



2015 POCKET GUIDE

U.S. ANTI-DOPING AGENCY

This guide provides important information for young athletes, their parents, and coaches on topics including the in-competition doping control process and the Prohibited List.



Effective January 1, 2015 - December 31, 2015

DRUG TESTING 101

Drug testing will be a part of an athlete's life as long as he/she chooses to compete at an elite level. USADA's mission is to preserve the integrity of competition and protect athletes' rights to compete free of dangerous performance-enhancing drugs. Participation in an anti-doping program will be part of every athlete's life while they are competing at an elite level. The following information provides an overview of the testing process.

IN-COMPETITION



1 If an athlete has been selected for testing, they will be notified by a doping control officer (DCO) or chaperone, who will ask the athlete to provide photo identification such as a school ID or driver's license.



2 Following notification, the athlete must stay within direct observation of the DCO or chaperone. They should report to the doping control station immediately, unless a valid reason¹ is discussed and allowed by the DCO or chaperone.



3 The athlete will select from a choice of several sealed sample collection vessels.*



4 The athlete will be required to provide a urine sample of 90ml while being observed by a DCO or witnessing chaperone of the same gender. Minor athletes will be required to be accompanied by a representative of their choice.



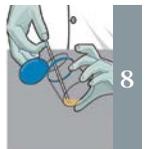
5 The athlete will select from a choice of sealed sample collection kits. They will check and inspect the equipment to make sure it has not been tampered with.



6 The athlete will divide their urine sample between the A and B sample bottles found inside the kit. The DCO will give instructions and will not handle any of the equipment unless asked to do so by the athlete.



7 Once the sample is sealed, the A and B sample bottles will be put in plastic bags and then into a Styrofoam box.*



8 The DCO will check the specific gravity (concentration) of the sample. Additional samples may be requested if the sample is not within the required range.



9 The DCO will have the athlete declare any substances or medications they are taking. This is also the time to give details about any therapeutic use exemptions (TUEs) that the athlete has.



10 Athletes will review a form called the doping control official record (DCOR) on an iPad to make sure all the provided information is accurate. Once a test has been completed, athletes are emailed copies of their DCOR along with a link to an Athlete Evaluation Form where they can provide feedback specific to their testing session.

¹ Valid reasons for delay include receiving medical attention, media commitments, or attending a medal ceremony.

* While sample collection equipment may look slightly different depending on where the test is taking place, the integrity of the sample will be always be maintained.

BLOOD COLLECTION PROCESS

) USADA DCOs will manage the sample collection and a certified and/or licensed phlebotomist, called a blood collection officer (BCO), will perform the actual blood draw.



) To ensure that the athlete's blood reaches a stable consistency, they will be asked to be seated for a specified period of time (usually around 20 minutes) prior to providing a blood sample.



) The DCO will ask the athlete to choose from a selection of accessory and security kits and inspect the kit.



) The BCO will select an area from which to draw the blood. The amount of blood drawn, which is less than one tablespoon, is unlikely to affect performance.



) The BCO will label each vacutainer tube with the sample code number for the security bottle. The BCO will be directed to secure each vacutainer.



) The DCO will then guide the athlete through the remaining sample collection documentation and ship the athlete's samples to the lab.



THE WADA PROHIBITED LIST

The World Anti-Doping Agency (WADA) is responsible for leading a collaborative worldwide campaign for doping-free sport. At least once a year, WADA evaluates and updates the Prohibited List which identifies substances and methods prohibited in-competition, out-of-competition, and in particular sports.

A substance or method is put on the WADA Prohibited List if it meets any two of the following three criteria:

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

Substances & Methods Prohibited In- and Out-of-Competition (at all times):

-) **Anabolic Agents** - such as testosterone, nandrolone, and clenbuterol
-) **Beta-2 Agonists** - by all routes of administration except certain inhaled substances
-) **Diuretics and Masking Agents** - such as hydrochlorothiazide, spironolactone, and plasma expanders
-) **Hormone and Metabolic Modulators** - such as clomiphene and tamoxifen
-) **Non-Approved Substances** - includes any substances that have no current approval status by any governmental regulatory health authority for human therapeutic use, such as drugs under pre-clinical or clinical development, or drugs that have been discontinued
-) **Peptide Hormones, Growth Factors, Related Substances and Mimetics** - such as erythropoietin (EPO), Human Growth Hormone (HGH), and Insulin

All beta-2 agonists, including all optical isomers where relevant, are prohibited except inhaled salbutamol (maximum 1600 micrograms over 24 hours), inhaled formoterol (maximum delivered dose 54 micrograms over 24 hours), and salmeterol by inhalation. The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL will be considered as an adverse analytical finding (AAF).

