

URINE TESTING

Please read through these instructions before starting the collection process.

Chain of Custody important procedure to ensure collection of urine samples is done correctly. If paperwork or process is done improperly, enforcement of a failure can be put in jeopardy.

**Note: additional fees will be assessed by the lab when paperwork is submitted incorrectly.*

WHO IS TESTED?

Amateur Pro Qualifier Minimums for Pro Card:

- REQUIRE 3+ ON STAGE: Open Men's Bodybuilding, Open Women's Wellness, Figure, & Physique, Masters Men's 40+ and Women's 35+
- REQUIRE 5+ ON STAGE: Open Men's Classic Physique, Open Men's Physique, Open Bikini

Pro Show:

- Top 3 cash prize recipients.

Random Athletes:

- When directed by the OCB or promoter.

IMPORTANT!

- ATHLETE MUST BE ESCORTED ALONE DIRECTLY FROM STAGE TO COLLECTION AREA.
- ATHLETE CANNOT BRING ANYTHING INTO THE RESTROOM.
- COMPLETE THE ENTIRE PROCESS BELOW 1 ATHLETE AT A TIME.
- DO NOT COMPLETE ANY OF THE PAPERWORK IN ADVANCE.
- ATHLETES SHOULD BE OFFERED A BOTTLE OF WATER TO DRINK WHEN THEY STEP OFF STAGE.
- ATHLETES SHOULD BE GIVEN UP TO 2 HOURS TO PROVIDE A SAMPLE. IF AN ATHLETE HAS DIFFICULTY, CANNOT PROVIDE A SAMPLE OR LEAVES WITHOUT PROVIDING A SAMPLE, ALERT THE PROMOTER IMMEDIATELY.



STEP 1: Open (break sterile seal) specimen cup in competitor's presence and give to him/her.

STEP 2: Competitor provides a urine sample filling the collection cup at least 1/3 or at least 1 fluid ounce and places the lid on straight and tightly.

Completing the Form

URINE DRUG TEST Laboratory Test Requisition Form

Client ID: 107495
OCB Natural Events, LLC

URINE DRUG SCREEN TYPE

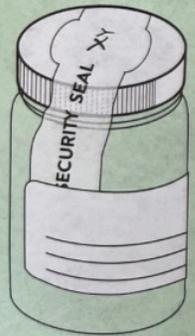
Pre-Employment Random Periodic Medical Other
 Post-Accident Baseline Reasonable Cause

Chain of Custody: Yes No

Specimen temperature within range: Yes, 90°-100°F (32°-38°C) No, record specimen temperature here: _____

LABELING AND TESTS ORDERED

Label usage example



1. Tighten cap.
2. Place security seal across lid as shown.
3. Place patient I.D. label around bottle as shown.

SECURITY SEAL (Donor's Initials) _____

5550 Steroids Collector: _____

Other: _____

WRITE THE ATHLETE'S NAME

Patient ID: **HERE.** Collection Date: _____

Req# 903833 107495 OCB Natural Events, LLC

Press hard - You are making multiple copies | Use blue or black ink

URINE DRUG TEST SCREENING TYPE:

STEP 3: Select "**Other.**" Mark the Chain of Custody and Specimen temperature range as **YES**

SECURITY SEAL: ***READ CAREFULLY***

STEP 4: Remove the **SECURITY SEAL** off the form and place over top of the cup as pictured.

