



Coaches

Medical Staff

Managers

Team Leaders


Trainers

ATHLETE SUPPORT
POCKET GUIDE

U.S. ANTI-DOPING AGENCY



 **USADA**
U.S. Anti-Doping Agency



*Your athletes look to you for help,
on and off the field.*

*This pocket guide is loaded with
concise information for you to help your athletes
successfully navigate through
their anti-doping responsibilities.*

*Keep this guide in your bag and when
anti-doping questions come up, accurate answers
will always be within your reach.*

USADA[®]

*is dedicated to preserving
the well-being of Olympic sport,
the **integrity** of competition,
and ensuring the **health** of athletes.*

*Created in 2000 as an independent,
nonprofit, non-governmental agency,
USADA is charged with developing programs
involving education, research, testing,
and results management on behalf of Olympic,
Paralympic, and Pan American athletes.*

YOUR ROLE



YOUR ROLE

We hear it from athlete support personnel all the time.

"My athletes don't use drugs!" Even if you know your athletes are clean, you still have a role to play for Clean Sport.

According to the World Anti-Doping Code (Code), your role is to:

- Be knowledgeable of and comply with all anti-doping policies and rules which are applicable to you or the athletes you support.*
- Cooperate with the athlete testing program.*
- Use your influence on athlete values and behavior to foster positive anti-doping attitudes.*

*Are you fulfilling your role according to the **Code**? Are you knowledgeable when it comes to anti-doping policies?*

For example, are you aware of all of the different types of doping violations?

The definition of doping is the occurrence of one or more of the following violations:

- presence of a prohibited substance in an athlete's sample,*
- refusing to submit to testing,*
- failure to provide whereabouts information or missed tests,*
- tampering with the doping control process,*
- use, possession, trafficking, or administration of any prohibited substance or method, or*
- assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any attempted violation.*

Athlete support personnel who commit doping violations can face sanctions. Depending on the type of violation, and if minors are involved, sanctions can range anywhere from a public warning to a lifetime suspension. For more information, reference the Code at www.wada-ama.org.

*Remember, **you** set the tone. A negative attitude from you will create a culture where it's acceptable for your athletes to ignore their anti-doping responsibilities. Remind your athletes that anti-doping responsibilities are just part of the package of being an elite athlete, and clean sport will only happen through a partnership with clean athletes and all of the other stakeholders.*

Call USADA if you believe the integrity of your sport is being compromised by doping.



DOPING CONTROL

DOPING
CONTROL

Your athletes have many rights and responsibilities concerning the doping control testing process. Here are a few of them:

ATHLETES' RIGHTS:

- *Having a representative with them.*
- *Having an interpreter.*
- *Providing written feedback to USADA.*
- *Asking for the Doping Control Officer's (DCO) credentials if not presented.*
- *Finishing a workout or team meeting if notified for an OOC test.*

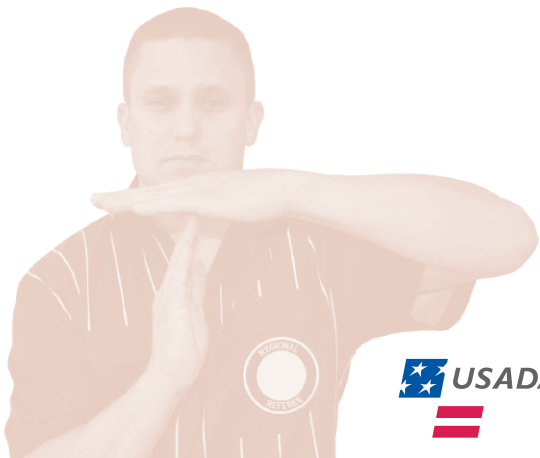
ATHLETES' RESPONSIBILITIES:

- *Complying with the doping control procedures.*
- *Staying within view of the chaperone from notification to completion.*
- *Ensuring that all appropriate paperwork is accurate, complete, and signed.*



YOU ALSO HAVE RESPONSIBILITIES CONCERNING DOPING CONTROL. THEY INCLUDE:

- *Cooperating with all doping control procedures.*
- *Possibly serving as your athlete's representative.*
- *Staying up-to-date with all doping control policies that affect your athletes.*
- *Giving your athletes the training and competition schedules as far in advance as possible, so they can comply with their OOC whereabouts requirements.*
- *Encouraging your athletes to update whereabouts information when leaving for a competition or training camp.*
- *Scheduling travel logistics and team meetings with enough flexibility to allow for doping control requirements.*
- *Creating a team culture that fosters positive anti-doping attitudes and does not tolerate any form of cheating.*