Substances Prohibited in Particular Sports:

-) Alcohol
-) Beta-Blockers

Substances Prohibited In-Competition Only:

-) **Cannabinoids** - such as marijuana, THC, hashish, and synthetic products like spice and K2
-) **Glucocorticoids** - such as betamethasone and prednisolone
-) **Narcotics** - such as heroin, morphine, and other pain killers
-) **Stimulants** - such as amphetamines, cocaine, methylhexanamine, modafinil, pseudoephedrine, and many ADHD medications

Monitored Substances:

The following substances are monitored in order to detect possible patterns of misuse in sport:

-) **Stimulants:** In-Competition only - bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol, and synephrine
-) **Narcotics:** In-Competition only - hydrocodone, mitragynine, morphine/codeine ratio, tapentadol, and tramadol
-) **Glucocorticoids:** In-competition (by routes of administration other than oral, intravenous, intramuscular, or rectal) and out-of-competition (all routes of administration)
-) **Telmisartan:** In- and out-of-competition
-) **Meldonium:** In- and out-of-competition

To learn more about the Prohibited List, visit USADA.org/prohibited-list and USADA.org/substances.

For substances which are prohibited only in-competition, athletes must allow sufficient time for clearance from the body before competition. Urine excretion rates vary between individuals and sufficient time after use must be allowed to avoid an anti-doping rule violation.

Discontinuing use of a medication can also have serious health consequences, and should be never be done without consulting a physician and a full understanding of the risks involved. Should an athlete have a medical need to take an otherwise prohibited substance, they should consult the therapeutic use exemption (TUE) process (see reverse).

ATHLETE RIGHTS AND RESPONSIBILITIES



Athlete rights include:

-) Having a representative present, and if available, an interpreter
-) Requesting a delay in reporting to the doping control station for a valid reason (in-competition):
 - receiving medical attention
 - performing a cool down
 - attending a medal ceremony
-) Requesting a modification to the testing process if you are an athlete with a disability
-) Viewing the DCO's credentials
-) Choosing their own collection vessel and sample collection kit
-) Receiving a copy of the test session
-) The opportunity to provide feedback

Athlete responsibilities include:

-) Remaining within direct observation of the DCO/chaperone at all times
-) Producing photo identification
-) Complying with the testing procedures
-) Reporting to the doping control station immediately unless there is a valid reason for delay (listed to the left). The DCO/chaperone will still remain with the athlete at all times (in-competition).
-) Controlling the sample until it is sealed
-) Carefully reviewing all sample collection documentation for accuracy

THERAPEUTIC USE EXEMPTIONS

-) Use of a prohibited substance for medical reasons requires an approved therapeutic use exemption (TUE) prior to use in sport. USADA recommends that athletes submit the application form along with medical documentation at least 21 days before taking the medication.
-) Some substances have to exceed a certain amount in the athlete's system for a positive test result. These threshold substances, such as ephedrine, require a TUE when they are used at the same time as a diuretic, even if an athlete has a TUE for the diuretic.
-) Athletes who have chronic diseases/disorders that wish to compete on a national level should apply for a TUE in spite of the Non-National Athlete Policy (see above right).

How to apply for a TUE:

- 1) Print and complete the TUE application form with your treating physician (found at USADA.org/tue).
- 2) Provide medical documentation to support the use of the prohibited substance (e.g., a complete comprehensive medical history of your diagnosis, symptoms, management strategies, lab results, a clear statement from your physician indicating why the use of non-prohibited alternatives are not effective in symptom management or treatment).
- 3) Submit completed TUE application and medical documentation to USADA by email at tue@USADA.org or by fax at 719-785-2029.

