.

Is it always four years?

No.

Could an anti-doping rule violation actually lead to no period of ineligibility?

Yes – only if an athlete is able to establish no fault or negligence.

Also, in some unique circumstances, involving specified substances, a warning may be issued if the athlete's degree of fault is very low – that is, non-significant. The same also applies to contaminated products – typically dietary supplements – defined as those products that contain a prohibited substance that is not disclosed on the product label or in information available in a reasonable Internet search.

What range of factors does the period of ineligibility depend upon?

The type of violation, the prohibited substance or method used, the nature of the athlete's conduct and the athlete's degree of fault.

HOW DO ALL THESE RULES FIT TOGETHER?

For the violations of presence or use of a prohibited substance, the basic rules are as follows:

If you intended to cheat, whatever the substance, the period of ineligibility is four years.

Otherwise, it is two years – unless you can show you had no significant fault or negligence, in which case ineligibility may be reduced by up to a maximum of one year (that is, to a minimum ineligibility of one year).

If the violation involved a specified substance or a contaminated product and you can demonstrate you had no significant fault, ineligibility may range from two years to a reprimand (depending on the level of fault).

For the period of ineligibility for other anti-doping rule violations see [Article 10.3](#).

Collaboration and “substantial assistance”

The cooperation of athletes and others who acknowledge their mistakes, and are willing to step forward to bring anti-doping violations to light, is essential to clean sport.

The Code recognizes that this is a special circumstance.

A period of ineligibility may be reduced (by up to half of the otherwise applicable period) if an athlete voluntarily admits doping before the Anti-Doping Organization files notice of a rules violation and, at the time, that admission is the only reliable evidence of the misconduct – that is, he or she comes clean of his or her own volition.

An athlete’s period of ineligibility may also be reduced significantly if he or she provides “substantial assistance” to an Anti-Doping Organization, police or prosecuting authority or professional disciplinary body that results in the Anti-Doping Organization bringing a new case against someone else (or discovering the possibility to do so).

What is “substantial assistance”? It means fully disclosing, in writing, everything you know about doping by any person, including yourself. It also means fully cooperating with the authorities, including testifying at a hearing if that is required.

For more, see [Articles 10.6.1](#) and [10.6.2](#).

TYING UP SOME STRINGS REGARDING INELIGIBILITY

- > *If you are charged with an anti-doping rule violation, a provisional suspension can be imposed on you or you can voluntarily accept a provisional suspension without waiving – that is, giving up – your right to contest the accusation against you.*
- > *Any period of ineligibility begins to run*
 1. *on the date you accept a provisional suspension or accept the sanction imposed, or*
 2. *in contested cases, on the date a decision is rendered after a hearing.*
- > *If you are serving a period of ineligibility, you **may** take part in authorized anti-doping education program.*
- > *You may **also** return to train with a team or use the facilities of a club during the **shorter** of*
 1. *the final two months of your eligibility, or*
 2. *the last one-quarter of your ineligibility. See [Article 10.12.2](#).*
- > *A note: some provisional suspensions are mandatory see [Article 7.9.1](#).*

FINANCIAL CONSEQUENCES

The Code does not impose fines for doping. That said, it does not prevent Anti-Doping Organizations from providing for fines in their rules.

Financial sanctions can never replace or reduce a period of ineligibility.

Wealthy athletes cannot pay their way out of serving a period of ineligibility.

For more, see [Article 10.10](#).

MANDATORY PUBLIC DISCLOSURE

If you are found to have committed an anti-doping rule violation, that fact will be made public. The idea is that this serves as an important deterrent to doping.

An Anti-Doping Organization must, except in the case of a minor, publish the name of an athlete, the nature of the rules violation and the consequences within 20 days after a final ruling.

If the final decision was that there was no violation, the decision may only be disclosed publicly with the consent of the athlete. See [Article 14.3.2](#).

