

You will be asked a series of YES/NO questions. It is **Important** to:

1. Answer only with a YES or a NO. Do not answer with uh-huh, maybe, kinda....
2. Answer the question as soon as the question is asked. Delaying your answer can affect the outcome of the test and may require further testing and/or prolonging the examination process.
3. **DO NOT** discuss your answer with the examiner. Keep it only to a **yes/no response**. The examiner is not here to judge your past and will not remember your response over the dozens of others who will also be tested.
4. You will hear the **SAME** question repeated several times in random order, do not panic, this is a normal part of the process. Repeating the question allows us to review your physiological reaction to the question over a number of times – ensuring a more accurate exam.
5. We will have you read aloud; a Banned List Declaration printed on a piece of pink paper. You will then be asked a variety of “Integrity” questions, along with a “Exam Specific” “have you ever used anything on the pink piece of paper in front of you”. There will be a pause between questions, this is completely normal. The pause is the computer recording your physiological response to the question as well as your answer.
6. Stay perfectly still. Breathe normal (no deep breaths, or holding your breath). Look straight ahead at the pink paper in front of you. The camera above the paper does not record you. It is only to track eye movement and monitor the pupil for dilation/constriction.

**We use more advanced polygraph instruments than most examiners - to include Eye Detection Software, a Voice Stress Analyzer and a standard polygraph system. This allows us to catch others that may have possibly fooled a prior polygrapher and to ensure we get more accurate results. In saying this, the technology is more sensitive, therefore....**

It is **EXTREMELY IMPORTANT** to be upfront and disclose the following:

1. Any prior use of a banned substance, no matter how long ago it was used. We only care about the windows for which use is restricted. However, the equipment will pick up on anything that is weighing on your conscience – to include prior use. The only way to avoid this is to unburden yourself of this information, so you do not internally believe you are holding anything back.
2. Any supplement/vitamin you currently take that you are worried about.
3. Any medication you currently take, or have taken, you are worried about.

PLEASE disclose this information **before** the exam begins. If you are unsuccessful on your first exam you will have to be RESCHEDULED to come back at the end of the day. It is not fair to other athletes having to wait, especially if you are not being forthcoming. If you are unsuccessful with your first, and did not fail to disclose anything, we apologize, but you may be rescheduled to come back at the end of the day to ensure we do not fall behind and ensure you get an accurate result. Take this time to relax and try and think of anything that may be weighing on you.

The machine only detects your subconscious reaction to a question. There is **NO** effective way to cheat ALL three polygraph equipment being used. Please do not try as it will show as “deceptive behavior” and qualify as an immediate failure. Take comfort in knowing the technology will keep the stage “clean” and give everyone an equal opportunity to compete. That is our only mission today.