OUT-OF-COMPETITION (OOC) TESTING

Athletes in the OOC Testing Program can be tested at any time and at any location. Knowing these reminders will help you with your OOC athletes:

- *USADA works with each National Governing Body to determine which athletes should be included in the OOC Testing Program.*
- *OOC athletes submit whereabouts information to USADA on a quarterly basis. Athlete cooperation is a critical component to the success of the OOC program.*
- *Some athletes view this process as an invasion of privacy, but most athletes see it as their responsibility in the fight for clean sport.*
- *Ways you can help your athletes:*
 - *Your attitude sets the tone. Encourage your athletes to take pride in playing their part for clean sport.*
 - *Provide your athletes with up-to-date competition and training schedules as soon as possible.*
 - *Carry this pocket guide with you and be aware of how to access other USADA anti-doping resources.*

A missed test can be declared in the following ways:

- *Being unavailable at the locations and times specified on their quarterly Athlete Location Form (ALF) or update.*
- *Failing to submit accurate and complete quarterly ALFs by the deadline.*

After having three missed tests declared within a rolling 18-month period, your athlete could be subject to ineligibility – in many cases for a period of two years. Athletes have the right to appeal a declared missed test.

The deadlines for submitting hardcopy ALFs are:

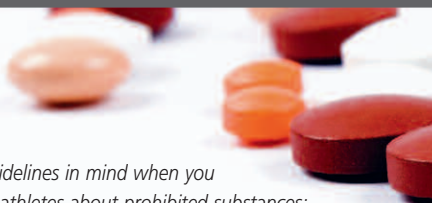
- **December 1st** for the first quarter (beginning January 1st)
- **March 1st** for the second quarter (beginning April 1st)
- **June 1st** for the third quarter (beginning July 1st)
- **September 1st** for the fourth quarter (beginning October 1st)

When your athletes' schedules change, they can update USADA in a variety of ways.

- *Email: update@usada.org*
- *Text: text@usada.org*
- *Online: www.usada.org*
- *Fax: 719-785-2099*
- *Mail: 1330 Quail Lake Loop, Suite 260,
Colorado Springs, CO 80906-4651*



PROHIBITED SUBSTANCES



Keep these guidelines in mind when you talk with your athletes about prohibited substances:

- 1. Don't use any prohibited substances.*
- 2. Get approval before you take any medications.*

If your athletes can follow these two rules, they will avoid making a mistake that could result in a positive test.

At least once a year, the World Anti-Doping Agency (WADA) evaluates and updates the List of Prohibited Substances and Prohibited Methods.

During In-Competition and Out-of-Competition tests, athletes' samples are checked for:

- Anabolic agents*
- Diuretics and other masking agents*
- Hormones and related substances*
- Beta-2 agonists*
- Agents with anti-estrogenic activity*
- Prohibited methods, including blood doping, gene doping, and chemical and/or physical manipulations*

PROHIBITED
SUBSTANCES

In addition to the categories above, In-Competition samples are also checked for:

- *Stimulants*
- *Narcotics*
- *Cannabinoids*
- *Glucocorticosteroids*

Also, International Federations can place additional substances (i.e., alcohol and beta blockers) on the list for specific sports and/or disciplines within a sport.

Contact USADA if you have questions about the status of a specific medication or substance.

- *Drug Reference Online™: www.usada.org/dro*
- *Drug Reference Line™: (800) 233-0393 (toll-free) or (719) 785-2020 (outside of the U.S.)*
- *Guide to Prohibited Substances and Prohibited Methods of Doping: www.usada.org/go/prohibitedguide*
- *Wallet Card: www.usada.org/go/walletcard*
- *TUE Process: www.usada.org/go/TUEs*



THERAPEUTIC USE EXEMPTIONS

If your athletes need medications that contain a substance on the Prohibited List, they must get approval by submitting a Therapeutic Use Exemption (TUE), prior to using the medication. There are two types of TUEs, Abbreviated and Standard.

Abbreviated TUEs can be used for:

- *Four specific beta-2 agonists taken by inhalation (formoterol, salbutamol, salmeterol, and terbutaline).*
- *Glucocorticosteroids used locally.*

Standard TUEs are necessary for the medically-justified use of all other prohibited substances.

THERAPEUTIC
USE
EXEMPTIONS



For the most timely and accurate processing of TUE applications, you should:

- *Submit the Abbreviated TUE notification at least 21 days prior to testing.*
- *Submit Standard TUE forms at least 30 days prior to the need for an exemption in order to receive approval for use of the substance either In-Competition or Out-of-Competition.*
- *Standard TUE forms must include all pertinent medical information that is related to the prohibited substance.*
- *Ensure that forms are complete, legible and signed by you and your physician.*
- *Some IFs require specific forms and processes for submitting TUEs. It is your responsibility to check with your IF for the most up-to-date information. Links to IF Web sites can be found on USADA's Web site.*

Should the application for any TUE be refused, there is an appeal process.

