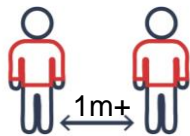


COVID-19 ATHLETE GUIDANCE

WHAT WE ARE DOING TO PROTECT YOU

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



At least **one metre distance** (social distancing) will be maintained between the athlete and DCP.

This may be reduced e.g. to enable sample provision or blood collection. No direct contact between the athlete and DCP - such as shaking hands – unless collecting a blood sample.



DCP will be wearing **face masks** (PPE) when indoors during the test. Athletes and anyone else present are strongly encouraged to wear face masks too.



If you are being tested at home, DCP will ask you a few **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.

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.



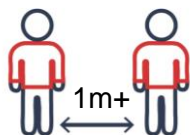
DCP will **disinfect work surfaces and any materials** used throughout the test.

Our staff: Doping Control Personnel (DCP)



DCP will **not** work if they are unwell, have symptoms that may be related to COVID-19 or are required to self-isolate

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



KEEP AT LEAST 1 METRE APART

You should maintain at least a one metre distance.

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.



USING PPE

The use of PPE is encouraged during the process.



COVID-19 SYMPTOMS

If you test positive for or develop symptoms of COVID-19 within 2 days of a doping control test, contact UKAD.

If you test positive you are advised to keep evidence of this.



MEDICATIONS

Have your list of medications readily available if you can.



Remember:



Testing can still take place at any time and any place.



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



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

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