



1. Notification and reporting for testing

- After you have signed the notification for doping control, it is your responsibility to remain within sight of the doping control personnel until the completion of the doping control procedure.
- It is your responsibility to provide an ID card with photo and give the requested information on the doping control form.
- You have the right to have one representative accompany you and to receive additional information about doping control procedures and your rights and responsibilities.
- You are permitted to leave the Doping Control Station temporarily only when the doping control officer in charge authorizes it and under proper chaperoning.
- Blood samples are collected by a health care professional qualified to collect blood samples and also trained and authorised by FINADA.
- You shall remain seated and relaxed for at least 10 minutes before undergoing venipuncture.



2. Selection of sample collection and sealing kit

- Select a kit that contains A and B containers for sealing and identification of the samples.
- Select an equipment package and other equipment to be used during the blood sample collection.
- Check that the seal on the kit is intact. Open the kit and place its contents on the table as instructed.



3. Inspecting the sample collection and sealing kit

- Check that the sealing containers A and B are unbroken and empty.
- Check that the code numbers on the sealing containers, sealing caps and number labels (8 labels) are identical.
- Remove the plastic wrap on containers, place the caps upside down on the table and remove the red rings.
- Open the equipment package for sample collection and check the equipment as instructed.



4. Numbering sample tubes

- Place code number labels longitudinally on two sampling tubes on top of the label, so that the code number is near the cap.
- Give the sample collection equipment to the blood collection officer, ensuring you can see them at all times.



5. Blood sample collection

- Primarily blood samples are taken from your non-dominant arm.
- The blood collection officer will apply a tourniquet to your upper arm, clean the skin at the puncture site and will start drawing blood.
- Once the sample tubes have been filled as required, the blood collection officer inverts them a few times before placing them in the tube rack.
- You should ensure that you or the person accompanying you can see the tubes at all times.
- The blood collection officer places a pad over the puncture site. Press on the pad for 2–3 minutes.



6. Sealing the samples

- The blood collection officer records a code number on the doping control form. Check that the code number has been recorded correctly.
- Carefully place the tubes containing the blood sample into the sealing containers A and B and close the caps. Do not use too much power to avoid breaking the cap.
- The sample tubes must remain upright at all times.
- After that, the blood collection officer verifies that the containers are sealed properly.



7. Packing sealed sample tubes for transportation

- The blood collection officer will place the sealed sample tubes into separate plastic bags, with an absorbent pad for the transportation. The blood collection officer also ensures the samples are kept refrigerated for transportation to the laboratory.



8. Disposing of the blood collection equipment

- Tear up any extra code number labels.
- The blood collection officer duly disposes of the used (and any unused) blood collection equipment and extra code number labels by placing them in the risk waste container.



9. Completing, checking and signing the Doping Control Form

- If you have had any blood transfusions within the past six (6) months, have them recorded in the doping control form.
- If you have also been asked to provide a urine sample, you can go into the waiting area under supervision.
- If you have only been asked to provide a blood sample, or if you have already provided a urine sample, the doping control form will be completed. In this case you need to carefully check and sign the doping control form. After that you will receive your own copy of it.
- Avoid undertaking any strenuous exercise or training for the next 30 minutes to minimize any potential bruising at the puncture site.