

Mistake Washes Away Eligibility

"I would say, educate yourself! You can't expect anyone else to do that for you. Also, educate your doctor." Erica Watts

Swimmer Erica Watts, an NCAA athlete, committed an anti-doping rule violation involving a prescription medication at the 2005 Open Water National Championships. Watts disclosed using a prescribed medication but did not submit a therapeutic use exemption. Erica speaks out for the first time about her failure to file for a therapeutic use exemption, her subsequent suspension from competition, and provides words of advice to collegiate athletes and athlete support personnel.



Prior to this situation, were you aware of the differences between your International Federation (FINA) and the National Collegiate Athletic Association (NCAA) anti-doping rules?

I was aware of the NCAA rules. I was aware that I needed documentation for my medication. My doctor at the university was very educated on the rules of FINA and the NCAA; he worked a lot with Olympic athletes too. But he always just asked if I was competing in any international events, or if there was a chance I would make a championship team. My answer was always no, I hadn't even opted

to go to U.S. Nationals in years. So I can honestly say that I wasn't aware of a difference in the anti-doping rules and that I needed a therapeutic use exemption for the FINA event. **Article continued on Page 3.**

USADA Wallet Cards, Prohibited Guide, and Athlete Handbook available

The 2006 USADA Wallet Cards, Guide to Prohibited Substances and Prohibited Methods of Doping, and Athlete Handbook are now available. Make sure you are equipped with these important resources.

For more anti-doping resources, go to the Education Resource page www.usantidoping.org/go/education.



Athlete Support Newsletter

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We highlight therapeutic use exemptions (TUEs).

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Sneak Peek Inside!

- How would you handle the sport situation in this issue of Coaches' Corner on page three?
- Read about the two types of therapeutic use exemptions on page two.

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

Dispelling the Myths: Therapeutic Use Exemptions

Myth: A TUE should be filed only a few days before competition

- **Abbreviated TUE** notifications must be submitted at least 21 days prior to testing.
- **Standard TUE** applications must be submitted at least 30 days prior to the need for an exemption in order to receive approval for use of the substance In-Competition or Out-of-Competition.

ment for either an acute or chronic medical condition requires that athletes take a medication that contains a substance included on the Prohibited List. If this occurs, athletes must seek approval prior to using a prohibited substance or method through the TUE application process.

For additional information about the Standard TUE application, contact the USOC Sports Medicine Department at (719) 866-4668.

There may be circumstances in which treat-

Abbreviated TUEs serve as a notification and are required for the use of:

- Four specific beta-2 agonists taken by inhalation: Formoterol, Salbutamol (albuterol, levalbuterol), Salmeterol, and Terbutaline.
- Glucocorticosteroids used locally (local injections, intra-articular injections, inhalation, and iontophoresis) In-Competition only.

Note:

Glucocorticosteroids used as dermal (topical on skin), eye drops, ear drops, and nasal sprays are permitted and do NOT require an abbreviated TUE.

All glucocorticosteroids administered systemically (i.e., by oral, rectal, intravenous or intramuscular routes) require a Standard TUE for use In-Competition.

Standard TUE applications are required for the use of all other prohibited substances.

I DIDN'T KNOW ...

