

2019 HANCOCK PROSPECTING AUSTRALIAN SWIMMING CHAMPIONSHIPS



SA AQUATIC & LEISURE CENTRE
443 MORPHETT RD, OAKLANDS PARK SA 5046

SUNDAY 7 – FRIDAY 12 APRIL 2019

INFORMATION BOOK

AS AT 26/03/2019

SWIMMING AUSTRALIA EVENTS UNIT

IMPORTANT NOTE:

The information in this booklet is correct at the time of publishing. Swimming Australia Limited will not be held liable for any costs and expenses incurred by any person following any changes to the information outlined in this Event Information Book.

Any updates/amendments to this booklet will be posted on the SAL website in the same location this booklet can be found.

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SECTION ONE: GENERAL INFORMATION

1.1 EVENT STAFF

NAME	POSITION	E-MAIL CONTACT
Event Enquiries: events@swimming.org.au		
Amie Quirk	GM - Events	amie.quirk@swimming.org.au
Hannah Sidebottom	Event Manager	hannah.sidebottom@swimming.org.au
Liz Avery	Entries, Records and Results Specialist	liz.avery@swimming.org.au
Wade Meaney	Event Coordinator	wade.meaney@swimming.org.au
Dale Johnson	Event Coordinator	dale.johnson@swimming.org.au
Karen Macleod	Technical Manager	kjmacleod@bigpond.com
Shelley Tilbrook	Head of Marketing and Engagement	shelley.tilbrook@swimming.org.au
Kate Hutchison	Head of Media & Communications	kate.hutchison@swimming.org.au
Victoria Rickard	GM - Partnerships	victoria.rickard@swimming.org.au
Libby Forbes	Sponsorship Coordinator	Libby.forbes@swimming.org.au
Mick Coyne	Marketing Manager	Mick.Coyne@swimming.org.au

1.2 SWIMMING AUSTRALIA CALENDAR 2019

April

5 – 12 2019 Hancock Prospecting Australian Swimming Championships Adelaide SA

15 – 22 2019 Hancock Prospecting Australian Age Swimming Championships Adelaide SA

June

9 – 14 2019 Hancock Prospecting Australian Swimming Trials Brisbane QLD

October

 2019 State Teams Championships Canberra ACT

24 – 26 2019 Hancock Prospecting Australian Short Course Swimming Championships Melbourne VIC

SECTION TWO: EVENT INFORMATION

2.1 EVENT DETAILS

The 2019 Hancock Prospecting Australian Swimming Championships will be held at the SA Aquatic & Leisure Centre, South Australia from Sunday 7 – Friday 12 April 2019. The event will be used as the selection event for the 2019 World Para Swimming Championships (venue TBC), the 2019 World University Games in Naples (Italy) and the 2019 World Junior Championships in Budapest (Hungary).

2.2 ENTRY PROCEDURES

Entries for the 2019 Hancock Prospecting Australian Swimming Championships will open on Monday 4 February 2019. Entries will close at 11.59pm AEDST on **Monday 18 March 2019**.

All entries must be lodged using the Swimming Australia Ltd (SAL) online entry system. The online entry system can be accessed via the Swimming Australia website, www.swimming.org.au.

Do not leave it until the last minute to enter. Once you have entered check the competitors list to verify that your entries have been successfully completed.

Ensure that you have entered before you book flights and accommodation.

Multi Class swimmers please note that QT's apply for all events so check you meet the qualifying time before you enter.

Please note that SAL has a strict 'no late entries' policy.

2.2.1. Entry Fees (all prices are inclusive of GST)

Individual Event: **\$28.00** per event

2.2.2. Relays

Relay entries for the event must be entered online by the club registrar.

All swimmers ONLY participating in relays must register online into event 64 as a **relay only swimmer**. Registrations can be made through the individual entry section, and a **\$28.00** accreditation fee applies.

