

SVENSK ANTI- DOPING



DOPING CONTROL – your rights and obligations

WHO HAS THE RIGHT TO TEST

– and what is involved?

You can read about your rights and obligations in connection with doping controls here. We want you to feel safe and know that the testing will be conducted properly if you are selected for control.

As a member of an association affiliated with the Swedish Sports Confederation, you are obliged to participate in doping controls. This applies to you even if you are not a member but are participating in training, competition or another activity that a particular sports association organises or approves. Testing can take place at any time and at any place - even outside of Sweden and out-of-competition if you are an elite athlete.

Doping controls can be conducted by:

- The Swedish Sports Confederation (RF)
- The international sports association governing your sport
- The World Anti-Doping Agency (WADA)
- other anti-doping organisations that have signed the World Anti-Doping Code (WADC) or according to an agreement with a Code signatory

Control means that you will supply a urine sample and/or a blood sample. The rules make it possible to test other bodily fluids or tissues as well as part of a doping control, to match DNA and/or determine your genetic profile. Testing is always conducted by authorised officials.

The testing procedure, which is described in this folder, involves both blood and urine tests in accordance with Swedish rules. These are in agreement with the international standards for doping controls.

In Sweden, anti-doping in sport is managed and coordinated by the Doping Commission (DopC).

Safe doping controls – good for both you and for sports.

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1

SELECTION AND NOTIFICATION

The selection of athletes is done in different ways - for example randomly, by result in a competition, or by specific naming. When you are notified for a doping control, the official must show identification. Afterwards, you are obliged to follow the official's instructions.

In order to confirm your identity, you should show an approved form of identification. The official will tell you about your rights and obligations and then ask you to sign a notification form. You will receive a copy of it.

Individuals under 18 years of age will be notified together with an adult chaperone. Modifications to the testing procedure can be made for minors and for persons with disabilities.



2

CONSTANT SUPERVISION

You are responsible for ensuring that the official can keep you under constant supervision from the time you are notified until the doping control is completed. After the notification, you must report to the doping control station as soon as possible. You have the right to take a person of your choice with you as your representative and to receive more detailed information about the procedure.

The official will enter information about you in the Doping Control Form (DCF) - for example the name of your coach, your association, your sport or type of sport. You must also tell the official what medications and nutritional supplements you have used during the seven days before the control.



3

CHOOSE A COLLECTION VESSEL

When you are ready to submit a urine or blood sample, you will choose a collection vessel for urine, or blood tube(s) in the case of a blood test. There should be several to choose from. Ensure that the packaging you choose is not broken and that the vessel or tube(s) is intact and clean.



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URINE SAMPLING

If possible, you must wash your hands carefully before submitting a urine sample. The official, who is the same gender as you, will monitor you while you urinate and must have a clear view of you as the urine leaves your body. When you have supplied a sufficient quantity, you must keep the sample under constant supervision until it is sealed. Modifications to the testing procedure can be made for minors and for athletes with disabilities.



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CHOOSE A VESSEL

Choose a package with two bottles for dividing up the urine sample. For blood, you will choose a package with one or more plastic vessels depending on the number of blood tubes collected. There should be several packages to choose from. Ensure that the packaging you choose is not broken and that the bottles and/or vessels are intact and clean.

Ensure as well that all numbers identifying your sample are the same.



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DIVIDE UP THE SAMPLE

For urine, you yourself will divide up the urine sample into the B bottle and the A bottle according to the official's instructions. Afterwards, seal the bottles. Before the bottles are sealed, the official may only handle your sample if you ask for help with something yourself. For blood samples, you will label and place the blood tubes in the vessels and seal them. The bottles and/or vessel numbers are noted in the DCF.

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THE QUALITY OF THE URINE SAMPLE

The official will take a few drops of urine, if collected, from the collection vessel to ensure that the urine fulfils the laboratory's requirements for analysis. If the concentration of urine is too low, you must supply a new sample which must fulfil the laboratory's requirements.



8

YOUR MEDICATIONS

You must report all medications and nutritional supplements you have used during the past seven days. The information is noted in the DCF. Your right to integrity if others are present must be observed. You can therefore choose to write the information yourself on a piece of paper, which the official will then transfer to the DCF.

This part of the form can be filled in prior to collecting your sample.



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YOUR SIGNATURE

Read the DCF carefully and then sign it. If you wish to make any comments regarding how the test was conducted, you can have this noted in the DCF. Your personal information will be saved. You can read more about this on the reverse side of the DCF. By signing, you approve the entire procedure and ensure that the information recorded is correct.



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SAVE YOUR COPY

The official will give you a copy of the DCF, which you should save. Now you are finished with the doping control.



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CHAIN OF CUSTODY

Once you have left the doping control station, the official will fill in a form (Chain of Custody) which will show how the sample was handled, and by whom, until it reaches the laboratory.



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TRANSPORT

The sample, a copy of the Chain of Custody form, and the laboratory referral for the DCF are then packed and transported by means of a traceable system to the laboratory. Your name is not on the laboratory referral. This means that the laboratory does not know whose sample it is analysing. The original DCF is sent to the antidoping department at the Swedish Sports Confederation.



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ANALYSIS

The sample is analysed by a laboratory accredited or approved by WADA. The laboratory will ensure that the sample has not been damaged or manipulated during transport and that the laboratory referrals and Chain of Custody copy match the delivered sample. After this, the A sample is analysed. If the A sample contains any substance classified as a doping agent, you have the right to have the B sample analysed. In this case, you must bear the cost of analysis. You have the opportunity to be present at the laboratory in such a case. If you request analysis of the B sample, you also have the right to request a complete analysis report, which you must pay for yourself.



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TEST RESULTS

The analysis takes 4-6 weeks, and in some cases longer. If you haven't heard anything by then, the test is probably negative. If you want written confirmation after this time period, you can e-mail us at antidoping@rf.se. Provide your identification number and sample number. Your sample can be saved and analysed again for up to 10 years following the control.

If the results of the analysis show signs of doping, it will be investigated by the Doping Commission, which will determine whether it should be reported for discipline. The Doping Committee will make decisions on disciplinary measures as the first instance. If there is an appeal, it is decided by the Swedish Supreme Sports Tribunal.

MORE INFORMATION

Read more at antidoping.se.

Do you have any questions? Send us an e-mail at antidoping@rf.se or call +46-8-699 60 00.

Safe doping control – good for both you and for sports.



DopK's doping controls are certified in accordance with the World Anti-Doping Code (WADC) and its associated standards as well as the international quality standard SS-EN ISO 9001:2015.



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