



The Playing Field

U.S. Anti-Doping Agency Athlete Support Personnel Newsletter

July- September 2005

Volume I, Issue I

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Athlete centered, Coach driven



Welcome to The Playing Field, a USADA publication for Athlete Support Personnel. This quarterly newsletter will provide accurate and current anti-doping information for coaches, trainers and team medical staff. The information provided is intended to allow athlete support personnel to understand various elements of the anti-doping effort and to help maintain athletes' sport eligibility.

We also hope to dispel myths about anti-doping policies, prohibited substances and the doping control process. We encourage coaches and other support personnel to show their commitment to drug-free sport by sharing the information from "The Playing Field" with athletes and peers.

If you have suggestions for future articles, or would like to share an opinion about anti-doping issues, contact us at educationnews@usantidoping.org. We look forward to receiving your comments.

Keeping a level playing field



The establishment of the World Anti-Doping Code (Code) in 2003 has been a significant tool in the fight against doping in sport. Since its adoption and implementation by sport stakeholders, the Code has worked to ensure the integrity of sport and preserve the Olympic ideals of true sport, fairness, equality and health.

The World Anti-Doping Agency (WADA) Code helps protect athletes' rights to participate in drug-free sport, and ensures the existence of a harmonized, coordinated and effective anti-doping program. The Code establishes common definitions for doping which apply to all athletes and to all athlete support personnel.

Because ignorance is never an excuse, it is important for athletes and athlete support personnel to be familiar with the definition of doping and individual roles and responsibilities outlined within the Code. Knowing the definition of doping, and the individual roles and responsibilities is one of many ways to avoid committing an anti-doping violation.





Keeping Athletes Informed

Coaches can be of great assistance in keeping their athletes on the playing field by keeping them informed of current anti-doping issues and their role and responsibilities under the Code.

(more on keeping a level playing field continued on page 2)

Sneak peek inside

 What is the WADA definition for doping? Take a look on page two to find out along with the possible consequences of two particular doping violations under the Code. You may be surprised.

 A look at the Coaches Corner article on page four will give you an opportunity to think about the fine line explored by athlete support personnel to maximize performance. In the next issue, we'll give you an answer to the sport dilemma by providing USADA's position on the hypothetical situation.

Keeping a level playing field (cont'd)

The Definition of Doping

The Code establishes a common definition of doping, which is defined as the occurrence of one or more of the following anti-doping rule violations:

- The presence of a *Prohibited Substance* or its *Metabolites* or *Markers* in an *Athlete's* bodily *Specimen*.
- *Use* or *Attempted Use* 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 provide required whereabouts information and missed tests which are declared based on reasonable rules. (This rule applies to athletes in the out-of-competition program— *ed.*)
- *Tampering*, or *Attempting* to tamper, with any part of *Doping Control*.
- *Possession* of *Prohibited Substances* and *Methods*.
- *Trafficking* in any *Prohibited Substance* or *Prohibited Method*.
- Administration or *Attempted* administration of a *Prohibited Substance* or *Prohibited Method* to any *Athlete*, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or *Attempted* violation.

Roles and Responsibilities of Athlete Support Personnel

- To be knowledgeable of and comply with all anti-doping policies and rules adopted pursuant to the *Code* and which are applicable to them or the *Athletes* whom they support.
- To cooperate with the *Athlete* Testing program.
- To use their influence on *Athlete* values and behavior to foster anti-doping attitudes.

Roles and Responsibilities of Athletes

- To be knowledgeable of and comply with all applicable anti-doping policies and rules adopted pursuant to the *Code*.
- To be available for *Sample* collection.
- To take responsibility, in the context of anti-doping, for what they ingest and use.
- To inform medical personnel of their obligation not to *Use Prohibited Substances* and *Prohibited Methods* and to take responsibility to make sure that any medical treatment received does not violate anti-doping policies and rules adopted pursuant to the *Code*.

For a full copy of the Code, visit the official website of the World Anti-Doping Agency (WADA) at www.wada-ama.org.

