



ATHLETE HANDBOOK

EFFECTIVE JANUARY 1, 2012



The information in this publication is provided for reference purposes and is only a summary. The categories of prohibited substances and prohibited methods in this handbook are subject to change. In the case of any discrepancy between the information contained within this handbook and the World Anti-Doping Code, the Code prevails. For the most up-to-date information, contact:

U.S. Anti-Doping Agency
Colorado Springs, CO

Website:
www.USADA.org

Global Drug
Reference Online™:
www.GlobalDRO.com



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Toll-Free at 866-601-2632
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USADA Mission Statement

We hold the public trust to:

PRESERVE the integrity of competition

INSPIRE true sport

PROTECT the rights of U.S. athletes



Introduction

“The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.” – Olympic Creed

Athletes and athlete support personnel are critical to preserving the ideals of the Olympic Games. While almost every athlete competes with the hope of winning, the powerful message of the Olympic Creed is the declaration that the essential thing is to have fought well. It is this basic human value that is at the heart of the effort to achieve clean sport. The use of performance-enhancing substances and methods is cheating and contrary to true sport and the Olympic Games. True sport is sport that upholds the principles of fair play, sportsmanship, integrity, and ethics.

This Athlete Handbook summarizes anti-doping rules, policies, procedures, and other information designed to protect true sport and the Olympic movement. Take the time to know and understand the anti-doping policies and procedures governing your sport. Knowledge, properly applied, is not only a protection, but demonstrates a commitment to true sport, which can foster a brighter future for aspiring athletes of all ages.

Worldwide Effort for **TRUE SPORT**

The United States Anti-Doping Agency (USADA) began operations on October 1, 2000, following a recommendation by the United States Olympic Committee's (USOC) Select Task Force on Externalization that an independent agency be created to uphold the Olympic ideal of true sport on behalf of the nation's Olympic and Paralympic movement. USADA was given full authority to execute a comprehensive, national anti-doping program encompassing testing, results management, education, and research and to develop programs, policies and procedures in each of those areas. USADA is an independent, nonprofit, non-governmental agency and administers its own protocols and programs as well as the anti-doping policies of the USOC.

On a parallel track, the World Anti-Doping Agency (WADA) was established on November 10, 1999. WADA developed the World Anti-Doping Program which consists of the:

- ▶ World Anti-Doping Code (Code), developed to harmonize anti-doping rules and sanctions on a worldwide basis.
- ▶ International Standards: The Code works in conjunction with five International Standards aimed at bringing harmonization among anti-doping organizations in various technical areas including: Testing, Therapeutic Use Exemptions, Laboratory Practices, Protection of Privacy and Personal Information, and the List of Prohibited Substances and Methods.
- ▶ Models of Best Practice, which provide state-of-the-art solutions in different areas of anti-doping that are encouraged but not mandatory.

Beginning in August 2004, International Federations (IFs), National Olympic Committees (NOCs), the International Paralympic Committee (IPC) and many other sports organizations, including USADA, formally adopted the Code. This collective agreement to harmonize anti-doping efforts has significantly improved the fairness and effectiveness in the effort to achieve true sport within the Olympic movement. In 2006, a consultation phase commenced with the objective of revising the 2004 Code and other key documents. After recommendations, consultations, and review from stakeholders, the 2009 World Anti-Doping Code was adopted in November 2007 and went into effect on January 1, 2009.



DEFINITION OF DOPING

Doping, as defined by the Code, is the occurrence of one or more of the following anti-doping rule violations:

- ▶ Presence of a *Prohibited Substance* or its *Metabolites* or *Markers* in an *Athlete's Sample*.
- ▶ *Use* or *Attempted Use* by an *Athlete* of a *Prohibited Substance* or a *Prohibited Method*.
- ▶ Refusing or failing without compelling justification to submit to *Sample* collection after notification as authorized in applicable anti-doping rules, or otherwise evading *Sample* collection.
- ▶ Violation of applicable requirements regarding *Athlete* availability for *Out-of-Competition Testing* including failure to file required whereabouts information and missed tests which are declared based on rules which comply with the *International Standard for Testing*. Any combination of three missed tests and/or filing failures within an eighteen-month period as determined by Anti-Doping Organizations with jurisdiction over the *Athlete* shall constitute an anti-doping rule violation.
- ▶ *Tampering* or *Attempted Tampering* with any part of *Doping Control*.
- ▶ *Possession* of *Prohibited Substances* and *Prohibited Methods*.
- ▶ *Trafficking* or *Attempted Trafficking* in any *Prohibited Substance* or *Prohibited Method*.
- ▶ Administration or *Attempted* administration to any *Athlete In-Competition* of any *Prohibited Method* or *Prohibited Substance*, or administration or *Attempted* administration to any *Athlete Out-of-Competition* of any *Prohibited Method* or any *Prohibited Substance* that is prohibited *Out-of-Competition*, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any *Attempted* anti-doping rule violation.

Due to the principle of strict liability, an athlete is personally responsible for any prohibited substance found in his/her system, regardless of how the substance got there.

"I COMPETE CLEAN TO PROTECT THE SPORT I LOVE

SO THAT FUTURE GENERATIONS OF CYCLISTS

CAN ENJOY A LEVEL PLAYING FIELD AND HEALTHY COMPETITION."

– KRISTIN ARMSTRONG, *Cycling*
(USADA Athlete Ambassador)

The **PROHIBITED LIST**

WADA prepares and publishes The Prohibited List each year. Samples collected by USADA and other Anti-Doping Organizations, including International Federations (IFs), are sent to WADA-accredited laboratories for analysis in accordance with The Prohibited List.

How does a substance or method get placed on the Prohibited List?

Typically, a substance or method is considered for the WADA Prohibited List if the substance or method meets any two of the following three criteria:

- It has the potential to enhance or enhances sport performance
- It represents an actual or potential health risk to the athlete
- It violates the spirit of sport

None of the three criteria alone is sufficient to add a substance or method to the List.

NOTE: *This Prohibited List is updated annually and is subject to change.*

For the most up-to-date information, visit www.usada.org/prohibited-list.

What substances and methods are included on the Prohibited List?

