**THINK DRUGS: An Antidoping Resource**

**The ADA Promise**

ADA is dedicated to providing athletes with the highest quality information, advice, and services to help them make informed decisions about the use of drugs and the pursuit of healthy lifestyles. The information presented in this resource is intended to empower athletes and their support personnel to make responsible decisions related to drug use.

**ADA Promise**

ADA's promise to athletes and their support personnel includes:

1. Providing clear, consistent, and evidence-based information about the use of drugs in sports.
2. Offering guidance on the legal and ethical implications of drug use.
3. Supporting athletes in the pursuit of health and well-being.

**ADA does not offer or provide medication management services.**

**ADA’s Role**

ADA is an educational organization that promotes healthy lifestyles and responsible drug use by providing information and resources to athletes and their support personnel. ADA does not endorse, recommend, or provide advice on the use of any substance or method.

**ADA’s Commitment**

ADA is committed to providing athletes and their support personnel with accurate and reliable information about the use of drugs in sports. We strive to offer unbiased, evidence-based guidance to help athletes make informed decisions about their health and well-being.

**ADA’s Mission**

ADA’s mission is to empower athletes and their support personnel to make informed decisions about the use of drugs and the pursuit of healthy lifestyles.
The World Anti-Doping Agency (WADA) is responsible for leading the comprehensive worldwide effort for doping-free sport. Every year, WADA evaluates and publishes the Prohibited List, which identifies substances and methods prohibited at all times (in and out of competition), prohibited continents, or prohibited in particular sports.

### 2022 Prohibited Substances

#### Substances Prohibited In All Times (In and Out of Competition)
- **Anabolic Agents** — such as testosterone, nandrolone, Sustanon, trenbolone, oxandrolone, oxymetholone, stanozolol, and other anabolic androgenic steroids
- **Peptide Hormones, Growth Factors, and Thin-Acting Substances** — including but not limited to, somatropin, growth hormone-releasing hormone (GHRH), ghrelin, myostatin, ligandrol, and clenbuterol
- **Stimulants** — such as oxycodone, morphine, and other pain killers
- **Diuretics and Masking Agents** — such as erythropoietin (EPO), human growth hormone (hGH), and GH-Releasing Hormone (GHRH)
- **Peptide Hormones, Growth Factors, Related Substances and Mimetics** — such as insulin, and aromatase inhibitors such as clomiphene, tamoxifen,
- **Narcotics** — Heroin (Diamorphine)
- **Cocaine**
- **Stimulants** — such as benzylpseudophedrine, pseudoephedrine, and other sympathomimetic amines
- **Beta-2 Agonists** — examples of prohibited beta-2 agonists to further clarify that these substances are prohibited:
  - Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours
  - Inhaled albuterol (also called salbutamol): maximum 1,600 micrograms
  - Inhaled salmeterol: maximum 200 micrograms over 24 hours

#### Substances Prohibited in Particular Sports:
- **Substances Prohibited At All Times:**
  - Testosterone and its precursors, androgens, and anabolic steroids
  - Peptide hormones and growth factors
  - Diuretics and other substances that affect the excretion of electrolytes

#### Substances Prohibited in Competition Only:
- **Substances Prohibited in Competition Only:**
  - Caffeine (for instance, in soft drinks)
  - Insulin, and aromatase inhibitors

#### Diuretics and Masking Agents
- **Diuretics**
- **Masking Agents** — examples of prohibited masking agents to further clarify that these substances are prohibited:
  - Urinary catheterization
  - Urinary bladder manipulations

#### Gene and Cell Doping
- **Gene Therapy**
- **Cell Therapy**
- **Protein Therapy**

#### Therapeutic Use Exemptions (TUE)
- **Testing pool athletes** (both international and national level) should apply for a TUE
- **How to Apply for a TUE**
- **Therapeutic Use Exemptions**
- **Warnings** to determine the anti-doping status in your case.

