

2013 POCKET GUIDE

Effective Jan. 1, 2013 -
Dec. 31, 2013

The information in the pocket guide will help athletes, coaches, athlete support personnel and others learn about anti-doping related topics such as drug testing, whereabouts, and the Prohibited List.



Preserving the Integrity of Competition,
Inspiring True Sport, and
Protecting the Rights of Athletes.

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 testing 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.



6* You will then divide your sample between the B Sample and A 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 B Sample and A 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. 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. Finally, you will receive a copy of the test session documentation.

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

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.

Blood Collection Process

- Blood collection may happen in both in-and out-of-competition settings.
- USADA DCOs will manage the sample collection and a certified and/or licensed phlebotomist, called a Blood Collection Officer (BCO), will perform the actual blood draw.
- To ensure that your blood reaches a stable consistency, you will be asked to be seated for a specified period of time, uninterrupted, prior to providing a blood sample.
- The DCO will ask you to choose from a selection of accessory and security kits and inspect your selected kit.
- The BCO will select an area from which to draw your blood. The amount of blood drawn, which is less than one tablespoon is unlikely to affect your performance.
- The BCO should label each vacutainer tube with the sample code number for the security bottle. The BCO will be directed to secure each vacutainer. Once the sample is secured, the DCO and you may check that the bottles are sealed properly.
- The DCO will then guide you through the remaining sample collection documentation and ship your samples to the lab.

At least once a year, WADA evaluates and updates the Prohibited List which identifies substances and methods prohibited in-competition, out-of-competition, and in particular sports.

Substances & Methods Prohibited in-and out-of-competition (at all times):

- Non-Approved Substances and Methods
- Anabolic Agents
- Peptide Hormones, Growth Factors, and Related Substances
- Beta-2 Agonists*
- Hormone and Metabolic Modulators
- Diuretics and other Masking Agents
- Prohibited Methods: Manipulation of blood and blood components, Chemical and Physical Manipulation, and Gene Doping

Substances Prohibited In-Competition Only:

- Stimulants
- Narcotics
- Cannabinoids (e.g. hashish, marijuana, and HU-210)
- Glucocorticosteroids

Substances Prohibited in Particular Sport:

- Beta Blockers
- Alcohol

* All beta-2 agonists, including all optical isomers where relevant, are prohibited except inhaled salbutamol (maximum 1600 micrograms over 24 hours), inhaled formoterol (maximum delivered dose 54 micrograms over 24 hours), and salmeterol by inhalation. The presence in urine of salbutamol in excess of 1000 ng/mL or formoterol in excess of 40 ng/mL will be considered as an Adverse Analytical Finding.

For substances which are prohibited only in-competition, you must ensure sufficient time for clearance from the body before the competition. Urine excretion rates for substances vary between individuals and you must allow sufficient time to avoid an anti-doping rule violation. Of course, discontinuance of a medication can also have adverse health consequences and should never be undertaken without consultation with your physician and a full appreciation of the risks involved. To view the Prohibited List, go to www.USADA.org.

Changes to the WADA Prohibited List (effective January 1, 2013)

- Non-Approved Substances - it is clarified that veterinary products only refer to substances not approved for human use.
- Insulins have been moved to S4.5.a (Metabolic Modulators) because it is considered a more appropriate category based on their mechanism of action. Other antidiabetic drugs, including exenatide and liraglutide are not prohibited.
- The permitted inhaled dose of formoterol has increased to 54 micrograms over 24 hours with a corresponding increase of the urinary threshold to 40 ng/mL.
- Morphine is removed from the last paragraph as it is not a substance subject to threshold limits in the List so a TUE would always be required to use in-competition.
- Tapentadol has been added to the Monitoring Program for in-competition.

Typically a substance or method is considered for the WADA Prohibited List if the substance or method meets any two of the following three criteria:

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

For more information visit: www.usada.org/substances.

ATHLETE RIGHTS & RESPONSIBILITIES

As an athlete, you have rights and responsibilities.

Your rights include:

- Having a representative accompany you, and if available, an interpreter
- Requesting a delay in reporting to the Doping Control Station for valid reasons
 - receive medical attention
 - perform a cool down
 - attend a medal ceremony
- Requesting a modification if you are an athlete with a disability
- Viewing the DCO's credentials
- The choice of collection vessels and sample collection kits
- Receiving a copy of the test session
- The opportunity to provide feedback

Your responsibilities include:

- Remaining within direct observation of the DCO/Chaperone at all times
- Producing government issued photo identification
- Complying with the testing procedures
- Report to the Doping Control Station immediately, unless there are valid reasons for a delay, the delay is permitted by the DCO/Chaperone, and you can be chaperoned at all times
- Controlling the sample until it is sealed
- Carefully reviewing all sample collection documentation for accuracy

THERAPEUTIC USE EXEMPTION

- Use of a prohibited substance for medical reasons requires an approved Therapeutic Use Exemption (TUE) prior to use in sport. An application for a TUE should be submitted at least 21 days in advance of the intended use.
- For more information on TUEs, visit www.usada.org/tues.
- Threshold substances (albuterol, cathine, ephedrine, formoterol, methylephedrine, and pseudoephedrine) require a TUE when they are used at the same time as a diuretic, even if an athlete has a TUE for the diuretic.