Substances and Methods Prohibited at All Times (In-and Out-of-Competition)

Substances:

- S0 Non-Approved Substances
- S1 Anabolic Agents
- S2 Peptide Hormones, Growth Factors, and Related Substances
- S3 Beta-2 Agonists
- S4 Hormone and Metabolic Modulators
- S5 Diuretics and Other Masking Agents

Methods:

- M1 Enhancement of Oxygen Transfer
- M2 Chemical and Physical Manipulation
- M3 Gene Doping

Substances and Methods Prohibited In-Competition

- S6 Stimulants
- S7 Narcotics
- S8 Cannabinoids
- S9 Glucocorticosteroids

Substances Prohibited in Particular Sports

- P1 Alcohol
- P2 Beta-Blockers

Note: Particular sports prohibit alcohol and beta-blockers in-competition only, but particular sports also prohibit these substances out-of-competition. Please see www.usada.org/prohibited-list for more information.

According to Article 10.4 of the Code, an athlete may qualify for a reduced sanction for an anti-doping rule violation related to a specified substance. No reduced sanction is provided for in the Code for non-specified substances. All prohibited substances shall be considered as "Specified Substances" except for:

- Anabolic Agents
- Peptide Hormones, such as EPO and EPO-like substances
- Growth Hormone, growth factors, and related substances
- Hormone Antagonists and Modulators-agents modifying myostatin function(s)
- Non-specified stimulants

All Prohibited Methods are considered non-specified.

WADA, in consultation with other Code signatories and governments, has established a monitoring program regarding substances which are not on the Prohibited List, but are monitored in order to detect patterns of misuse in sport. For more information, please visit www.wada-ama.org.



HEALTH & SAFETY SUMMARY OF PROHIBITED SUBSTANCES

This section provides answers to common questions about health and safety risks associated with The Prohibited List. It also provides information concerning the legitimate medical use of substances. When these compounds are misused, it constitutes a breach of ethics both by the user and supplier.

NON-APPROVED SUBSTANCES

This category refers to substances that are not addressed by any of the other sections of the List and with no current approval by any governmental regulatory health authority for human therapeutic use (i.e. drugs under pre-clinical or clinical development or discontinued) are prohibited at all times.

What are some potential side effects of non-approved substance use?

Due to the non-approved status of the substance(s), the side effects are difficult to isolate and could vary from individual to individual.

ANABOLIC AGENTS

The primary medical use of these compounds is to treat delayed puberty, some types of impotence, and wasting of the body caused by HIV infection or other muscle-wasting diseases.

What are some potential side effects of anabolic steroid abuse?

Some physiological and psychological side effects of anabolic steroid abuse have potential to impact any user, while other side effects are gender specific. The following list is not comprehensive.

Physiological side effects of anabolic steroid abuse

- Acne
- Male pattern baldness
- Liver Damage*
- Premature closure of the growth centers of long bones (in adolescents) which may result in stunted growth*

Psychological

- Increased aggressiveness and sexual appetite, sometimes resulting in abnormal sexual and criminal behavior, often referred to as "Roid Rage"
- Withdrawal from anabolic steroid use can be associated with depression, and in some cases, suicide

Males

- Breast tissue development*
- Shrinking of the testicles*
- Impotence
- Reduction in sperm production

Females

- Deepening of the voice*
- Cessation of breast development
- Growth of hair on the face, stomach and upper back*
- Enlarged clitoris*
- Abnormal menstrual cycles

NOTE: *Effects may be permanent and can vary by individual.

peptide hormones, growth factors, and related substances

PEPTIDE HORMONES, GROWTH FACTORS, AND RELATED SUBSTANCES

The primary medical use of these compounds vary, but include treatment of cancer or aiding those born prematurely. Some examples within this category include, erythropoietin (EPO), human growth hormone (hGH), insulin, and darbepoetin (dEPO).

What are some potential side effects and health risks of this category?

- Tremors, sweat, anxiety
- Hypertension
- Thickened blood
- Increased risk of blood clots, stroke, and heart attacks

beta-2 agonists

BETA-2 AGONISTS

The primary medical use of these compounds is to treat conditions such as asthma and other respiratory ailments. Some studies have shown beta-2 agonists have performance-enhancing effects when consistently high levels are present in the blood.

What are some potential side effects of beta-2 agonists?

- Palpitations
- Nausea
- Headaches
- Muscle cramps
- Sweating
- Nervousness

NOTE: See www.usada.org/effects-of-substances for more information.

hormone antagonists and modulators

HORMONE AND METABOLIC MODULATORS

Hormone antagonists are agents that modify hormone functions. Specific classes of hormone antagonists and modulators are prohibited including:

- Aromatase inhibitors
- Selective estrogen receptor modulators (SERMS)
- Agents modifying myostatin function(s)
- Other anti-estrogenic substances such as clomiphene



diuretics and other masking agents

DIURETICS AND OTHER MASKING AGENTS

The primary medical use of these compounds is to treat conditions such as hypertension, kidney disease, and congestive heart failure.

What are some potential side effects and health risks of diuretic abuse?

- Dehydration
- Loss of coordination and balance
- Muscle cramps
- Potassium depletion
- Dizziness or fainting
- Death
- Drop in blood pressure

stimulants

STIMULANTS

The primary medical use of these compounds is to treat conditions such as Attention Deficit Disorders, asthma, narcolepsy, and obesity.

What are some potential side effects and health risks of stimulants?

- Insomnia
- Anxiety
- Weight loss
- Dependence and addiction
- Dehydration
- Tremors
- Increased heart rate and blood pressure
- Increased risk of stroke, heart attack, and cardiac arrhythmia

What about over-the-counter products containing stimulants?

Prohibited stimulants are often present in over-the-counter products such as nasal sprays, diet aids, and headache/cold remedies. The prohibited substance pseudoephedrine is commonly found in cold and flu medications. Athletes should ensure they do not take medications with pseudoephedrine during or immediately prior to competition. Dietary supplements, which can be purchased over-the-counter can contain prohibited stimulants like methylhexanamine and oxilofrine also known as methylsynephrine). **Be sure to check Global Drug Reference Online www.GlobalDRO.com, the Wallet Card, or call Athlete Express (719) 785-2000 or Toll-Free (866) 601-2632 or email athleteexpress@usada.org for more information.**

What about asthma medications?

The choice of medications in the treatment of asthma and respiratory ailments has traditionally posed challenges in sport because many commonly prescribed drugs are powerful stimulants. Some of these agents also possess anabolic properties, especially when taken orally or by injection. Because of their stimulatory and potential anabolic effects, limitations have been placed on their use.

NOTE: See Therapeutic Use Exemption policies pertaining to the use of prohibited medications at www.usada.org/tue.

narcotics **NARCOTICS**

In small doses, narcotics have medical uses including relieving severe pain and inducing sleep.