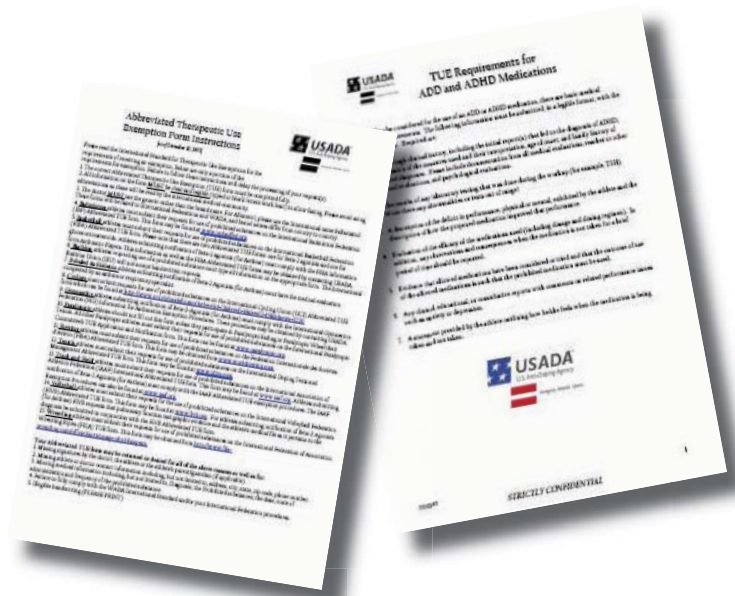
“I Didn’t Know...” The criteria used in granting TUEs

The World Anti-Doping Program includes standards for granting athletes therapeutic use exemptions.

A “TUE Committee” uses the following criteria to review abbreviated TUE notifications or standard TUE applications when considering an athlete’s medical necessity for use of a prohibited substance or method.

Criteria for Granting a TUE

1. The athlete would experience a significant impairment to health if the prohibited substance or prohibited method were to be withheld in the course of treating an acute or chronic medical condition.
2. The therapeutic use of the prohibited substance or prohibited method would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition.
3. There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or prohibited method.



USADA's abbreviated TUE notification and standard TUE applications are available to download at www.usantidoping/go/TUEs

Coaches' Corner

SPORT SITUATION

Think about how you would handle the situation...



A collegiate athlete enrolled in a National Collegiate Athletic Association (NCAA) institution begins to enjoy increasing success both in NCAA competition and in events conducted by her National Governing Body (NGB). After narrowly missing selection to her NGB's World Championship team, both she and her coach, who has been on previous Olympic teams, set the goal of making the next Olympic team.

The athlete takes an asthma medication, and upon the advice of a trainer at her university, has taken the proper steps to seek an exemption for use of that medication in NCAA competitions. The athlete has recently been notified by her NGB that she has met the criteria to be included in the U.S. Anti-Doping Agency's Out-of-Competition (OOC) Testing Program.

Questions to think about

- What must an NCAA athlete competing in a NGB or IF sanctioned event do to be compliant with USADA's testing process?
- How can athlete support personnel be of assistance to athletes in protecting their eligibility?
- Who is ultimately responsible for seeing that the necessary TUE forms are submitted to USADA?

USADA Position: Filing TUEs

The USADA TUE filing protocol is separate from the NCAA medical exemption process. Athletes who compete in NGB or IF sponsored events are subject to USADA policies and protocols. Ultimately, the athlete is responsible for filing the TUE, but it is good practice for athlete support personnel to frequently visit the USADA Web site (www.usantidoping.org) for anti-doping news or updates. Athlete support personnel working with athletes who have a chronic medical condition (i.e. asthma), are strongly encouraged to file the appropriate TUE applications with USADA before the start of the competitive season.

Are you ready to take a stand against doping?

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



Interview with Erica Watts continued

From Page 1

What would you say to other athletes competing in situations similar to yours about accessing the prohibited substances resources and the therapeutic use exemption process?

I would say, educate yourself! You can't expect anyone else to do that for you. Also, educate your doctor. I was fortunate enough to have an awesome doctor who knew everything about USADA. But because I wasn't an elite athlete, we never touched on it. If you educate your doctor he can be preventive when prescribing your medication. Also, if you NEED to take a medication for any reason, check out your options.

How has your situation affected your family, your training partners or coach, and your career?

Everyone in my family had made huge financial and emotional efforts for my goal and to think that I could get banned from swimming was heartbreaking. My close friends and teammates know the "real" story but since a press release doesn't do anyone justice, it has definitely affected my reputation with my acquaintances in the swimming community and my hometown. As far as my sports career...it hurts to be looked at as a cheater because of a stupid mistake.

The **Playing FIELD**™

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