

U.S. ANTI-DOPING AGENCY

Health Professionals and Anti-Doping



THE HEALTH PROFESSIONAL'S ROLE

What is a Health Professional's Role in Anti-Doping?

As health professionals who care for athletes, you play an important role in preserving the integrity of competition and the core principles of true sport. Athletes and support personnel depend on health professionals to help guide them in making good decisions. As such, it's essential that health professionals understand anti-doping rules to ensure program compliance and protect clean competition.



ATHLETE RIGHTS AND RESPONSIBILITIES DURING DOPING CONTROL

One of the ways you can support your athlete-patient is to be an advocate for them throughout the doping control process. Let's review a few of their rights and responsibilities.

Rights:

- Having a representative accompany the athlete throughout the doping control process. As a health professional, this could be a role you play
- Requesting modifications if the athlete has an impairment or injury
- Requesting an explanation of the testing procedures and how the sample collection equipment works
- Requesting a delay in reporting to the doping control station for valid reasons (in-competition testing)
- Requesting to complete a training session or other activities while the Doping Control Officer (DCO) or notifying chaperone observes the athlete (out-of-competition testing)

Responsibilities:

- Reporting immediately to the doping control station unless there are valid reasons for delay
- Presenting a government issued photo identification at the time of notification
- Always remaining in direct observation of the DCO and/or chaperone from the time of notification until the sample collection session is completed
- Ensuring all appropriate sample collection documentation is accurate, complete, and signed

To learn more about athlete rights and responsibilities during the drug testing process, visit

[USADA.org/sample-collection-process](https://www.usada.org/sample-collection-process).

WORLD ANTI-DOPING AGENCY PROHIBITED LIST

Each year the World Anti-Doping Agency (WADA) publishes the WADA Prohibited List.

- Typically, a substance or method is considered for the WADA Prohibited List if it 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; or it violates the spirit of sport.
- The Prohibited List identifies substances and methods prohibited at all times, prohibited in-competition only, and prohibited in particular sports.

For the most up-to-date information, visit [USADA.org/prohibited-list](https://www.usada.org/prohibited-list).

DRUG REFERENCE RESOURCES

Helping your athlete-patient navigate the Prohibited List can be done quickly and easily through various USADA resources.

- Global Drug Reference Online ([GlobalDRO.com](https://www.globaldro.com)) is an online and mobile enabled resource to search the prohibited status of specific substances and methods based on the current WADA Prohibited List.
- USADA's [Drug Reference Line](https://www.usada.org/drug-reference-line) gives athletes and support persons access to an expert over the phone who can answer questions about the status of a substance or method. Call **(719) 785-2000** and follow the prompts. Not able to make a phone call? Email the drug reference team at drugreference@usada.org.



SAMPLE COLLECTION PROCESS

Here are some things you should know about the sample collection process:

- A Doping Control Officer (DCO) or Blood Collection Officer (BCO) will conduct the collection of urine and/or blood samples.
- The process will be thoroughly explained prior to the collection of urine and/or blood.
- For urine sample collection, a DCO or witnessing chaperone of the same gender as the athlete will directly observe the provision of the 90 mL sample.
 - If an athlete is under the age of 18, know that a second sample collection person will be present throughout the sample collection process.
- An athlete will be required to remain in a seated position for at least 10 minutes prior to providing a venipuncture blood sample. Athletes will provide less than two tablespoons of blood.
 - If the athlete has exercised within the last two hours, they will need to wait until two hours after completion of exercise before their blood sample can be collected.
- If Dried Blood Spot (DBS) testing is utilized, a very small amount of blood will be captured from capillary blood vessels in the skin (rather than a vein).

Please visit [USADA.org/urine](https://www.usada.org/urine) or [USADA.org/blood](https://www.usada.org/blood) to learn more.

THERAPEUTIC USE EXEMPTIONS (TUE)

There may be circumstances when your athlete-patient has a legitimate medical need to use a prohibited substance or prohibited method. Prior to use, the athlete must obtain a TUE through the TUE Application process. The most common reason for delayed or denied TUEs is a lack of medical documentation or clear diagnosis. A prescription is not itself sufficient to obtain a TUE.

To determine if a TUE is necessary, follow the steps below.

STEP 1

Research the substance or method on [GlobalDRO.com](https://www.globaldro.com) to determine if it is prohibited in sport.

If a medication cannot be found on [GlobalDRO.com](https://www.globaldro.com) that does not mean it is permitted. Please contact [drugreference@USADA.org](mailto:drugreference@usada.org) or call **(719) 785-2000** and follow the prompts to connect to USADA's [Drug Reference Line](https://www.usada.org/drug-reference-line) for support on the inquiry.

STEP 2

If an athlete needs to take a prohibited substance and/or method and has not been notified that they are in a USADA testing pool, they should fill out the TUE Pre-Check Form on [USADA.org/tue](https://www.usada.org/tue).

If an athlete needs to take a prohibited substance and/or method and has been notified that they are in a USADA testing pool (both international and national level), they should apply for a TUE from USADA prior to using any prohibited substances or methods.

STEP 3

If a TUE is required, athletes should complete the necessary Application and submit it through the secure online portal. It typically takes up to 30 days to process a TUE Application and render a decision.

- If an athlete's TUE is approved, they are advised to read their approval documents for conditions and pay special attention to the expiration date.

To contact the USADA Drug Reference Team and learn more about TUEs, visit [USADA.org/tue](https://www.usada.org/tue).

SUPPLEMENTS

It is important for athletes and health professionals to recognize the risks associated with dietary supplements, which undergo no pre-market approval and consequently have an increased risk of contamination. For those who choose to use supplements despite the risks, USADA recommends using third-party certified products to reduce that risk.

Visit [Supplement Connect](https://www.usada.org/supplement-connect) to find:

- Third-party certifications that USADA currently recognizes
- Food, medication, and supplement comparisons
- Testimonials of the food first approach by Olympic and Paralympic athletes
- Ways to recognize and reduce the risks associated with dietary supplements

RESULTS MANAGEMENT

USADA maintains a fair and robust results management and adjudication process to identify Anti-Doping Rule Violations (ADRVs) and impose proportionate sanctions.

- Athletes will receive notice, usually within six to eight weeks, about the results of their test.
- Athletes are entitled to have their case heard before an independent arbitrator not affiliated with USADA.
- The athlete, USADA, WADA, or the relevant international sport federation (IF) can appeal the decision to the Court of Arbitration for Sport (CAS). A decision delivered by CAS is final.

If you have questions about testing or results, contact Athlete Connect at athleteconnect@usada.org or call **(719) 785-2000**.





USADA HealthPro Advantage: Anti-Doping Education for the Health Professional

HealthPro Advantage, an eLearning course, was created as a resource for any physician interacting with athletes and for medical professionals in ALL FIELDS, from Orthopedics to Sports Medicine. The course is particularly valuable to medical professionals because they are on the front line treating and advising elite and/or recreational athletes governed by the World Anti-Doping Code and are similarly subject to those anti-doping policies and rules. HealthPro Advantage is free for *all* health care professionals, and participants can earn a certificate as well as Continuing Medical Education credits for successfully completing the course modules, tests, and evaluation.

Visit USADA.org/healthpro to learn more.



To help keep your sport clean, please report suspected doping violations to USADA's Play Clean Tip Center in one of the various ways listed below. You do have the option to remain anonymous. Please be advised that all Play Clean Tips are considered confidential information.



1-877-752-9253
OR TEXT 87232 ("USADA")



playclean@USADA.org



5555 Tech Center Drive, Suite 200
Colorado Springs, CO 80919



USADA.org/playclean



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