### Therapeutic Use Exemptions (TUE)

**How to Apply for a TUE**

1. **Adhere your training physician that you are able to and notes medications**
2. **Prove your medications and treatment methods**
3. **Complete the TUE application form**
4. **Submit the TUE application form**
5. **Check the status of your TUE application**

**How to Find Treatment**

- **Global Drug Reference Online (GlobalDRO)**
- **Find Treatment**
- **Substance Abuse and Mental Health Services Administration’s (SAMHSA)**

**More information on the USADA TUE Policy**

- **Related:** 2022 Prohibited Substances - The World Anti-Doping Agency (WADA) is responsible for leading the comprehensive worldwide effort for doping-free sport. Every year, WADA evaluates and publishes the Prohibited List, which identifies substances and methods prohibited at all times (in and out of competition), prohibited continents, or prohibited in particular sports.

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**WARNING:**

**AREAS OF SUBSTANCE ABUSE:**

- **Substance Abuse and Mental Health Services Administration’s (SAMHSA)**

**TUE QUESTIONS:**

- **More information on the USADA TUE Policy**
- **More information on the USADA TUE Policy**

**WEB:**

- **www.findtreatment.gov**
- **www.findtreatment.gov**

**PHONE:**

- **1-800-662-HELP (1-800-662-4357)**
- **1-800-662-HELP (1-800-662-4357)**
The World Anti-Doping Agency (WADA) is responsible for leading the collaborative worldwide effort for doping-free sport. Each year, WADA evaluates and updates the Prohibited List, which identifies substances and methods prohibited at all times (in and out of competition), prohibited in-competition only, prohibited in particular sports, and authorized for use under a Therapeutic Use Exemption (TUE).

**THE WADA PROHIBITED LIST**

- **Substances Prohibited in All Times (In and Out of Competition):**
  - Anabolic Agents: such as testosterone, nandrolone, stanozolol, oxandrolone, trenbolone, boldenone, methenolone.
  - Peptide Hormones, Growth Factors, Related Substances and Mimetics -
  - Anabolic Agents: such as testosterone, nandrolone, stanozolol, oxandrolone, trenbolone, boldenone, methenolone.
  - Peptide Hormones, Growth Factors, Related Substances and Mimetics -
  - Hormone and Metabolic Modulators -
  - Glucocorticoids: such as betamethasone, prednisone, and cortisone, are prohibited by any injectable, oral, or rectal route.
  - Peptide Hormones, Growth Factors, Related Substances and Mimetics -
  - Anabolic Agents -
  - Hormone and Metabolic Modulators -
  - Glucocorticoids: such as betamethasone, prednisone, and cortisone, are prohibited by any injectable, oral, or rectal route.
  - Therapeutics -
  - Artificially enhancing the uptake, transport, or delivery of oxygen. This includes perfluorochemicals, efaproxiral (RSR13), and modified hemoglobin products (e.g., hemoglobin-based blood substitutes and other oxygen-carrying proteins).
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  - Artificially enhancing the uptake, transport, or delivery of oxygen. This includes perfluorochemicals, efaproxiral (RSR13), and modified hemoglobin products (e.g., hemoglobin-based blood substitutes and other oxygen-carrying proteins).

- **Substances Prohibited in Competitive Sports Only:**
  - Creatine: including creatinines (oral, parenteral, surface), creatine and phosphocreatine, creatine and phosphocreatine precursors and analogues.

- **Substances Prohibited in-Competition Only:**
  - Glucocorticoids: such as betamethasone, prednisone, and cortisone, are prohibited by any injectable, oral, or rectal route.

- **Methods Prohibited in All Times (In and Out of Competition):**
  - Gene and Cell Doping
  - Hormone and Metabolic Modulators -
  - Glucocorticoids: such as betamethasone, prednisone, and cortisone, are prohibited by any injectable, oral, or rectal route.
  - Gene and Cell Doping
  - Hormone and Metabolic Modulators -
  - Glucocorticoids: such as betamethasone, prednisone, and cortisone, are prohibited by any injectable, oral, or rectal route.

**Substances Prohibited in Particular Sports:**

- **Substances Prohibited in Particular Sports:**
  - Adverse Outcomes: are prohibited in a variety of sports, including but not limited to, diving, gymnastics, and swimming.
  - Adverse Outcomes: are prohibited in a variety of sports, including but not limited to, diving, gymnastics, and swimming.