All relays are timed finals to be swum in the evening session. Relay forms can be collected from the SAL office (records and results room) during the competition, and forms must be returned to the SAL office prior to the commencement of the heats session on the day that the timed final relay is to be swum. Even though you may name your relay swimmers when entering on line you will still need to fill out a name form on the day.

Further enquiries relating to entries should be directed to Liz Avery on liz.avery@swimming.org.au.

2.3 PROGRAM OF EVENTS

The 2019 Hancock Prospecting Australian Swimming Championships will consist of 63 events held across six days. Each event (excluding the relays and distance events) will have combined heats, with two age and an open final. An outline of the finals structure is provided below:

Male Events

Open (A Final)

20/21 years (B Final)

18/19 years (C Final)

Female Events

Open (A Final)

19/20 years (B Final)

17/18 years (C Final)

- Distance events are timed finals with the slow heat in the morning and the fast heat for each age group at night
- Distance age finals may be combined if there are not enough swimmers entered, medals will still be awarded in each age band
- **Swimmers wanting to swim open finals must enter the open event and swimmers wanting to swim the age final must enter the age event**
- **Age eligible swimmers that nominate for the open event but miss the final, will automatically qualify for their age appropriate final**
- **Age eligible swimmers that nominate for the open event and make the final, must swim the open final**
- **Swimmers who qualify for both open or age events should only enter either the open or the age event, not both**
- Visitors can swim heats, but cannot progress to finals
- Swimmers whose birthday falls between both championships and are too young for open but too old for age will swim these championships provided they make the age QTs (Male 19/21 and Female 17/20). These swimmers need to email Liz: liz.avery@swimming.org.au

[CLICK HERE TO ACCESS THE PROGRAM OF EVENTS](#)

2.4 QUALIFYING TIMES

Qualifying times for these championships must be swum in a 50m pool and be achieved since the 1st January 2018. Age is as at the first day of competition.

[CLICK HERE TO ACCESS THE EVENT QUALIFYING TIMES](#)

[CLICK HERE TO ACCESS THE EVENT MC QUALIFYING TIMES](#)

2.5 BY-LAWS

The 2019 Hancock Prospecting Australian Swimming Championships will be conducted under the By-Laws for the Conduct of Australian Championships. A copy of the By-Laws can be found on the SAL website by clicking on the following link: [SAL Constitution and By-Laws](#)

This event is also governed by World Para Swimming Rules and Regulations for multi class events.

2.6 ACCREDITATION

Accreditation passes provide personnel with access to the pool for pre-meet training and all competition sessions.

Photo accreditation will not be used at this event. Athletes' accreditation is automatically provided as part of the event entry process. You do not need to apply separately or send in a photo. Simply register through

the online entries page as an individual or relay only swimmer to be allocated an accreditation pass upon arrival.

All patrons wishing to gain access to the competition venue must wear their accreditation in a visible position at all times. Accreditation checkpoints will be located at the entrance to each accreditation zone, and the cooperation of all personnel in providing their pass for inspection is greatly appreciated.

To ensure that all personnel attending the event are issued with the appropriate pass, please ensure that you follow the procedures outlined below.

NOTE: Accreditation passes are not transferable. Any accreditation passes found to be used by any other person will be confiscated.

For further information on accreditation please contact: events@swimming.org.au

2.6.1 Applying for Club Staff Packs

Club Staff Packs applications must be lodged using the SAL on-line application system which is now open. Please follow the link below to apply for club staff packs.

Coach and manager passes will only be issued to those persons listed on the online application form and accompanied by a fee of:

Coach or Manager - \$95.00 per person
Support Staff - \$50.00 per person

CLUB STAFF PACKS APPLICATIONS

It is the responsibility of the club secretary to ensure that club staff packs for coaches and team managers are lodged online prior to applications closing. Applications for club staff packs close on Monday 18 March 2019. Following this date coaches and managers will need to apply for a Late Club Staff Pack via the link provided on the event website. Late club packages will be charged at \$190. **Late applications will be accepted until Monday 1 April 2019**, applications after this date will not be accepted. This includes that late applications onsite at the venue will also not be accepted.