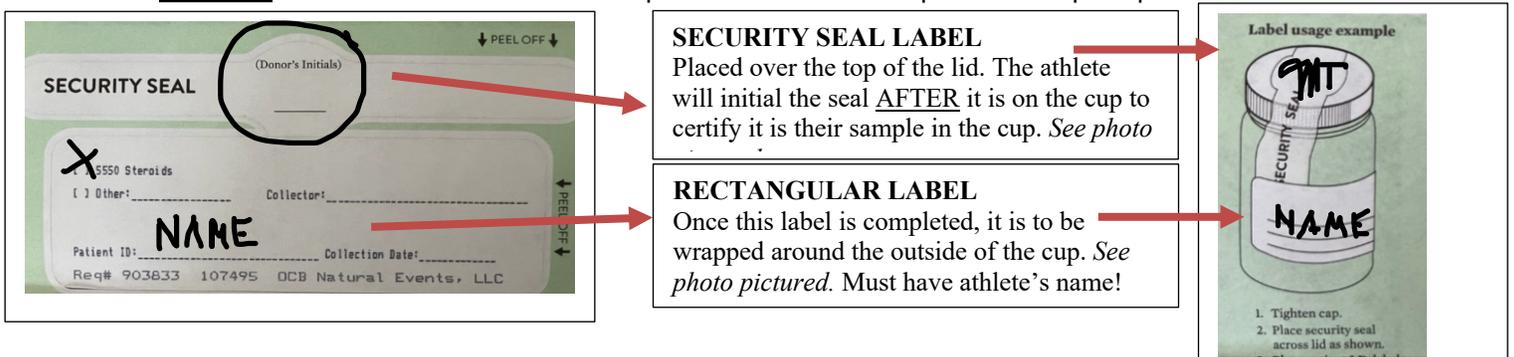
STEP 5: **AFTER** the security seal is on the cup, the competitor will initial where it says "**Donor's Initials**" to certify it is their sample being sealed. ****INITIALS MUST BE SIGNED AFTER THE LABEL IS ON THE CUP, NOT ON THE PAPERWORK!****

STEP 6: Put an **X** next to **5550 Steroids**.

STEP 6: Where it says "**Patient ID**" write the competitor's FIRST and LAST NAME

STEP 7: Where it says **Collector**, write your name as the person collecting and the date.

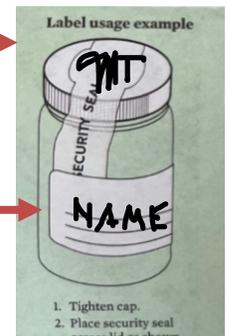
STEP 8: Peel the label off form and place it around the specimen cup as pictured



SECURITY SEAL LABEL
Placed over the top of the lid. The athlete will initial the seal **AFTER** it is on the cup to certify it is their sample in the cup. *See photo*

RECTANGULAR LABEL
Once this label is completed, it is to be wrapped around the outside of the cup. *See photo pictured. Must have athlete's name!*

Label usage example



1. Tighten cap.
2. Place security seal across lid as shown.

DONOR CERTIFICATION (To be completed by donor)

I certify, that I provided my urine specimen to the collector and that I have not adulterated it in any manner. The specimen was sealed in my presence with a tamper evident seal and the information provided on this form and on the label affixed to the specimen tube is correct. I authorize Redwood Toxicology Laboratory to perform the tests listed and to release the results of this test to:

Donor's signature: 107495 OCB Natural Events, LLC

Donor's name as listed above (please print): Donor's ID (SSN OR DL #):

COLLECTOR VERIFICATION (To be completed by collection station personnel)

I certify, that this specimen was collected from the above person following established protocols, and the specimen has been properly sealed and labeled.

Collector's signature: Date and time of collection:

Collector's name as listed above (please print): Collection site phone:

RECEIVING (To be completed by laboratory):

Specimen received by: Date received:

Seal intact? Labels match?

Yes No Yes No

DONOR CERTIFICATION:

STEP 9: After both labels have been placed on the bottle, have the competitor sign where it says "Donor's signature" and print their name where it says "Donor's name." **LEAVE "Donor's ID" BLANK. DO NOT ASK FOR A SOCIAL SECURITY NUMBER!**

BIOHAZARD BAG INSTRUCTIONS:

- STEP 10:** Ask the competitor to place their specimen cup in the main pocket of the small plastic bag labeled **BIOHAZARD** pictured on the left.
- STEP 11:** **TOP WHITE COPY** of the collection form goes to the LAB, fold it, and place it in the outer pocket of the **BIOHAZARD** bag of that competitor.
- STEP 12:** Seal the bag and have the competitor place it in the larger plastic bag provided.



STEP 13: Give the competitor the **BOTTOM YELLOW COPY** of the form to keep for their records.

STEP 14: Give the promoter the **MIDDLE PINK COPY** of the form to keep for their records.

STEP 15: After the event, all urine samples are placed in the large clear plastic bag, along with the **WHITE (top) copies of the forms in the smaller bags**, then the clear bag is placed in the FedEx bag.

STEP 16: A FREE Fed-Ex shipping label is provided. Apply it to the sealed FedEx bag and drop it off at any FedEx location or drop-box.

QUESTIONS OR CONCERNS: Text or Call Marjorie (757) 969-8762