TEAM SPORTS

If you play a team sport and are caught doping, you are subject to all the rules in the Code. Additionally, there may be consequences for your team. The sanction to be imposed on your team would be determined by the ruling body for the events in which your team competes. See [Article 11](#).

STATUTE OF LIMITATIONS

Any anti-doping rule proceeding must be brought within 10 years of the date of the alleged violation. See [Article 17](#).

HEARINGS AND APPEALS

All athletes are entitled to fair hearings before impartial panels. They also are entitled to have their cases heard in a timely fashion.

If your case stems from participation in an international event or if you are an international-level athlete, you and other Anti-Doping Organizations may appeal decisions exclusively to the Court of Arbitration for Sport. Otherwise, decisions may be appealed to an independent and impartial national reviewing body. See [Article 13](#).

PART 10 BACK TO THE FUTURE

The 2015 version of the Code brings new changes.

It also brings a new chance for the athletes of the world – and the overwhelming majority of athletes do, in fact, choose to compete clean – to lead the way in promoting ensuring clean athletes.

Contact your sport federation or national anti-doping organization for additional information specific to your country and sport.

Visit WADA's Web site for more on **Education and Awareness Programs**.





APPENDICES



APPENDIX 1 SAMPLE COLLECTION PROCESS

THE 11 STEPS OF SAMPLE COLLECTION

This Annex is intended to provide a general overview of the doping control process.

Please note there are some special, slight modifications for minors and athletes with a disability. These can be found at the end of this annex.

More information is available at the WADA website, or from your National Anti-Doping Organization or International Federation.

At the outset, this should be emphasized: the integrity of the sample is always key. A departure from these procedures would not necessarily invalidate a test result unless a sample's integrity has been affected.

1 ATHLETE SELECTION

You can be selected for doping control at any time and any place.

2 NOTIFICATION

A Doping Control Officer or chaperone will notify you that you have been selected for doping control. The DCO or chaperone will inform you of your rights and responsibilities. These include the right to have a representative present throughout the process.

You will be asked to sign a form confirming that you have been selected for doping control.

3 REPORTING TO THE DOPING CONTROL STATION

You should report immediately to the doping control station.

The DCO or chaperone may allow you to delay reporting to the station for an activity such as a news conference or to complete a training session.

However, once you have been notified that you have been selected for doping control, the DCO or chaperone will accompany you until the completion of the sample collection process.

4 SELECTION OF A COLLECTION VESSEL

You will be given a choice of individually sealed collection vessels. You may select one. You should verify that the equipment is intact and has not been tampered with. You should, at all times, maintain control of the collection vessel.

5 PROVIDING A SAMPLE

During the sample provision, only you and the DCO or chaperone of the same gender are permitted in the washroom.

You will be asked to wash your hands.

You will then be asked to raise or lower your clothing so that the DCO or chaperone has an unobstructed view while you provide the sample.

6 VOLUME OF URINE

The DCO shall ensure, in your full view, that you have provided the minimum required volume: 90 mL. If at first you are unable to provide 90 mL, you will be asked to provide more until that level is met.

7 SPLITTING THE SAMPLE

You will be given a choice of individual sealed sample collection kits. Choose one. You should verify the equipment is intact and has not been tampered with. Open the kit. Confirm the sample code numbers on the bottles, the lids and containers all match.

Now you are going to split the sample, pouring at least 30 mL into the B bottle and the remaining urine into the A bottle.

You will be asked to leave a small amount in the collection vessel. The reason for this is so the DCO can measure its specific gravity.

Pour the urine yourself unless you need help. In this instance, you will need to provide consent for your representative or the DCO to pour on your behalf.

8 SEALING THE SAMPLES

Next, seal both the A and B bottles. You (or your representative) and the DCO should verify that the bottles are sealed properly.

9 MEASURING SPECIFIC GRAVITY

The DCO is required to measure the sample's specific gravity. If it does not meet certain requirements, you will be asked to provide another sample.

