



IAAF Medical & Anti-Doping Department

Advisory Note – The Urine Sample Collection
Procedure, 2015

INTERNATIONAL ASSOCIATION OF ATHLETICS FEDERATIONS

ADVISORY NOTE – THE URINE SAMPLE COLLECTION PROCEDURE

The following is an illustrated summary of the IAAF sample collection procedures which are detailed in the [IAAF 2013 Anti-Doping Regulations](#). All Anti-Doping Organisations who are compliant with the [World Anti-Doping Code](#) will collect samples in a similar method (there may be very small variations between different organisations).

Make sure you read all steps very carefully. It is crucial that if you have any questions, problems with the procedures, or notice any mistakes on your [doping control form](#) (DCF), that you inform your doping control official immediately, as well as write these comments on the form, as appropriate.

1. Notification & Reporting



A Chaperone/ Doping Control Officer (DCO) will notify you of your selection for testing, showing you their ID. **You will need to show photographic ID of your own, and report straight to Doping Control, staying in the sight of the Chaperone/ DCO at all times.**

You are also permitted to have an accompanying person or representative with you for the doping control process.

2. Sample Provision



When ready, you will need to choose a collection vessel from a selection. Check to make sure it is intact, sealed and clean.

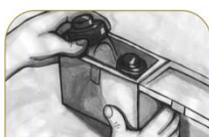
You will need to remove enough clothing to allow the DCO to have a direct view as you provide the sample. You must provide at least 90ml of urine.

The DCO who will observe the sample provision will be of the same gender as you.

If the volume provided is less than that, you must provide another sample. The first, partial, sample will be temporarily sealed, and later mixed with the new sample.

When you have provided the sample, close the vessel, and return to Doping Control.

You are in control of your sample, and nobody else should handle it unless you ask them to.



Next, you will need to choose from a selection of sealed sample kits. Check to make sure that the 'A' and 'B' bottles inside are intact, sealed, and clean, and that all the ID numbers match.



As directed by the DCO, you are then required to divide your sample between the 'B' bottle (a minimum of 30ml) and 'A' bottle (a minimum of 60ml), before sealing both bottles, and placing them in the plastic bag, and then into the storage box.

The DCO will then check the Specific Gravity (density) of your sample. If it is too dilute, the details will be recorded, and you may be asked to provide further samples, until the required sample density has been reached.

3. The Doping Control Form



The DCO will record all your sample details on the DCF, before asking you to check all the information. **You will then be asked to disclose any medication or supplements that you have taken in the last seven days.**

You also have the opportunity to write down any comments that you have on the Doping Control procedure, or on any other aspect of testing.



Finally, you should take the time to once again check all the information on the DCF.

Once you are satisfied with it, you are required to sign the form.

It is also recommended that you check that the yellow lab copy of the DCF does not show any of your personal details.

The DCO will then also sign the form, before tearing off your copy, and handing it to you.

You should ensure that you take your copy, and keep it safe.