2.6.2 Restrictions

For each club staff pack purchased, clubs will receive one accreditation pass for a nominated coach or team manager, an event program and catering (tea/coffee/etc.) for the coach/manager nominated (please note the club staff packs are non-transferable).

Event programs for this event can be collected from the coach's desk, located on pool deck on the far side of the pool (opposite AOE room). Coaches catering will be available from the coach's room at the event.

Clubs are eligible to purchase club staff packs based on the number of athletes from their club attending the event. Accreditation applications will be allocated based on the following:

1 to 5 swimmers in individual events	2 x Accreditation Passes @ \$95.00 each
6 to 10 swimmers in individual events	3 x Accreditation Passes @ \$95.00 each
11 to 20 swimmers in individual events	4 x Accreditation Passes @ \$95.00 each
21 to 30 swimmers in individual events	6 x Accreditation Passes @ \$95.00 each

31 or more swimmers in individual events	7 x Accreditation Passes @ \$95.00 each
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Teams may travel with any combination of managers and coaches that they wish.

NOTE: There will be no free entry to the pool on ASCTA Membership or SAL's accredited coach cards.

2.6.3 Important Information

- A coach accreditation pass for pool deck access will only be issued to licensed coaches. Licensed coaches are current members of the Australian Swimming Coaches and Teachers Association (ASCTA) and Swimming Australia Ltd.
- Applications for pool deck accreditation for all coaches/managers must be made as part of the online club staff pack application.
- Accreditation will only be granted to applicants wishing to attend the event in a club working capacity i.e. Coach, Team Manager, Physio, etc.
- If a club purchases over its allocated number of club staff packs passes (as indicated above), the club will be contacted to confirm which passes will be cancelled. Fees for excess club staff packs purchased will be refunded, less an administration fee of \$10.00 per excess pass.
- Accreditation must only be requested to the extent required to enable the applicant to properly perform his or her duties for their club in connection with the event.
- Unless authorised in writing by Swimming Australia, accredited parties must not directly or indirectly engage in (or authorise or procure that other persons engage in) the marketing or promotion of any products or services while at the event or in the vicinity of the event, including (and without limitation):
 - Representing, distributing and/or promoting products and services of any kind, including those which compete with those offered by Swimming Australia or its sponsors
 - Ambush marketing.

2.6.4 Accreditation Collection

Accreditation can be collected from the Events South Australia Caravan which will be located at the entrance to the SA Aquatic and Leisure Centre. Accreditation Van opening hours are listed below:

Friday 5 – Saturday 6 April 2019

Morning: 9.00am – 12.00pm

Afternoon: 3.00pm – 6.00pm

Sunday 7 – Friday 12 April 2019

Heats: 8am

Finals: 3.30pm

Only coaches and team managers can request to collect the entire club staff pack for their club. Athletes are able to collect their own individual accreditation pass if required.

2.6.5 Lost or Misplaced Accreditation Passes

Should you lose or misplace your accreditation pass, replacement passes are available for purchase at **\$25.00 per pass**. \$15.00 of this amount will be refunded if the lost or misplaced accreditation is found and returned to the accreditation collection site.

2.7 PARKING AND PUBLIC TRANSPORT

SAL recommends the use of public transport when travelling to and from SAALC. For detailed information on public transport services, timetables, and ticket and fare information, please call the Adelaide Metro on 1300 311 108 or go to their website www.adelaidemetro.com.au

If required, parking will be available at the nearby Westfield Shopping Centre. Charges may apply for parking in this facility

2.8 CODES OF CONDUCT AND THE SAFE SPORT FRAMEWORK

Swimming Australia is proud to lead the way in providing a safe sporting environment for all. Persons involved in any way with the sport of swimming are expected to adhere to the standards of behaviour outlined in the Swimming Australia Codes of Conduct:

- The **General Code of Conduct**; and
- The **Code of Conduct for dealing with Children and Young People**.