What are some potential side effects and health risks of narcotics?

While a sensation of euphoria and psychological stimulation are effects common to the use of narcotics, misuse of narcotics can pose ethical questions about the handling of the substance and also pose great health risks. Those include:

- A false sense of invincibility
- Nausea and vomiting
- Increased pain threshold and failure to recognize injury
- Decreased heart rate
- Physical and psychological dependence, leading to addiction
- Respiratory depression
- Death

What if painkillers are needed for an injury?

Check Global Drug Reference Online www.GlobalDRO.com, the Wallet Card, or call Athlete Express (719) 785-2000 or Toll-Free (866) 601-2632 or email athleteexpress@usada.org for more information.

cannabinoids **CANNABINOIDS**

Cannabinoids (cannabis, hashish, marijuana, THC, HU-210) are illegal substances in many jurisdictions and are tested for in-competition. Cannabimimetics ("Spice") are also prohibited.

The body absorbs THC, which is the active ingredient in cannabinoids, and breaks it down into metabolites. These metabolites are stored in fat cells and can be detected in the urine for many weeks after use depending on the user's metabolism and other habits.

What are some potential side effects and health risks of marijuana use?

- Increased heart rate
- Impaired short-term memory
- Distorted sense of time and space
- Diminished ability to concentrate
- Slowed coordination and reaction of reflexes
- Mood instability
- Impaired thinking and reading comprehension
- Respiratory diseases



glucocorticosteroids

GLUCOCORTICOSTEROIDS

The primary medical use of these compounds is to treat allergies, asthma, inflammatory conditions, and skin disorders among other ailments.

Glucocorticosteroids are often found in eye drops, ear drops, and nasal sprays.

In addition, they may be found in local injections and are transmitted through iontophoresis and inhalation. Possible side effects of large doses of glucocorticosteroids include:

- Loss of muscle mass
- Weakening of injured areas in muscle, bone, tendon, or ligament
- Decrease in or cessation of growth in young people

SUMMARY OF SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

alcohol

ALCOHOL

The safety of athletes and others involved in a competition is at risk if someone is under the influence of alcohol, and therefore it is prohibited under the WADA Code for particular sports.

Alcohol can increase self-confidence, which may result in the person taking risks that he/she would not normally take. It depresses the central nervous system and adversely affects coordination and fine hand-eye movements. Responsible authorities, including an IF, may request a determination of breath or blood alcohol levels in certain sports.

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beta-blockers

BETA-BLOCKERS

The primary medical use of beta-blockers is to control hypertension, cardiac arrhythmias, angina pectoris (severe chest pain), migraine, and nervous or anxiety-related conditions.

Due to the continued abuse of beta-blockers in certain sports, tests for beta-blockers may be determined at the request of the responsible authorities, including an IF.

What are some potential side effects of beta-blockers?

- Lowered blood pressure
- Slow heart rate
- Sleep disorders
- Spasm of the airways

SUMMARY OF PROHIBITED METHODS OF DOPING

enhancement of oxygen transfer

ENHANCEMENT OF OXYGEN TRANSFER

Blood doping is one method of increasing oxygen transport to the tissues. Blood doping is used to increase the number of red cells in the body by transfusion of one's own blood (autologous transfusion) or blood from donors matched by blood type (homologous). The end result is that the hematocrit (percent of red cells in the blood) is increased for a period of time and the blood can carry more oxygen to tissues performing work.

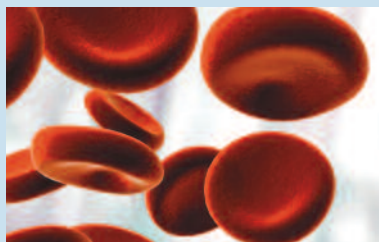
Is the use of Erythropoietin (EPO) considered blood doping?

No. Although the use of EPO does produce enhanced oxygen transport through increased red cell production, EPO is prohibited under the category of Peptide Hormones, Growth Factors, and Related Substances rather than Enhancement of Oxygen Transfer. EPO (pharmaceutical or recombinant) can be detected in a urine or blood sample.

What are the health risks of blood doping?

Adding more red blood cells to the cardiovascular system can cause the blood to be more viscous and cause the heart to overload during exercise. A person with already thickened blood is at greater risk during exercise due to dehydration. With increased red blood cell counts there are risks for:

- Increased stress on the heart
- Blood clotting
- Stroke



With transfusions, there is an increased risk of infectious disease such as AIDS or hepatitis.

chemical and physical manipulation

CHEMICAL AND PHYSICAL MANIPULATION

Chemical and physical manipulation is tampering or attempting to tamper with the sample in order to alter the integrity, using intravenous infusions, or sequentially withdrawing, manipulating, and reinfusing whole blood into the circulatory system.

gene doping

GENE DOPING

Gene doping is the use of normal or genetically modified cells, the transfer of nucleic acids or nucleic acid sequences, or the use of agents that directly or indirectly affect functions known to influence performance by altering gene expression. Most gene transfer technologies are still in experimental phases. The long-term effects of altering genetic material are unknown, although several deaths have occurred during experimentation.

Medical information used for the Prohibited List section was taken from the WADA Program Officer's ToolKit, available at www.wada-ama.org and used with permission.

12 THERAPEUTIC USE EXEMPTIONS (TUEs)



There may be circumstances in which treatment for an acute or chronic medical condition requires that you take a medication containing a prohibited substance or utilize a prohibited method. If this occurs, you must seek approval through the TUE application process, prior to using a prohibited substance or prohibited method in sport.

To determine if a TUE is necessary, research the medication at www.GlobalDRO.com to identify if the medication or treatment is prohibited. Then, follow the appropriate steps as deemed necessary by the results of your search. If your medication requires a TUE, you should:

- ▶ Submit the TUE forms to USADA at least 21 days in advance of the use where the rules of sport apply.
- ▶ Ensure that forms are complete, legible, and signed by you and your physician.
- ▶ Keep in mind that some International Federations require particular TUE forms.

Once you submit your TUE application, you will receive confirmation that USADA received it. If your TUE application is refused, there is an appeal process. If your TUE is approved, you will receive a certificate indicating the approval length for the prohibited substance and/or method. The longevity for a valid TUE varies among cases. All medical information submitted to USADA remains confidential.

NOTE: *If emergency treatment is required, you must file a TUE with full medical documentation from the emergency as soon as possible after the start of treatment. The decision on the emergency TUE request will be made by a committee of physicians after treatment has taken place.*

Please remember: USADA can provide the status of medications to athletes for informational purposes only, in accordance with the WADA Code and cannot provide advice on medical treatments.

