



BHUTAN ANTI DOPING COMMITTEE (BADC)

BADC for Fair Play

Sample Collection Process (Urine)

1

Athlete Selection

Any athlete can be selected for testing anytime and anywhere under the Anti-Doping Rules.

2

Notification of the Athlete

Doping Control Officer (DCO) or Chaperone will notify the athlete of their selection and outline their rights and responsibilities. Athlete need to provide photo identification and sign the notification.

3

Reporting to Doping Control Station

Athlete should report to the Doping Control Station (DCS) immediately unless for valid reasons. The DCO or Chaperone will keep direct observation on the athlete until doping control process is over. The athlete may take along a coach/doctor/physio to the DCS.

4

Selection of Sample Collection Vessel

The athlete has the choice to select sample collection vessel (SCV). Ensure it is intact and satisfactory for sample collection.

5

Providing Sample (Urine)

The athlete will be asked to provide a urine sample under the direct observation of the DCO or witness of the same gender. The athlete will disrobe from navel to knee and from hands to elbow to provide unobstructed view of passing of samples.

6

Volume of Urine (90mL)

A minimum 90 mL is required for urine sample. If the athlete's first sample is less than 90 mL then the athlete will be asked to wait and provide more sample until 90mL is collected.

7

Selection of Kits (Bottle A and B)

Athlete will be offered a choice of sealed sample collection kit. Athlete should ensure the kit is intact and note that the number codes on the bottles, caps, and kit box are same.

8

Splitting the Samples & Sealing

Athlete will pour urine into bottle B and A and seal as per the direction of the DCO. Ensure that it is properly sealed and code numbers are same.

9

Measuring Specific Gravity (SG)

The DCO will measure SG of the sample to ensure it is not too diluted. If in the sample SG is not within the required range the athlete will be asked to provide additional samples..

10

Declaration of Medication

The athlete must declare medications if he/she has taken in last one week. Athlete must also provide Therapeutic Use Exemptions (TUEs) if there is one.

11

Completing Doping Control Form

Athlete will check and confirm that all of the information is correct, including sample code numbers and sign the Doping Control Form to close the session.

12

The Laboratory Process

All samples are sent to the WADA accredited laboratory for analysis. The identity of athlete is not disclosed to the Laboratory. The result of the analysis will be sent to the concerned ADO and WADA.

Reference:

1. World Anti-Doping Agency(<https://www.wada-ama.org/en/>), 2022.
2. UK Anti-Doping (<https://www.ukad.org.uk/>), 2022.
3. US Anti-Doping Agency(<https://www.usada.org/>), 2022.

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