- **Therapeutic Use Exemptions (TUE):**
  - An athlete is an athlete and some medications may also contain THC and other cannabinoids that could result in a positive test. This also includes natural and synthetic cannabinoids.

For substances prohibited in-competition only, athletes must allow sufficient time for clearance from the body before competition. If uncertain whether medications are prohibited, athletes must allow sufficient time for clearance from the body before competition. If uncertain whether medications are prohibited, athletes must allow sufficient time for clearance from the body before competition. If uncertain whether medications are prohibited, athletes must allow sufficient time for clearance from the body before competition. If uncertain whether medications are prohibited, athletes must allow sufficient time for clearance from the body before competition. If uncertain whether medications are prohibited, athletes must allow sufficient time for clearance from the body before competition. If uncertain whether medications are prohibited, athletes must allow sufficient time for clearance from the body before competition. 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 Athletes are responsible for:

- complying with the current rules in place.
- contacting the USADA at 1-800-777-9577 or visit www.USADA.org for more information on how to evaluate supplement marketing and dietary supplement safety.

The following information provides an overview of the sample collection process.

**UNIQUE COLLECTION PROCESS**

**DRUG TESTING 101**

The blood collection process closely mirrors the urine collection procedure briefly described in this article. For additional information and tips to report the abuse of performance-enhancing drugs in sport:

- via USADA’s Drug Reference Database:
  - Contact USADA's Drug Reference Database: 1-800-777-9577 or visit www.USADA.org for more guidance on how to evaluate supplement marketing and dietary supplement safety.

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- via USADA’s Drug Reference Database:
  - Contact USADA's Drug Reference Database: 1-800-777-9577 or visit www.USADA.org for more guidance on how to evaluate supplement marketing and dietary supplement safety.
Athletes are responsible for:
•  If an athlete provides a partial sample, the DCO will retain control of the sealed partial sample.

While the information in this Pocket Guide is accurate at the time of publication, the following information provides an overview of the sample collection process.

The blood collection process closely resembles the urine collection process in many respects. However, there are some important differences. It is highly unlikely to affect performance.

The athlete will review a form called the Doping Control Consent Form. At a minimum, the athlete should check and understand the collection vessels that have been given to them in advance.

The athlete will be provided with a sample of an USADA urine container. The athlete will then divide their sample between the A and B sample bottles in transport bags and back into the collection vessel from a choice of vessels. The athlete must ensure that it has not been tampered with.

2. The blood collection process closely resembles the urine collection process in many respects. However, there are some important differences. It is highly unlikely to affect performance.

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The athlete will be provided with a sample of an USADA urine container. The athlete will then divide their sample between the A and B sample bottles in transport bags and back into the collection vessel from a choice of vessels. The athlete must ensure that it has not been tampered with.

When following this protocol, the athlete must remain within direct observation of the DCO or chaperone. During urine collection, athletes are required to provide a sample in the presence of the DCO/chaperone in the absence of the DCO/chaperone. Minors are encouraged to have a representative present, and if available, an interpreter.

Each athlete selected for testing will be notified by a Doping Control Officer (DCO) or, if applicable, Doping Control Agent (DCAg).

Following notification, the athlete must stay within direct observation of the DCO or chaperone. During urine collection, the athlete should remain within direct observation of the DCO/chaperone. Minors are encouraged to have a representative present, and if available, an interpreter.

The athlete will be provided with a sample of an USADA urine container. The athlete will then divide their sample between the A and B sample bottles in transport bags and back into the collection vessel from a choice of vessels. The athlete must ensure that it has not been tampered with.

The DCO will check the specific identity process control number from the A collection vessel. Additional samples may be requested if the sample is not within the required limits.

In the event the A container is lost or damaged, the athlete will provide the remainder when capable.

The athlete will be required to provide a urine sample of 90 mL while being observed by a DCO or witnessing a DCO. The sample will be observed to control the collection process.

The athlete must remain within direct observation of the DCO/chaperone at all times.