Please visit www.usada.org/tue to view the step-by-step TUE process.



DIETARY SUPPLEMENTS

The use of vitamins, minerals, herbs, amino acids, proteins, energy products, and other dietary supplements, even if marketed as "approved" or "verified," is completely at your own risk of committing an anti-doping rule violation and suffering potential negative health consequences. USADA highly encourages any athlete who considers taking dietary supplements to become an informed consumer.

If you take nutritional or dietary supplements you may test positive for a prohibited substance which may or may not have been disclosed on the product label. If you test positive you will be sanctioned in accordance with applicable rules according to the principle of strict liability.

USADA understands that some trade associations and reputable companies are attempting to test supplements and even are "verifying" or "certifying" that certain nutritional or dietary supplements are safe for athletes and others to use. Athletes must be aware that these verifications or certification programs do not guarantee that those dietary or nutritional supplements are free from trace amounts of undisclosed prohibited substances which could result in an adverse laboratory finding and a doping violation.

Athletes searching for a competitive edge often look to a supplement or special combination of nutrients. Consuming a well-balanced diet, staying well hydrated, and ample recovery are the basic cornerstones to reaching athletic potential. To learn how you can benefit from a proper diet, please visit www.usada.org/diet.

NOTE: The USADA Drug Reference Resources do not provide information about dietary supplements.

Doping Control **PROCEDURES**

Athletes who compete, are members or license holders of a National Governing Body, or who fall under the USADA testing jurisdiction as defined in the USADA Protocol for Olympic and Paralympic Movement Testing, are subject to testing both in-competition and out-of-competition.

The USADA testing program utilizes both in-competition (event) testing as well as no-advanced notice, out-of-competition testing. Athletes are subject to both urine and blood testing 365 days a year and tests can occur at any time and any place.

The following information identifies your rights and responsibilities as an athlete, the processes unique to each type of test, and the procedures you can expect to follow when providing a sample. The steps for blood and urine sample collection and processing are similar for both in-competition and out-of-competition testing.



To watch the USADA Drug Testing video, download the Red Laser QR Code Reader from your smartphone and follow the prompts.

14

SELECTION

When developing its Test Distribution Plan, a plan for efficient and effective allocation of testing resources, USADA's key considerations, which are in accordance with WADA's International Standards for Testing (IST), include, at minimum:

- Physical demands of the sport and possible performance-enhancing effect that doping may elicit
- Available doping analysis statistics
- Available research on doping trends
- The history of doping in the sport and/or discipline
- Training periods and the competition calendar
- Information received on possible doping practices



Resources aimed at the detection of doping may be specifically targeted and USADA retains the right to test any athlete at any time and any location.

How can I be selected for USADA testing at a competition or event?

In-competition testing plans are primarily developed by coordinating with each National Governing Body (NGB) and are often in accordance with International Federation (IF) rules. You may be selected for testing by USADA based on criteria that typically includes established rules set forth by your IF. For example, placed finishers, such as the top three finishers and randomly selected athletes could be selected for testing.

How can I be selected for USADA's out-of-competition testing?

USADA's Test Distribution Plan establishes the number of tests per sport based upon the number of athletes in the USADA Registered Testing Pool and through evaluation of the International Standards as listed on page 14 of this handbook. Tests are then allocated to periods throughout the year when out-of-competition testing is most effective.

USADA retains the right to test any athlete at any time and any location.

NOTIFICATION

How will I be notified for in-competition testing?



A Doping Control Officer (DCO) or a Notifying Chaperone will notify you in person of your selection for doping control and will show you his/her credentials. You will then be asked to acknowledge in writing on the Doping Control Official Record (DCOR) that you were notified. The DCO or Notifying Chaperone will keep you in direct observation and accompany you at all times until you report to the Doping Control Station, where you will complete the sample collection process.

How and where do I report for in-competition testing?

You, your athlete representative, (if applicable) and the Notifying Chaperone should report to the Doping Control Station immediately, unless there is a valid reason for delay. Sealed beverages are provided by the event organizer and will be available for you in the Doping Control Station.

With the consent of your DCO and at all times in direct observation of the DCO (or Notifying Chaperone), you may:

- Locate a representative and/or language interpreter (if available) to accompany you to the Doping Control Station
- Attend a medal ceremony
- Compete in further events
- Attend to personal obligations such as:
 - Receiving necessary medical attention
 - Fulfilling media commitments
 - Cooling down

Is notification the same for out-of-competition testing?

The notification process is the same for out-of-competition testing. For out-of-competition testing, a safe, secure, and private location will be chosen as the Doping Control Station where sample collection will occur. Sample collection documentation may be started in the Doping Control Station and you may choose to eat or drink anything at your own risk while waiting to provide the sample.

ATHLETE'S RIGHTS & RESPONSIBILITIES

As an athlete, you have a number of rights and responsibilities with respect to doping control. Many of your responsibilities are task-related requirements to ensure you are in compliance with doping control policies and are ultimately in place to help ensure the integrity of the process. These rights and responsibilities are essentially the same for both in-competition and out-of-competition testing.

When selected for testing, your **rights** include:

- Having a representative accompany you throughout the doping control process
- Having a language interpreter present, if available
- Completing a training session or other activities while the DCO or Notifying Chaperone can observe you (out-of-competition)
- Having the testing procedures explained to you, including how the sample collection equipment works
- Requesting to view the DCO's credentials
- Having a choice of collection vessels and sample collection kits
- Receiving a copy of the sample collection documentation used to document the processing of your sample
- Providing feedback on the USADA Athlete Evaluation Form and/or a Supplementary Report Form
- Requesting a delay in reporting to the Doping Control Station for valid reasons
- Requesting modifications if you are an athlete with a disability

Your **responsibilities** during a test include:

- Complying with the sample collection procedure**
- Reporting immediately to the Doping Control Station unless there are approved reasons for delay (in-competition testing)
- Bringing a government issued photo identification with you to the Doping Control Station
- Staying in direct observation of the DCO or Notifying Chaperone from the time you are notified until the sample collection session is complete
- Keeping your collection vessel in your possession and in view of the DCO at all times

- Having control of your sample until it is sealed in the sample collection bottles (the DCO may assist you)
- Ensuring your sample code number is correctly documented on the sample collection documentation and
- Ensuring all appropriate sample collection documentation is accurate, complete, and signed

****NOTE:** As defined by the Code: 'Refusing, or failing without compelling justification, to submit to *Sample* collection after notification as authorized in applicable anti-doping rules or otherwise evading *Sample* collection' is an anti-doping rule violation.

