Drug testing will be a part of your life as long as you choose to compete as an elite athlete. Group your anti-doping related topics such as drug testing, support personnel and others learn about True Sport, and the Rights of Athletes.

**GUIDE**

The information in the pocket guide will ensure that it has not been tampered with.

**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 essential to maintain control of your sample until the sample is sealed.

You must report to the Doping Control Station immediately, unless a valid reason is considered by the DCO, declare any prohibited substances or methods, and security kits and inspect your selected kit.

The DCO will ask you to choose from a selection of accessory bags and into a polystyrene box.

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.

You will then divide your sample between the B sample bottles and A sample bottles, and sign and inspect the equipment to ensure that it has not been tampered with.

You will be asked to select a sealed sample collection from a choice of vessels. Check and inspect the collection equipment (which includes A sample and B sample collection documentation and ship your samples to the lab.

The test could be conducted by USADA, your IF, and/or WADA.

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

Changes to the Prohibited List (Effective January 1, 2017)

A. Drugs of Choice:

Anti-Doping Agency regularly and at any time and at any location includes your home, testing, work, school, etc.

Blood sample collection process:

- Your blood will be drawn by a Blood Collection Official (BCO), will perform the actual blood draw.
- The procedures for providing and processing your sample are the same as those for in-competition testing.
- The DCO will then guide you through the remaining sample collection documentation and sign your samples to the lab.

**Consequences of Competition:**

*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 Substances and Methods.
As an elite athlete, you have rights and responsibilities.

Your responsibilities include:

- Complying with the testing procedures
- Providing government issued photo identification
- Viewing the DCO's credentials
- Requesting a delay in reporting to the Doping Control Station for valid reasons
- Having a representative accompany you, and if available, an interpreter

Your rights include:

- The opportunity to provide feedback
- Receiving copies of the paperwork
- The choice of collection vessels and sample collection kits
- Requesting a delay in reporting to the Doping Control Station for valid reasons
- Efficient communication between the athlete and the Doping Officer/Chaperone, and you can be chaperoned at all times

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.

Athletes are held to the standard of “strict liability.” In the anti-doping world, Congress in the Dietary Supplement Health and Education Act (DSHEA), a dietary supplement is a product intended for oral use by consumers who seek dietary change. DSHEA applies whether the dietary supplement is marketed as a dietary supplement, and any substance sold in the United States is a dietary supplement.

Effective January 1, 2011, athletes no longer need to declare albuterol, cathine, and other substances (including vitamins, minerals, herbs or other botanicals, amino acids, and blood transfusions on the Doping Control Station for valid reasons.) Athletes are still advised to declare all medications, dietary supplements, and blood transfusions on the Doping Control Station for valid reasons.

For more information on TUEs, visit www.usada.org/tues. Here you will find a summary of commonly not prohibited and prohibited substances and methods on the WADA Prohibited List. A USADA representative is available to answer questions about the status of a substance; whether a TUE is required; or if a substance is prohibited.

Use of a prohibited substance or method violates an athlete’s anti-doping rules. The USADA Prohibited List is a list of substances and methods that are prohibited in sport at all times, regardless of how they got there. The list is updated annually and can be found at the USADA website. The Prohibited List includes substances and methods that are commonly referred to as “performance enhancers” or “禁药.” The Prohibited List includes substances and methods that are commonly referred to as “performance enhancers” or “禁药.”

Athletes using the Prohibited List as a quick reference.

Need to update your whereabouts?

- Mobile Application for iPhones, Droids, and Blackberrys.
- E-mail: update@usada.org
- Online Account Change of Plan
- Phone call made to athlete after a 60-minute time slot.
- Phone call made to athlete in 4-5 minutes of 60-minute time slot.
- Phone call made to athlete in 4-5 minutes of 60-minute time slot.
- Phone call made to athlete after a 60-minute time slot.
- Wallet Card (available at www.USADA.org)

Athlete returning from retirement who were previously in the 2011 USADA Register Testing Pool (RTP) are Sanctioned Athletes. All International Federation (IF) RTP athletes includes the same criteria as described in the NTP.

For more information on TUEs, visit www.usada.org/tues. Here you will find a summary of commonly not prohibited and prohibited substances and methods on the WADA Prohibited List. A USADA representative is available to answer questions about the status of a substance; whether a TUE is required; or if a substance is prohibited.

All Sanctioned Athletes have to provide a 60-minute time slot.

No missed start, No filing failures

The Drug Reference Line provides information about the status (prohibited or not prohibited) of substances and methods on the WADA Prohibited List. A USADA representative is available to answer questions about the status of a substance; whether a TUE is required; or if a substance is prohibited.

The Drug Reference Line is available Monday through Friday from 8 a.m. to 5 p.m. EST (eastern standard time) at 1-866-601-2632 (within the United States) and (717) 755-3200 (outside the country).

Check the Status of Medications

FREE MOBILE APPLICATION for iPhones, Droids, and Blackberry.

INDEX.

DIETARY SUPPLEMENTS

- Athletes returning from retirement who were previously in the 2011 USADA Register Testing Pool (RTP) are Sanctioned Athletes. All International Federation (IF) RTP athletes includes the same criteria as described in the NTP.

WHEREABOUTS FAILURES

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GLOBAL DRUG REFERENCE ONLINE® (GLOBAL DRO)

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