INTRODUCTION

“A medal without honor is worth nothing.
If you are nothing without your medal,
you will still be nothing with it.”

— Augusto “Goose” Perez, Paralympic biathlete

ATHLETES AND ATHLETE SUPPORT PERSONNEL are critical to preserving the ideals of the Olympic Games. While almost every athlete competes with the hope of winning, the powerful message of the Olympic Creed is the declaration that the essential principle is to have fought well. It is this basic human value that is at the heart of the effort to achieve clean sport. The use of performance-enhancing substances and methods is cheating and contrary to true sport and to the spirit of the Olympic Games. True sport is sport that upholds the principles of fair play, sportsmanship, integrity, and ethics.

THIS ATHLETE HANDBOOK SUMMARIZES anti-doping rules, policies, procedures, and other information designed to protect true sport and the Olympic movement. Take the time to know and understand the anti-doping policies and procedures governing your sport. Knowledge, properly applied, is not only a protection, but demonstrates a commitment to true sport, which can foster a brighter future for aspiring athletes of all ages.
THE UNITED STATES ANTI-DOPING AGENCY® (USADA) began operations on October 1, 2000, following a recommendation by the United States Olympic Committee’s (USOC) Select Task Force on Externalization that an independent agency be created to uphold the Olympic ideals and core principles of true sport on behalf of the nation’s Olympic and Paralympic movement. USADA was given full authority to execute a national anti-doping program encompassing testing, results management, education, research, and to develop programs, policies and procedures in each of those areas. USADA is an independent, nonprofit, non-governmental agency and administers its own protocols and programs as well as the anti-doping policies of the USOC.

On a parallel track, the World Anti-Doping Agency (WADA) was established on November 10, 1999. WADA developed the World Anti-Doping Program which consists of the:

- World Anti-Doping Code (Code), developed to harmonize anti-doping rules and sanctions on a worldwide basis.
- Models of Best Practice, which provide state-of-the-art solutions in various areas of anti-doping that are encouraged but not mandatory.

Beginning in August 2004, International Federations (IFs), National Olympic Committees (NOCs), the International Paralympic Committee (IPC) and many other sports organizations and governments, including USADA, formally adopted the Code. This collective agreement to harmonize anti-doping efforts has significantly improved the fairness and effectiveness in the effort to achieve true sport within the Olympic movement.

**Definition of Doping**

Doping, as defined by the Code, is the occurrence of one or more of the following anti-doping rule violations (ADRV):

- Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete’s Sample.
- Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method.
- Refusing or failing, without compelling justification, to submit to Sample collection after notification as authorized in applicable anti-doping rules, or otherwise evading Sample collection.
- Violation of applicable requirements regarding Athlete availability for out-of-competition testing, including failure to file required whereabouts information and missed tests which are declared based on rules which comply with the International Standard for Testing. Any combination of three missed tests, and/or filing failures within an 18-month period as determined by Anti-Doping Organizations with jurisdiction over the Athlete shall constitute an ADRV.
- Tampering or Attempted Tampering with any part of Doping Control.
- Possession of Prohibited Substances or Prohibited Methods.
- Trafficking or Attempted Trafficking of any Prohibited Substance or Prohibited Method.
- Administration or Attempted Administration of any Prohibited Substance or Method to any athlete in-competition, or Administration or Attempted administration to any athlete out-of-competition of any Prohibited Substance or Method that is prohibited out-of-competition, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any Attempted ADRV.
**The WADA Prohibited List**

**WADA Prepares and Publishes** the Prohibited List (List) each year following an extensive consultation process. The List identifies substances and methods prohibited at all times, in-competition only, and in particular sports.

**How does a substance or method get placed on the Prohibited List?**

A substance or method is included on the WADA Prohibited List if it meets at least two of the following three criteria:

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

None of the three criteria alone are sufficient to add a substance or method to the List.

Global Drug Reference Online ([GlobalDRO.com](http://GlobalDRO.com)) provides easily-accessible and accurate information on the status of specific pharmaceutical products sold in the United States, Canada, United Kingdom, and Japan. Some over-the-counter medicinal products are also included in the database. **Global DRO does not contain information on, or that applies to, dietary supplements.** If you can’t find your medication on Global DRO, you should contact USADA by calling or emailing Athlete Express™ (see pg. 36 for contact information) to find out if the medication is prohibited in sport before choosing to use it.

**Specified Substances**

While an anti-doping rule generally carries a standard sanction of two years’ ineligibility for a first violation, and often a loss of results, an athlete may receive a reduced sanction for an ADRV related to a “Specified Substance.”

On the 2014 Prohibited List, all prohibited substances are considered “Specified Substances” **except** for:

- Anabolic Agents (S1)
- Peptide Hormones, such as EPO and EPO-like substances (S2)
- Growth Hormone, growth factors, and related substances (S2)
- Hormone and Metabolic Modulators such as agents modifying myostatin function(s) and insulins (S 4.4, 4.5)
- Non-specified stimulants (S 6.a)

All Prohibited Methods are considered non-specified.

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1 The spirit of sport is the essence of Olympism; it is the celebration of the human spirit, body, and mind. It is characterized by ethics, fair play, honesty, character, joy, teamwork, dedication, respect for rules and one’s self, and similar values. – The WADA Code
Health & Safety Summary of PROHIBITED SUBSTANCES

This section provides answers to common questions about health and safety risks associated with substances and methods included on The Prohibited List. Details are provided by category as outlined in the list. It also provides information concerning the legitimate medical use of substances. When these compounds are misused, it constitutes a breach of ethics both by the user and supplier. They may also result in adverse health consequences. See usada.org/effects-of-substances for more information.

Non-Approved Substances

This category refers to substances that are not addressed by any of the other sections of the Prohibited List and that have no current approval by any governmental regulatory health authority for human therapeutic use (i.e. drugs under pre-clinical or clinical development or discontinued) and veterinary, which are prohibited at all times.

What are some potential side effects of non-approved substance use?

Substances that have not undergone safety and clinical efficacy testing for use in humans mean that their safety profile and potential side effects are unknown.

Anabolic Agents

The primary medical use of these compounds is to treat delayed puberty, types of impotence, muscle-wasting diseases, hypogonadism, and, menopause in women, among other ailments. Examples of anabolic agents are testosterone, nandrolone, and DHEA.

What are some potential side effects of anabolic steroid abuse?

