



For further information, please contact Anti-Doping Singapore

Tel: (65) 63457111 Fax: (65) 64409205

Website: www.antidoping.org.sg

Email: info@antidoping.org.sg

更多信息, 请联系新加坡反兴奋剂中心

电话: (65) 63457111 传真: (65) 64409205

网站: www.antidoping.org.sg

电子邮件: info@antidoping.org.sg

Completion of Doping Control Form

The athlete is asked to provide information about any prescription/non-prescription medications or supplements he or she has taken recently. These medications are recorded on the doping control form. The athlete has the right to note comments and concerns regarding the conduct of the doping control session. The athlete should confirm that all of the information on the doping control form is correct, including the sample code number.



The person who witnessed the passing of the sample, the athlete representative, the DCO and the athlete will sign the doping control form at the end of the sample collection process.

The athlete is given a copy of the doping control form.

The laboratory copy of the doping control form does not contain any information that could identify the athlete.

填写兴奋剂检查表

运动员须提供其最近服用的任何处方/非处方药物或营养品的相关信息。上述药物将记录在兴奋剂检查表中。运动员有权就兴奋剂检查过程填写评注和疑问。运动员须确认兴奋剂检查表中的所有信息(包括样本代码编号)均正确无误。

样本传递过程的见证人、运动员代表、DCO 和运动员在样本采集过程的最后在兴奋剂检查表上签字。

运动员保留一份兴奋剂检查表的复印件。

送往实验室的兴奋剂检查表中不包含任何有关运动员身份的信息。

The Laboratory Process

Samples are packaged for shipping to ensure that the security of the sample is tracked. The samples are sent to a WADA-accredited laboratory. The laboratory will inspect the samples upon their arrival to ensure there is no evidence of tampering.

The WADA-accredited laboratory will adhere to the International Standard for Laboratories when processing a sample, ensuring the chain of custody is maintained at all times.

The "A" sample will be analyzed for substances on the Prohibited List. The "B" sample is securely stored at the laboratory and may be used to confirm an Adverse Analytical Finding from the "A" sample.

The laboratory will report the results of the sample analysis to the responsible Anti-Doping Organization and WADA.



实验室过程

样本包装之后运往实验室, 确保样本的安全性能够得到追踪。样本将送往经过 WADA 认证的实验室。实验室将在样本到达之后立即进行检验, 以防样本遭到操纵。

经过 WADA 认证的实验室将遵守《国际实验室》标准对样本进行处理, 确保样本一直受到监护。

样本 "A" 将用于分析禁用清单中所列的物质。样本 "B" 将安全存储在实验室中, 并可能用于确认样本 "A" 中发现的违规分析结果。

实验室将向负责的反兴奋剂组织和 WADA 报告样本分析结果。

Partial Sample Process 部分样本流程

Sealing the Partial Sample

When less than 90ml of urine is provided, the athlete will proceed with the partial sample process until the required amount of volume is provided. During this process the partial sample(s) will be sealed and secured using the partial sample equipment.



The sealed partial sample should remain in the control of either the athlete or the DCO. While waiting to provide additional sample(s), the athlete shall remain under continuous observation and be given the opportunity to hydrate. When the athlete is ready to provide another sample, the process of sample collection continues as described before.

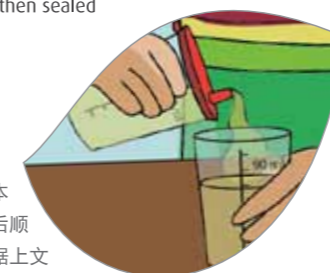
密封部分样本

如果提供的尿液不足 90 ml, 则运动员须进行部分样本流程, 直至获得要求量的样本。在此过程中, 部分样本将通过部分样本器材进行密封和保护。

密封后的部分样本应有运动员或 DCO 控制。在等待提供额外样本时, 运动员须受到持续的监控, 并可以饮用饮料。运动员准备好提供另外样本时, 即按照上文所述继续样本采集。

Combining the Sample

When the required amount of urine has been provided, the athlete will select a new, sealed collection vessel and combine his or her samples, beginning with the first partial sample provided and each subsequent partial sample until the desired volume is reached. The sample is then sealed according to the steps outlined before.



合并样本

当提供的尿液达到要求的量时, 运动员须选择一个新的密封取样容器, 将其样本合并, 从第一份部分样品开始, 按照先后顺序, 直至达到要求的量。然后, 样本根据上文所述的步骤密封。

Final Notes 尾注

The information and the materials shown in this leaflet are meant to serve as a guide to the urine sample collection process; it does not reflect an opinion on the type of equipment to be used.

Testing worldwide should follow the principles of these guidelines, although there may be slight variations in the procedures adopted by different anti-doping organizations, which will not affect the integrity of the process.

