



Anti-Doping

Information for Athletes, Coaches
And Team Captains



Background

- The World Anti-Doping Agency (WADA) was established in 1999 and its code was developed to harmonize anti-doping rules and sanctions on a worldwide basis.
- The United States Anti-Doping Agency (USADA) began operations in 2000 following the recommendation by the United States Olympic Committee's (USOC) Select Task Force on Externalization that an independent agency be created to uphold the Olympic ideal of true sport on behalf of the nation's Olympic and Paralympic movement.
- Armed Forces Athletes are subject to anti-doping testing per the WADA code when competing at Conseil International du Sport Militaire (CISM) Championships.



Definition of Doping:

- **Doping, as defined by the Code, is the occurrence of one or more of the following anti-doping rule violations:**
 - 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 eighteen-month period as determined by Anti-Doping Organizations with jurisdiction over the *Athlete shall constitute an anti-doping rule violation.*



Definition of Doping – cont'd

- *Tampering or Attempted Tampering with any part of Doping Control.*
- *Possession of Prohibited Substances and Prohibited Methods.*
- *Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method.*
- *Administration or Attempted administration to any Athlete In-Competition of any Prohibited Method or Prohibited Substance, or administration or Attempted administration to any Athlete Out-of-Competition of any Prohibited Method or any Prohibited Substance 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 anti-doping rule violation.*



Responsibility

- ***Due to the principle of strict liability, an athlete is personally responsible for any prohibited substance found in his/her system, regardless of how the substance got there.***
 - ***Not being aware that a product contained a prohibitive substance is no excuse. Athletes must understand that all products consumed may contain prohibitive substances. Athletes must research the products they consume or ask their medical professional for assistance.***



Case Study

- At the 2011 CISM Military World Games in Rio de Janeiro, Brazil, a member of the USA team sport delegation tested positive for a prohibitive substance. The athlete consumed a popular energy drink, which was purchased from a retail nutritional store on the installation. The product contained the ingredient Methylhexanamine, which was added to the WADA prohibitive substance list in 2010.
- The athlete read and signed the anti-doping declaration forms provided to him by the medical staff prior to departing to the CISM Military World Games. In addition, he did not disclose any supplements he was taking. The athlete claimed that he was not aware that energy drinks or multi-vitamins were considered supplements. Moreover, he was not aware that the product contained any banned substances.



Case Study – cont'd

- Had the athlete indicated that he was taking the product to the medical staff or visited the product's website, he would have known that the product did not comply with the WADA code. The product's website clearly states that if an athlete is competing at an event and subject to WADA or NCAA anti-doping testing, they will fail. In addition, the Medical staff would have immediately known that Methylhexanamine was on the prohibitive substance list.
- Methylhexanamine, also known as dimethylamylamine (DMAA), is a dietary supplement and simple aliphatic amine used as a nasal decongestant. It is a stimulant and often used with caffeine to gain energy. Please visit <http://hprc-online.org/nutritio/nutrition-resources> for a complete list of products that contain DMAA



Case Study – cont'd

- The athlete's failure to research the product was no excuse per the WADA code. All athletes are responsible for every product they consume, regardless if they were aware or not of the product's ingredients. Many supplements are not monitored by the Food and Drug Administration (FDA), and are not required to fully list the complete ingredients. When in doubt, ask your medical professional.
- The athlete assumed that products sold at retail stores would not contain ingredients that were banned on the WADA prohibitive substance list. This assumption led to a positive doping violation.
- Keep in mind, supplements purchased at retail stores are completely legal and pose no threat to ones health when used as directed. However, many of the products contained ingredients on the WADA prohibitive substance list. Most responsible products have warnings on the label or their website describing whether or not the product complies with NCAA or WADA anti-doping rules.



Case Study – Results

- The result of the athlete's error in judgment and lack of knowledge:
 - The athlete fully admitted to consuming the product to the CISM Discipline Commission, acknowledging that his lack of awareness was no excuse and he assumed all responsibility and the ruling determined by the Discipline Commission. In addition, the athlete has been actively educating other athletes of the incident.
 - The letter submitted by the athlete and his full cooperation and acceptance of responsibility of the incident sent a positive message to the Discipline Commission. Therefore, the CISM Discipline Commission issued the following sanction:
 - 1-year ban from CISM competition per the WADA Code. The WADA Code also prohibits any athlete from training and competing with his club or other sport. In other words, the athlete was banned for one-year in competing with the U.S. Armed Forces team of any sport as well as competing at the Armed Forces Championship of any sport.



Prohibitive Substances

- ***How does a substance or method get placed on the Prohibited List?***
 - 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:
 - It has the potential to enhance or enhances sport performance
 - It represents an actual or potential health risk to the athlete
 - It violates the spirit of sport
 - None of the three criteria alone is sufficient to add a substance or method to the List.
- ***NOTE: This Prohibited List is updated annually and is subject to change.***
 - *For the most up-to-date information, visit www.usada.org/prohibited-list.*



Stimulants

- *The primary medical use of these compounds is to treat conditions such as Attention Deficit Disorders, asthma, narcolepsy, and obesity.*
- **What are some potential side effects and health risks of stimulants?**
- 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 immediately prior to 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 to check Global Drug Reference Online www.GlobalDRO.com, the Wallet Card, or call Athlete Express (719) 785-2000 or Toll-Free (866) 601-2632 or email athleteexpress@usada.org for more information.*



What to do if you are on medication?

- *See Therapeutic Use Exemption (TUE) policies pertaining to the use of prohibited medications at www.usada.org/tue.*
- *Your medical professional can assist you. There are many cases where athletes are prescribed medications that contained prohibitive substances. You can only obtain the TUE if you fully disclose all products you are consuming. **Supplements will never meet the requirements!!***



Resources

- USADA
 - <http://www.usada.org/resources>
 - <http://hprc-online.org/nutrition/nutrition-resources>
- WADA
 - <http://www.wada-ama.org/>
- Armed Forces Sports Office
 - www.armedforcessports.com
 - 210-466-1335 or 210-466-1336