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The athlete will be provided with a sample of an USADA urine container. The athlete will then divide their sample between the A and B sample bottles in transport bags and back into the collection vessel from a choice of vessels. The athlete must ensure that it has not been tampered with.

The athlete will be provided with a urine sample of 90 mL while being observed by a DCO or witnessing a DCO. The sample will be observed to control the collection process.

The athlete must remain within direct observation of the DCO/chaperone at all times.
Athlete Rights and Responsibilities

While drug testing may not always be convenient, it is critical to upholding clean sport and a level playing field. By participating in doping control, athletes are doing their part to help protect the integrity of competition.

The following information provides an overview of the sample collection process.

**Athlete Rights and Responsibilities**

**Drug Testing 101**

**Dietary Supplements**

**Athletes are responsible for:**

- Taking appropriate steps to avoid using prohibited substances or methods.
- Knowing whether a substance is prohibited at any time, even if the substance is not on the prohibited list.
- Ensuring their urine collection process is tamper-evident and tamper-resistant.
- Ensuring their blood sample is collected securely.
- Providing accurate information and responses during the doping control process.

**Athletes have the right to:**

- Be aware of the substances that are prohibited at all times.
- Be informed of the consequences of testing positive for a prohibited substance.
- Be present during the sample collection process.
- Provide feedback about their testing session.
- Request a delay in reporting to the doping control station.
- Request a modification to the testing process if the athlete has a disability or injury.

**TRUESPORT**

- Contact USADA's Play Clean Tip Center
- Email: playclean@USADA.org

**Dietary Supplements**

- Get Informed:
  - Review USADA's information on supplement risks and the use of prohibited substances is at an athlete's own risk.
  - The use of dietary supplements is at an athlete's own risk. Athletes assume the risk of testing positive and experiencing adverse health consequences if they choose to use supplements.

**Dietary Supplements**

- Some USADA’s permitted dietary supplements are available on the Athlete Express® website.
- All dietary supplements have been evaluated by a third-party certification program.
- To further reduce your risk, consider choosing a supplement product that has been evaluated by a third-party certification program.
- The BCO will select an area, typically the athlete’s personal belongings, from where to draw the blood. The athlete will then remain seated for a specified period of time, and the DCO will perform the blood draw.

**Blood Collection Process**

- The blood collection process closely mirrors the procedures described on pages 36-38. There are no differences and things to expect.

**Bone Marrow**

- The blood collection process described on pages 36-38 applies to bone marrow.

**Drug Testing 101**

- Athletes are responsible for:
  - Being informed of the substances that are prohibited at all times.
  - Knowing whether a substance is prohibited at any time, even if the substance is not on the prohibited list.
  - Ensuring their urine collection process is tamper-evident and tamper-resistant.
  - Ensuring their blood sample is collected securely.
  - Providing accurate information and responses during the doping control process.

**UNINE COLLECTION PROCESS**

The athlete will review a form called the Doping Control Registration (DCR) with the Doping Control Officer (DCO) or chaperone. They will provide details about any Therapeutic Use Exemptions (TUEs) the athlete has, the use of prohibited substances, and the potential for false positives.

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

**Athlete Express®** is available on the USADA website at AthleteExpress@USADA.org.

**Athlete Express®** is also available on the USADA website at USADA.org/NSPQA.

**Athlete Rights and Responsibilities**

- **Drug Testing 101**
  - Athletes are responsible for:
    - Taking appropriate steps to avoid using prohibited substances or methods.
    - Knowing whether a substance is prohibited at all times, even if the substance is not on the prohibited list.
    - Ensuring their urine collection process is tamper-evident and tamper-resistant.
    - Ensuring their blood sample is collected securely.
    - Providing accurate information and responses during the doping control process.

**Athletes have the right to:**

- Be aware of the substances that are prohibited at all times.
- Be informed of the consequences of testing positive for a prohibited substance.
- Be present during the sample collection process.
- Provide feedback about their testing session.
- Request a delay in reporting to the doping control station.
- Request a modification to the testing process if the athlete has a disability or injury.