本手册中的信息和材料仅用于说明尿液样本采集过程; 不包含对所用设备类型的任何意见。

世界范围的检测均须遵守这些规定的原则, 检测流程可能会由于不同的反兴奋剂组织采用的程序不同而有稍微的差异, 但不得影响这一流程的完整性。

Doping Control 兴奋剂控制



Introduction 引言

The World Anti-Doping Agency (WADA) was established in 1999 as a joint response between the Olympic Movement and public authorities to combat doping in sport. WADA's mission is to promote, coordinate and monitor on an international basis the fight against doping in all its forms.

Athlete testing, or doping control, is an essential programme in both promoting and protecting doping-free sport.

Worldwide doping controls are carried out in accordance with the World Anti-Doping Code and the International Standard for Testing, developed by WADA in consultation with its stakeholders.

Athletes who compete at the international and national level may be tested anytime, anywhere. The test can be conducted at a competition or away from a competition situation, such as at an athlete's home or training venue, with no advance notice. Urine and/or blood may be collected. Specially trained and accredited doping control personnel carry out all tests.

世界反兴奋剂机构 (WADA) 成立于 1999 年, 是奥林匹克运动和公共部门打击体育运动中使用兴奋剂斗争的成果。WADA 的使命, 是在国际范围内促进、协调和监控针对各种形式的兴奋剂的斗争。

运动员检测, 或兴奋剂检查是促进并保护“无兴奋剂”体育运动的重要项目。

根据《世界反兴奋剂条例》以及 WADA 联合各方制定的《国际检测标准》, 人们开展了世界范围内的兴奋剂检查。

根据相关规定, 参加国际和国家级别竞赛的运动员需随时随地接受兴奋剂检测。检测可以在赛内或赛外 (如运动员的家中或训练场地) 进行, 检测之前不经任何通知。检测中可能会采集尿液和/或血液。所有测试均为经过特别训练和认证的兴奋剂检查人员进行。

Doping Control: Step-by-Step 兴奋剂控制: 相关程序

Athlete Selection

The selection of athletes is based on the requirements of the responsible Anti-Doping Organisation (ADO). The selection may occur in three ways: random, based on established criteria (e.g. finishing position), or targeted.



挑选受检运动员

受检运动员的选择根据负责的反兴奋剂组织 (ADO) 的要求而定。选择方法包括以下三种: 随机挑选、根据相关标准选择 (如比赛名次) 或定向选择。

Notification

A Doping Control Officer (DCO) or Chaperone will notify the athlete of his or her selection for doping control. In general, this notification is done in person. The official identification and the authority under which the sample collection is to be conducted are shown to the athlete.



The DCO or Chaperone will inform the athlete of his or her rights and responsibilities, including the right to have a representative present throughout the entire process. The athlete will be asked to sign the form confirming that he or she has been notified for doping control.

For a minor or an athlete with a disability, a third party may be notified as well.

通知

兴奋剂检查官 (DCO) 或陪护员会通知相关运动员进行兴奋剂检查。一般而言, 通知方式为当面通知。通知时, 向运动员出示官方身份证明和进行检查样本采集的授权书。

DCO 或陪护员将告知运动员其权利和义务, 包括要求整个检测过程中有代表在场的权利。运动员须在表格上签字, 确认其收到兴奋剂检查的通知。

对于未成年或残疾运动员, 还可能会通知第三方人员。

Reporting to the Doping Control Station

The athlete should report to the doping control station immediately following notification. The DCO may allow the athlete to delay reporting to the doping control station for activities such as a press conference or the completion of a training session; however the athlete will be accompanied by a DCO or a Chaperone from the time of notification until the completion of the sample collection process.



The athlete will be asked to provide photo identification and be given the opportunity to hydrate. Athletes are responsible for what they decide to drink. They may drink their own beverage or choose from a selection of sealed, caffeine-free, non-alcoholic beverages.

到兴奋剂检查站报到

运动员须在收到通知以后立即向兴奋剂检查站报到。DCO 可以允许运动员延后到兴奋剂检查站报到, 及进行相关活动, 如新闻发布会或完成训练课程; 但是, 自通知下达开始, 运动员将一直由 DCO 或陪护员陪同, 直至检测样本采集完成。

运动员须提供带有照片的身份证明, 并有饮用饮料的机会。运动员对其决定要饮用的饮料负责。他们可以饮用自带的饮料或从密封、不含咖啡因和酒精的饮料中选择饮用。

Selection of Collection Vessel

The athlete is given a choice of individually sealed collection vessels and selects one. The athlete verifies that the equipment is intact and has not been tampered with. The athlete should maintain control of the collection vessel at all times.

