

When you compete,
you **WILL** be subject
to

DRUG TESTING

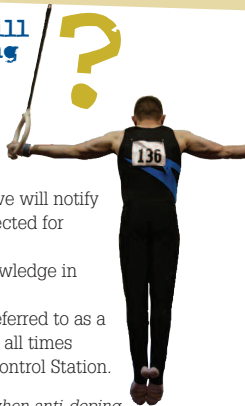


* This important information may **SAVE YOU** from making a mistake that could **jeopardize your ATHLETIC career!**

How do I know if I will be selected for testing?

- At competitions all athletes are subject to drug testing.
- Some athletes are selected for testing based on results and some are randomly selected.
- Typically a USADA representative will notify you in person when you are selected for doping control.
- You will then be asked to acknowledge in writing that you were notified.
- The representative, commonly referred to as a Chaperone, will stay with you at all times until you report to the Doping Control Station.

Note: There may be other instances when anti-doping rules call for posting a list of Athletes who are required to show up for doping control. During these situations, you are responsible for checking that list to see if you are required to report to the Doping Control Station.



What kinds of substances are tested for In-Competition?

The World Anti-Doping Agency (WADA) Prohibited List identifies substances for which samples are tested. The In-Competition testing menu generally consists of the following categories of substances.

- Stimulants
- Narcotics
- Cannabinoids (THC – Marijuana, Hashish)
- Glucocorticosteroids
- Anabolic Agents
- Hormones and Related Substances
- Diuretics and other Masking Agents
- Beta-2 Agonists (asthma medications taken by inhalation)
- Agents with Anti-Estrogenic Activity
- Prohibited methods, such as blood doping

Also, check your International Federation's website or the complete WADA Prohibited List to see if any additional substances are added to that list for your sport or your specific discipline within your sport.

For the most up-to-date information, check the USADA Drug Reference resources at www.usadantidoping.org or the WADA website at www.wada-ama.org. For additional information, refer to the download list at the end of this document.



Is it okay to use dietary supplements?

A wide range of products are considered to be dietary supplements including vitamins, minerals, amino acids, herbs, botanicals, and substances like enzymes, organ tissues and glandulars, metabolites, and other dietary supplements.

- USADA warns that athletes taking nutritional or dietary supplements may test positive for a prohibited substance which may not be disclosed on the product label.
- Athletes searching for a competitive edge often look to a supplement or special combination of nutrients to find it. Research has shown, however, that there are no quick-fix supplements for improving sports performance. Consuming a wide variety of foods, and staying well hydrated are the basic cornerstones to reaching athletic potential. For more information, see usada.org/go/nutrition.

If a prohibited substance or method is detected in your sample – even if it was unintentional – it will result in a doping violation.





What if I need to take medicine for my health?

Many prescription and over-the-counter medicines, such as ADHD medicine, asthma inhalers, certain cold medicines, etc., can lead to a positive drug test. Be sure to check the status of any medication before you take it, by using USADA's Drug Reference resources listed in this document.

NOTE: You may apply for approval to take medications containing prohibited substances to manage a health condition. This process needs to be completed before the competition. Go to the end of this document for resources to learn how to submit a Therapeutic Use Exemption (TUE).

When tested, your **rights** include:

- Having an Athlete Representative and/or Language Specialist with you during the test.
- Having the Doping Control Officer (DCO) explain any part of the testing process that you do not understand.
- Receiving a copy of all forms used to document the processing of your sample.
- Providing feedback. We want to hear if you think we can improve our testing policies or procedures.

Note: If any portion of the test does not seem right to you, document that on the doping control paperwork.

your **responsibilities** when tested include:

- Complying with the doping control procedures. The procedures are set up to ensure that the sample you give is the sample that is analyzed at the lab.
- Bringing a photo ID to the Doping Control Station.
- Reporting to the Doping Control Station within 60 minutes of being notified for testing.
- Staying within view of the DCO (or Chaperone) from the time you are notified until the sample collection procedures are complete.
- Ensuring that all paperwork is completely accurate.

Can I refuse to be tested?


A refusal will result in a penalty equal to a positive test. You will not be allowed to compete, you will be removed from the team, and you will be denied access to Olympic Training Centers and financial support.

When will I know the results of my test?

All laboratory results are reported are sent to USADA. We then provide written notification of each result to you, the National Governing Body for your sport and the United States Olympic Committee, regardless of the finding. This process usually takes 4-6 weeks.

Where can I go for resources?

Check the status of medications using the Drug Reference Resources:

- Drug Reference Online™:
www.usantidoping.org/dro 
- Drug Reference Line™:
(800) 233-0393, or (719) 785-2020

Note: USADA's Drug Reference Resources do not provide medical advice and do not include information about dietary supplements.

What if I believe another athlete or coach is involved in doping?

Call (877) 752-9253 or e-mail USADA at playclean@usada.org when you believe the integrity of your sport is compromised by doping.

When appropriate, USADA will act based on information that can contribute to its mission of eliminating doping in sport. Callers can remain anonymous.



download

USADA resources from our website.

www.
usantidoping.org



Guide to Prohibited Substances:

www.usada.org/go/prohibitedguide

Wallet Card:

www.usada.org/go/walletcard

TUE Process:

www.usada.org/go/TUEs

Testing Process:

www.usada.org/what/process

Athlete Handbook:

www.usada.org/go/athletehandbook

Optimal Dietary Intake...The Basics For Sport. For Life:

www.usada.org/go/nutrition

The Journey...Struggling with Ethics in Sport:

www.usada.org/go/journey

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