



Canadian Masters Weightlifting Championships
Doping Control Sample Collection and Submission
(Out of Competition)

WCHM Doping Control Overview for Sample Out-of-Competition Collection and Analysis

1. Notification and directions to the randomly selected athletes are as follows:

- The WCHM President will inform the athletes via their personal email that they have been selected to be tested for the use of prohibited substances. (ie; the “Notice”)
- Athletes will make their arrangements for a urine test by their Doctor/Nurse Practitioner/Nurse or to the nearest WCHM approved laboratory.
- Athletes are expected to complete their appointment with the approved WCHM medical laboratory no later than twelve (12) consecutive weekdays after receiving their Notice.
- Submits the completed form *“Athlete Permission for Sample Collection and Testing / Accuracy Verification of Sample Collection”* to the WCHM President within two days of testing.

2. The Doctor/Nurse Practitioner/Nurse will:

- Collect athlete’s samples according to WCHM protocol (“Member Permission for Sample Collection and Testing and Accuracy Verification of Sample Collection” and “Preparation Instructions for Urine Sample Collection and Testing”).
- Conduct the sampling/tagging/handling/transportation to the approved WCHM approved laboratory.

3. The WCHM approved testing laboratory will:

- conduct the required tests of the athlete’s urine sample;
- provide the WCHM President, NOT THE WCHM ATHLETE, with the athlete’s test results within thirty (30) days of receiving their samples.

4. The President will inform the Anti-Doping Disciplinary Committee Chair of the results of any tested athlete whose results indicate Adverse Analytical Findings (AAF). The Anti-Doping Disciplinary Committee Chair will advise athletes found testing positive for Adverse Analytical Findings.

5. Randomly selected athletes who have not received notification from the Anti-Doping Disciplinary Committee Chair within three full months from the last day of the National Championships will consider themselves without any Adverse Analytical Findings.

Athlete Instructions for Canadian Masters Weightlifting Championships (CMWC)

Drug Testing

1. All WCHM athletes who competed at the CMWC will be asked to check their emails (inbox, spam box and junk mail) for one week following the CMWC for their possible notice of drug testing.
2. Athletes who receive a Notice of being randomly selected ("Notice") for drug testing must complete this drug test within twelve (12) consecutive weekdays of receiving their Notice. Members will provide their Doctor/Nurse Practitioner/Nurse with a copy of this Notice.
3. The athlete's Notice will include the following documents with instructions:
 - a. *"WCHM Doping Control Procedure for Sample Out-of-Competition and Analysis"*
 - b. *"Medical Preparation Instructions for Urine Sample Collection and Testing"*
 - c. *"WCHM Doping Control-Athlete Permission for Sample Collection and Testing / Accuracy Verification of Sample Collection."*
4. The athlete will pay their Doctor/Nurse Practitioner/Nurse any sample collection fee, if such fee is not covered by the athlete's provincial health plan.

Important Notifications

1. Addition of compounds such as sodium chloride, sodium bicarbonate, hydrogen peroxide, bleach, alcohol, various soaps must be avoided and may produce false positives or false negatives. In such cases, WCHM will require a second urine sample test with the cost being assumed entirely by the WCHM member. In this particular occurrence, members who decline the second urine sample test will be considered testing positive for the use of prohibited substances.
2. Please note that urine specimens may not contain visible blood for drug testing. If this occurs, WCHM members are advised to consult with their doctor and to immediately notify the WCHM President.
3. Athletes are asked to submit any incurred expenses related to the testing of their urine sample. Invoices are to be sent to the WCHM President. (president@wchmasters.org)



WCHM Doping Control

Athlete Permission for Sample Collection and Testing / Accuracy Verification of Sample Collection

(Athlete submit this completed form to the WCHM President (president@wchmasters.org) within two days of testing.)

In compliance with the Doping Protocol of Weightlifting Canada Haltérophilie Masters, randomly selected athletes are expected to arrange with their Doctor/Nurse Practitioner/Nurse for sample urine testing.

Name of Athlete: _____ Email address: _____

Testing Date: _____ Testing Laboratory: _____

Name and Address of Testing

Laboratory: _____

The above-named athlete of WCHM agrees to provide this testing laboratory a urine sample as required under the WCHM Anti-doping Policy and for testing of this sample for the use of WADA identified prohibited substances.

Signature of WCHM Member: _____

The undersigned Doctor/Nurse Practitioner/Nurse collecting the urine sample acknowledges that they have followed the directions provided by WCHM and the Testing Laboratory.

Name of Doctor/Nurse Practitioner/Nurse:

Office Address of Doctor/Nurse Practitioner/Nurse:

Signature of Doctor/Nurse Practitioner/Nurse _____

Date: _____

Verification of Sample Collection Procedure and Labelling

The WCHM athlete verifies that the label attached to the sample is accurate and that the Sample Collection Procedure was completed as required and that test results will only be sent to the WCHM President (president@wchmasters.org)

Signature of WCHM Athlete: _____