

Cortisol level testing

Hotel tests procedure

Preamble

Testers are informed that:

1. Those professional athletes, by the intermediate of their sports group, voluntarily agree to go beyond what's imposed by laws and official regulations.
2. The biologic test to be achieved is a medical test and has no punishing purpose (anti-doping).
3. The population to be tested is aware of the sanitary purpose but is very attached to **the regularity and the good execution of the procedure.**

Respecting:

- Individuals
 - Confidentiality
4. Testing must be performed between 6.30am and 9am. The results of test performed before or after this time window will not be conserved.

The rider receives a sample receipt.

5. In case of an abnormal result (cortisol level under the lower limit of the used automaton), this is triggered under the authority of the doctor in charge of the rider:
 - Medical contraindication of sport practice with immediate effect,
 - No start of the next day's competition,
 - An 8-days stop.

At the hotel

1. **Team managers** (Sports directors and doctor if they are present) are informed of this operation around an hour before the arrival of the first tester and **must warn the hotel's desk of the testers' arrival.** Team supervisors must keep their phones on.

Riders are designated by their names and their bib numbers. In case of any change, the bib number prevails.

2. A **team's bedroom** (sports director/doctor) must be the testing place.

Testing should never be performed in a public room (breakfast room, hall...).

3. Riders must:

- Justify their identity and **show their license to the tester**
- Provide the filled information sheet

4. Blood testing procedure and the tubes' transport must respect the legal obligations that apply to certified laboratories:

- Tubes' identification
- Confidentiality
- **Secure and confidential tubes' transport**