

# How to Retire from Sport

If you have a membership with and compete for a National Governing Body, you **MUST** notify USADA when you retire.



**1**

Immediately contact **USADA**, your **National Governing Body**, **AND** your **International Federation**



Track and Field athletes, first contact your NGB.



Swimming athletes, contact FINA if you are in its testing pool. If not, first contact your NGB.



Your email or letter to USADA must match the addresses we have on file for you.

**2**

USADA will send a letter, via email only, confirming your retirement to you and your NGB

The letter will include:



Your official date of retirement.



How to withdraw your retirement request.



How to return from retirement in the future.

## Important Reminders



Retirement is from **ALL SPORT** under USADA's jurisdiction.



If USADA isn't officially notified, you are still subject to testing and could be subject to an Anti-Doping Rule Violation in the event of a test refusal or positive test.



You must comply with the anti-doping rules of any sporting event regardless of personal retirement status.



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



TrueSport®

[www.USADA.org/retire](http://www.USADA.org/retire)