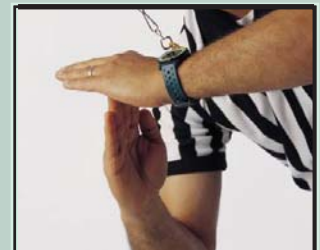
A time-out may be more than two years!

Both WADA and USADA strongly believe that athlete support personnel who encourage or engage in trafficking or the administration of prohibited substances or methods should be subject to sanctions which are more severe than the athlete who violate anti-doping rules.

Under the Code, the trafficking and the administration or attempted administration of a prohibited substance or prohibited method are two anti-doping violations that could result in a minimum ineligibility period of four years up to lifetime ineligibility. The other anti-doping rule violations typically result in two years ineligibility. An anti-doping rule violation involving a minor is considered particularly serious, and if committed by athlete support personnel, may result in lifetime ineligibility where either WADA or USADA has the authority to impose such a penalty. The authority of sport organizations is generally limited to ineligibility for credentials, membership and other sport benefits.

Reporting violations committed by athlete support personnel to competent authorities is an important step in the deterrence of doping and maintaining the integrity of sport.

If you suspect the integrity of your sport is being compromised by doping, protect your sport by contacting USADA's Play Clean™ Line at (877) 752-9253.



Be careful when competing internationally!

Some doping violations are potentially avoidable if athletes and support personnel take simple precautions to ensure athletes do not use prohibited substances. The following doping case resulted in a two-year suspension that might have been avoided with more care.

At an international competition just prior to the Olympic Games, an athlete tested positive for a prohibited substance.

The athlete in this instance was using glucose pills to “raise energy levels.” However, having run out of the U.S. manufactured pills, the athlete asked the team chiropractor to purchase glucose pills at a local pharmacy in the foreign country where the competition was being held.

That same day, without inspecting the pills, the athlete took them and subsequently tested positive for the presence of a prohibited substance.

The subsequent adjudication revealed that neither the chiropractor nor the athlete examined the pill packet or the accompanying leaflet. Although in a foreign language, the leaflet warned by word and picture, that the pill contained a prohibited ingredient. The warning stated that taking the pill could result in a positive (doping control) test.

Who is at fault?

Under applicable anti-doping rules, athletes are ultimately responsible for what they put into their bodies. As a consequence of this doping case, the athlete missed the opportunity to compete in the Summer Olympics and is currently serving a two-year suspension for doping.

Lessons to be learned from this story:

- Athlete support personnel should assist the athlete by taking all necessary precautions and asking the athlete for information about medications or dietary supplements they are taking. Failure to take precautions could have negative consequences for athletes as well as athlete support personnel.
- Be overly cautious in purchasing or using medications or other products in a foreign country. Athlete support personnel should make sure that the athlete has a sufficient supply of medication from the U.S. Remember that use of any prohibited substance must be covered through the Abbreviated or Standard Therapeutic Use Exemption (TUE). See the article below for rules on TUEs.

Although the athlete is ultimately responsible for what he or she ingests, athlete support can also be held liable under anti-doping rules.

I didn't know that...(there are two types of TUEs)

There are circumstances in which treatment for either an acute or a chronic medical condition requires that an athlete take a substance included on the List of Prohibited Substances or Methods. There are two ways athletes can apply for exemption to use a prohibited substance or method summarized below.

1. **Abbreviated TUEs** are required for:

Glucocorticosteroids, used topically or locally (in nasal sprays, eye drops, ear drops, local injections, iontophoresis and inhalation). Dermal topical glucocorticosteroids may be used without a TUE or Abbreviated TUE. All glucocorticosteroids administered systemically (e.g. by oral, rectal, intravenous or intramuscular routes) require a Standard TUE. Glucocorticosteroids are prohibited only in-competition.

Specific beta-2 agonists taken by inhalation

- ❖ The four beta-2 agonists that require an Abbreviated TUE for both In- and Out-of-Competition (OOC) testing include, Salbutamol (albuterol, levalbuterol), Salmeterol, Formoterol and Terbutaline.
- ❖ All other beta-2 agonists are prohibited and require a Standard TUE, both In- and OOC.
- ❖ Athletes requesting an exemption for the use of a beta-2 agonist **MUST** know the specific rules of their International Federation (IF) concerning the process to request exemptions for the use of prohibited substances.
- ❖ Ensure that any required documentation and all forms are complete, legible and signed by the athlete and physician for full consideration of the TUE.