NON-NATIONAL LEVEL ATHLETES

Non-national level athletes include (but are not limited to) recreational and Masters level athletes. Athletes at these levels are not required to submit a therapeutic use exemption (TUE) before using certain prohibited substances in sport. This is limited to the following substances:

- 1) Substances that are prohibited only in-competition or in specific sports
- 2) Diuretics and Masking Agents
- 3) Beta-2 Agonists
- 4) Insulin, when the athlete can provide medical files demonstrating insulin-dependent diabetes

All other prohibited substances require an approved TUE ahead of competing in order to use the substance in sport without incurring an anti-doping rule violation.

The FIRST time a non-national level athlete tests positive for one of the substances listed in categories 1-4 above, they will have an opportunity to submit medical documentation to USADA to demonstrate the medical need for such medications. The athlete will not incur an anti-doping rule violation if the medical file substantiates that the athlete used the prohibited substance only for medical needs.

After the first positive test, a TUE is required for future use of any prohibited substance or method.

- 4) USADA will contact you upon receipt of the TUE application and the TUE process can take up to 21 days for a decision to be made. All TUE applications are reviewed in accordance with the WADA International Standard for Therapeutic Use Exemptions (ISTUE).
- 5) If a TUE is approved, you will receive a certificate indicating the approval length for the prohibited substance and/or method. The period of validity for a TUE varies between cases. All medical information submitted to USADA remains confidential.

SUPPLEMENTS

-) As defined by Congress in the Dietary Supplement Health and Education Act (DSHEA), a dietary supplement is a product intended to supplement the diet and contains one or more dietary ingredients (including vitamins, minerals, herbs or other botanicals, amino acids, and other substances) or their constituents.
-) Athletes are held to the standard of "strict liability." In the anti-doping world, this means that they are responsible for any prohibited substance found in their system, regardless of how it got there.
-) Given the limited regulation of the dietary supplement industry, athletes assume the risk of testing positive and of potential, adverse health consequences if they choose to use supplements.

Supplement Resources

Consult the TrueSport Nutrition Guide at www.USADA.org/nutrition for information on how to fuel an athlete's body properly without the use of supplements.

The use of supplements is at the athlete's own risk. Visit Supplement411.org for more information on the supplement industry, how athletes can make wiser consumer decisions, and:

-) Information about third-party testing agencies
-) Danger signs or 'red flags' that athletes should look out for when determining if a specific supplement may pose a risk
-) Misleading labeling practices that many manufacturers use, including leaving prohibited substances off of the ingredients list
-) A high-risk list of supplements that have been found to contain prohibited substances



DRUG REFERENCE RESOURCES

Global Drug Reference Online (Global DRO)

Remember, always check the status of medications prior to use. GlobalDro.com provides information about the status (prohibited or permitted) of substances and methods on the WADA Prohibited List.

Visitors can search for specific information about medications sold in Canada, the United Kingdom, Japan, and the United States.

GlobalDRO is optimized for use on smartphones. Go to GlobalDro.com from your phone and add it to your homepage for quick reference.

Wallet Card

A small resource card is available for athletes, parents, and coaches which provides a summary of commonly prohibited and non-prohibited substances and methods.

The Wallet Card and many other educational publications are available at USADA.org/publications-policies.

Athlete Express and Drug Reference Line

-) Call Athlete Express™ at (719) 785-2000
-) Toll-Free: (866) 601-2632
-) Email: athleteexpress@USADA.org or call (800) 233-0393 to reach the Drug Reference Line if you have questions about a medication, prohibited substance/method, or to determine the status of a particular substance or method.

Athlete Express is available to athletes, coaches, parents, and NGB staff from 8 a.m. to 4 p.m. Mountain Time.



STAY INFORMED!

-) TUE Questions?
 - Email: tue@USADA.org

-) Play Clean Tip Center
USADA makes available a number of ways to anonymously report the abuse of performance-enhancing drugs in sport:
 - Phone: 1-877-752-9253

– Email: playclean@USADA.org.

Be a Voice for the Right Choice!



USADA.org/playclean

SOCIAL MEDIA

Follow USADA on social media for the latest news regarding anti-doping, supplements, and changes to the WADA Prohibited List:

- @usantidoping
- facebook.com/usantidoping

TRUESPORT

TrueSport® is a movement powered by the U.S. Anti-Doping Agency (USADA) that seeks to ensure a positive youth sport experience by imparting the lessons of clean competition, sportsmanship, and peak performance.

Join the Movement:

- TrueSport.org
- facebook.com/TrueSportUSA
- @TrueSport



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