



- The DCO will use the remaining urine to check the specific gravity.
  - Athletes will be required to provide an additional sample of at least 90ml if the specific gravity falls below the minimum range.
  - Both samples will be packaged and sent to the lab for analysis.
- Athletes who provide a blood sample will seal the sample collection bottles as instructed by the DCO.

## 07 The Doping Control Form

**Athletes will be required to complete the Doping Control Form. They should:**

- Submit personal information.
- Declare any medication or supplements taken within the last 7 days.
- Comment on the doping control process.
- Review form to confirm all information.
- Attach their signature.
- The athlete should receive a personal copy of the Notification and Doping Control Forms.
- A copy of the forms will be packaged with the sample, but will not bear the athlete's personal information.

## 08 After You Give Your Sample

- The sample kit is securely transported to a laboratory accredited by the World Anti-Doping Agency (WADA).
- The lab will verify the secure transportation then your "A" sample is analysed and your "B" sample is stored.
- If there is an Adverse Analytical Finding (AAF), you will be notified either online or in person.


**Find out more at [www.jadco.gov.jm](http://www.jadco.gov.jm)**




# Doping Control in Detail




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 JamaicaAntiDopingCommission

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# What is Doping Control?

- Doping Control is the main means of detecting the use of banned substances and methods by athletes.
- It involves the collection and analysis of urine and/or blood samples for the presence of these substances or methods.

## 01 Why?

- To detect and deter the use of banned substances and methods.
- Doping is dangerous and contrary to the spirit of sport.
- To protect clean athletes and their right to compete in a sport system that is free from doping.
- To protect the health of athletes.
- To promote and protect the principle of dope free sport.

## 02 How?

- Athletes are selected for sample collection through various means.
- All sample collection personnel (Doping Control Officers (DCOs), Blood Collection Officers (BCOs) and Chaperones) are responsible for ensuring that the process follows strict International Standards, while protecting the rights of the athlete.

## 03 Where & When

- Athletes can be selected for doping control both In-Competition and Out-of-Competition.
- Athletes may be selected for sample collection at sporting competitions, training camps, at their home or at any other location, with no advance notice.

## 04 Athlete Notification



- Athletes selected for doping control will be notified by a certified DCO and/or Chaperone.
- They will be informed of their rights and responsibilities and be required to sign the Notification Form.
- Athletes should report to the doping control station immediately, unless there is a valid reason for a delay. Permission for delay may be granted only if the athlete is able to be chaperoned at all times.
- Valid reasons for a delay include participating in a medal ceremony, completing a training session, getting necessary medical attention, obtaining photo identification, locating a representative or interpreter, or fulfilling media commitments.
- Once the athlete is notified, he or she must remain in direct observation of the DCO or Chaperone until the sample collection process is complete.
- Athletes who are minors and those with disabilities are also allowed to request modifications to the testing process. The DCO or Chaperone can accept the modification as long as it does not compromise the integrity of the sample given.

## 05 Guidelines for Sample Collection

### Urine Sample

- When the athlete is ready to give a urine sample, he or she should wash hands with water and select a sealed sample collection vessel.
- Enter a private restroom area accompanied by DCO or Chaperone of the same sex.
- Disrobe from mid-torso to mid-thigh, to provide an unobstructed view of the passing of urine and pass at least 90ml of urine into the vessel, in plain view of the DCO or Chaperone

 Find out more at [www.jadco.gov.jm](http://www.jadco.gov.jm) 

- If the volume of urine passed is less than 90ml, you will be required to provide additional urine until the minimum requirement of 90ml is achieved.
- A partial sample kit will be used to store the insufficient urine and the DCO will guide you through the procedures to ensure the integrity of your sample.
- You will continue to be chaperoned until you are ready to provide additional urine.

### Blood Sample

- For blood sample collection, you will be asked to select and check the blood collection equipment (needles, blood collection tubes and bottles) and verify the code numbers.
- A certified BCO will extract blood from the athlete's arm and fill the blood collection tubes.
- The tubes will then be placed in the A and B sample collection bottles.

## 06 Packaging Your Sample

- The athlete will be required to select and open a sealed cardboard or Styrofoam box containing the sample kit, removing the bottles labelled "A" and "B".
- Athletes should ensure they inspect the equipment and verify code numbers which should be consistent on the bottles, bottle caps and the box.
- The code numbers will be recorded on the Doping Control Form.
- Athletes providing a urine sample will then pour the sample up to the minimum line in both bottles, leaving a little in the sample collection vessel.
- Both bottles should be sealed as instructed by the DCO and inverted to check for any leakage.