PROVIDING A URINE SAMPLE



When you are ready to provide your sample, a DCO or Chaperone, of the same gender as you, will directly observe the actual provision of the sample. Your representative may be present while you provide your sample with your permission and if agreed upon by the DCO. The DCO has the authority to make procedural modifications only if such modifications will not compromise the integrity, security, or identity of the sample and are authorized by you and agreed to by the DCO.

When providing a sample, you should:

- Have at least three collection vessels to choose from
- Select a sealed collection vessel and visually check that it is empty and clean
- Proceed to the toilet area, accompanied by a DCO or Chaperone of the same gender as you, to provide the sample
- Provide as much urine as possible, but at least 90 milliliters

The DCO or Chaperone must have a clear, unobstructed view of the passing of the sample. To accomplish this, you will be instructed to:

- Rinse your hands with water only
- Pull your shirt up to mid-torso
- Push sleeves up to your elbows
- Pull trousers/shorts, etc., down to mid-thigh

SAMPLE PROCESSING

After providing your urine sample, the DCO will ask you to select a sealed sample collection kit. During this process, you should:

- Have at least three sample collection kits from which to choose.

- Examine the sample collection kit to ensure the tamper-evident tape is intact. Open the kit to verify the numbers on the sample collection kit match with the numbers on both bottles and lids.



You will then open the sample collection kit, pour a prescribed amount of urine into the B and A bottles, and seal them. The DCO may check the bottles to ensure they are properly sealed and there is no leakage. Once the sample is sealed, you will be asked to place the B Sample and A Sample bottles into plastic bags and back into their

box for shipment. The DCO will test the specific gravity of the sample using the small amount of urine remaining in the collection vessel to confirm the urine sample is within the required physiological limits.

If the sample is deemed unsuitable, the DCO will process the unsuitable sample and you will be required to provide another sample. All processed samples will be sent to the laboratory. A DCO may ask you to provide a second sample for any of the following reasons:

- The sample does not meet specific gravity requirements
- There is some doubt as to the origin or authenticity of the sample or
- The DCO feels the integrity of the sample has been compromised

Finally, once your sample is prepared for shipment, you will work with the DCO to complete the sample collection documentation. Additionally, in accordance with the instructions on the Doping Control Official Record (DCOR), you should declare any substance(s), medications, or dietary supplements you may have taken.

How can I provide feedback or comments about my testing experience?

If you, the DCO, Chaperone, or your representative are interested in submitting written comments specific to your sample or the testing session, this may be done on a Supplementary Report Form. You are also encouraged to provide feedback about your doping control experience on an Athlete Evaluation Form and return it to USADA. These forms are available from your DCO.

- For information about Results Management process for urine collection see pages 29-31.

GIVING CONSENT FOR RESEARCH

Recognizing that research is the cornerstone of an effective anti-doping program, USADA has always placed emphasis on the study of prohibited substances, the development of tests and other research impacting anti-doping science. You can contribute to anti-doping research as well. To voluntarily choose this option, check the box on the DCOR giving your consent for research.

If you grant USADA permission to use your sample for research, your name will not be identified during the research process.

MINOR ATHLETES (under the age of 18) AND ATHLETES WITH DISABILITIES



If you are under the age of 18 or have a disability, USADA recommends that you notify a coach, parent, or other representative whenever possible to be present during the testing process. To ensure the minor athlete's well-being, a third party must always be in the toilet area to observe the Witnessing Chaperone, according to the IST minor athlete policy. See section c.4.5 and c.4.6 of the IST (p.77). The minor athlete's representative may observe the provision of the sample, but only if authorized by the athlete and as approved by the DCO.

SAMPLE SECURITY AND LABORATORY ANALYSIS

How do I know that someone will not tamper with my sealed urine sample?

All sample collection kit bottles are secured with a tamper-evident seal and are sent directly to a WADA-accredited laboratory. These laboratories are equipped with devices to remove the sealed sample bottle lids without compromising the sample. The chain of custody of your sample is closely monitored by USADA.

What kind of information accompanies my urine sample to the lab?

Every sample sent to a WADA-accredited laboratory includes a copy of the DCOR and a Declaration of Use form, which does NOT include your name. The information on the laboratory copy of the DCOR and Declaration of Use form contains:

- Your gender
- The testing menu for which your sample is analyzed
- Whether it was an out-of-competition test or the name of the event if it was an in-competition test
- Your sport and discipline (if applicable)
- City and state where the test occurred
- The sample code number that matches the numbers on the sample urine collection kit
- The date and time of the sample collection
- Indication of whether you want your sample to be donated for research
- The list of medicines, supplements, and other substances or methods that you declare



THE USADA BLOOD COLLECTION PROCESS

Athletes who compete, are members or license holders of a National Governing Body, or who fall under the USADA testing jurisdiction as defined in the USADA Protocol for Olympic and Paralympic Movement Testing, are subject to blood testing.

ATHLETE SELECTION

You can be selected at any time and at any location for blood testing. Similar to urine collection, athletes are selected for out-of-competition tests based on a Test Distribution Plan and can be selected for in-competition tests based on placed finish or a random selection.

ATHLETE NOTIFICATION

A Notifying Chaperone or DCO will notify you in person that you have been selected for testing. You will be asked to sign a document to acknowledge that you were notified and of your requirement to provide blood. You will also be informed of your rights and responsibilities and should carefully read the statements prior to signing. Once you are notified of your selection for testing, you must remain at all times within direct sight of the DCO or Notifying Chaperone until the sample collection process is complete.

A Blood Collection Officer (BCO) will accompany the DCO throughout the blood collection session. A BCO is a qualified phlebotomist who will perform the actual blood collection and could be dressed in scrubs, a lab coat, or other professional attire. The DCO will provide instructions throughout the entire blood collection process.

If at any time you have questions, you should ask the DCO to provide an explanation of the process.

REPORTING TO THE DOPING CONTROL STATION

You should report immediately to the Doping Control Station unless you have a valid reason for delay. You may request a delay for valid reasons such as those that are outlined in your rights and responsibilities. The DCO or Notifying Chaperone will be with you at all times until the sample collection process is complete.

