

COVID-19 ATHLETE GUIDANCE

WHAT WE ARE DOING TO PROTECT YOU

Our staff (Doping Control Personnel/DCP)



DCP will not work if they are in an at-risk group



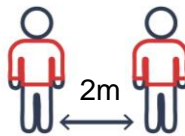
DCP will not use public transport to travel to tests



DCP will self-certify before every test to confirm they have no symptoms - or are at any greater risk of infection

How the process has changed:

Most parts of the testing (or Doping Control) procedure are the same, however some changes have been included for your safety



A **two metre distance** (social distancing) will be maintained at all times between the athlete and DCP. Only where absolutely necessary, will it be reduced to one metre (England and Northern Ireland only)

No direct contact between the athlete and DCP - such as shaking hands



DCP will be wearing **gloves and face masks** (PPE) throughout the test and where available, will wear aprons during sample provision and processing. Athletes and anyone else present are strongly encouraged to wear gloves and face masks too.

Gloves and face masks will be provided by the DCP, however athletes can wear their own face masks if preferred.



DCP will ask you a series of **COVID-19 related safeguarding questions** before proceeding with the test. This Q&A will help the DCP to determine if it is safe for the test to go ahead.

Answer these to the best of your knowledge.

Providing false or misleading information could result in an ADRV and a ban of up to four years.



Hand washing and sanitising will happen more frequently throughout for all parties present during the process.

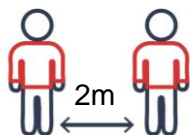


DCP will **disinfect work surfaces and any materials** used throughout the test.



Please use your own pen to complete the Doping Control Form (DCF). DCP can provide you with a new one if you don't have one.

How can you help protect yourself and the DCP during the process?



KEEP TWO METRES APART AT ALL TIMES

You must maintain a two metre distance
Only where absolutely necessary, should it be reduced to one metre (England and Northern Ireland only)
Stay in sight of the DCP at all times while doing so



WASH YOUR HANDS

The DCP will instruct you when to do this and when to use sanitiser



COVID-19 SYMPTOMS

If you test positive for or develop symptoms of COVID-19 within 14 days of a doping control test, contact UKAD and use the government's test and trace system



USING PPE

The use of PPE is encouraged during the process



MEDICATIONS

Have your list of medications readily available if you can



DO NOT RUSH

The test will probably take a little longer to complete
It is important that the DCP follow this new process and you follow their instructions



ASK QUESTIONS

As the process will be different to what you're used to, do ask the DCP any questions you may have
For example, the DCP will not be able to easily guide you while you split your urine sample into two bottles, so ask if you are unclear



Remember:



Testing can still take place at any time and any place



Do not refuse a test. This could result in an ADRV and a ban from sport

Follow the instructions from the DCP and report any concerns on the DCF, via the feedback link listed on the DCF, to your NGB or by emailing athlete@ukad.org.uk



Go to the UKAD website for more information:
ukad.org.uk/covid-19-updates

Thank you for your support and playing your part to keep sport clean