

## How does an athlete get tested?

### Learning Outcomes

- ★ State that athletes can be tested anytime and in any place
- ★ Explain an athlete's rights and responsibilities in testing
- ★ Describe the basic procedure of a test

'Testing' (known as doping control) plays a key role in the fight against doping. Athletes can be selected for **urine** and/or **blood** sample collection.

An athlete may be **notified** that they have been selected for doping control by either a **Chaperone** or a **Doping Control Officer (DCO)**. A DCO will witness the sample collection and is responsible for ensuring that each sample is properly identified and sealed, and complete the Doping Control Form (DCF). A **Blood Collection Officer (BCO)** will be a trained and experienced phlebotomist and will carry out the blood sample collection duties. They do not need to be the same gender as the athlete.

The athlete must be **continuously chaperoned** and kept under direct observation during the doping control process. A urine sample provided by the athlete must be the first urine passed following notification. Athletes are **directly observed** when providing the **urine sample**. The DCO will ask to have a clear and unobstructed view of the passing of the sample so they will ask the athlete to remove any clothing that obstructs view. The DCP witnessing collection will be of the same gender as the athlete and athletes under the age of 18 are strongly advised to have an **adult representative** with them at the **Doping Control Station (DCS)**.

The basic stages of a test are:

1. Notification of selection for doping control
2. Reporting for doping control
3. Selecting a collection vessel
4. Providing the sample under supervision
5. Selecting the A and B bottles
6. Dividing and sealing the sample
7. Testing the suitability of the sample
8. Recording and certifying the information

All samples are **anonymous** when sent to the laboratory. They are identified only by unique numbers on the **A and B bottles** and on the DCF.



- Mock up the **testing process** in **Activity 8.1** using measuring cups and apple juice/water.
- Review [The Testing Process](#) information and then separate the athlete's **rights** from their **responsibilities** in **Activity 8.2**.
- Watch the [Testing Animation](#) then complete the **doping control card sort** in **Activity 8.2**.

### Quick Links:

- [Introduction to Testing](#)
- [Testing](#)
- [UK Athletics Testing Video](#)
- [The Testing Process](#)
- [Testing Animation](#)
- [Laboratory Testing](#)

### You will need:

- Handouts
- Scissors
- Measuring Cup
- Water/Apple Juice

### Assessment Options

**Scaffold:** List the rights and responsibilities of an athlete during doping control and allocate an image, icon or emoji to each of the statements to represent what the athlete should do.

**Task:** Produce a presentation focused on an athlete's doping control rights and responsibilities.

**Challenge:** Generate a presentation to explain an athlete's rights and responsibilities during the doping control process.

## ✓ Activity 8.1a: Urine Sample Measurement

An athlete notified to provide a **urine sample** will need to produce a **minimum amount of urine** which will then be split between the **A and B sample bottles**.

1. Use water or apple juice and a vessel with ml measuring increments to pour out the correct amount of liquid that would be required for a sample.
2. See the next page for the correct answer...



## ✓ Activity 8.1b: Urine Sample Measurement

An athlete notified to provide a **urine sample** will need to produce a **minimum amount of urine** which will then be split between the **A and B sample bottles**.

1. Use water or apple juice and a vessel with ml measuring increments to pour out the correct amount of liquid that would be required for a sample.

The minimum measurement required is 90ml which is split with 60ml in the A sample and 30ml in the B sample. Any excess urine should then be used to top up the A sample.

2. Athletes should not over hydrate in the Doping Control Station (DCS). Why is this?





On the right are eight statements related to an **athlete's rights and responsibilities** during doping control.

- 1. Cut out each of the headings and statements in the grid.**
- 2. Select the statements which are believed to be an athlete's rights and place them under the red heading.**
- 3. Select the statements which are believed to be an athlete's responsibilities and place them under the blue heading.**
- 4. Extension Activity: What reasons would an athlete be allowed to request a delay?**

## Athlete Rights During Doping Control

## Athlete Responsibilities During Doping Control

Remain within direct observation of the DCO/Chaperone at all times from the point of notification until the completion of the sample collection procedures

Have a representative and, if applicable, an interpreter to accompany them

Request modifications if they are a minor or have an impairment

Comply with sample collection procedures

Provide suitable ID

Request a delay in reporting to the DCS for valid reasons

Ask for additional information about the sample collection procedures

Report immediately for a test, unless there are valid reasons for a delay

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On the right the eight stages of the **doping control process**.

1. Cut out each of the statements in the grid.
2. Place the statements in the order they would occur during the doping control process.
3. What might the athlete request when they report to doping control?

**Dividing and sealing the sample**

**Selecting a collection vessel**

**Reporting for doping control**

**Selecting the A and B bottles**

**Testing the suitability of the sample**

**Recording and certifying the information**

**Notification of selection for doping control**

**Providing the sample under supervision**



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### Scaffold:

List the rights and responsibilities of an athlete during doping control and allocate an image, icon or emoji to each of the statements to represent what the athlete should do.

### Task:

Develop and deliver a presentation that explains the rights and responsibilities of an athlete once they are notified for doping control and how the athlete should respond to this notification.

### Challenge:

Produce and deliver a presentation that explores the rights and responsibilities of an athlete notified for doping control and explains where these rights and responsibilities would be enacted during the eight stages of doping control.

