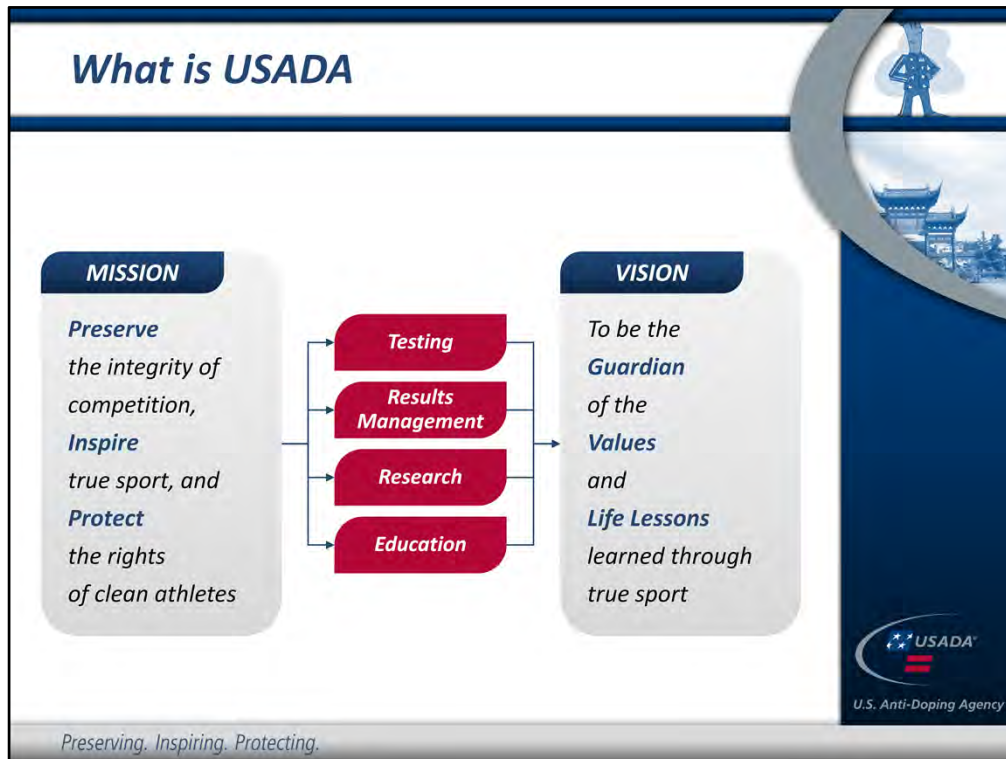




Welcome to the Nanjing Youth Olympic Games presentation. I am LaDonna Reed, Olympic Education Specialist from the United States Anti-Doping Agency. I hope to take a few minutes to talk about the drug testing process and what athletes can expect for testing at the Nanjing Youth Olympic Games.



USADA's mission is to preserve the integrity of competition, inspire true sport, and protect the rights of clean athletes. We have a vision to be the guardians of the values and life lessons learned through true sport.

### *Three Things to Remember in Nanjing*

EXCELLENCE in all you do-  
Use your SKILLS, Be FIT, and have FUN

RESPECT the rules of competition-  
Compete Clean!

Enjoy the FRIENDSHIPS you make  
along the way




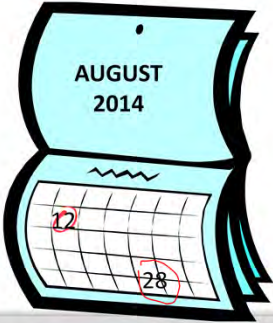
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There are three things that I would like the athletes and parents to remember as they head into Nanjing. For the athletes, have excellence in all that you do. Use your skills, be fit, and have fun with this! We want you to respect the rules of competition and compete clean, as well as enjoy the friendships that you make along the way.

## ***Drug testing during the Period of The Games (POG)***

- **August 12-28, 2014 (POG)**
- Village opens August 12
- Closing Ceremonies August 28
- Subject to urine and/or blood testing during the POG



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There are some key dates that you need to remember, which are known as the Period of the Games. Those dates are August 12 through August 28. That starts when the Village opens all the way until the Village closes. All athletes are subject to drug testing during the Period of the Games – urine, blood, or both.

## ***Notification***

- Athlete may be notified after a competition
- Athlete may be notified at any time during the Period of the Games
- Athlete may be selected more than once



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Let's talk about the notification process. Athletes may be notified after a competition or they may be notified at any time, anywhere, during the Period of the Games. Do understand that athletes can be selected more than once for blood, urine, or both.