SUPPLEMENT411.ORG

- 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.
- Athletes are held to the standard of "strict liability." In the anti-doping world, strict liability means that they are responsible for any prohibited substance found in their system, regardless of how it got there.
- Given poor regulation of the dietary supplement industry, athletes assume the risk of testing positive and of potential, negative health consequences if they choose to use supplements.
- For information about how to fuel your body with the nutrients it needs to compete on the highest level without taking dietary supplements, check out the Optimal Dietary Intake Guide at www.USADA.org/resources.
- The use of supplements is at your own risk. For more information on the supplement industry check out www.supplement411.org



DRUG REFERENCE RESOURCES

Global Drug Reference Online (Global DRO)

Global DRO™ provides information about the status (prohibited or not prohibited) of substances and methods on the WADA Prohibited List.



Thanks to the partnership between UK Anti-Doping (UKAD), the Canadian Centre for Ethics in Sport (CCES), and USADA, visitors can search for specific information about medications sold in the United Kingdom, Canada, and the United States.

GlobalDRO is optimized for use on smartphones. Go to www.GlobalDRO.com from your phone. Add it to your homescreen or bookmark the GlobalDRO icon to your homepage. Remember, always check the status of your medication prior to use!
Wallet Card

Intended for athletes who may be subject to testing, doctors who may work with athletes subject to testing, and coaches and parents of athletes who may be subject to testing, the Wallet Card provides a summary of commonly prohibited and not prohibited substances and methods on the WADA Prohibited List.

Fold the Wallet Card and keep it in your purse, backpack, or wallet to use as a quick reference.

The Wallet Card is available upon request at www.USADA.org

Drug Reference Line available by calling Athlete Express

Call Athlete Express at (719) 785-2000 or Toll-Free at (866) 601-2632 or email: athleteexpress@usada.org to reach the Drug Reference Line if you have questions about a medication, prohibited substance/method, or need help to determine the status of a particular substance or method. Athlete Express is available to athletes, coaches, parents, NGBs etc. 8:00am-4:00pm Mountain Standard Time.



USADA REGISTERED TESTING POOL (RTP)

An important part of USADA's testing program is the ability to test athletes, without any advance notice in an out-of-competition setting. Athletes are subject to testing 365 days a year and are required to file whereabouts four times a year. Therefore, it is important that you are as detailed as possible when filing your whereabouts.

INTERNATIONAL TESTING POOL (ITP)

- All International Federation (IF) RTP athletes
- Sanctioned Athletes
- Athletes returning from retirement who were previously in an IF RTP or ITP
- 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
- Any athlete whom USADA chooses to add to this pool

NATIONAL TESTING POOL (NTP)

- Athletes meeting NGB, USOC, and/or USADA criteria

WHEREABOUTS FILING REQUIREMENTS

- All whereabouts rules apply, including a 60-minute time slot
- All whereabouts rules apply, except athletes do not have to provide a 60-minute time slot

WHEREABOUTS FAILURES

- Missed Tests and Filing Failures
 - Missed Tests**
Unavailable during the 60-minute time slot
 - Filing Failures**
Includes the same criteria as described in the NTP
- Filing Failures
 - Filing Failures**
No Form on File: Do not file a Whereabouts Filing by stated deadline
 - Unsuccessful:** Unsuccessful attempt due to inaccurate or incomplete information

NOTIFICATION

- Phone call made to athlete in last 5 minutes of 60-minute time slot.
- The phone call is for confirming unavailability of athlete, not to locate an athlete for testing.
- Phone call made to athlete after a reasonable attempt is made.
- Athlete has 1 hour from time of the phone call to be available for testing.

WHEREABOUTS FILING DEADLINES

Whereabouts Filings must be submitted to USADA by the following dates:

- Quarter 1: December 31
- Quarter 2: March 31
- Quarter 3: June 30
- Quarter 4: September 30

STAY INFORMED!

Supplement 411

- www.supplement411.org



Athlete Express

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



Check the Status of Medications

- Global Drug Reference Online: www.GlobalDRO.com (also available on smartphones)
- Wallet Card (available at www.USADA.org)
- Drug Reference Line available by calling Athlete Express: (866) 601-2632 or (719) 785-2000

TUE Questions?

- E-mail: tue@usada.org

Need to update your whereabouts?

- USADA Online Account: www.usada.org/athletes
- Online Account Change of Plan
- E-mail: update@usada.org
- Text: text@usada.org
- Free Mobile Application for iPhones, Droids, and Blackberrys. Go to www.USADA.org/m from mobile phone web browser.

Play Clean Tip Center

USADA makes a number of ways available to report the abuse of performance enhancing drugs in sport in an effort to protect clean athletes and promote clean competition. Contact USADA at (877) 752-9253 or by emailing playclean@usada.org if you believe the integrity of your sport is being compromised by doping. You have the option to remain anonymous.



usada.org/playclean

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