

Things Athletes Can Do to Avoid Inadvertent Doping

What is inadvertent doping?

Unintentionally ingesting or being exposed to a prohibited substance.

Why is this important?

Athletes remain STRICTLY LIABLE for a positive test, even if there was no intention of doping.

What are the consequences of an inadvertent positive test?

Even if by complete accident, if there is a prohibited substance in your body, it could result in a positive drug test, adverse health event, and/or an anti-doping rule violation.

What is USADA doing to protect athletes?

USADA continues to advocate for rule changes that make the system fairer for athletes. While the anti-doping rules provide some allowances for athletes proven to have doped inadvertently, there is still more work to be done. Athletes still need to remember there is no free pass and there may be consequences, even if it was an accident.



Where is Your Supplement?

	Use of Dietary Supplements	Use of Prescription or Over-the-Counter Medications (OTC)	Consumption of Contaminated Foods	Other Rare Exposures
Risk Level	MODERATE	HIGH TO VERY LOW	LOW TO VERY LOW	VERY LOW
Why is there risk?	POOR PRE-MARKET REGULATION AND MANUFACTURING PRACTICES RISK OF CONTAMINATION DUE TO TRACES OF PROHIBITED SUBSTANCES AND ADVERSE HEALTH CONSEQUENCES	MANY LEGITIMATE MEDICATIONS CONTAIN THERAPUETIC DRUGS THAT ARE PROHIBITED SUBSTANCES AND CAN CAUSE A POSITIVE TEST PERMITTED MEDICATION CAN IN RARE CASES CONTAIN PROHIBITED CONTAMINANTS RISK IS DUE TO NOT BEING AWARE OF PROHIBITED LIST, CHECKING GLOBALDRO.COM, AND/OR GETTING A THERAPUETIC USE EXEMPTION (TUE)	MEAT SUPPLY CAN USE GROWTH PROMOTORS (SOMETIMES ILLEGALLY) REGULATIONS AND ENFORCEMENT ARE DIFFERENT BETWEEN COUNTRIES IN USA AND EUROPE: GROWTH PROMOTORS ARE REGULATED AND IMPORTED MEAT IS MONITORED SO RISK IS VERY LOW IN CHINA, MEXICO, GUATEMALA, COLOMBIA: BEEF, POULTRY, LAMB and PORK RISK IS HIGH THC- and CBD-INFUSED FOODS	DIRECT EXPOSURE FROM ADMINISTERING A MEDICATION TO YOUR PET THAT CONTAINS A PROHIBITED SUBSTANCE A FEW REPORTED CASES RESULTING FROM EXPOSURE THROUGH INTIMATE CONTACT AND SHARING BODILY FLUIDS OR SKIN TO SKIN EXPOSURE
Practical Solutions	-LEARN ALL YOU CAN ON SUPPLEMENT CONNECT -CHOOSE A THIRD-PARTY CERTIFIED PRODUCT THROUGH NSF CERTIFIED FOR SPORT -ONLY WAY TO 100% REDUCE RISK IS NOT USE SUPPLEMENTS and ADOPT A FOOD-FIRST APPROACH -SEE THE RISK GAUGE AT TOP	-USE GLOBALDRO.COM and USADA's TUE PRE-CHECK FORM TO GET THE RIGHT ANSWERS -IF POSSIBLE, KEEP SMALL AMOUNT OF REMAINING MEDICATIONS BEFORE REFILL	WHEN IN USA AND EUROPE: CONSIDER EATING HORMONE-FREE or ORGANIC MEAT WHEN TRAVELLING INTERNATIONALLY: -KEEP ACCURATE WHEREABOUTS -TAKE PICTURES OF MEALS -EAT AT RESTAURANTS DESIGNATED BY YOUR TEAM OR RECOMMENDED TO ATHLETE. ASK FOR ORGANIC OR HORMONE-FREE MEAT. -AVOID FOOD-STALLS / TRUCKS -AVOID HIGH-RISK MEAT LIKE LIVER AND OTHER ORGAN-DERIVED MEATS -CONSIDER ALTERNATIVE PROTEIN SOURCES -KEEP A DAILY MEAL LOG	-CHECK PET MEDICATIONS IN ADDITION TO HUMAN MEDICATIONS -CONVERSATIONS WITH ROOMMATES OR PARTNERS -CHECK FOR PROHIBITED MEDICATIONS AT HOME TO ENSURE NO PROHIBITED SUBSTANCES ARE PRESENT -AVOID SITUATIONS WHERE RECREATIONAL DRUG USE RESULTS IN SECOND-HAND EXPOSURE -ENSURE ATHLETE SUPPORT PERSONNEL ARE NOT USING PROHIBITED SUBSTANCES TO MINIMIZE CHANCE OF TRANSFER
Where Do I Learn More?	SUPPLEMENT CONNECT NSF-CERTIFIED FOR SPORT	SEARCH BY BRAND OR INGREDIENT AT GLOBALDRO.COM	READ THE MEAT CONTAMINATION ARTICLE AT USADA.ORG	USADA.ORG