## *Selection of Materials*

- Athlete has right to choose collection vessel (aka:- the cup that the urine will be placed in)



When it comes to selecting the materials, athletes do have the right to choose their collection vessel. This is known as the cup that your urine will be placed in.

## *Selection of Sample Kit*

- Athlete has the right to choose sample kit



  
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Athletes also have the right to choose their sample kit. This is the item that your urine will be placed in and this is what is sent to the lab.



## Doping Control Station

- Doping Control Officer (DCO) will give instructions on how to process the athletes sample



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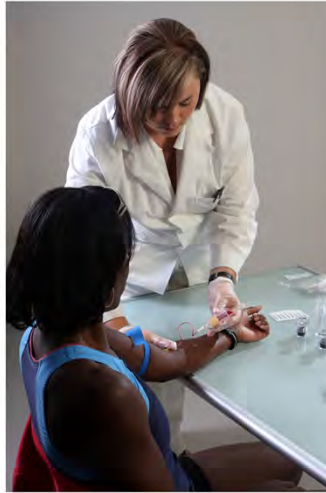
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In the Doping Control station, a Doping Control Officer, known as a DCO, will provide instructions on how the testing process will occur. Always remember that you should ask any questions that you have along the way.



## Blood Collection

- A Certified Blood Collection Officer (BCO) will draw the blood sample
- Approximately 1 tablespoon may be drawn



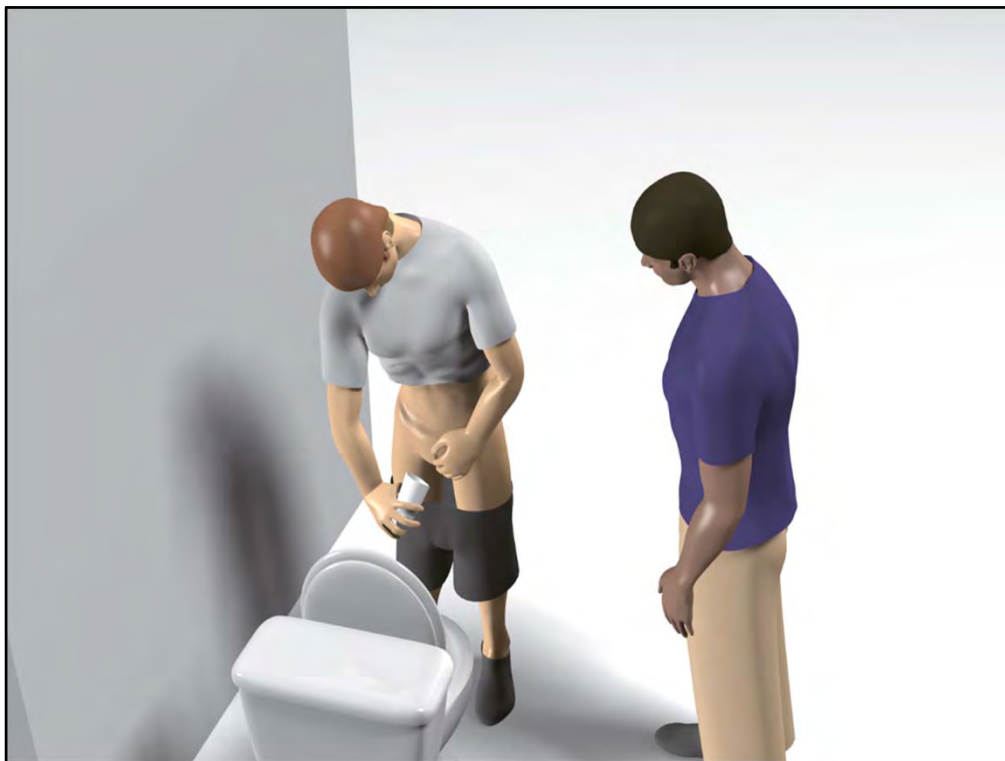
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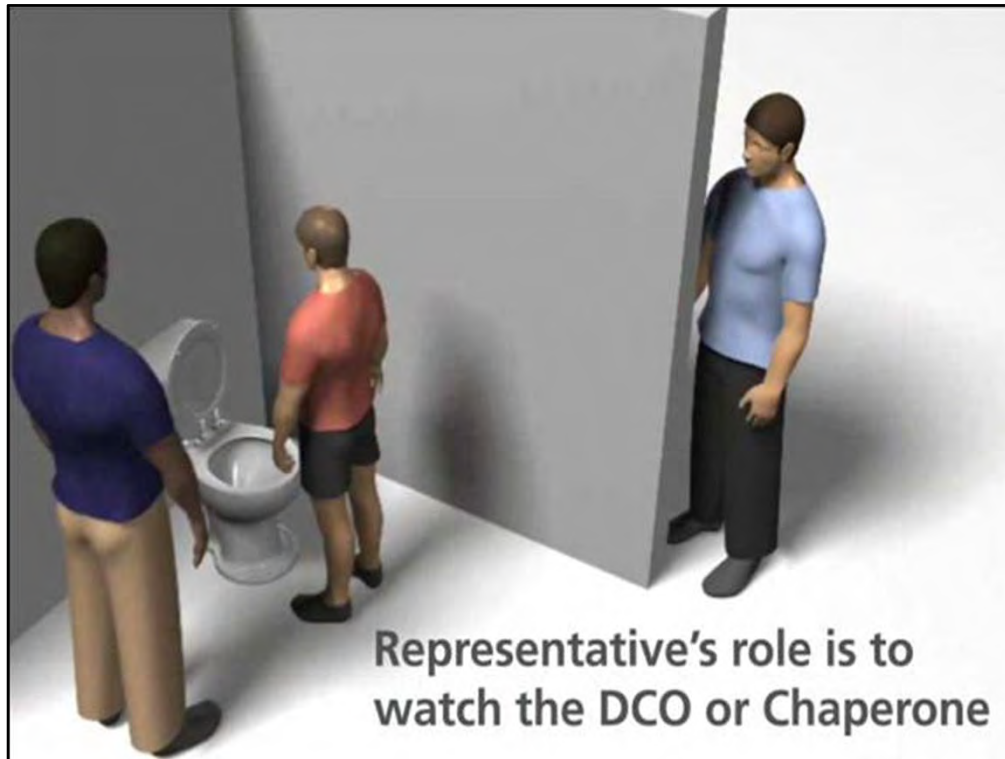
A certified or licensed phlebotomist, known as a Blood Collection Officer or BCO, will be doing the blood draw. The amount of blood that they will draw is approximately 1 tablespoon of blood and should not affect your athletic performance.