Physiological and psychological side effects of anabolic steroid abuse have potential to impact any user, while other side effects are gender specific. The list below is not comprehensive:

**Physiological**
- Acne
- Male pattern baldness
- Liver Damage*
- Premature closure of the growth centers of long bones (in adolescents) which may result in stunted growth*

**Psychological**
- Increased aggressiveness and sexual appetite, sometimes resulting in abnormal sexual and criminal behavior, often referred to as “Roid Rage”
- Withdrawal from anabolic steroid use can be associated with depression and suicide

Peptide Hormones, Growth Factors, and Related Substances

The primary medical uses of these compounds vary, but include treatment of chronic kidney disease, acute anemia, short stature, and aiding those born prematurely. Some examples within this category include, erythropoietin (EPO), human growth hormone (hGH), and darbepoetin (dEPO).

What are some potential side effects and health risks of this category?

- Tremors, sweating, anxiety
- Hypertension
- Thickened blood
- Increased risk of blood clots, stroke, and heart attacks

Beta-2 Agonists

The primary medical use of these compounds is to treat conditions such as asthma and other respiratory ailments. Some studies have shown beta-2 agonists have performance-enhancing effects when consistently high levels are present in the blood.

What are some potential side effects of beta-2 agonists?

- Palpitations
- Headaches
- Sweating

What about asthma medications?

The choice of medications in the treatment of asthma and respiratory ailments has traditionally posed challenges in sport because many commonly prescribed drugs are powerful stimulants. Some of these agents also possess anabolic properties, especially when taken orally or by injection. Because of their stimulatory and potential anabolic effects, limitations have been placed on their use.

- Nausea
- Muscle cramps
- Nervousness

SIDE EFFECTS OF ANABOLIC STEROID ABUSE:

**Physiological**
- Increased aggressiveness and sexual appetite, sometimes resulting in abnormal sexual and criminal behavior, often referred to as “Roid Rage”
- Withdrawal from anabolic steroid use can be associated with depression and suicide

**Psychological**
- Tremors, sweating, anxiety
- Hypertension
- Thickened blood
- Increased risk of blood clots, stroke, and heart attacks

**Males**
- Breast tissue development*
- Shrinking of the testicles*
- Impotence
- Reduction in sperm production

**Females**
- Deepening of the voice*
- Cessation of breast development
- Growth of hair on the face, stomach and upper back*
- Enlarged clitoris*
- Abnormal menstrual cycles

NOTE: *Effects may be permanent and can vary by individual.
**Diuretics and Other Masking Agents**

The primary medical use of these compounds is to treat conditions such as hypertension, kidney disease, and congestive heart failure.

What are some potential side effects and health risks of diuretic abuse?

- Dehydration
- Dizziness or fainting
- Muscle cramping and heart arrhythmia due to potassium depletion
- Drop in blood pressure
- Loss of coordination and balance
- Death

**Stimulants**

The primary medical use of these compounds is to treat conditions such as Attention Deficit Disorders, asthma, narcolepsy, and obesity. Stimulants are prohibited in-competition.

What are some potential side effects and health risks of stimulant use?

- Insomnia
- Anxiety
- Weight loss
- Dependence and addiction
- Dehydration
- Tremors
- Increased heart rate and blood pressure
- Increased risk of stroke, heart attack, and cardiac arrhythmia

What about over-the-counter products containing stimulants?

Prohibited stimulants are often present in over-the-counter products such as nasal sprays, diet aids, and headache/cold remedies. The prohibited substance pseudoephedrine is commonly found in cold and flu medications. Athletes should ensure they do not take medications with pseudoephedrine during or within 24 hours of competition. Dietary supplements, which can be purchased over-the-counter can contain prohibited stimulants like methylhexanamine and oxilofrine, also known as methylsynephrine. Be sure to visit Supplement411.org or call Athlete Express at (719) 785-2000, toll-free at (866) 601-2632, or email athleteexpress@usada.org for more information.

NOTE: See Therapeutic Use Exemption policies pertaining to the use of prohibited medications at www.usada.org/tue.

**Narcotics**

In small doses, narcotics have medical uses including relieving severe pain and inducing sleep.

What are some potential side effects and health risks of narcotics?

- A false sense of invincibility
- Nausea and vomiting
- Increased pain threshold and failure to recognize injury
- Decreased heart rate
- Physical and psychological dependence, leading to addiction
- Respiratory depression
- Death

What if painkillers are needed for an injury?

Check GlobalDRO.com, the Wallet Card, or call Athlete Express at (719) 785-2000, or Toll-Free at (866) 601-2632 or email athleteexpress@usada.org for more information. Go to Page 15 to learn more about applying for a Therapeutic Use Exemption.

**Cannabinoids**

Cannabinoids (cannabis, hashish, marijuana, THC, HU-210) are illegal substances in many jurisdictions and are prohibited in-competition. Cannabinimimetics (JWH018, JWH073, HU-210) are also prohibited.

The body absorbs THC, which is the active ingredient in cannabinoids, and breaks it down into metabolites. These metabolites are stored in fat cells and can be detected in the urine for many weeks after use depending on the user’s metabolism and other habits.

What are some potential side effects and health risks of marijuana use?

- Increased heart rate
- Impaired short-term memory
- Distorted sense of time and space
- Diminished ability to concentrate
- Slowed coordination and reaction of reflexes
- Mood instability
- Impaired thinking and reading comprehension
- Respiratory diseases

**Hormones and Metabolic Modulators**

Hormone antagonists are agents that modify hormone functions. Specific classes of hormone antagonists and modulators are prohibited including:

- Aromatase inhibitors
- Selective estrogen receptor modulators (SERMS)
- Agents modifying myostatin function(s)
- Other anti-estrogenic substances such as clomiphene
- Insulin
- PPARdelta agonists (GW1516), AMPK axis agonists (ACAR)
**Alcohol**
The safety of athletes and others involved in a competition is at risk if someone is under the influence of alcohol, and therefore it is prohibited under the WADA Code for particular sports.

Alcohol can increase self-confidence, which may result in the person taking risks that he/she would not normally take. It depresses the central nervous system and adversely affects coordination and fine hand-eye movements.

Responsible authorities, including an IF, may request a determination of breath or blood alcohol levels in certain sports.

**Beta-Blockers**
The primary medical use of beta-blockers is to control hypertension, cardiac arrhythmias, angina pectoris (severe chest pain), migraine, and nervous or anxiety-related conditions.

Due to the continued abuse of beta-blockers in certain sports, tests for beta-blockers may be determined at the request of the responsible authorities, including an IF.

**What are some potential side effects of beta-blockers?**

- Lowered blood pressure
- Slow heart rate
- Sleep disorders
- Spasm of the airways

**Glucocorticosteroids**
The primary medical use of these compounds is to treat allergies, asthma, inflammatory conditions, and skin disorders among other ailments.

