True Mono Testing and Resolve

Open image in Photoshop
Add Hue and Saturation layer
move saturation slider to right to 100%.

No colour should be present and the image should remain unchanged.

To resolve if colour is found.

Open image in Photoshop
Add new layer and fill with Black
Change blend mode of this layer to Colour.

This will not change the image but will give true Mono image.

I understand this is the method used by PAGB and RPS for competitions