10 COMPLETING THE DOPING CONTROL FORM

On this form, you should provide information about any medication – prescription or non-prescription – or dietary supplements you have taken recently.

This form is also the place to note any comments you may have regarding any part of the doping control process.

You will be asked whether you consent to have your sample used anonymously for research once the analysis of doping control purposes is completed. You may say yes or no.

Be absolutely certain everything is correct, including the sample code number.

Make sure, too, that the laboratory copy of the form does not include any information that could identify you.

You will be asked to sign the form.

At the completion of collection, you will receive a copy of your doping control form.

11 THE LABORATORY PROCESS

Your samples are packed for shipping by a secure process.

Your samples are sent to a WADA-accredited laboratory. When processing your samples, that lab will adhere to the International Standard for Laboratories, ensuring the chain of custody is maintained.

Your A sample is analyzed.

Your B sample is securely stored. It may be used to confirm an Adverse Analytical Finding from the A sample.

The lab will report the results of your sample analysis to the responsible Anti-Doping Organization and to WADA.

What about blood sample collection?

The same conditions that apply for urine sample collection also apply to the collection of blood samples with regard to notification, identification, escorting and explanation of the procedure.

What modifications exist for minors and athletes with a disability?

NOTIFICATION

If you are a minor or an athlete with a disability, when you are notified you have been selected for doping control, a third party may be notified of that selection as well.

PROVIDING A SAMPLE

Minors and athletes with a disability may also have their representative present. However, this representative is not allowed to view the sample provision. Why? The objective is to ensure the DCO is correctly observing the sample provision.

If you decide not to have a representative present, your ADO or DCO may ask a third party to be present.

If you have restricted mobility or restricted manual dexterity, you may ask the athlete representative or the DCO to assist you in handling equipment, splitting the sample or completing paperwork.

If you have a significant lack of coordination, you may use a larger collection vessel.

If you suffer from visual impairment, an athlete representative may accompany you at all times during the sample collection procedure, including in the washroom area. However, the representative will not witness the passing of the sample. The athlete representative or the DCO may read the doping control form to you, and you may ask the athlete representative to sign the doping control form on your behalf.

If you use a condom drainage or indwelling catheter drainage, you should remove the existing collection bag and drain the system so that a fresh sample can be obtained.

If you self-catheterize, you may use your own catheter to provide a sample. This catheter should be produced in tamper-evident wrapping. Or use one provided by the DCO, if available.

An athlete representative may accompany an athlete with intellectual disability at all times during the sample collection procedure, including in the washroom area. However, the representative will not witness the passing of the sample.



APPENDIX 2 B SAMPLE PROCESS

Laboratories analyze samples solely by code numbers, not by athletes' names.

A laboratory that has analyzed an athlete's A sample reports the results simultaneously to WADA and to the particular Anti-Doping Organization.

ADVERSE ANALYTICAL FINDING

If your A sample reports a positive test – in the language of the Code, an “Adverse Analytical Finding” – the organization responsible for results management will conduct an initial review.

That review is focused on two parts:

1. Did you have a Therapeutic Use Exemption for the substance found in the sample?
2. Was the sample collection and analysis done according to procedures?

You will be notified **in writing** of the results and your rights regarding the analysis your B sample.

If you decide to request a B sample analysis, or if the Anti-Doping Organization requests a B sample analysis, you may attend or choose to send a representative on your behalf.

In the meantime, a Provisional Suspension **must** be imposed when an A sample returns an Adverse Analytical Finding for a Prohibited Method or for a Prohibited Substance other than a Specified Substance. At the same time, the Code gives you important hearing rights, should you choose to exercise them, in connection with the imposition of such a suspension. These opportunities can depend on the timing of an individual case.

If the B sample confirms the analysis of the A sample, the Anti-Doping Organization will proceed with the results management process, including your right to a fair hearing.

If the B sample does not confirm the analysis of the A sample, no further action will be taken and, of course, any Provisional Suspension will be lifted.

