The DCO shall ensure that an athlete in full view shall provide no less than 90ml of urine. If the amount of urine does not meet the minimum requirements, the athlete will proceed with the Partial Sample Process (outlined at the end of this leaflet).

The athlete is given a choice of individually sealed collection vessels and selects one. The athlete verifies that the equipment is intact and has not been tampered with. The athlete should maintain control of the collection vessel at all times.

Selection of Collection Vessel

The athlete should report to the doping control station immediately following notification. The DCO may allow the athlete to delay reporting to the doping control station if there are compelling reasons. The athlete should be accompanied by a DCO or a Chaperone from the time of notification until the completion of the sample collection process.

The athlete will be asked to provide photo identification and be given the opportunity to hydrate. Athletes are responsible for what they decide to drink. They may drink their own beverage or choose from a selection of sealed, caffeine-free, non-alcoholic beverages.

Provision of Sample

Only the athlete and a doping control official of the same gender are permitted in the washroom during the provision of the sample. Minors or athletes with a disability may also have a third party present throughout the entire process. The objective here is to ensure that the doping control official is observing the sample provision correctly.

Athletes are required to remove any clothing from the knees to mid-chest and from the hands to the elbows. This provides the doping control official with a direct observation of the urine leaving the athlete’s body. These provisions are meant to ensure that it is the athlete’s own urine and help prevent possible manipulation of the urine sample.

The Athletes maintain control of their samples at all times during the process, unless assistance is required due to an athlete’s disability.

Volume of Urine

The DCO shall ensure that an athlete in full view shall provide no less than 90ml of urine. If the amount of urine does not meet the minimum requirements, the athlete will proceed with the Partial Sample Process (outlined at the end of this leaflet).
When the required amount of urine has been provided, the athlete will select a new, sealed collection vessel and combine his or her samples, beginning with the first partial sample provided and each subsequent partial sample until the desired volume is reached. The sample is then sealed according to the steps outlined before.

**Combining the Sample**

When less than 90ml of urine is provided, the athlete will proceed with the partial sample process until the required amount of volume is provided. During this process the partial sample(s) will be sealed and secured using the partial sample equipment.

The sealed partial sample should remain in the control of either the athlete or the DCO. While waiting to provide additional sample(s), the athlete shall remain under continuous observation and be given the opportunity to hydrate. When the athlete is ready to provide another sample, the process of sample collection continues as described before.

**Sealing the Partial Sample**

The information and the materials shown in this booklet are meant to serve as a guide to the urine sample collection process; it does not reflect an opinion on the type of equipment to be used.

Testing worldwide should follow the principles of these guidelines, although there may be slight variations in the procedures adopted by different anti-doping organizations, which will not affect the integrity of the process.

For further information, please contact your National Anti-Doping Organization, or International or National Federation. You may also visit our Web site at www.wada-ama.org.

**Final Notes**

The athlete is asked to provide information about any prescription/non-prescription medications or supplements he or she has taken recently. These medications are recorded on the doping control form. The athlete has the right to note comments and concerns regarding the conduct of the doping control session. The athlete should confirm that all of the information on the doping control form is correct, including the sample code number.

The person who witnessed the passing of the sample, the athlete representative, the Doping Control Officer and the athlete will sign the doping control form at the end of the sample collection process.

The athlete is given a copy of the doping control form. The laboratory copy of the doping control form does not contain any information that could identify the athlete.

Samples are packaged for shipping to ensure that the security of the sample is tracked. The samples are sent to a WADA-accredited laboratory. The laboratory will inspect the samples upon their arrival to ensure there is no evidence of tampering.

The WADA-accredited laboratory will adhere to the International Standard for Laboratories when processing a sample, ensuring the chain of custody is maintained at all times.

The "A" sample will be analyzed for substances on the Prohibited List. The "B" sample is securely stored at the laboratory and may be used to confirm an Adverse Analytical Finding from the "A" sample.

The laboratory will report the results of the sample analysis to the responsible Anti-Doping Organization and WADA.

If the athlete has provided the required volume of urine, the athlete will be given a choice of individually sealed sample collection kits, from which to choose one. The athlete verifies that the equipment is intact and has not been tampered with. The athlete will open the kit and confirm that the sample code numbers on the bottles, the lids and the container all match.

The athlete splits the sample, pouring the urine him or herself, unless assistance is required due to an athlete’s disability.

The athlete pours the required volume of urine into the "B" bottle. Then the remaining urine is poured into the "A" bottle. The athlete will be asked to leave a small amount of urine in the collection vessel so the Doping Control Officer can measure the specific gravity of the sample according to the relevant laboratory guidelines.

The athlete seals the "A" and "B" bottles. The athlete representative and the doping control officer should verify that the bottles are sealed properly.

The DCO measures the specific gravity using the residual urine left in the collection vessel. The values are recorded on the doping control form. If the sample does not meet the specific gravity requirements, the athlete may be asked to provide additional samples as required by the Anti-Doping Organization.

The athlete splits the sample, pouring the urine himself or herself, unless assistance is required due to an athlete’s disability.

The athlete pours the required volume of urine into the "B" bottle. Then the remaining urine is poured into the "A" bottle. The athlete will be asked to leave a small amount of urine in the collection vessel so the Doping Control Officer can measure the specific gravity of the sample according to the relevant laboratory guidelines.

The athlete seals the "A" and "B" bottles. The athlete representative and the doping control officer should verify that the bottles are sealed properly.

The WADA-accredited laboratory will adhere to the International Standard for Laboratories when processing a sample, ensuring the chain of custody is maintained at all times.

The "A" sample will be analyzed for substances on the Prohibited List. The "B" sample is securely stored at the laboratory and may be used to confirm an Adverse Analytical Finding from the "A" sample.

The laboratory will report the results of the sample analysis to the responsible Anti-Doping Organization and WADA.