



“THINK GREEN...
KEEP JU-JITSU CLEAN”

ABU DHABI CAPITAL OF JU-JITSU



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In partnership with



THE DOPING CONTROL PROCESS

1. Your urine and/or blood can be collected anytime and anywhere for doping control.

2. You will be notified by a doping control officer (DCO) or chaperone about your selection for doping control. You will be asked to sign a form confirming that you understand your rights and responsibilities.

3. You will report to the doping control station as soon as possible.

4. You will choose a collection vessel from the selection provided.

5. A minimum amount of 90mL of urine will need to be provided.

6. You will disrobe from knees to navel and from your hands to elbow to provide an unobstructed view of the passing of the sample.

7. Choose a sample collection kit from the selection provided. Split the sample in the A and B bottles. Pour urine up to the line in the B bottle first. Next, fill the A bottle and leave a small portion in the collection vessel.

8. Seal the A and B bottles

9. The DCO will measure the specific gravity of the sample to ensure it is not too diluted to analyze.

If it is too dilute, you may be required to provide additional samples.



STOP DOPING

10. You will complete the Doping Control Form, by:

- providing personal information
- noting any substances you may be taking: prescription medication, over the counter medication and supplements
- noting concerns or comments, if you have any, about the doping control
- confirming the information, recorded numbers and sample code are correct

11. Samples will be sent to a WADA accredited laboratory in strict confidentiality and will be tracked to ensure their security. Your A sample will be analyzed and your B sample will be securely stored for further testing if required. The laboratory will send the results to the responsible anti-doping organization (ADO) and WADA.