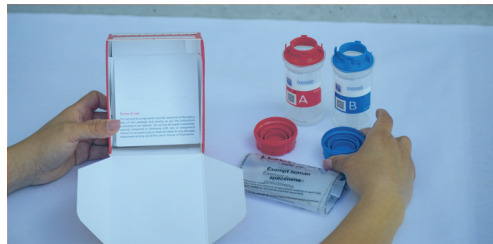


1. Notification, reporting to the test and completion of the doping collection control form

- After you sign the notification form it is your responsibility to remain under the supervision of the doping control personnel until the test is completed.
- You have the right to have a representative with you at the test, and to receive additional information about doping control procedures and your rights and responsibilities.
- You must provide valid photo identification and the necessary information to be recorded on the doping control form.
- Declare any medications, vitamins, nutritional supplements and herbal products you have taken during the last seven (7) days.
- You are permitted to leave the Doping Control Station temporarily only when the doping control officer in charge authorizes it and under appropriate chaperoning.

2. Selecting a sample collection vessel

- When you are ready to provide a sample, wash your hands with water; do not use soap. Select a sample collection vessel, open it and check that it is intact and clean.
- Leave the lid inside the plastic wrap until you have provided the sample.



3. Sample provision under supervision

- The provision of a sample will take place in the presence of a urine sample witness of the same gender as you.
- The witness must have clear view of the sample provision.
- The minimum amount of the urine required is 90 ml.

4. Selecting and inspecting sample bottles

- After the sample provision, close the sample collecting vessel with a lid and return to the doping testing room.
- Only you should handle your sample, but a Doping Control Officer must also be able to see your sample at all times.
- Select a sealed box containing the A and B sample bottles.
- Check that the seal is intact, then open the package and check that the bottles are intact, empty and clean.
- Check that the code numbers on the sample bottles, sealing caps and box are all identical.
- Do not touch the insides of the bottles or caps.



5. Dividing the sample into the A and B bottles and sealing

- Divide the sample as directed by the Doping Control Officer: At least 30 ml in the B bottle (blue cap), and at least 60 ml in the A bottle (red cap).
- Seal the sample bottles by closing the caps until you hear a click.
- Turn the bottles upside down and ensure that 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.
- The Doping Control Officer will then ensure that the bottles are properly sealed.



6. Checking that the sample is suitable for analysis

- The Doping Control Officer checks the suitability of the sample for laboratory analysis.
- If the sample does not meet the requirements, the Doping Control Officer will ask you to provide an additional sample or samples.

7. Packing samples for transport

- The Doping Control Officer places the sealed sample bottles in separate bags with an absorbent pad.
- The sample bottles are then placed in the original box.

8. Completing, checking and signing the doping control form

- You have the right to have your comments and remarks on the test procedures recorded on the doping control form.
- Check the form carefully and especially ensure that the code number on the form is the same as the code on your sample.
- Sign the doping control form. You will receive a copy of the form in your email.