Glucocorticosteroids are often found in eye drops, ear drops, and nasal sprays. In addition, they may be found in injections, creams, suppositories, oral pills, and inhalers. Possible side effects of large doses include:

- Loss of muscle mass
- Weakening of injured areas in muscle, bone, tendon, or ligament
- Decrease in or cessation of growth in young people
- Suppression of immune system

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- Decrease in or cessation of growth in young people
- Suppression of immune system

**Summary of Substances Prohibited in Particular Sports**

- Alcohol
- Beta-Blockers
- Glucocorticosteroids

**Summary of Prohibited Methods of Doping**

- **Manipulation of Blood and Blood Components**
  Blood doping is a prohibited method of increasing oxygen transport to the tissues. Blood doping is used to artificially increase the number of red blood cells in the body by transfusion of one’s own blood (autologous transfusion) or blood from donors matched by blood type (homologous). The end result is that the hemoglobin mass (amount of red cells in the blood) is increased for a period of time and translates into the potential for increased endurance, work load, and recovery.

- **What are the health risks of blood doping?**
  Adding more red blood cells to the cardiovascular system can cause the blood to be more viscous and cause the heart to overload. A person with already thickened blood is at greater risk of dehydration. With increased red blood cell counts there are risks for:

  - Increased stress on the heart and cardiovascular system
  - Blood clotting
  - Stroke
  - Adverse immune response

  With transfusions, there is an increased risk of infectious disease such as AIDS or hepatitis.

- **Chemical and Physical Manipulation**
  Chemical and physical manipulation is tampering or attempting to tamper with the sample in order to alter the integrity, using intravenous infusions, or sequentially withdrawing, manipulating, and reinfusing whole blood into the circulatory system.

- **Gene Doping**
  Gene doping is the use of normal or genetically modified cells, the transfer of nucleic acids or nucleic acid sequences, or the use of agents that directly or indirectly affect functions known to influence performance by altering gene expression. Most gene transfer technologies are still in experimental phases. The long-term effects of altering genetic material are unknown, although several deaths have occurred during experimentation.
### PEDs

#### Examples
- Nandrolone
- Prostanozol
- Methandienone (Dianabol)
- Anastrozole
- Tetraydromistone (THG, The Clear)
- Primobolan
- Dea-Durabolin (Deca)

#### Hormones and Related Substances
- HGH (human growth hormone)
- EPO (erythropoietin)
- IGF1 (Insulin growth factor)
- MGF
- ICG (human dextron gonadotrophin)
- ACTH
- Insulin

#### Beta-2 Agonists
- Salbutamol
- Clenbuterol
- Terbutaline
- Fenoterol
- Bambuterol

#### Diuretics and Masking Agents
- Furosemide
- Hydrochlorothiazide
- Probenecid

#### Stimulants
- Caffeine
- Amphetamines
- Cocaine
- Ephedrine

#### Narcotics
- Morphine
- Heroin

#### Other
- Anti-Estrogenic Agents: Tamoxifen
- Selective Endogenous Receptor Modulators (SERMs)
- Cannabinoids: Marijuana
- Hashish
- Glucocorticosteroids: Betamethasone
- Prednisolone

#### Enhancement of Oxygen Transfer
- Blood doping (used to increase the number of red blood cells in the body by transfusion of one's own blood or blood from donors matched by blood type)

#### Chemical and Physical Manipulation
- Hiding use of prohibited substances
- Invaluable samples

#### Gene Doping
- Muscle development
- Stimulate endogenous hormones

### Athlete Rationale
- Building mass and muscular strength
- Recovery
- Reduction of joint pain
- Mass and strength when combined with steroids
- Improve blood's oxygen transport capacity
- Endurance, improved metabolism of sugar
- Compensate for reductions of testicular size

#### Rationale
- Improved respiratory capacity
- Quick weight loss
- Reduce concentration of PEDs to minimize detection
- Limit excretion of anabolic agents

#### Uses
- Athlete
- Performance
- Recreational
- Competitive

#### Rationale
- Improved performance
- Enhanced recovery
- Reduced fatigue
- Increased concentration

#### Risks
- Men:
  - Deca-Durabolin (Deca)
  - Primobolan
  - Tetrahydrogestrinone
  - Methandrostenolone
  - Reduced breast size
  - Breast and prostate gland enlargement
  - Hypertension (EPO/HGH)
  - Blood cancers
  - Headaches
  - High blood pressure
  - Muscle cramps

- Women:
  - Pain
  - Nausea
  - Increased aggression
  - Heart attacks
  - Hypertension

#### Complications
- Cancer
- Liver and kidney dysfunction
- Clotting disorders
- Stunted growth
- Masculinization
- Abnormal menstrual cycles
- Reduced breast size
- Men:
  - Impotence
  - Sperm reduction

#### Risks
- Psychological
- Emotional
- Mental

#### Treatment
- Medical
- Psychiatric

### Legitimate Medical Uses
- Weight gain for wasting conditions (AIDS, Cancer)
- Decreased gonadal function in males
- Delayed puberty in males
- Osteoporosis
- Severe anemia
- Hereditary angioedema
- Metastatic breast cancer

#### Medical Uses
- EPO–Kidney failure
- Anemia
- hGH–Growth problems
- Dwarfism
- Insulin–diabetes
- hCG–Testosterone deficiency
- Naturally produced during pregnancy

#### Treatment
- Treatment of asthma and other respiratory ailments
- Treatment for kidney disease and congestive heart failure
- Reduce excess fluid from body
- Management of high blood pressure
- Treat conditions such as Attention Deficit Disorders (ADD/ADHD), asthma, narcolepsy, and obesity

#### Risks
- Poor coordination
- Impairment of vision
- Depression
- Personality disorders
- Substance abuse

### Risks
- Rage
- Liver and kidney dysfunction
- Cancer
- Clotting disorders
- Stunted growth
- Masculinization
- Abnormal menstrual cycles
- Reduced breast size
- Men:
  - Impotence
  - Sperm reduction
  - Testicular shrinkage
  - Breast and prostate gland enlargement

#### Risks
- Hypertension
- Cardiac arrhythmia and high blood pressure
- Nausea
- Headaches and disynzygous (constricting blood vessels in the brain)
- Muscle cramps (constricting blood vessels in muscles)

#### Risks
- Severe dehydration
- Excessive weight loss
- Muscle cramps
- Blood volume depletion
- Drop in blood pressure
- Electrolyte imbalance
- Potassium depletion
- Cardiac arrhythmia

#### Complications
- Hallucinations
- Fatigue
- Increase/slow of heart rate
- Impair mental functions

#### Complications
- Poor coordination
- Mental and respiratory problems
- Addictions

#### Gene Doping
- Gene doping is the non-therapeutic use of cells, genes, or genetic elements to modify gene expression, thereby having the capacity to enhance athletic performance

### Physical Manipulation
- Tampering, diluting urine
- Stunt drug administration
- Accidental intra-arterial injection

#### Complications
- Complications of IV infusions and/or injections may include infiltration into the surrounding tissue, hematoma, an air embolism, inflammation of the vein, extravascular drug administration, accidental intra-arterial injection or post-treatment infection.
**THERAPEUTIC USE EXEMPTIONS (TUEs)**

**HOW TO APPLY FOR A TUE:**

1. Print and complete the TUE application form with your treating physician.

2. Provide medication documentation to support the use of the prohibited substance (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 alternative are not effective in symptom management).