SELECTION OF KITS

You are given a choice of individually sealed security and accessory kits from which to choose. You should choose and inspect the various kits, to ensure they have not been tampered with and are not defective. You should also check the contents of the security kits to confirm all the sample code numbers match on the tube, lids, and labels. You should remove the shrink wrap and red ring from the tube and place the lid on the table with the open end up. The kits will be used to transport your blood sample(s) to the lab.





STEP 1:
Disinfect the Selected Location for Blood Collection



STEP 2:
Apply the Tourniquet



STEP 3:
Begin to Draw Blood



STEP 4:
Securing the Sample



STEP 5:
Blood Sample Shipment



STEP 6:
Provide Feedback

View the blood collection slide show on the website at www.usada.org/blood.

BLOOD COLLECTION

During the blood collection process, less than one tablespoon of blood will be drawn. You are required to remain in a seated position for a minimum of 20 minutes prior to the blood draw.

The BCO will begin the blood collection process by cleaning your skin with a sterile disinfectant swab in the location where blood is drawn. The area is selected by the BCO, and is highly unlikely to adversely affect your performance. The BCO will apply a tourniquet to aid in the collection and the BCO will begin to draw the blood sample. The BCO will make a maximum of three needle stick attempts to draw blood.

During the blood collection process, a number of tubes of blood could be drawn, but keep in mind, less than one tablespoon of blood will be drawn. After the relevant tubes are filled with blood, the BCO will label each tube with the corresponding sample code number for the security bottles, confirming with you that each tube was labeled appropriately.

After collecting the blood sample, the BCO will provide any aftercare measures and instruction needed.

Minor modifications, such as the number of tubes of blood drawn and the length of time that you remain in a seated position, can vary between USADA and International Federation protocols. Rest assured that the protocols fall within the International Standard for Testing requirements.

SECURING THE SAMPLE

The security of your blood sample, as well as your health and safety, are very important and steps are taken to protect each. The DCO will direct the BCO to secure each tube in its respective security bottle and verify that each tube is securely placed within the security bottles. Once the sample(s) are secure with the lid tightly sealed, the DCO and you may check to ensure the bottles are sealed properly by trying to turn the security lids counterclockwise to ensure they do not open. The security bottles are then placed in clear transport bags and sealed for shipment.



SAMPLE COLLECTION DOCUMENTATION

The DCO will guide you through the remaining sample collection documentation corresponding to the blood collection session. During the completion of the final sample collection documentation, you will be asked a series of questions that correspond with blood collection. Once the sample collection documentation has been reviewed, you and your representative (if applicable), the DCO, and the BCO will sign the form to verify the accuracy of the information. You will receive the appropriate sample collection documentation (in some cases an electronic version will be sent), and the remaining copies will be sent to USADA and the WADA-accredited laboratory. Your name does not appear on the documentation sent to a lab.

BLOOD SAMPLE SHIPMENT

After the conclusion of the blood collection session, the DCO will ship your blood sample(s) to a WADA-accredited laboratory. The chain of custody of your sample is closely monitored by USADA and the sample collection documentation that accompanies your blood sample(s) to the WADA-accredited lab does not include your name. The sample code number recorded on the sample collection documentation is the only information the lab uses to identify your sample. Your sample may be stored for eight years or longer.

You will receive a notification letter from USADA that states your analysis has been completed. If your blood is drawn by another anti-doping organization, you may not receive your results or a notification letter.

PROVIDING FEEDBACK

As an athlete, you have the right to provide feedback about your USADA blood collection session. After each USADA blood collection session, a USADA DCO will provide you with an Athlete Evaluation Form to provide feedback related to your blood collection session. USADA encourages you to provide feedback about your experience and every form that is submitted to USADA is reviewed.

If you, the DCO, Notifying Chaperone, or your representative are interested in submitting written comments specific to your sample collection session, this is done on a Supplementary Report Form.

COORDINATED TESTING EFFORTS

USADA works with many other Anti-Doping Organizations (ADOs) from around the world to coordinate testing of U.S. athletes living and training abroad. If you are selected for testing under USADA's program, and the attempt is made outside of the United States, you will be provided with a Letter of Authority confirming your selection for testing under the USADA program.

In addition to USADA, U.S. athletes are subject to doping control by:

- The ADO of the country or region in which you are living, training, or competing
- The World Anti-Doping Agency (WADA)
- The IF governing your sport, or a testing agency appointed by your IF
- Major Games Organizations, such as the Olympic Games, all continental championships, etc.

When you are contacted or notified for testing, be aware of which entity is conducting the test. Ask for the DCO's credentials if they are not presented and have an understanding of your basic rights and responsibilities. While many aspects of the testing process are identical worldwide, minor modifications to notification and collection protocols are normal.



The USADA REGISTERED TESTING POOL

As outlined in the WADA Code, IST, and the USOC National Anti-Doping Policies, athletes, who have been identified and notified that they are part of the USADA Registered Testing Pool, are responsible for directly keeping USADA informed of their whereabouts to be available for out-of-competition testing.

How do I know if I am in USADA's Registered Testing Pool (RTP)?

Every National Governing Body (NGB) sets criteria that identifies athletes to be included in USADA's RTP. You should receive an e-mail notification from USADA if you are in the USADA RTP and you will need to provide whereabouts.

How will I be notified of my selection for out-of-competition testing?

A trained USADA Doping Control Officer (DCO) (or if training/living abroad, a doping control representative) will notify you in person, with no advance notice of your selection for doping control. You will be asked to acknowledge in writing that you were notified. Once you have been notified, the Sample Collection Personnel must accompany you at all times until your urine and/or blood sample is processed and sealed in a sample kit.

How long may I be subject to the requirements of the RTP?

You will be subject to out-of-competition testing until you no longer meet your NGB's criteria for the USADA RTP and are removed from the USADA RTP, or until you provide written notification of your retirement to USADA and your NGB. Once you are removed from the USADA RTP or retire, you will no longer need to provide whereabouts to USADA.

THE INTERNATIONAL TESTING POOL (ITP) AND THE NATIONAL TESTING POOL (NTP)

The USADA Registered Testing Pool is grouped into two pools, the International Testing Pool (ITP) and the National Testing Pool (NTP), with specific and separate requirements.

The ITP is comprised of the following athletes:

- All U.S. athletes who are in an International Federation Registered Testing Pool (IF RTP)
- Sanctioned athletes
- Athletes returning from retirement who were previously in the ITP or IF RTP
- U.S. athletes who are not regular members of a National Federation and are expected to compete in an Olympic or Paralympic Games within the next 12 months
- Any other U.S. athlete whom USADA chooses to place in this pool

The NTP is comprised of the following athletes who are not included in the USADA ITP:

- Those who meet USOC, NGB, or USADA criteria

Athletes included in the ITP and NTP must be fully compliant with the 2009 WADA Code and the International Standard for Testing (IST) whereabouts rules, except that athletes in the NTP do not need to provide a 60-minute time slot.

