

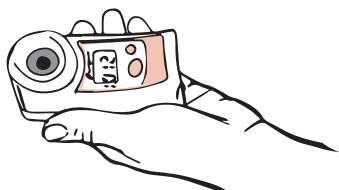
## 1. Notification and reporting for testing

- 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 enter the requested information on 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.



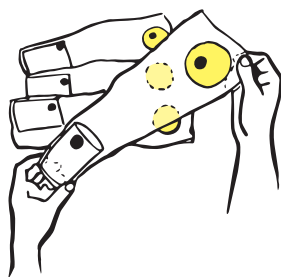
## 4. Selecting and inspecting the sample bottles

- When you have provided the sample, close the collection vessel and return to the doping control room.
- Only you should handle your sample, but a doping control official must also be able to see your sample at all times.
- Select a sealed sample collection kit, containing "A" and "B" bottles, for securing and identifying your sample.
- Check that the seal of the sample collection kit is intact; then open the kit and check that the bottles and sealing canisters are unbroken, empty and clean.
- Check that the code numbers on the bottles, sealing canisters, sealing caps and the box are all identical.
- Place the caps of the sample bottles and sealing canisters upside down on the table.



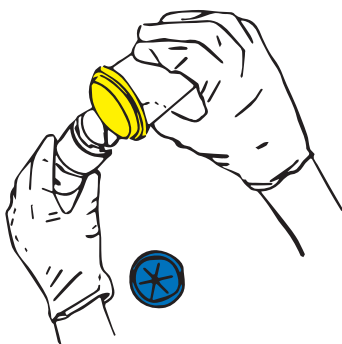
## 7. Checking the suitability of the sample for analysis

- The doping control officer will determine the suitability of the sample for the laboratory analysis from the residual urine remaining in the collection vessel.
- If the sample does not meet the requirements, the doping control officer will ask you to provide an additional sample or samples.
- All samples provided will be sent to a laboratory for analysis



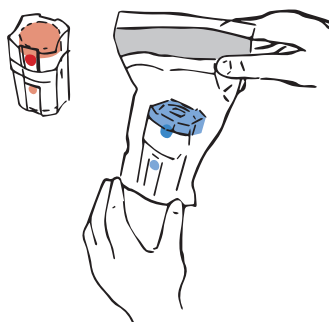
## 2. Selection of sample collection vessel

- When you are ready to provide a sample, wash your hands without using soap. Select the sample collection vessel, open it, and check that it is unbroken and clean.
- Leave the lid in the plastic wrap until you have provided the sample.



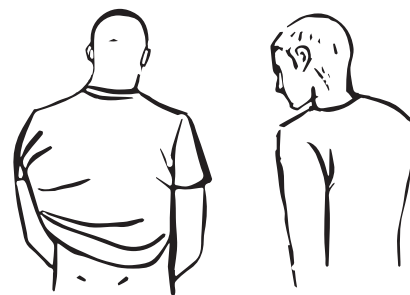
## 5. Dividing the sample into the "A" and "B" bottles

- Divide your sample as instructed by the doping control officer: pour at least 30 mL into the B bottle (blue cap) and at least 60 mL into the A bottle (red cap).
- Close the sample bottle caps by turning until the triangle on the edge of the cap is between the marks on the top of the bottle.
- Turn the bottles upside down and make sure they do not leak.
- Leave a small amount of the sample in the sample collection vessel in order to check that the sample is suitable for analysis.



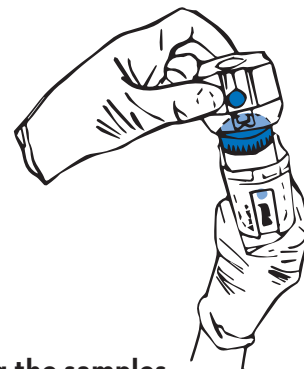
## 8. Packaging the sealed samples for transport

- Doping control officer places the sealed samples into separate plastic bags with an absorbent pad.
- After that the samples are placed back in the original package.



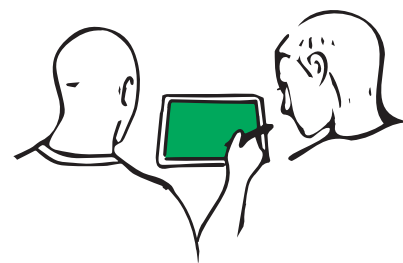
## 3. Sample provision under supervision

- The sample provision will be witnessed by a doping control official of the same gender.
- Remove any clothing that may obstruct the view of passing the sample. The witness must have clear view of the sample provision.
- The minimum amount of the urine required is 90 mL.
- Where the volume of urine is insufficient (< 90 mL), you must provide more urine. Your partial sample will be sealed temporarily.



## 6. Sealing the samples

- Place the sample bottles into their corresponding sealing canisters (red A-bottle inside red canister, blue B-bottle inside blue canister); place corresponding sealing canister caps over the canister bases (line up the red/blue coloured dots) and close the sealing canisters by pressing firmly down until you hear the closing clicks. After that, the doping control officer verifies that the canisters are sealed properly.



## 9. Completing, checking and signing the Doping Control Form

- Specify any medications, including vitamins, food supplements and herbal products you have used within the last seven (7) days.
- You have the right to have any comments and remarks you might have concerning the testing procedure entered in the doping control form.
- Carefully check the doping control form and especially ensure that the code number recorded on the doping control form is the same as the code on your sample.
- After signing the doping control form, you will receive your own copy of the form in your email.