3. Submit completed TUE application and medical documentation to USADA by email at tue@usada.org or by fax at 719-785-2029.

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 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 among cases. All medical information submitted to USADA remains confidential.

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**THERE ARE TIMES** when athletes have a legitimate clinical need to use medications that are on the Prohibited List. If this happens, you must get an APPROVED Therapeutic Use Exemption (TUE) BEFORE you start using the medication (unless it is an emergency). TUEs are granted only in strict accordance with the WADA International Standard for TUEs (ISTUE).

**NOTE:** If emergency treatment is required, you must file a TUE with full medical documentation from the emergency as soon as possible after the start of treatment. In such cases, the decision for the emergency TUE request will be made by a TUE Committee after treatment has taken place.

To determine if a TUE is necessary, research the medication at GlobalDRO.com to identify if the medication is prohibited. Then, follow the appropriate steps as deemed necessary by the results of your search. If your medication requires a TUE, see the steps on the opposite page on how to apply for a TUE.

International-Level or National-Level Athletes who have been denied a TUE may request that this decision be reviewed by WADA, in accordance with Article 4.4 of the Code, at their own expense.

The most common reason for delayed or denied TUEs is a lack of medical documentation or clear diagnosis.

USADA must receive the entire medical file relevant to a given diagnosis in order to be able to conclude the same diagnosis, and arrive at the same treatment plan without ever seeing the athlete.

Please remember: USADA can provide the status of medications to athletes for informational purposes only, in accordance with the WADA Code, and cannot provide advice on medical treatments.

Please visit usada.org/tue to view the step-by-step TUE process.
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. Dietary Supplements are regulated differently than medications — as a result, it is challenging for any organization to say, with 100% confidence, what substances a supplement contains, leaving the door open for two very real risks:

1) A positive anti-doping test result, and
2) Negative and potentially dangerous health issues.

Supplement411.org is designed to A) help challenge the reasons why athletes feel the need to take supplements, B) give dietary supplement users valuable information about the dietary supplement industry, and C) educate the consumer and potential consumers on why risk exists in the marketplace. The following information can be found at supplement411.org, in greater detail:

- **Third Party Testing**
  One way to verify the safety of a dietary supplement and reduce the risk of a positive anti-doping test is to have the product tested and vetted by a third party testing agency.

- **Truth in Labeling**
  Supplement manufacturers have been known to be misleading when putting the ingredients on their labels or leave off prohibited substances. They also may simply be unaware of compounds included in ingredients used from overseas suppliers.

- **Red Flags**
  There are many danger signs that athletes should look out for when determining if a specific supplement may pose a risk.

- **Contamination**
  Another risk in the supplement industry is the issue of contamination. A manufacturer may produce a variety of products in a single facility. It’s possible that the machines being used to manufacture one supplement may contain remnants of ingredients from other manufactured products.

- **High Risk List**
  Because of inadequate industry oversight, the use of dietary supplements is very risky and can in some instances result in a positive drug test for substances that are not listed on the label or listed by a name different than the one used on the Prohibited List.

USADA has compiled a list of products that are considered to be of high risk to athletes and consumers. This can be found at Supplement411.org. The absence of a product is not proof of minimal risk for a potential positive test.
How can I be selected for USADA testing at a competition or event?
In-competition testing plans are primarily developed by coordinating with each National Governing Body (NGB) and are often in accordance with International Federation (IF) rules. You may be selected for testing by USADA based on criteria that typically includes established rules set forth by your IF. An example of how athletes would be selected for in-competition or event testing could be: Placed finishers, such as the top three finishers as well as randomly selected athletes, such as 5th, 7th, 12th, 18th, 19th, etc.

How can I be selected for USADA’s out-of-competition testing?
USADA’s Test Distribution Plan establishes the number of tests per sport based upon the number of athletes in the USADA Registered Testing Pool and through evaluation of the International Standards as listed on page 17 of this handbook. Tests are then allocated to periods throughout the year when out-of-competition testing is most effective, and according to selection criteria, outlined under “Selection” on the previous page.

USADA retains the right to test athletes at any time and location.

How will I be notified for testing?
A Doping Control Officer (DCO) or a Notifying Chaperone will notify you in person of your selection for doping control and will provide you his/her credentials. You will then be asked to acknowledge in writing on the Doping Control Official Record (DCOR) that you were notified. The DCO or Notifying Chaperone will keep you in direct observation and accompany you at all times until you report to the Doping Control Station (in-competition), or to an appropriate location (out-of-competition), where you will complete the sample collection process.

Where do I report for testing?
In-competition testing: You, your representative (if applicable), and the Notifying Chaperone will report to the on-site Doping Control Station immediately, unless there is a valid reason for delay, such as:
1. Attending a medal ceremony
2. Media commitments
3. Medical obligation (e.g., receiving treatment or cooling down)
4. Competing in further events

Sealed beverages are provided by the event organizer and will be available for you in the Doping Control Station.

Out-of-competition testing: A safe, secure, and private location (e.g., a home or training facility) will be used as the Doping Control Station where the sample collection will occur. Sample collection documentation may be started at the initial location of notification and you may choose to eat or drink anything at your own risk while waiting to provide the sample.

Athlete Rights and Responsibilities
As an athlete, you have a number of rights and responsibilities in regards to doping control. These rights and responsibilities are essentially the same for both in-competition and out-of-competition testing.