For female athletes, this is a visual to show you what the drug testing process will be like. The same gender chaperone or Doping Control Officer will be in the restroom with you as you provide your urine sample. This is a direct observation.



For the male athletes, you will also have the same gender chaperone or Doping Control Officer in the restroom observing as you provide your sample.



For all minors, it is highly encouraged that you have a representative during the drug testing process. This individual can be a parent, a coach, it can be the same gender or a different gender. They will not be able to see you in the actual restroom stall, but they will be able to see the Doping Control Officer who is observing you provide your urine sample. This is set in place for your safety, so we ask in advance for parents to understand that your athlete may ask you to be a representative during the drug testing process. You will be outside of the stall and this, again, provides your athlete the right during this process to be in a safe environment.

## ***Rights and Responsibilities***

<b>Rights</b>	<b>Responsibilities</b>
<ul style="list-style-type: none"><li>• Have a representative and if available, an interpreter</li><li>• Ask for additional information about the Sample collection process</li><li>• Request a delay in reporting to the Doping Control Station for valid reasons</li><li>• Request modifications for Athletes with disabilities.</li></ul>	<ul style="list-style-type: none"><li>• Remain within direct observation of the DCO/Chaperone at all times</li><li>• Comply with Sample collection procedures (and be advised of the possible consequences of Failure to Comply)</li><li>• Report immediately for a test, unless there are valid reasons for a delay, such as obtain medical treatment</li></ul>

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It is always important that you understand the rights that you have during the drug testing process. You will be able to have a representative available, if needed. Ask questions as you go through the entire process. You can request a delay in reporting to the Doping Control Station for a valid reason – a few examples of that are medical situations, media commitments, or a medal ceremony. You can also request modifications for athletes with disabilities.


With rights, there always comes responsibilities. You do need to remain within direct observation of the DCO/Chaperone at all times. It's important that you comply with the rules and definitely report immediately for a testing unless you have a valid reason.

## *Substances and methods checked during the Period of the Games*

- ✓ Lab checks for things like **asthma medications , insulin, and steroids** plus others including these-
  - \* **Amphetamines**   \* **ADD/ADHD meds**   \* **Oxycodone**
  - \* **Morphine**   \* **Cocaine**   \* **Marijuana**   \* **Cortisone**
  - \* **Pseudoephedrine**- commonly found in cold medications
- ✓ Lab checks for methods like blood doping or tampering of a sample
- ✓ “Needle-free” Games
- ✓ Some sports also test for Alcohol and Beta-Blockers



**In-Competition**



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During the Period of the Games, all athletes will be tested for numerous substances and methods. A few examples of this are asthma medications, insulin, steroids, as well as substances like amphetamines, ADD or ADHD medications, marijuana, and pseudoephedrine, which can commonly be found in over-the-counter cough and cold, or flu medications. This presentation will later address how you can research these medications before taking them. The lab is also checking for methods like blood doping, as well as if any athletes are tampering with their sample.

