

The information in the pocket guide will help elite-level 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 will be chaperoned and 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.



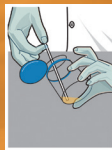
5 You will be offered a choice of sealed sample collection equipment (which includes A sample and B sample bottles). Check and inspect the equipment to ensure that it has not been tampered with.



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 In accordance with the instructions on the Doping Control Official Record (DCOR), declare any substance or medication 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 accurate and correct. Keep in mind that your name is not on the form that goes to the laboratory. The laboratory reports all results based on the unique sample code numbers. Finally, keep your copy in a safe place.

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*Sample collection equipment may slightly vary according to the National Anti-Doping Agency (NADO) or region, but the integrity of the sample will always be maintained.

Changes to the Prohibited List (effective January 1, 2011)

- A new category, S0, prohibits at all times non-approved substances such as therapeutic drugs under pre-clinical or clinical development, or those that have been discontinued and have no current approval by any governmental regulatory health authority
- Desmopressin, as well as the sequential withdrawal, manipulation and reinfusion of whole blood into the circulatory system is prohibited at all times
- Platelet-Derived Preparations, also known as PRP, have been removed from the Prohibited List
- In-Competition
 - Methylhexanamine is now listed as a specified stimulant
 - The section of cannabinoids now includes “cannbimimetics:” all marijuana-like substances, either natural, or synthetic
 - Glucocorticosteroids, when administered by oral, intravenous, intramuscular, or rectal routes, are prohibited

At least once a year, WADA evaluates and updates the list of Prohibited Substances and Methods.

Substances and Methods Prohibited at all times, In- and Out-of-Competition:

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

Substances Prohibited In-Competition Only:

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

Beta Blockers and Alcohol are prohibited substances for specific sports.

* All beta-2 agonists are prohibited except salbutamol (maximum 1600 micrograms over 24 hours) and salmeterol by inhalation. The presence of salbutamol in urine in excess of 1000 nanograms per milliliter 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.

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 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 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. 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.

▶ ATHLETE RIGHTS & RESPONSIBILITIES

As an elite 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
- Viewing the DCO's credentials
- The choice of collection vessels and sample collection kits
- Receiving copies of the paperwork
- 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 21 days in advance of the intended use.
- For more information on TUEs, visit www.usada.org/tues. Here you can determine if your medication requires a TUE.
- Effective January 1, 2011, threshold substances (albuterol, cathine, ephedrine, 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.
- Effective January 1, 2011, athletes no longer need to declare the use of inhaled albuterol, salmeterol, glucocorticosteroids, or Platelet Rich Plasma through USADA's website, or on ADAMS. Athletes are still advised to declare all medications, dietary supplements, and blood transfusions on the Doping Control Official Record at the time of testing.

▶ DIETARY SUPPLEMENTS

- 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 the body with the nutrients needed to compete on the highest level without taking dietary supplements, check out the Optimal Dietary Intake Guide at www.USADA.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.

Save www.GlobalDRO.com to your favorites to quickly access the website and check the status of medications.



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 not prohibited and 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®

The Drug Reference Line® provides athletes, parents, coaches, etc., a personal resource to understanding prohibited substances based on the WADA Prohibited List. A USADA representative is available to answer questions about the status of a substance; whether a TUE is needed; and how to start the TUE process.

The Drug Reference Line® is available Monday through Friday 8 a.m. to 4 p.m. MST. The number is (800) 233-0393 (within the U.S.) and (719) 785-2020 (outside the country).

▶ 2011 USADA REGISTERED TESTING POOL (RTP)

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

▶ STAY INFORMED!

General USADA

(866) 601-2632
www.USADA.org

Check the Status of Medications

- Global Drug Reference Online DRO™: www.GlobalDRO.com
- Wallet Card (available at www.USADA.org)
- Drug Reference Line®: (800) 233-0393

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 Line™

Contact USADA at (877) 752-9253 if you believe the integrity of your sport is being compromised by doping.



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