Swimming Australia promotes its Codes of Conduct to all people involved with the sport of swimming, particularly those responsible for activities involving persons under the age of 18 years. Aligned to our values, the Codes of Conduct set out the behavioural standards that are expected of all persons involved in swimming, The Codes of Conduct are now a core part of the Swimming Australia **Safe Sport Framework**. The Safe Sport Framework also contains a specific **Child Protection Commitment Statement** and refreshed **complaint procedures and guidance**.

A complete copy of the Safe Sport Framework, including the Codes of Conduct, can be found on the Swimming Australia website under Swimmers / A Sport For Everyone / Safe Sport.

2.9 TEAM LEADERS MEETING

There will be a **Team Leaders Meeting** for this event. All relevant information will be placed on the event webpage a week out from the event.

The Team Leaders Meeting will be held on Saturday 6 April 2019 at 4:00pm inside the marshalling room at the SA Aquatic & Leisure Centre.

2.10 TEAM SELECTION

There will not be an Australian Dolphins team selected at this event.

2.11 TRAINING PROCEDURES

The competition pool will be available for warm up during pre-meet and for two hours before the commencement of each session. Please note the competition pool will be opened for warm-up following the age finals (before the open finals) when time permits.

The following general pool procedures for the **MAIN COMPETITION POOL (50m)** must be observed throughout the meet:

- | | |
|----------------------|--|
| Lanes 0 and 9 | Reserved for dive sprints from the start end of the pool. Swimmers must clear the lane immediately |
| Lanes 1 and 8 | Reserved for pace swimming, feet first entry (no diving) |

Lanes 2 – 7 Reserved throughout the whole of the warm up period as circle swimming lanes, feet first entry

The following general pool procedures for the **DIVE/WARM UP POOL (50m)** must be observed throughout the meet:

Lanes 0 and 9 Reserved for 25m dive sprints and backstroke ledge practice (one way only)

Lane 1 Reserved for MC Athletes only

Lanes 2 and 8 Reserved as designated pace lanes, feet first entry

Lanes 2 – 7 Reserved as circle swimming lanes, feet first entry

Appendix C – Training Procedures

2.12 MEDAL PRESENTATIONS

Medal presentations will be held for all championship events. Medals will be awarded for the two age finals and the open finals. Please see the timeline for approximate medal presentation times, the timeline will be posted on the Swimming Australia website on Monday 25 March 2019.

Athletes are encouraged to arrive at the medal presentation area well in advance of their ceremony. All athletes are required to be wearing a shirt and shorts/pants. Please note that you will not be allowed to undertake your medal presentation without the appropriate attire. Some presentations will take place on live broadcast with Channel 7.

2.13 OPERATING HOURS

Pre-Meet Training: Friday 5 and Saturday 6 April 2019

Morning Session

9.00am – 12.00pm

Pre-meet training

Accreditation collection open

Afternoon Session

3.00pm – 6.00pm

Pre-meet training

Accreditation collection open

Competition: Sunday 7 – Friday 12 April 2019

Heats Session

8:00am

Athlete warm up

Accreditation van open

Ticket booth open

Gates open to public

Finals Session

3.30pm

Athlete warm up

Accreditation van open

Ticket booth open

Gates open to public

10.00am

Competition

5:30pm

Competition

8:00pm

Broadcast on air

2.14 SEATING

2.14.1 Athlete and Coach Seating

Athlete seating will be provided in the seating modules on pool deck overlooking the competition pool. Additional seating will be provided in the grandstand overlooking the warm-up pool.

Coaches will have access to seating on the far side of the pool overlooking the start/finish line opposite the AOE room. As seating is limited in this area, coaches are asked to only utilise this seating area during races that their athletes are competing in.

