

## Partial Sample Process

The following procedure must be followed when you do not provide the minimum volume of urine required. While waiting to provide additional urine sample, you will remain in direct observation of the chaperone or DCO. You will be given the opportunity to hydrate. Your partial sample will be sealed and secured using the partial sample equipment. You should remain in control of the sealed partial sample.

When you provide the amount of urine required, you will select a new sealed collection kit and combine your samples starting with the first partial sample and each subsequent partial sample. The sample is then sealed according to the steps outlined above.

## Who Conducts Testing?

If you are a national level athlete you can be tested by your National Anti-Doping Organisation (KMS), your national governing body and the Malta Olympic Committee. International level athletes can also be tested by their International Federation.

The Code states that the NADO must plan and implement an effective number of In-Competition and Out-of-Competition tests on athletes for effective deterrence and detection. KMS will allocate the number of samples for each sport or discipline which may include both urine and blood collection, In-Competition and Out-of-Competition.



## Athletes' Rights and Responsibilities

**As an athlete you have certain rights and responsibilities.**

### You have the right to:

- A representative;
- An interpreter, if available;
- Have the procedure regarding the sample collection process explained;
- Have a choice of the sample collection vessels and kits;
- Request a delay in reporting to the doping control station for valid reasons providing you are chaperoned during the delay;
- Complete a training session under observation by a DCO or Chaperone;
- Receive a copy of all forms used to document the processing of your sample;
- Request modifications to the sample collection process if you have a disability.

### You have the responsibility to:

- Remain within the sight of sample collection personnel throughout the doping control process;
- Produce identification;
- Comply with sample collection procedures;
- Report immediately to the doping control station for testing unless delayed for valid reasons;
- Maintain control of your sample in view of the DCO at all times until it is sealed;
- Ensure the sample code is correctly documented on the Doping Control Form;
- Ensure all paperwork is accurate, complete and signed.

Anti-Doping Commission  
Cottonera Sports Complex,  
Cospicua BML 9020  
T: 2203 6200 | F: 2203 6200  
E: antidoping@sportmalta.org.mt

[www.sportmalta.org.mt/antidoping](http://www.sportmalta.org.mt/antidoping)



## The Doping Control Process

### GUIDE FOR ATHLETES

Doping Controls, are carried out in accordance with the International Standard for Testing, Malta Anti-Doping Rules and the WADA Code. Athletes affiliated to any national and / or international sports organisation or club may be tested ANYTIME, ANYWHERE.



## Urine Sample Collection

### 1 Athlete selection

Selection of athlete may be random, based on established criteria or targeted. You can be selected for doping control ANYTIME, ANYWHERE.

### 2 Athlete notification

An anti-doping official will inform you that you have been selected for a doping control test. The Doping Control Officer (DCO) should show his official identification under KMS authority. You will be informed of your rights and responsibilities and you will be asked to sign a form confirming that you have been notified of doping control.

### 3 Reporting to the doping control station



You must remain in direct sight of the official or chaperone and report to the Doping Control Station as soon as possible. The DCO or Chaperone may allow you to delay reporting to the Doping Control Station for activities such as a press conference or completion of a training session. You may ask for a representative to accompany you.

### 4 Selection of a collection vessel

You are given a choice of individually sealed collection vessels from which you will select one. Check that it is sealed and unbroken and that it has not been tampered with. You should maintain control of the vessel you selected at all times.

### 5 Providing the urine sample

A DCO or chaperone of the same gender will accompany you and witness you provide the sample. You will have to disrobe from the knees to the navel to provide an unobstructed view of the passing of the urine.

### 6 Volume of urine

A minimum of 90 ml of urine must be provided. If you are unable to provide 90 ml, you will be asked to provide additional urine and proceed with the Partial Sample Process (described below) until the required volume is attained.

### 7 Splitting the sample



Choose a sample collection kit from the selection provided. Check that the equipment is intact and it has not been tampered with. Open the kit and confirm that the sample code numbers on the bottles, the lids and the container all match.

Split the sample, pouring the urine yourself. Pour at least 30 ml of urine in bottle B (or up to the line) first. Next fill the A bottle with the remaining urine. You will be asked to leave a small portion in the collection vessel.

### 8 Sealing the sample

You should seal both the A and B bottles. The DCO should verify that the bottles are sealed properly.

### 9 Measurement of specific gravity

The DCO will measure the specific gravity of the sample to ensure it is not too dilute to analyse. If it is too dilute you may be required to provide additional urine.

### 10 Completion of doping control form

You will complete the Doping Control Form by:

- noting any substances you may be taking including prescription medication, over the counter medication and supplements
- noting any comments or concerns if you have any about the conduct of the doping control session
- confirming the information, recorded numbers and sample code are correct
- signing and receiving your copy of the doping control form.

### 11 Sample analysis



Your samples are packaged for shipping to ensure that their security is tracked and these will be sent to a WADA accredited laboratory in strict confidentiality.

Your A sample will be analysed and your B sample is securely stored for further testing if required,

to confirm an Adverse Analytical Finding. The laboratory will send the results to KMS and to WADA.