When selected for testing, your RIGHTS include:
- Having a representative accompany you throughout the doping control process
- Having a language interpreter present, if available
- Completing a training session or other activities while the DCO or Notifying Chaperone observes you (out-of-competition)
- Having the testing procedures explained to you, including how the sample collection equipment works
- Requesting to view the DCO’s credentials
- Having a choice of collection vessels and sample collection kits
- Receiving a copy of the sample collection documentation used to document the processing of your sample
- Providing feedback on the USADA Athlete Evaluation Form and/or a Supplementary Report Form
- Requesting a delay in reporting to the Doping Control Station for valid reasons
- Requesting modifications if you are an athlete with a disability

Your RESPONSIBILITIES during a test include:
- Complying with the sample collection procedure*
- Reporting immediately to the Doping Control Station unless there are approved reasons for delay (in-competition testing)
- Presenting a government issued photo identification at the time of notification
- Staying in direct observation of the DCO or Notifying Chaperone from the time you are notified until the sample collection session is complete
- Keeping your collection vessel in your possession and in view of the DCO at all times
- Having control of your sample until it is sealed in the sample collection bottles (the DCO may assist you)
- Ensuring your sample code number is correctly documented on the sample collection documentation
- Ensuring all appropriate sample collection documentation is accurate, complete, and signed

**NOTE: As defined by the Code: ‘Refusing, or failing without compelling justification, to submit to Sample Collection after notification as authorized in applicable anti-doping rules or otherwise evading Sample Collection is an anti-doping rule violation.”
Drug Testing 101

Drug testing will be a part of your life as long as you choose to compete as an elite athlete. It may not be the most glamorous part of your career, but it is critical in the global fight for clean sport. The following information provides an overview of the sample collection process.

In-Competition

1. If you have been selected for testing, you will be notified by a Doping Control Officer (DCO) or Chaperone. They will ask you to provide photo identification.

2. Following notification, you must stay within direct observation of the Chaperone. You should report to the Doping Control Station immediately, unless a valid reason is discussed with and permitted by a DCO or Chaperone.

3. You will be asked to select a sealed sample collection vessel from a choice of vessels. Check and inspect the collection vessel to ensure that it has not been tampered with and rinse your hands with water only before opening the vessel.

4. You will be required to provide a urine sample of 90ml under direct observation of a DCO or witnessing Chaperone of the same gender.

5*. You will be offered a choice of sealed Sample Collection Equipment (which includes A Sample and B Sample bottles). Check and inspect the equipment to ensure that it has not been tampered with.

* While sample collection equipment may vary slightly according to the sample collection agency or region, the integrity of the sample will always be maintained.

6*. You will then divide your sample between the A Sample and B Sample bottles and seal them. The DCO should not handle any of the equipment during the procedure unless requested to do so by you. You are to maintain control of your sample until the sample is sealed.

7*. Once your sample is sealed, you will be asked to place the A Sample and B Sample bottles into plastic bags and into a polystyrene 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. When instructed by the DCO, declare any substances or medications you may have taken on the Doping Control Official Record (DCOR). Provide details of any Therapeutic Use Exemptions (TUEs) you have. Finally, include any of your comments on the athlete evaluation form and return it to USADA.

10. Check the entire DCOR thoroughly to ensure that the information is correct. Keep in mind that your name is not on the documentation that goes to the laboratory. The laboratory reports all results based on the unique sample code numbers. You will then receive a copy of the test session documentation.

Out-of-Competition

- A DCO or Chaperone can notify you at any time and any location including your home, training, work, school, etc.
- The test could be conducted by USADA, your International Federation (IF), and/or WADA.
- The procedures for providing and processing your sample are the same as those for in-competition testing.
How can I provide feedback or comments about my testing experience?

If you, the DCO, Chaperone, or your representative are interested in submitting written comments specific to your sample or the testing session, this may be done on a Supplementary Report Form. You are also encouraged to provide feedback about your doping control experience on an Athlete Evaluation Form and return it to USADA. These forms are available from your DCO at the time of the Sample Collection.

Giving Consent for Research

Recognizing that research is the cornerstone of an effective anti-doping program, USADA has always placed emphasis on the study of prohibited substances, the development of tests and other research impacting anti-doping science. You can contribute to anti-doping research as well. To voluntarily choose this option, check the box on the DCOR giving your consent for research.

If you grant USADA permission to use your sample for research, the sample of urine or blood cannot be traced back to you. The research sample is completely anonymous.

Minor Athletes (Under the Age of 18) and Athletes With a Disability

Minor athletes and those athletes with a disability requiring extra assistance are strongly encouraged to have a representative present. Athletes with a disability may also request modifications to the testing process. To ensure the minor athlete’s well-being, a third party must always be in the toilet area to observe the Witnessing Chaperone, according to the IST minor athlete policy. See Annex C of the IST.

The minor athlete’s representative may observe the provision of the sample, but only if authorized by the athlete and approved by the DCO.

Sample Security and Laboratory Analysis

How do I know that someone will not tamper with my sealed urine sample?

All sample collection kit bottles are secured with a tamper–evident seal and are sent directly to a WADA–accredited laboratory. These laboratories are equipped with devices to remove the sealed sample bottle lids without compromising the sample. The chain of custody of your sample is closely monitored by USADA.

What kind of information accompanies my urine and/or blood sample to the lab?

Every sample sent to a WADA–accredited laboratory includes a copy of the DCOR and a Declaration of Use form, which does NOT include your name. The information on the laboratory copy of the DCOR and Declaration of Use form contains:

- Your gender
- The testing menu for which your sample is analyzed
- Whether it was an out-of-competition test or the name of the event if it was an in-competition test
- Your sport and discipline (if applicable)
- City and state where the test occurred
- The sample code number that matches the numbers on the sample urine collection kit
- The date and time of the sample collection
- Indication of whether you want your sample to be donated for research
- The list of medicines, supplements, and other substances or methods that you declare

The USADA BLOOD COLLECTION Process

Athletes who compete in events sanctioned by, or are members or license holders of a National Governing Body, or who fall under the USADA testing jurisdiction as defined in the USADA Protocol for Olympic and Paralympic Movement Testing, are subject to blood testing.

Athlete Selection

You can be selected at any time and at any location for blood testing. Similar to urine collection, athletes are selected for out-of-competition tests based on a Test Distribution Plan. Athletes can also be selected to provide blood in-competition. It is not uncommon to provide both a urine and blood sample during the same sample collection session.

Athlete Notification

A Notifying Chaperone or DCO will notify you in person that you have been selected for testing. You will be asked to sign a document to acknowledge that you were notified of your requirement to provide blood. You will also be informed of your rights and responsibilities and should carefully read the statements prior to signing the DCOR. Once you are notified of your selection for testing, you must remain at all times within direct sight of the DCO or Notifying Chaperone until the sample collection process is complete.

A Blood Collection Officer (BCO) will accompany the DCO throughout the blood collection session. A BCO is a qualified phlebotomist who will perform the actual blood collection and could be dressed in scrubs, a lab coat, or other professional attire. The DCO will provide instructions throughout the entire blood collection process.

