

# ADVICE FOR ATHLETES SUBJECT TO DOPING CONTROL – OUT OF COMPETITION



Self-isolating or required to  
restrict contact with others?

# WHERE SAFE AND SENSIBLE TO DO SO



## Warn of risks of entry

Request Doping Control Officer adopts safety procedures regarding physical distance and contact

Clarify **not** refusing to comply, applying government guidelines on contact with people to protect everyone

Explain if you are in high risk category, e.g. low- immunity, heart/lung disease, diabetes, age

**SAFETY IS YOUR PRIORITY!**

# PROTECT YOURSELF PROTECT OTHERS

- **Gloves**



- **Masks**



- **Wash hands with soap and water for 20 secs, rinse well, dry with disposable towel**



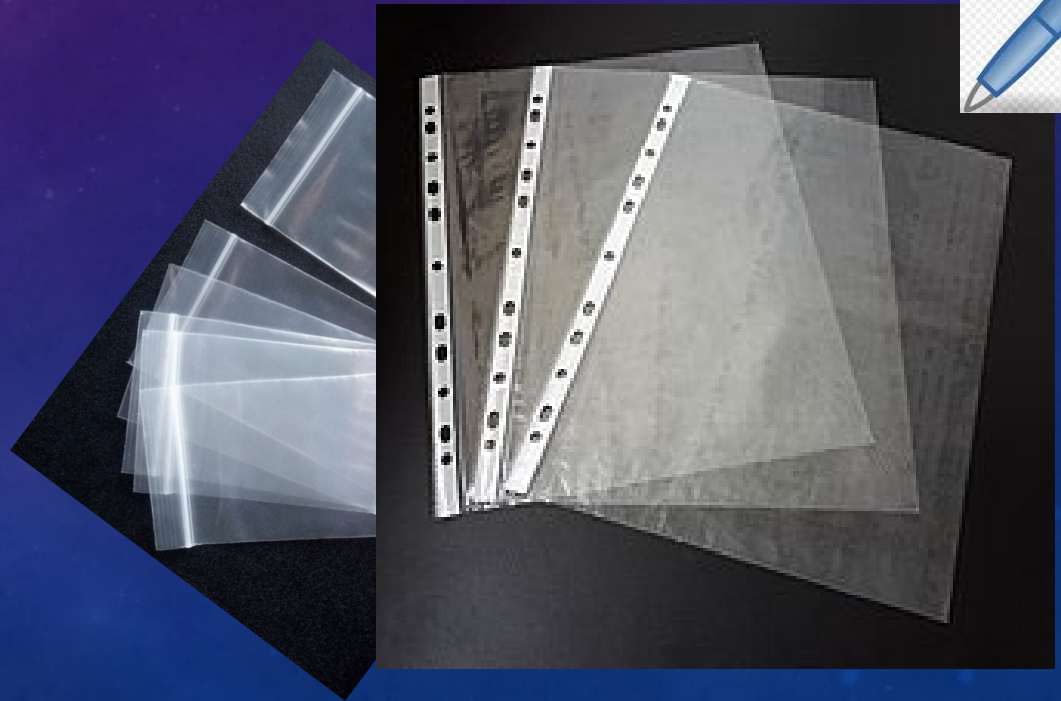
Request DCO keeps  
at 2 metres distance

Keep A Safe  
Distance





- Minimise contact with surfaces, clean with anti-bacterial spray
- Use your own pen to sign form and place into plastic folder



- Place all rubbish into bin



- Wash/wipe all surfaces



- Wash your hands

## REMEMBER...

- Refusal may be determined an Offence
- Continue testing where safe to do so
- Questions? Contact your Anti-Doping Advisor:  
[tue@immaf.org](mailto:tue@immaf.org)
- STAY SAFE!