The Youth Olympic Games is “needle-free.” This will also be addressed later in the presentation.

Please also keep in mind that some sports do check for alcohol, as well as beta-blockers.



## Drug Reference Resources





719-785-2000 or  
Toll-Free at 866-601-2632  
athleteexpress@usada.org

www.GlobalDRO.com

- Available on smartphones
- Wallet Card and the Athlete Guide to the Prohibited List:  
usada.org/publications-policies
- Athlete Express
  - Drug Reference Line (800) 233-0393



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We have provided many resources for you. One resource that I would like you to take note of and visit after this presentation is the Global Drug Reference Online. This is a website that you can also access on your smartphones. You are able to put in your medication, or the active ingredient, and research to see if this medication is prohibited or not prohibited.

Athletes will also be receiving a 2014 Wallet Card, which will give them examples of substances that are prohibited and not prohibited.

At any time, if you have questions in regard to medications, we highly encourage you to contact our athlete express number, or reach out directly to our drug reference line at 800-233-0393.

## Applying for a Therapeutic Use Exemption (TUE)

If you take a medication that is **prohibited** but needed for medical use, apply for a TUE.

- USADA will assist with TUE's now until Aug.12<sup>th</sup>

### Therapeutic Use Exemptions (TUEs)

In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's Prohibited List. USADA can grant a Therapeutic Use Exemption (TUE) in these situations in compliance with the World Anti-Doping Agency International Standard for TUEs. The TUE application process is thorough and designed to balance the need to provide athletes access to critical medication while protecting the rights of clean athletes to compete on a level playing field.



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If at anytime, an athlete is taking a medication that is prohibited, but they do need it for medical use, you need to apply for a Therapeutic Use Exemption, also known as a TUE. USADA will assist all athletes applying for a TUE from now through August 12<sup>th</sup>. Contact information will be provided in a later slide.

Again, do your research on GlobalDRO and if you find that a substance is prohibited, you do need to apply for the TUE.

## No-Needle Policy

- The Nanjing Youth Olympic Games are “needle-free” for all athletes.
- Exceptions:
  - By a Physician/Practitioner for the treatment of injury, illness or other medical conditions (for which a valid TUE may be required)
  - Athletes requiring auto-injections therapy for an established medical condition with a valid TUE i.e.,) insulin dependent diabetes



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As I mentioned, the Youth Olympic Games is “needle-free.” This means that no athlete should be bringing any needles to the Games at any time. There are some exceptions:

- 1.) By a physician or a doctor that may require a needle to treat an injury or illness, which may require a TUE.
- 2.) Any athletes requiring auto-injections, for example an athlete is diabetic and requires insulin as their medication. In this case, the athlete would need to have a TUE on file.

## Contact for Medical Questions

- **Prior to the Games-** contact:
  - Drug Reference Department
    - Shelly Rodemer: (719) 785-2045
    - [srodemer@usada.org](mailto:srodemer@usada.org)
- **After Aug. 12<sup>th</sup> and during the Games-** contact:
  - MEDICAL DIRECTOR
    - Dustin Nabhan, DC (719) 866-2549
    - [Dustin.Nabhan@usoc.org](mailto:Dustin.Nabhan@usoc.org)



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For any questions that you may have in regard to medications prior to the Games, we highly encourage all parents or athletes to contact our Drug Reference Department, specifically Shelly Rodemer at (719) 785-2045 or at [srodemer@usada](mailto:srodemer@usada.org).

After August 12, all athletes and parents with questions in regard to medications should contact the USOC Medical Director for the Youth Olympic Games, Dr. Dustin Nabhan, at (719) 866-2549 or [dustin.nabhan@usoc.org](mailto:dustin.nabhan@usoc.org).

## *Risks involved with Dietary Supplements*

**Take them at your own risk!**

**Responsible for what goes into your system - strict liability**

**Possible risks:**

- Possible positive test
- Health consequences

**Ask yourself:**

- Why do I feel the need to take supplements? What are the ingredients?
- Who makes it? How is it made?