Athletes and coaches are reminded to use the designated walkways when accessing these areas, and ensure that you have your accreditation pass available to be checked

2.14.2 General Public Seating

General public seating for this event will be available in the grandstands overlooking the competition pool. All seating for this event is reserved ticketed seating.

2.15 TICKETING

Ticketing information will be provided closer to the event.

2.15.1 Prices and Categories

Add prices and category information here

2.15.2 Programs

Event programs (heats and finals) will be available to download from the event website. The finals program will be uploaded each day when it becomes available (approximately 1.5 hours after the completion of heats).

Coaches and Team Managers who have purchased a club staff pack are entitled to one heats program for the competition and one finals program for each finals session. All finals programs can be collected from the coaches' desk from mid-way through the warm up period of each respective finals session, and heats programs will be available from the first day of pre-meet training from the accreditation van.

2.16 BROADCAST AND LIVE STREAMING

Open Finals will be broadcast live by Swimming Australia's broadcast partner, Network Seven.

Age finals and all heats sessions will be live streamed through the Swimming Australia website: www.swimming.org.au

2.17 MERCHANDISE

An official range of merchandise will be available at the event, with merchandise sales being managed by arena.

Further details for price and items will be made available shortly.

2.18 MEDICAL SERVICES

2.18.1 First Aid

Venue staff are trained in first responder care and will be providing general first aid coverage for all people attending the event.

The aquatic centre First Aid room will be available to team doctors, medical staff (including the SAL Event Medical Officer) and Aquatic Centre Life Guards.

2.18.2 Event Medical Officer

Swimming Australia Event Medical Officer, Rick Steltenpool, will be onsite to provide medical assistance to athletes attending the event.

Rick will be situated in either the aquatic First Aid room or will be roaming between the field of play exit and warm-up area during competition. Rick will be wearing an orange hi-visibility vest.

2.18.3 Medical Directory

SERVICE	ADDRESS	SUBURB	POSTCODE	PHONE
Emergency - Ambulance, Police, Fire				000
SA Police Service				131 444
Public Hospitals and Medical Centres				
Marion Domain Medical Centre	453 Morphett Road	OAKLANDS PARK	5046	08 8375 7000
Royal Adelaide Hospital	North Terrace	ADELAIDE	5000	08 8222 4000
Queen Elizabeth Hospital	28 Woodville Road	WOODVILLE STH	5011	08 8222 6000
Modbury Public Hospital	41-69 Smart Road	MODBURY	5092	08 8161 2000
Private Hospitals				
Ashford Hospital*	55 Anzac Highway	ASHFORD	5035	08 8375 5222
St Andrews Private Hospital*	350 South Terrace	ADELAIDE	5000	08 8408 2111
Parkwynd Private Hospital*	137 East Terrace	ADELAIDE	5000	08 8223 3294
*Does not offer 24 hour emergency				
Pharmacies				
Terry White Chemist	746 Marion Road	MARION	5043	08 8276 8600
National Pharmacies	Ascot Park Shopping Centre, 629 Marion Rd	MARION	5043	08 8276 1745
Mitchell Park Pharmacy	97f McLnerney Ave	MITCHELL PARK	5043	08 8276 3095

2.18.4 Doping Control

The Australian Sports Anti-Doping Authority (ASADA) has been notified of this event and may conduct testing.

To ensure that you are adequately informed on testing procedures, please read the guidelines provided by ASADA in the appendices of this document. Please note that blood samples may be required along with standard urine samples. If blood is collected you may need to wait up to two hours after competing.