取样容器的选择

运动员可从多个单独密封的取样容器中选择一个。运动员须检查并确认取样容器未被打开或损坏, 且未经使用。运动员须一直控制取样容器。



Provision of Sample

Only the athlete and a doping control official of the same gender are permitted in the washroom during the provision of the sample. Minors or athletes with a disability may also have their representative present in the washroom. However this representative is not permitted to view the provision of the sample. The objective here is to ensure that the doping control official is observing the sample provision correctly.

Athletes are required to remove any clothing from the knees to mid-chest and from the hands to the elbows. This provides the doping control official with a direct observation of the urine leaving the athlete's body. These provisions are meant to ensure that it is the athlete's own urine and help prevent possible manipulation of the urine sample.



The Athletes maintain control of their samples at all times during the process, unless assistance is required due to an athlete's disability.

采集样本

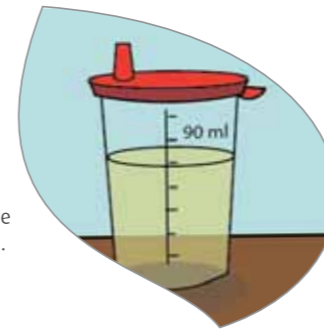
在采集样本时, 卫生间内只允许运动员和同性别的 DCO 进入。未成年或残疾运动员还可要求其代表在场。但是, 这一代表不得观看取样过程。上述规定的目的是为了确保 DCO 正确地观察取样过程。

运动员须脱下从膝盖到上体中部以及从手到肘部的衣物。这是为了确保 DCO 能够正确观察到尿液从运动员身体进入取样器皿的过程。这些规定是为了确保采集的样本为运动员自己的尿液, 并防止尿液样本被偷换。

在整个取样过程中, 运动员须一直保持对其样本的控制, 除非运动员因残疾需要辅助。

Volume of Urine

The DCO shall ensure that an athlete in full view shall provide no less than 90ml of urine. If the amount of urine does not meet the minimum requirements, the athlete will proceed with the Partial Sample Process (outlined at the end of this leaflet).



尿液量

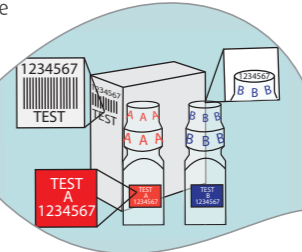
DCO 须确保其全面监督的运动员提供不少于 90 ml 的尿液。如果尿液的量没有达到最低要求, 运动员须进行部分样本流程 (参见本手册末尾的简介)。

Selection of the Sample Collection Kit

If the athlete has provided the required volume of urine, the athlete will be given a choice of individually sealed sample collection kits, from which to choose one. The athlete verifies that the equipment is intact and has not been tampered with. The athlete will open the kit and confirm that the sample code numbers on the bottles, the lids and the container all match.

样本采集器材选择

如果运动员已经提供了足够的尿液, 运动员将可从单独密封的样本采集套件中选择一套。运动员须检查并确认样本采集套件未被打开或损坏, 且未经使用。运动员须打开套件, 并确认瓶子、盖子和容器盒上的样本代码编号匹配。



Splitting the Sample

The athlete splits the sample, pouring the urine him or herself, unless assistance is required due to an athlete's disability.

The athlete pours the required volume of urine into the "B" bottle. Then the remaining urine is poured into the "A" bottle. The athlete will be asked to leave a small amount of urine in the collection vessel so the DCO can measure the specific gravity of the sample according to the relevant laboratory guidelines.



分装样本

运动员将分装样本, 亲自倾倒尿液, 除非运动员因残疾需要协助。

运动员将要求量的尿液倒入“B”瓶中。剩余的尿液倒入“A”瓶中。运动员须在取样容器中留存少量尿液, 使 DCO 能够根据相关的实验室规则测量样本的比重。

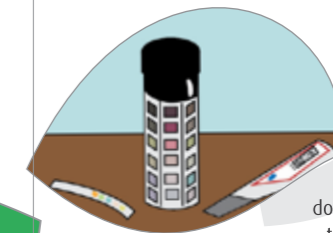
Sealing the Samples

The athlete seals the "A" and "B" bottles. The athlete representative and the DCO should verify that the bottles are sealed properly.



密封样本

运动员将瓶子“A”和“B”密封。运动员代表和 DCO 应检查确认瓶子密封正确。



Measuring Specific Gravity

The DCO measures the specific gravity using the residual urine left in the collection vessel. The values are recorded on the doping control form. If the sample does not meet the specific gravity requirements, the athlete may be asked to provide additional samples as required by the Anti-Doping Organization.

测量比重

DCO 使用取样容器中剩余的尿液测量样本的比重。测量的值将记录在兴奋剂检查表中。如果样本的比重不符合要求, 则运动员须提供反兴奋剂组织要求的另外样本。