2. **Standard TUEs** are required for the use of all other prohibited substances and methods, and must be filed to cover use for In- and OOC as appropriate.

For the most timely and accurate processing of TUE applications, athletes should ensure that they:

- ❖ Submit forms to USADA. Forms will be forwarded to the IF.
- ❖ Submit TUE forms at least 30 days prior to the date of a specific competition or prior to the need for use of the prohibited substance or method.
- ❖ Ensure that any required documentation and all forms are complete, legible and signed by the athlete and physician for full consideration of the TUE.

NOTE: If emergency treatment is required or the health of the athlete would be endangered by any delay in treatment, the athlete must file a Standard TUE with full medical documentation of the emergency as soon as possible after treatment starts. The decision on the emergency TUE request will be made by a committee of physicians after treatment has taken place.

For additional information about the TUE process, visit USADA's Web Site or call USADA's TUE Coordinator toll-free at (866) 601-2632, ext. 2045 or (719) 785-2045 (outside the U.S.).

Coaches Corner



Here is an example of a sport dilemma. Think about how you would handle the situation.

A newly hired paramedical staff person is responsible for administering team massages and other duties as required, which include the use of intravenous (IV) infusion drips to rehydrate the body by replacing fluids and nutrients lost over the course of a typical day-long endurance competition. Another duty involves drawing blood for analysis to monitor the blood parameters: hemoglobin level and hematocrit concentration. Abnormal changes in blood parameters are observed and, knowing what can cause these dramatic changes, the new staff person suspects that a form of doping may be taking place under the direction of the team physician. When the concerns are brought to the attention of the team physician, he says, "Look we are responsible for looking after the health and safety of the team. We monitor these blood parameters to make sure they are able to compete under the sporting rules. Concern yourself with keeping the team healthy for competition."

Questions to think about

1. Fluids can easily be replenished through normal ingestion (drinking) but could longer. Do you consider IV infusion drips for recovery a form of cheating?
2. Included in the IV infusion is a glucose concentration that facilitates muscle recovery and "intralipid," which is a high calorie fat preparation. Would this rehydration technique be considered a form of cheating?
3. Race organizers and all members of the racing team are turning a blind eye. What would you do in this situation?

Tell us what you think about this coaching dilemma. Send your comments to aroberts@usantidoping.org. Authors or selected submissions will be notified before publication.

Dietary Supplement Use

USADA Position Statement:

Using any form of dietary supplement may result in a doping violation leading to sanctions.

Be advised that dietary supplements are defined to include vitamins, minerals, herbs, amino acids, proteins, botanicals and their extracts. Dietary supplements may contain prohibited or illegal substances that may or may not be listed on the label.

Any athlete using dietary/nutritional supplements does so completely at his or her own risk of committing a doping violation. USADA does not approve or verify supplements.

Are there any supplements that are safe from contamination?

Because the supplement industry is largely unregulated, there are no guarantees that any supplement is safe.

My athletes have been using supplements for years and they have never tested positive.

Dietary supplements have been shown to be contaminated with prohibited substances and have been shown to be inappropriately labeled. A 2002 International Olympic Committee Supplement Study randomly selected popular supplements from various countries and found that 19% of U.S. products were contaminated and could have led to a positive test.

What can a coach do to keep athletes eligible for competition?

- Ask what vitamins, minerals and other dietary supplements your athletes are taking and warn them of the risks.
- Protect your athletes by staying informed and asking questions about safe food alternatives to dietary supplements.
- The USADA nutritional module, "Optimal Dietary Intake for Sport...The Basics," is a resource available to help optimize dietary intake for sport competitions. To find out more, visit www.usantidoping.org.



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Are You Ready
to Take a Stand
Against
Doping?

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



Protect Your Sport
U.S. Anti-Doping Agency