More information can be found at www.usada.org/whereabouts.

ATHLETE WHEREABOUTS REQUIREMENTS

What do I need to do to be sure that I am in compliance with the whereabouts policy?

Under the USOC National Anti-Doping Policies, if you are in the USADA RTP, you are responsible for directly keeping USADA informed of your whereabouts. It is essential that you submit accurate and complete quarterly Whereabouts Filings and updates so that USADA can locate you for testing.

Access to your whereabouts account is located at www.usada.org/athletes.

WHEREABOUTS FILINGS

Whereabouts Filings must contain specific schedule and contact information that is complete and accurate.

Whereabouts Filings must be submitted quarterly (every three months) and are due one day prior to the beginning of each quarter. Deadlines for submitting your Whereabouts Filing are:

- **December 31** for the first quarter (beginning January 1)
- **March 31** for the second quarter (beginning April 1)
- **June 30** for the third quarter (beginning July 1)
- **September 30** for the fourth quarter (beginning October 1)

Annually, you must complete Athlete's Advantage™, an online education tutorial that provides information related to anti-doping requirements for USADA RTP athletes. Athletes must complete the tutorial prior to submitting his or her Whereabouts Filing.

Submitting Online: You must use USADA's online system to submit your Whereabouts Filing. USADA will provide you with a username and password to access the online whereabouts system. If you need to obtain a username and password, call Athlete Express at (719) 785-2000 or Toll-Free at (866) 601-2632 or email athleteexpress@usada.org.

60-MINUTE TIME SLOT

If you are an athlete in the ITP, you must provide your regular Whereabouts Filing in addition to a specific 60-minute time slot every day between 6 a.m. – 11 p.m. where you are available and accessible for testing. You choose the 60-minute time slot to fit your schedule, but realize that you can also be tested outside of the 60-minute time slot.

Helpful Hints for the 60-minute time slot:

- Be aware that you can be tested at any time during the day.
- Choose the same time slot every day and change it according to your schedule.
- You must be available the entire 60 minutes. Do not leave early or arrive late.
- Your 60-minute time slot must be a full hour, it cannot be divided into increments.

UPDATES

- If your schedule changes during the quarter, you must submit an update to USADA as soon as possible. For example, if you will be in a location different from what you provided on your quarterly Whereabouts Filing, such as traveling for a competition, you must submit an update.

The quickest ways to send your updates:

- Online www.USADA.org through the Online Change of Plan form or your Whereabouts Filing
- E-mail update@usada.org from an e-mail address on file with USADA
- Text message text@usada.org from a phone number on file with USADA
- Free mobile available for smartphone users: www.usada.org/m

Helpful Hints - Updates

- If you are in the ITP and your 60-minute time slot or location changes, you must update USADA as soon as possible.
- Updates to the 60-minute time slot can be made up to the start of the 60-minute time slot.
- If you move and change your primary residence and training facility, you need to update your Whereabouts Filing.
- Be sure to include your name and sport on all correspondence to USADA.
- Athletes in either the ITP or NTP must submit updates to USADA if their schedules change.

If you have questions about USADA's online system or need help with your username or password, contact Athlete Express by calling (719) 785-2000 or Toll-Free at (866) 601-2632 or by emailing athletexpress@usada.org.

It is your responsibility to update USADA any time your schedule changes from the information submitted on your quarterly Whereabouts Filing.

DOPING CONTROL OFFICER (DCO) INSTRUCTIONS

A DCO makes his or her attempt to locate you for testing using the information provided on your Whereabouts Filing and any submitted updates. The goal for each test USADA assigns is to successfully collect a sample. To help ensure this goal is met, the DCO will make a reasonable attempt to locate you for testing as outlined in the test attempt protocol within the DCO Manual.

WHEREABOUTS FAILURES

Providing timely and accurate whereabouts information is important to avoid receiving Whereabouts Failures. It is critical that you submit your quarterly Whereabouts Filing by each deadline, update your whereabouts information when quarterly plans change, and make sure you are available at the locations and times specified on your Whereabouts Filing or updates.

What constitutes a Whereabouts Failure?

A Whereabouts Failure is a Filing Failure or a Missed Test.

How could I receive a Missed Test?

You could receive a Missed Test if you are in the ITP and unavailable during the 60-minute time slot at the location specified on your Whereabouts Filing or update.

How could I receive a Filing Failure?

You could receive a Filing Failure if you are in the ITP or NTP and if:

- A Whereabouts Filing has not been submitted to USADA by the specified deadline.
- You have not updated your whereabouts information in a prompt and timely manner.
- Your whereabouts information is inaccurate or incomplete to reasonably locate you for testing.

How will I be notified of a Whereabouts Failure?

USADA will notify you by e-mail or mail of any possible Whereabouts Failures.

How many Whereabouts Failures make me ineligible?

You could be subject to an anti-doping rule violation should you accumulate three Whereabouts Failures, which is any combination of Missed Tests and/or Filing Failures declared by any anti-doping organization, within a rolling 18-month period. Ineligibility means you are banned for a specific period of time from participating in any competition or other activity authorized by your NGB or the USOC; some or all USOC financial support or other related benefits could be withheld as well.

For a complete copy of the Whereabouts Failure policy, visit USADA's website at www.usada.org/whereabouts.

ATHLETE RETIREMENT

In accordance with the USOC National Anti-Doping Policies, if you are enrolled in the USADA RTP and are retiring, you must:

- ▶ Promptly notify USADA and your NGB in writing of your withdrawal from the USADA RTP to be official.
- ▶ Check your IF's procedure concerning retirement for any additional requirements.

If you do not provide advance written notice of retirement and are notified for testing, but refuse to provide a sample for an out-of-competition test, this is a refusal to test. If you refuse to cooperate or fail to report to testing within the given timeframe, you will be subject to all consequences consistent with an anti-doping rule violation. Your period of retirement is not counted to calculate the 18-month period for any Whereabouts Failures.

What if I want to come out of retirement and return to competition?

You must submit to USADA, in writing, your intent to return to competition and enroll in USADA's RTP for at least six months prior to regaining eligibility status. Also, check with your NGB and IF as they may have additional requirements.