Check your substance on Global Dro <https://globaldro.com/Home>

For questions about prohibited substances, please contact the ASADA Hotline on 1800 020 506

TUE (Therapeutic Use Exemption)

A Therapeutic Use Exemption (TUE) is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance) which may be present during competition. Do you need a TUE? For more information and TUE forms follow this link:

<https://www.swimming.org.au/Therapeutic-Use-Exemption.aspx>

ASADA eLearning

Swimming Australia strongly encourages all athletes, coaches and support personnel to ensure that you maintain ample knowledge about the sample collection process and your rights and responsibilities in relation to testing. Please visit the ASADA website – www.asada.gov.au or the ASADA eLearning website - <http://elearning.asada.gov.au/> for further information.

ASADA eLearning is a free and easy-to-use online education tool developed by ASADA.

More than 10,000 people from across the sporting community have accessed a variety of learning options offered by ASADA eLearning.

It provides everyone with the opportunity to learn about the key areas of anti-doping such as prohibited substances and methods, therapeutic use exemptions, doping control and whereabouts.

By completing the course people will build personal awareness of their anti-doping obligations as athletes or support personnel.

The course is available 24 hours a day, seven days a week (a high-speed internet connection is recommended).

Any athletes, coaches and support staff selected to Swimming Australia camps, teams and activities are required to complete ASADA online education.

ASADA Clean Sport App

The ASADA Clean Sport App has been designed with athletes in mind. The App gives a complete list of all supplements sold in Australia that have been screened for prohibited substances by an independent laboratory. These cannot give athletes a 100% safety guarantee but does significantly lower the risk of a positive test. For non-tested supplements the App gives athletes access to a quiz to assess the risk posed by highlighting key risk factors.

The App can also be used to report doping, check if a medication is banned in sport, give ASADA feedback on testing missions, and complete online education modules.

Download the App: iTunes App store

Google Play Store

For further antidoping information:

ASADA: <https://www.asada.gov.au/>

Swimming Australia: <https://www.swimming.org.au/Home/Swimmer-HQ/Elite-Athletes/Anti-doping.aspx>

Appendix B – ASADA Drug Testing Procedures

2.19 LOST PROPERTY

All public lost property will be handed into Information Point in Centre Lane.

Lost property from within accredited areas will go to the Sport Information Tent located on warm up pool deck.

SECTION THREE: APPENDICES

3.1 APPENDIX A – WARM UP PROCEDURES

MAIN COMPETITION POOL (50m)

START END OF POOL

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	
IN POOL BANNER	25m Dive Sprint	Pace Lane	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Pace Lane	25m Dive Sprint	IN POOL BANNER

DIVE/UTILITY POOL (50m)

START SIDE OF POOL

Lane 0	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
25m Dive Sprints ————— ↓	Pace Lane	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Circle Swimming Only (Feet First Entry)	Pace Lane	25m Dive Sprints ————— ↓

Diagram not to scale

3.2 APPENDIX B – ASADA DRUG TESTING PROCEDURES

The Australian Sports Anti-Doping Authority (ASADA) has been notified of the event and may conduct testing during this event.

If in attendance, ASADA will operate from a designated area within the venue.

To ensure that you are adequately informed on testing procedures, please read the ASADA guidelines, provided separately. **Please note that blood samples may be required along with standard urine samples.** If blood is collected you may need to wait up to two hours after competing.

GENERAL GUIDELINES

The Australian Sports Anti-Doping Authority (ASADA) is the Australian national anti-doping organisation. It is responsible for developing a sporting culture free from doping.

Athletes can be selected for testing by ASADA anywhere, any time, and are subject to both random and targeted selection methods. Sample collection can be either in-competition (at an event) or out-of-competition (such as a training venue or home). The majority of testing is carried out with no-advance-notice. Tests can involve the collection of urine, blood, or both.

Athletes may be selected at this event for testing. For in-competition testing at this event, athletes can be notified during heats, finals or any other time during the event.

All ASADA officials wear uniform and identification badges.