If at any time you have questions, you should ask the DCO to provide an explanation of the process.
Selection of Kits

You will be given a choice of individually sealed security and accessory kits. You should choose and inspect the various kits, to ensure they have not been tampered with and are not defective. You should also check the contents of the security kits to confirm all the sample code numbers match on the tube, lids, and labels. You should remove the shrink wrap and red ring from the tube and place the lid on the table with the open end up. The kits will be used to transport your blood sample(s) to the lab.

Blood Collection

During the blood collection process, less than one tablespoon of blood will be drawn, and is highly unlikely to adversely affect your performance. You are required to remain in a seated position for a minimum of 20 minutes (for a USADA test) prior to the blood draw.

The BCO will begin the blood collection process by cleaning your skin with a sterile disinfectant swab in the location where blood is drawn. The BCO will apply a tourniquet to aid in the collection and the BCO will begin to draw the blood sample. The BCO will make a maximum of three needle stick attempts to draw blood.

During the blood collection process, a number of tubes of blood could be drawn, but keep in mind, less than one tablespoon of blood in total will be collected. After the relevant tubes are filled with blood, the BCO will label each tube with the corresponding sample code number for the security bottles, confirming with you that each tube was labeled appropriately.

After collecting the blood sample, the BCO will provide any aftercare measures and instruction needed.

Minor modifications, such as the number of tubes of blood drawn and the length of time that you remain in a seated position, can vary between USADA and International Federation protocols. Rest assured that the protocols fall within the IST requirements.

Securing the Sample

The security of your blood sample, as well as your health and safety, are very important and steps are taken to protect each. The DCO will direct the BCO to secure each tube in its respective security bottle and verify that each tube is securely placed within the security bottles. Once the sample(s) are secure with the lid tightly sealed, the DCO and you may check to ensure the bottles are sealed properly by trying to turn the security lids counterclockwise to ensure they do not open. The security bottles are then placed in clear transport bags and sealed for shipment.

Sample Collection Documentation

The DCO will guide you through the remaining sample collection documentation corresponding to the blood collection session. During the completion of the final sample collection documentation, you will be asked a series of questions that correspond with blood collection. Once the sample collection documentation has been reviewed, you and your representative (if applicable), the DCO, and the BCO will sign to verify the accuracy of the information. You will receive the appropriate sample collection documentation (in some cases an electronic version will be sent), and the remaining copies will be sent to USADA and the WADA-accredited laboratory. Your name does not appear on the documentation sent to a lab.

Blood Sample Shipment and Notification

After the conclusion of the blood collection session, the DCO will ship your blood sample(s) to a WADA-accredited laboratory. The chain of custody of your sample is closely monitored by USADA and the sample collection documentation that accompanies your blood sample(s) to the WADA-accredited lab does not include your name. Your sample may be stored for up to eight years.

You will receive notification (either electronic and/or postal mail) from USADA that states your analysis has been completed. If your blood is drawn by another anti-doping organization, you may not receive your results or any form of notification.

Providing Feedback

As an athlete, you have the right to provide feedback about your USADA blood collection session. After each session, a USADA DCO will provide you with an Athlete Evaluation Form to provide feedback related to your blood collection session. USADA encourages you to provide feedback about your experience and every form that is submitted to USADA is reviewed.

If you, the DCO, Notifying Chaperone, or your representative are interested in submitting written comments specific to your sample collection session, this is done on a Supplementary Report Form. Both forms are available from your DCO at the time of the sample collection.
Being Tested Outside the United States

USADA works with many other Anti-Doping Organizations (ADOs) from around the world to coordinate testing of U.S. athletes living and training abroad. If you are selected for testing under USADA’s program, and the attempt is made outside of the United States, you will be provided with a Letter of Authority confirming your selection for testing under the USADA program.

In addition to USADA, U.S. athletes are subject to doping control by:

- The ADO of the country or region in which you are living, training, or competing
- The World Anti-Doping Agency (WADA)
- The IF governing your sport, or a testing agency appointed by your IF
- Major Games Organizations, such as the International Olympic Committee, all continental championships, etc.

When you are contacted or notified for testing, be aware of which entity is conducting the test. Ask for the DCO’s credentials if they are not presented and have an understanding of your basic rights and responsibilities. While many aspects of the testing process are identical worldwide, minor modifications to notification and collection protocols are normal.

### The USADA REGISTERED TESTING POOL

Athletes who have been identified and notified that they are part of the USADA Registered Testing Pool are responsible for directly keeping USADA informed of their whereabouts to be available for out-of-competition testing.

#### How do I know if I am in USADA’s Registered Testing Pool (RTP)?

The RTP selection criteria is established by USADA. You should receive an email notification from USADA if you are in the RTP and you will need to provide whereabouts.

#### How long may I be subject to the requirements of the RTP?

You will be subject to out-of-competition testing until you no longer meet criteria to be included in a RTP and are removed from the testing pool, or until you provide written notification of your retirement to USADA and your NGB. Once a retirement is confirmed, you are removed from the USADA RTP and will no longer need to provide whereabouts to USADA.

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#### USADA Registered Testing Pool (RTP)

<table>
<thead>
<tr>
<th>INTERNATIONAL TESTING POOL (ITP)</th>
<th>NATIONAL TESTING POOL (NTP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>All International Federation (IF) RTP Athletes</td>
<td>Athletes meeting NGB, USOC, and/or USADA criteria</td>
</tr>
<tr>
<td>Sanctioned Athletes</td>
<td></td>
</tr>
<tr>
<td>Athletes returning from retirement who were previously in an IF RTP or the ITP</td>
<td></td>
</tr>
<tr>
<td>U.S. Athletes who are not regular members of a National Federation and are expected to compete within 12 months of an Olympic and/or Paralympic Games</td>
<td></td>
</tr>
<tr>
<td>Any athlete whom USADA chooses to add to this pool</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Whereabouts Filing Requirements (ITP)</th>
<th>Whereabouts Filing Requirements (NTP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>All whereabouts rules apply, and athletes have to provide a 60-minute time slot</td>
<td>All whereabouts rules apply, except athletes do not have to provide a 60-minute time slot</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Whereabouts Failures (ITP)</th>
<th>Whereabouts Failures (NTP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Missed Tests: Unavailable during the 60-minute time slot</td>
<td>Filing Failures: No form on file, failure to file by stated deadline</td>
</tr>
<tr>
<td>Filing Failures: Includes the same criteria as described in the NTP</td>
<td>Unsuccessful: Unsuccessful attempt due to inaccurate or incomplete information</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Notification (ITP)</th>
<th>Notification (NTP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone call made to athlete in last five minutes of 60-minute time slot</td>
<td>Phone call made to athlete after a reasonable attempt is made</td>
</tr>
<tr>
<td>The phone call is for confirming unavailability of athlete, not to locate an athlete for testing</td>
<td>Athlete has one hour from time of the phone call to be available for testing</td>
</tr>
</tbody>
</table>
**Athlete Whereabouts Requirements**

What do I need to do to be sure that I am in compliance with the whereabouts policy?