Any Whereabouts Failures earned after January 1, 2009 and prior to retirement may be combined with Whereabouts Failures committed by the athlete after his or her return from retirement for out-of-competition testing. For more information, please visit, www.usada.org/retire.

***NOTE:** USADA will not suspend or terminate the prosecution of an anti-doping rule violation as a result of your subsequent retirement.*

ALL POTENTIAL ATHLETES OF OLYMPIC OR PARALYMPIC TEAMS

There are two important rules that apply to the Olympic and Paralympic Games in accordance with the USOC National Anti-Doping Policies:

- ▶ **The "12-Month Rule"** - This rule requires that every athlete who is a potential candidate to make an Olympic or Paralympic team be enrolled in USADA's RTP at least 12 months prior to the start of the Games.
- ▶ **The 150-day Testing Policy** - All athletes nominated for appointment to a U.S. team for the Olympic, Paralympic or Pan American Games shall be subject to out-of-competition testing and/or in-competition testing at least once within the 150 days prior to the Opening Ceremonies.

All athletes appointed to a U.S. team may also be subject to additional testing throughout the Games by the IOC or the Games Organizing Committee.

RESULTS MANAGEMENT

USADA is responsible for the results management and adjudication process for the U.S. anti-doping program of the Olympic and Paralympic movement in the United States. To facilitate that process, USADA utilizes the USADA Protocol for Olympic and Paralympic Movement Testing.

The objective of the Protocol is to provide a process that:

- Is fair to athletes and others
- Has international credibility
- Provides for a full evidentiary hearing with the right of appeal
- Eliminates the NGBs from directly sanctioning its members

What are the consequences if an individual commits an anti-doping rule violation?

Sanctions on individuals may include:

- Disqualification of results in a particular competition or event
- Forfeiture of any medals, points, and prizes
- Team disqualification and forfeiture
- An ineligibility period that may vary according to circumstances
- Public announcement

For more information on consequences of anti-doping rule violations, please refer to The USADA Protocol for Olympic and Paralympic Movement Testing at www.USADA.org/publications-policies.

When are doping violations publicly announced?

USADA publicly announces doping violations following the conclusion of its results management process. USADA also announces aggregate data for all test results and arbitration outcomes on its website.

What is the notification process for test results?

All laboratory results reports are sent to USADA. USADA provides written notification of each USADA test result to you, your NGB and the USOC regardless of the finding. This process usually takes 6-8 weeks.

What is an Adverse Analytical Finding (AAF)?

An AAF is a report from a WADA-accredited laboratory that identifies in a Sample the presence of a Prohibited Substance or its Metabolites or Markers.

If my “A” Sample is reported as an Adverse Analytical Finding, what happens next?

See table on Page 34 for an approximate timeline. Generally, the process can be summarized in most instances as follows:

- USADA will advise you of the date on which the laboratory will conduct the opening and analysis of the “B” Sample.
- Under the USADA Protocol you or your representative, at your expense, have the right to attend the “B” Sample opening.
- If the “B” Sample confirms the “A” Sample Adverse Analytical Finding, or if there is other evidence of an anti-doping rule violation, the matter proceeds to the USADA independent Anti-Doping Review Board, which is a panel drawn from a pool of independent experts.
- The independent Review Board makes a recommendation to USADA as to whether there is sufficient evidence to charge you with an anti-doping rule violation.
- If USADA charges you with an anti-doping rule violation, you have the choice of accepting the recommended sanction or taking the case to a hearing before arbitrators who are members of both the American Arbitration Association and the Court of Arbitration for Sport, (AAA/CAS), with the right to appeal.
- The decision by the AAA/CAS arbitrators may be appealed to the Court of Arbitration for Sport (CAS).
- The decision of CAS is final and binding on all parties and is not subject to further review or appeal.

Approximate Timelines and Notices Under USADA Protocol

(This timeline is for general guidance only and does not create any obligation, requirement, or right under the USADA Protocol).

Step In Process:	Notice Goes To:
Urine provided by Athlete	
2 weeks	
Negative A laboratory report	Athlete, NGB, and USOC
Adverse Analytical Finding A lab report	Athlete, NGB, IF, WADA, and USOC ¹
2 weeks	
B lab report	Athlete, NGB, IF, WADA, and USOC
3 weeks	
Review Panel Recommendation	Athlete, NGB, IF, WADA, and USOC
10 days	
Notice that the athlete has accepted a sanction proposed by USADA	Athlete, NGB, IF, WADA, and USOC - Public announcement of sanction
Notice of hearing	Athlete, IF, (NGB, USOC, and WADA, but not as parties)
3 months	
AAA/CAS Decision	Athlete, NGB, IF, WADA, and USOC - Public announcement of decision
20 days	
Appeal by Athlete, USADA, WADA or IF of AAA decision to CAS	Athlete, NGB, IF, WADA, and USOC
3 months	
Decision by CAS on appeal	CAS decision is a public document

¹ Notice from USADA will include the date and location of the Sample collection, the Athlete's Sample number, name, the laboratory test result. WADA-accredited laboratories are required to give notice to WADA and the relevant IF directly any time there is an Adverse Analytical Finding on an A or B test. The Code requires USADA to provide this laboratory information and the Athlete's name to the relevant IF and WADA.

USADA **RESOURCES**

ATHLETE EXPRESS:

- Tel: (719) 785-2000 or Toll-Free (866) 601-2632 Email: athleteexpress@usada.org
- TUE Process: www.usada.org/tue
- WADA Prohibited List: www.usada.org/prohibited-list
- Wallet Card: www.usada.org/publications-policies



NOTE: USADA's Drug Reference resources do not provide medical advice, but provide the status of medications under anti-doping rules in sport.

USADA REGISTERED TESTING POOL ATHLETES:

Visit the Athlete section of the USADA website to log-in to your whereabouts account: www.usada.org/athletes

OTHER RESOURCES:

USADA website – www.USADA.org

Spirit of Sport® – USADA's newsletter: www.usada.org/resources



USADA's Protocol for Olympic and Paralympic Movement Testing – www.usada.org/publications-policies

Athlete Handbook – download a PDF of this Athlete Handbook: www.usada.org/publications-policies

Optimal Dietary Intake...The Basics For Sport. For Life. – www.usada.org/diet

I Compete Clean Website – www.usada.org/icompeteclean



Visit USADA's Youth and Health Initiatives online –

- **100% Me** – www.usadakids.org



- **Thatsdope.org** – www.thatsdope.org



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*Preserving.
Inspiring.
Protecting.*



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