If an athlete needs emergency medical attention, his/her health is the first priority. Following treatment, the athlete needs to file an application for a Standard TUE with full medical documentation of the emergency as soon as possible.

TUE forms and instructions are available on USADA's Web site at www.usada.org/go/ae. For more information about the Abbreviated TUE, call USADA at (719) 785-2045. For additional information about the Standard TUE, contact the USOC sports medicine department at (719) 866-4668.

DIETARY SUPPLEMENTS



Do you know if your athletes are taking dietary supplements? Do you know the risks associated with the use of supplements?

Dietary supplements include products like vitamins, minerals, herbs, amino acids, proteins, energy products, and more. If your athletes use dietary supplements, they are risking adverse health consequences and the possibility of committing an anti-doping rule violation.

According to a 2002 International Olympic Committee study, the risk of buying a contaminated supplement in the U.S. is almost 20%. So, one in five supplements purchased in the U.S. could be contaminated with substances that would lead to a doping violation.

*How can you know if the substance in your hand is a food, supplement or medication? Check the label. Foods will have **Nutrition Facts**, medications will have **Drug Facts**, and dietary supplements will have **Supplement Facts**. USADA's Drug Reference Line™ and Drug Reference Online™ are unable to provide any information about dietary supplements.*

Be very cautious of supplements that make claims such as:

- *Extreme Energy*
- *Boosts Metabolism*
- *Reduced Recovery Time*
- *Increases Performance*
- *Increased Muscle Mass*
- *Increases VO₂ max*
- *Rapid Weight Loss*

Products with claims like these may contain prohibited substances and/or may contain substances that can have serious health consequences for the user. There is no shortcut to success. When products make claims that sound too good to be true, that is exactly what they are. The path to success requires:

- *training harder and smarter than the competition,*
- *giving the body the foods and hydration it needs for fuel, and*
- *resting enough to give the body time to recover.*

Your athletes are held to the standard of "strict liability". A doping violation occurs when their sample contains a prohibited substance, regardless of how the prohibited substance entered the their system. USADA warns athletes against taking any dietary supplements, even if they are "approved" or "verified". For information about how to give the body the fuel and the nutrients it needs to compete on the highest level without taking dietary supplements, check out the Optimal Dietary Intake at www.usada.org/go/nutrition.



SIGNS OF ABUSE



How can you tell if one of your athletes is abusing performance-enhancing substances? It can be difficult to know for sure, but there are some signs that can indicate abuse. Ask yourself if any of your athletes show one or more of the following signs:

For STEROIDS:

Males:

- Baldness
- Development of breasts

Females:

- Growth of facial hair
- Deepened voice
- Breast reduction

Both:

- Jaundice (yellowing of the skin)
 - Swelling of feet or ankles
 - Aching joints
 - Bad breath
 - Mood swings
 - Nervousness
 - Trembling
-

For STIMULANTS:

Both:

- *Insomnia*
- *Anxiety*
- *Increased aggressiveness*
- *Addiction*
- *Dehydration*
- *Tremors*
- *Increased heart rate and blood pressure*
- *Increased risk of stroke, heart attack, and cardiac arrhythmia*
- *Sudden death*

If one of your athletes shows any of these signs, it is your responsibility to intervene. It may be nothing, but if the athlete is doping, your intervention might save his/her life. Help the athlete seek professional help. For information and referrals, call the National Clearinghouse for Alcohol and Drug Information at (800) 729-6686. For more information about the health consequences of performance-enhancing substances, check out www.usada.org/athletes/cheating_health.html.






YOUR RESOURCES:

USADA is here to help you navigate the sometimes complicated and constantly changing world of anti-doping. Contact us with any questions you have.

General questions:

- USADA toll-free: (866) 601-2632
- E-mail: usada@usada.org
- Athlete Handbook:
www.usada.org/go/athletehandbook

Prohibited Substances

- Web: www.usada.org/dro 
- Drug Reference Line™ (800) 233-0393
or (719) 785-2020 (outside the U.S.)
- E-mail: drugreference@usada.org

Information for your athletes in the Out-of-Competition Testing Program:

- www.usada.org/go/ae

Publications

- Optimal Dietary Intake ...The Basics:
www.usada.org/go/nutrition
- The Journey ...Struggling with Ethics in Sport:
www.usada.org/go/journey
- Spirit of Sport™ and The Playing Field™ –
Newsletter for athletes and athlete support:
www.usada.org/go/spiritofsport



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