Under the USOC National Anti-Doping Policies, if you are in the USADA RTP, you are responsible for informing USADA of your whereabouts. It is required that you submit accurate and complete quarterly Whereabouts Filings and updates so that USADA can locate you for testing.

Access to your whereabouts account is located at usada.org/athletes.

**Whereabouts Filings**

Whereabouts Filings must contain specific schedule and contact information that is complete and accurate. For example: regular activities such as work, school, or training.

Whereabouts Filings must be submitted quarterly (every three months) and are due one day prior to the beginning of each quarter. Deadlines for submitting your Whereabouts Filing are:

- **December 31** for the first quarter (beginning January 1)
- **March 31** for the second quarter (beginning April 1)
- **June 30** for the third quarter (beginning July 1)
- **September 30** for the fourth quarter (beginning October 1)

At least annually, you must complete Athlete’s Advantage®, an online education tutorial that provides information related to anti-doping requirements for USADA RTP athletes. Athletes must complete the tutorial prior to submitting Whereabouts Filings.

**Submitting Online:** You must use USADA’s online system to submit your Whereabouts Filing. USADA will provide you with a username and password to access the online whereabouts system. If you need to obtain a username and password, call Athlete Express at (719) 785-2000 or toll-free at (866) 601-2632 or email athleteexpress@usada.org.

**60-Minute Time Slot**

If you are an athlete in the ITP, in addition to your regularly scheduled activities, you must provide a specific 60-minute time slot every day between 6 a.m. – 11 p.m. where you are available and accessible for testing. You choose the 60-minute time slot to fit your schedule and can be subject to a Missed Test if not available during this window. Also realize that you can receive a Filing Failure if you’re unavailable outside of your 60-minute time slot or unavailable based on incomplete or inaccurate information.

**Updates**

If your schedule changes during the quarter, you must submit an update to USADA as soon as possible. For example, if you will be in a location different from what you provided on your quarterly Whereabouts Filing, such as traveling for a competition, you must submit an update.

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**The Quickest Ways to Send Your Updates:**

<table>
<thead>
<tr>
<th>Method</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online:</td>
<td>USADA.org through the Online Change of Plan form or your Whereabouts Filing</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:update@usada.org">update@usada.org</a> from an email address on file with USADA</td>
</tr>
<tr>
<td>Text message:</td>
<td><a href="mailto:text@usada.org">text@usada.org</a> from a phone number on file with USADA</td>
</tr>
<tr>
<td>Free mobile app</td>
<td>usada.org/m – save to your phone’s homescreen for easy access</td>
</tr>
</tbody>
</table>

**Helpful Hints - Updates**

- Choose the same time slot every day for your 60-minute window and change it according to your schedule.
- If you are in the ITP and your 60-minute time slot or location changes, you must update USADA as soon as possible.
- If you move and change your primary residence and training facility, you need to update your Whereabouts Filing.
- Be sure to include your name and sport on all correspondence to USADA.
- Athletes in both the ITP and NTP must submit updates to USADA if their schedules change.
- Updates to the 60-minute time slot can be made up to the start of the 60-minute time slot.
- Be aware that you can be tested at any time during the day day, even outside of your 60-minute time slot.
- You must be available the entire 60 minutes. Do not leave early or arrive late.
- Your 60-minute time slot must be a full hour, it cannot be divided into increments.

If you have questions about updates, USADA’s online system, or need help with your username or password, contact Athlete Express by calling (719) 785-2000 or toll-free at (866) 601-2632 or by emailing athleteexpress@usada.org.

It is your responsibility to update USADA any time your schedule changes from the information submitted on your quarterly Whereabouts Filing.
**Whereabouts Failures**

Providing timely and accurate whereabouts information is important to avoid receiving Whereabouts Failures. It is critical that you submit your quarterly Whereabouts Filing by each deadline, update your whereabouts information when quarterly plans change, and make sure you are available at the locations and times specified on your Whereabouts Filing or updates.

**What constitutes a Whereabouts Failure?**

A Whereabouts Failure is a Filing Failure or a Missed Test.

**How could I receive a Missed Test?**

You could receive a Missed Test if you are in the ITP and are unavailable during the 60-minute time slot at the location specified on your Whereabouts Filing or update.

**How could I receive a Filing Failure?**

If you are in the ITP or NTP and if:

1. A Quarterly Whereabouts Filing has not been submitted to USADA by the specified deadline.
2. You have not updated your whereabouts information in a prompt and timely manner.
3. Your whereabouts information is inaccurate or incomplete to reasonably locate you for testing.

**How will I be notified of a Whereabouts Failure?**

USADA will notify you by email and mail of any possible Whereabouts Failures.

**How many Whereabouts Failures make me ineligible?**

You could be subject to an anti-doping rule violation should you accumulate three (3) Whereabouts Failures, which is any combination of Missed Tests and/or Filing Failures declared by any anti-doping organization, within a rolling 18-month period. Ineligibility means you are banned for a specific period of time of up to two years for a first violation from participating in any competition or other activity authorized by your NGB or the USOC; some or all USOC financial support or other related benefits could be withheld as well. You may also lose competitive results obtained since the last of the three (3) whereabouts failures and your violation will be publicly announced.

You will be sent initial notice of an apparent Whereabouts Failure no later than 14 days from the discovery of the Whereabouts Failure. An opportunity will be given to provide a response to the initial letter and explain your actions in writing within 14 days of the initial notification. The NGB and USOC will be copied on this correspondence.

1. You shall not be held responsible for subsequent Filing Failures which occur before you are provided this initial notice.
2. After notice is received, you will be responsible for subsequent Filing Failures, including failures that relate to the same kind of conduct involved in the prior Filing Failure.

You will be notified of the final Whereabouts Failure decision within 14 days of the initial notification letter. If you choose to contest the final determination of the Whereabouts Failure, you can request an Administrative Review, in writing, within 14 days of the final notification letter.

For a complete copy of the Whereabouts Failure policy, visit USADA’s website at usada.org/whereabouts.