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

Visit: [www.supplement411.org](http://www.supplement411.org)

Supplement  
**411**

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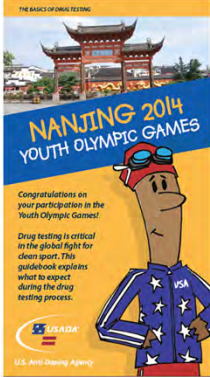
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We do receive many questions on dietary supplements. Any supplement that you take, you are doing so at your own risk. It is 100% strict liability. We have had, in certain cases, athletes testing positive for using dietary supplements that they have purchased at health food stores or online and we have seen health consequences in athletes that are using these products. We have provided a great resource for all parents and athletes, which is the website [www.supplement411.org](http://www.supplement411.org). At this website you can educate yourself and even ask yourself if you need to take dietary supplements and understand that under our current laws, the FDA does not regulate supplements. If you use one of these products, it may contain something that is not on the label, or worse, cause a health concern for you. Please visit Supplement 411 to learn more.

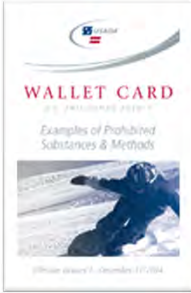


## USADA Publications

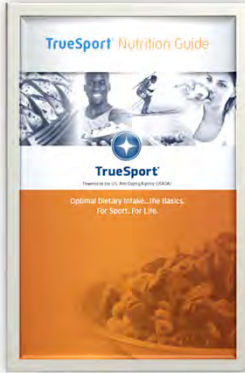
Your USADA education bag contains items such as...



**Nanjing 2014 Youth Olympic Games Drug Testing Pamphlet**




**2014 Wallet Card**



**Nutrition Guide**

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All athletes will be receiving a USADA TrueSport bag, at their home address that they provided to the USOC, which contains a brochure for the Nanjing 2014 Youth Olympic Games that reviews the drug testing process, a 2014 Wallet Card listing prohibited substances and methods, and a nutrition guide, which is our #1 publication for sports and parents that covers carbohydrates, fats, proteins, and hydration, all of which provide your athlete with the fuel that he or she requires to sustain athletic performance.










Peter Vanderkaay  
Swimming  
Current Residence: Ferndale, MI

TrueSport®  
2014 CAMP PLAYBOOK



DECK  
PASS

**CLEAN COMPETITION**

- Decision-Making
- Energy Drinks
- Dietary Supplements
- Performance-Enhancing Drugs (PEDs)
- Shortcuts

**SPORTSMANSHIP**

- Respect & Accountability
- A Good Sport
- Teamwork
- Leadership
- Bullying Prevention

**PEAK PERFORMANCE**

- Goal-Setting
- Nutrition
- Perseverance
- Hydration
- Preparation & Recovery

**TrueSport®**

**Dreams don't take shortcuts.** Achieve greatness the right way by joining the TrueSport team at [truesport.org](http://truesport.org)

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Be a part of the TrueSport movement, we have an incredible website at [truesport.org](http://truesport.org) that we encourage all athletes and parents to visit, where you will learn about clean competition, sportsmanship, and peak performance. There are great videos on there, as well as a way to meet some of our Olympic ambassadors.

*Questions?*



**athlete** USADA **express™**

719-785-2000 or  
Toll-Free at 866-601-2632  
[athleteexpress@usada.org](mailto:athleteexpress@usada.org)



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If at any time you have questions, please contact us at Athlete Express at 719-785-2000 or our toll free number at 866-601-2632.

***Three Things to Remember in Nanjing***

**EXCELLENCE** in all you do-  
Use your **SKILLS**, Be **FIT**, and have **FUN**

**RESPECT** the rules of competition-  
Compete Clean!

Enjoy the **FRIENDSHIPS** you make  
along the way

  
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Again, there are three things that I would like our athletes to remember:

- 1) Have excellence in all that you do-use your skills, be fit, and have fun at the Games.
- 2) Respect the rules of competition-we want you to compete clean. Have respect for yourself, your family, and our country.
- 3) Enjoy the friendships that you will make along the way!

## ***Additional YOG Questions***

Contact **LaDonna Reed**  
**Olympic Education Specialist**



(719) 785-2018

[Lreed@USADA.org](mailto:Lreed@USADA.org)



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If at any time you have questions regarding anti-doping, the drug testing process, the TUE application, or medications, please contact me directly. Again, I am LaDonna Reed, Olympic Education Specialist, and you can call me at (719) 785-2018 or email me at [Lreed@USADA.org](mailto:Lreed@USADA.org)



I want to wish all of our athletes good luck in Nanjing – Go USA!