THE TESTING PROCESS

If you are notified for a test, the following steps are what to expect:

1. Once notified of selection for testing, you must remain in direct observation of the Doping Control Officer (DCO) or Chaperone until the DCO is satisfied that the sample collection procedure is complete.
2. For no-advance-notice testing, including in-competition testing, you are required to report to the doping control station immediately unless you request a delay in reporting for valid reasons. You are permitted to complete a warm-down, participate in medal presentations, compete in further events or fulfil media commitments if required. At all times you must be accompanied by the chaperone.
3. You will be given a choice of individually sealed collection vessels, and you will select one. You will verify that the equipment is intact and has not been tampered with, and you will maintain control of the collection vessel at all times.
4. Providing the sample
 - Urine: The Chaperone will directly witness the urine sample leaving your body and going into the beaker. Only a Chaperone of the same gender is permitted in the area of privacy when you provide the sample.
 - Blood: You will be asked to select blood collection equipment and check that it is intact and has not been tampered with. A blood collection official will collect the sample in the presence of a DCO, Chaperone and, if applicable, the athlete representative.
5. You will select an individually sealed sample collection kit that is intact and has not been tampered with.
6. Splitting the sample
 - Urine: you will pour a measured amount of the urine into each of the 'A' and 'B' labelled bottles, and then secure the kits. You will be asked to leave a small amount of urine in the collection vessel so the DCO can measure the specific gravity.
 - You will place and secure the blood samples in the relevant labelled containers and secure the kits.
7. The DCO will check the specific gravity of the residual urine left in the collection vessel, and will record the value on the Doping Control Test Form. You should avoid over hydrating; this can happen if you drink too much fluid. If your sample is too diluted and does not meet the required specific gravity you will be required to provide additional urine samples until the DCO is satisfied.

8. Final paperwork - Your personal information is recorded on the doping Control Test Form, including contact details. You will be asked to provide information on prescription and non-prescription medications, vitamins, herbal products, food supplements, and any other substances you have used within the last seven days. These are recorded on the Doping Control Test Form.
9. The secure sample(s) and the laboratory copy of the Doping Control Test Form are sent to the laboratory for analysis. There is a strict chain of custody regarding transportation, storage and opening of the sample.

Note: You should not consume any unsealed drinks. You will be provided with sealed drinks when you report to the Doping Control Station. You should open them yourself and once opened, be responsible for them. Any food or drink you consume is consumed at your own risk and is not grounds for challenging a test result.

ATHLETE RIGHTS

Athletes have the right to:

- have a representative present during testing (e.g. your coach or manager)
- have an interpreter, if available
- ask for additional information about the testing process
- request modifications for athletes with disabilities
- request a delay in reporting to the doping control station for valid reasons (provided they remain in sight of the Chaperone at all times):

for in-competition testing:

- performing a warm down
- competing in further competitions
- fulfilling media commitments
- participating in a victory ceremony
- obtaining necessary medical treatment
- obtaining photo identification
- locating a representative and/or interpreter
- any other exceptional circumstances as approved by the DCO

ATHLETE RESPONSIBILITIES

Athletes have the responsibility to:

- remain within direct observation of the DCO or Chaperone at all times from the point of notification by the DCO or Chaperone until the completion of the sample collection procedure
- produce appropriate identification
- comply with sample collection procedures
- report immediately for a test, unless there is a valid reason for a delay.

SWIMMERS SUBJECT TO TESTING

All Australian Swimming Team members and other swimmers identified by SAL as competing at an elite level are subject to ASADA's national out-of-competition testing program. Some state level swimmers are subject to state testing programs as determined by ASADA.

CHECK YOUR SUBSTANCES

Athletes can't just take any drug or medication, or even use any training method. Some drugs, medications and substances are banned in sport, as are some methods.

Check your substance on Global Dro <https://globaldro.com/Home>

For questions about prohibited substances, please contact the ASADA Hotline on 1800 020 506

MORE INFORMATION

For more information about anti-doping, visit www.asada.gov.au