**Athlete Retirement**

In accordance with the USOC National Anti-Doping Policies, if you are enrolled in the USADA RTP and are retiring, you must:

1. Promptly notify USADA and your NGB in writing of your withdrawal from the USADA RTP to be official.
2. Check your IF’s procedure concerning retirement for any additional requirements.

If you do not provide advance written notice of retirement and are notified for testing, but refuse to provide a sample for an out-of-competition test, this is a refusal to test. If you refuse to cooperate or fail to report to testing within the given time frame, you will be subject to all consequences consistent with an anti-doping rule violation. Your period of retirement is not included in the 18-month period for any Whereabouts Failures.

**What if I want to come out of retirement and return to competition?**

You must submit to USADA, in writing, your intent to return to competition and enroll in USADA’s RTP for at least six months in advance of participating in any event or competition sanctioned by the USOC, an NGB, or any other international event. Also, check with your NGB and IF as they may have additional retirement requirements. Any Whereabouts Failures earned prior to retirement may be combined with Whereabouts Failures committed by the athlete after his or her return from retirement for out-of-competition testing. For more information, please visit, usada.org/retire.

**NOTE:** USADA will not suspend or terminate the prosecution of an anti-doping rule violation as a result of your subsequent retirement.
ResUlts MAnAGeMent

USADA is responsible for the results management and adjudication process for the U.S. anti-doping program of the Olympic and Paralympic movement in the United States. To facilitate that process, USADA utilizes the Protocol for Olympic and Paralympic Movement Testing (the Protocol).

The objective of the Protocol is to provide a process that:

- Is fair to athletes and others
- Has international credibility
- Provides for a full evidentiary hearing with the right of appeal
- Eliminates the conflicts that could arise from NGBs directly sanctioning their own members

What are the consequences if an athlete commits an anti-doping rule violation?
Sanctions on athletes may include, but are not limited to:

- Disqualification of results in a particular competition or event
- Forfeiture of any medals, points, and prizes
- Team disqualification and forfeiture
- Fines
- Loss of benefits, grants, awards, employment and training facilities provided by the USOC
- An ineligibility period that may vary according to circumstances
- Public announcement

For more information on consequences of anti-doping rule violations, please refer to the Protocol at usada.org/publications-policies.

When are doping violations publicly announced?
USADA publicly announces doping violations following the conclusion of its results management process or as otherwise provided in the applicable rules. USADA also announces aggregate data for all test results and arbitration outcomes on its website. USADA does not comment on cases in process; however, if an athlete publicly comments while their USADA case is pending, USADA may respond publicly, by providing details about the athlete's case.

What is the notification process for test results?
All laboratory results reports are sent to USADA. USADA provides notification of the test result to the athlete, the athlete's NGB, and the USOC. This process usually takes 6 to 8 weeks. The athlete's written notification will either be sent through email, if an email address was provided during the test session, and/or by first class/priority mail.
Testing and Results Management Process

**USADA**

Athletes in the U.S. are supported by a gold standard testing process aimed at detecting and deterring doping, following the worldwide harmonized practices for testing and results management. At the same time, significant efforts in education are undertaken to prevent doping in future generations and investment in research is committed to advance anti-doping science.

**Test and Results Management Process**

**Testing**

Sample Collection

- Two types of testing:
  - In-competition
  - Out-of-competition (no notice)

Athletes are subject to both urine and blood collection for analysis.

**Laboratory Analysis**

Samples are collected and processed, sent to WADA-accredited labs for analysis, and stored for up to eight years for possible retesting as new testing detection methods are developed.

**Results Management**

Adverse Analytical Finding

- One or more prohibited substances detected in sample; USADA receives Adverse Analytical Finding “A” lab report.
- Notice of finding sent to athlete, NGB, USOC, athlete’s International Federation (IF) and WADA.
- “B” sample is typically processed by the lab. Athlete and/or athlete’s representative has the right to attend processing of “B” sample.
- “B” sample finding received by USADA and copy is sent to athlete, NGB, IF, WADA and USOC.
- Independent review panel conducts full review and makes recommendation.

Anti-Doping Rule Violation (ADRV)

Acceptance of Sanction

- Athlete receives notice and accepts proposed sanction.
- Public announcement made of sanction.

Request for Hearing

- Athlete exercises right to request American Arbitration Association (AAA) hearing.
- Athlete either accepts AAA ruling (and if any, sanction) or has right to appeal to CAS.
- CAS ruling is final.
- Public announcement made of AAA ruling or, if applicable, CAS ruling.

No Adverse Analytical Finding

- No prohibited substances detected.
- Notice is sent to the athlete, National Governing Body (NGB) and U.S. Olympic Committee (USOC).
- No further action taken.

No Anti-Doping Rule Violation

Athlete, NGB, IF, WADA and USOC receive notification.
What Is TrueSport?
Powered by the U.S. Anti-doping Agency, TrueSport aims to enhance and preserve the future of sport in America. TrueSport seeks to redefine winning, celebrate progress in addition to results, and zero in on what is possible - while allowing kids to fail, learn, grow, and have fun.

Take Action
- Take the TrueSport Pledge
- Connect with others – social media
- Display support – merchandise, stickers, social media, etc.
- Use resources – toolkits, publications, curricula

TrueSport Ambassadors: Proud to Live TrueSport
- TrueSport Ambassadors give back to the sports they love and to the next generations of athletes. They believe in the ideals of TrueSport and serve as powerful role models and advocates for the millions of young up-and-coming athletes, as well as parents, coaches, teachers and others who nurture and support them.

Drug Reference:
- GlobalDRO.com

Play Clean Tip Center:
- (877) 752-9253
- playclean@usada.org
- usada.org/athletes

Publications & Policies:
- Visit usada.org/publications-policies for:
  - Athlete Handbook in Large Print and Spanish
  - Coaches Brochure
  - International Standards for Laboratories
  - International Standards for Testing
  - Nutrition Guide
  - Protocol for Olympic and Paralympic Movement Testing
  - Spirit of Sport® (USADA’s newsletter)
  - USADA Protocol
  - USOC Anti-Doping Policies
  - WADA Code
  - WADA Prohibited List
  - Wallet Card
  - Whereabouts Policy

Registered Testing Pool Athletes:
- Visit the Athlete section of the USADA website to log-in to your whereabouts account: usada.org/athletes

Therapeutic Use Exemption Resources:
- TUE Process: usada.org/tue

NOTE: USADA’s Drug Reference resources do not provide medical advice, but provide the status of medications under anti-doping rules in the sport.
PRESERVING.
INSPIRING.
PROTECTING.

Fax: (719) 785-2001
www.USADA.org

@usantidoping
facebook.com/usantidoping