**TRUESPORT**

- Contact USADA’s Play Clean Tip Center
- Email: playclean@USADA.org

**Dietary Supplements**

- Get Informed:
  - Review USADA’s information on supplement risks and the use of prohibited substances is at an athlete's own risk.
  - The use of dietary supplements is at an athlete's own risk. Athletes assume the risk of testing positive and experiencing adverse health consequences if they choose to use supplements.

**Dietary Supplements**

- Some USADA’s permitted dietary supplements are available on the Athlete Express® website.
- All dietary supplements have been evaluated by a third-party certification program.
- To further reduce your risk, consider choosing a supplement product that has been evaluated by a third-party certification program.
- The BCO will select an area, typically the athlete’s personal belongings, from where to draw the blood. The athlete will then remain seated for a specified period of time, and the DCO will perform the blood draw.

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**Bone Marrow**

- The blood collection process described on pages 36-38 applies to bone marrow.

**Drug Testing 101**

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  - Ensuring their urine collection process is tamper-evident and tamper-resistant.
  - Ensuring their blood sample is collected securely.
  - Providing accurate information and responses during the doping control process.

**UNINE COLLECTION PROCESS**

The athlete will review a form called the Doping Control Registration (DCR) with the Doping Control Officer (DCO) or chaperone. They will provide details about any Therapeutic Use Exemptions (TUEs) the athlete has, the use of prohibited substances, and the potential for false positives.

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**Athlete Express®** is available on the USADA website at AthleteExpress@USADA.org.

**Athlete Express®** is also available on the USADA website at USADA.org/NSPQA.
Athletes are responsible for:

* If an athlete provides a partial sample, the DCO will retain control of the sealed partial sample.

Athletes are responsible for complying with the current rules in place.

The athlete will be offered a choice of sealed sample provided, athletes will use an additional collection vessel(s) (or required, if under age 15) to be accompanied by a DCO or chaperone. They will remain seated for a specified period of time, and once the sample is collected, they must remain seated for a specified period of time. The athlete will be asked to select a sealed sample collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will then divide their sample between the A and B collection vessels. The 5* and 2* 3* 1* will be mixed and will be analyzed. The athlete will be asked to rinse the collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will be asked to select a sealed sample collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will then divide their sample between the A and B collection vessels. The 5* and 2* 3* 1* will be mixed and will be analyzed.

While drug testing may not always be convenient, it is critical to upholding clean sport and a level playing field.

The blood collection process closely resembles the urine collection process described previously. Below are a few differences and things to expect.

BLOOD COLLECTION PROCESS

1. The athlete will be asked to select a urine sample collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will then divide their sample between the A and B collection vessels. The 5* and 2* 3* 1* will be mixed and will be analyzed.

2. The athlete will be asked to rinse the collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will be asked to select a sealed sample collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will then divide their sample between the A and B collection vessels. The 5* and 2* 3* 1* will be mixed and will be analyzed.

3. The athlete will be asked to rinse the collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will be asked to select a sealed sample collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will then divide their sample between the A and B collection vessels. The 5* and 2* 3* 1* will be mixed and will be analyzed.

4. The athlete will be asked to rinse the collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will be asked to select a sealed sample collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will then divide their sample between the A and B collection vessels. The 5* and 2* 3* 1* will be mixed and will be analyzed.

5. The athlete will be asked to rinse the collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will be asked to select a sealed sample collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will then divide their sample between the A and B collection vessels. The 5* and 2* 3* 1* will be mixed and will be analyzed.

6. The athlete will be asked to rinse the collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will be asked to select a sealed sample collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will then divide their sample between the A and B collection vessels. The 5* and 2* 3* 1* will be mixed and will be analyzed.

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8. The athlete will be asked to rinse the collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will be asked to select a sealed sample collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will then divide their sample between the A and B collection vessels. The 5* and 2* 3* 1* will be mixed and will be analyzed.

9. The athlete will be asked to rinse the collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will be asked to select a sealed sample collection vessel which is less than two tablespoons, is not immediately visible, and which is not bounded by user-controlled access. The athlete will then divide their sample between the A and B collection vessels. The 5* and 2* 3* 1* will be mixed and will be analyzed.