

DOPING CONTROL

MEMBERSHIP ANTI-DOPING OBLIGATIONS.

It is the duty of individual members of USA Swimming, including athletes, athlete support personnel, and other persons to comply with all anti-doping rules of the World Anti-Doping Agency (WADA), FINA, the USOPC, including the USOPC National Anti-Doping Policy, and the U.S. Anti-Doping Agency (USADA), including the USADA Protocol for Olympic and Paralympic Movement Testing (USADA Protocol), and all other policies and rules adopted by WADA, FINA, the USOPC and USADA. Athlete members agree to submit to drug testing by the FINA and/or USADA or their designees at any time and understand that the use of methods or substances prohibited by the applicable anti-doping rules make them subject to penalties including, but not limited to, disqualification and suspension. If it is determined that an individual member may have committed a doping violation, the member agrees to submit to the results management authority and processes of USADA, including arbitration under the USADA Protocol, or to the results management authority of FINA, if applicable or referred by USADA.

To comply with the World Anti-Doping Code, FINA, USOPC and USADA have all amended their anti-doping rules. The rules are available at the offices of USA Swimming or may be found online at the following websites:

WADA	www.wada-ama.org
FINA	www.fina.org
USOPC	www.teamusa.org
USADA	www.usada.org/resources/publications-and-policies/ : Visit the Athlete Handbook and the policies/protocol listed below.

All members of USA Swimming should familiarize themselves with the following:

- USADA Protocol for Olympic Movement Testing
https://www.usada.org/wp-content/uploads/USADA_protocol.pdf
- USOPC Anti-Doping Policies
- USOPC-NADP.pdf (usada.org)

The 2022 List of Prohibited Substances and Methods is available on the websites listed above and at www.usaswimming.org. This List will take effect on January 1, 2022.

All athletes should check the status of all medications they plan to take PRIOR to taking them. This includes over-the-counter and prescription medications. It is the responsibility of the athlete to ensure that no prohibited substance enters his/her system.

The United States Anti-Doping Agency (USADA) offers a Drug Reference Line (719-785-2000) and a Drug Reference Online (www.globaldro.com) where athletes, coaches, athlete support personnel, parents and medical professionals may check to ensure that proper documentation is on file for their medications and that they are consuming medications that are permitted.

Dietary supplements are considered "Take at Your Own Risk" as claims made by the manufacturers/distributors of dietary supplements regarding the effectiveness or contents of their products are not strictly regulated by the U.S. Food and Drug Administration. Any commercial dietary supplement is susceptible to containing substances that may appear on the Prohibited Substance list(s) of FINA and/or the World Anti-Doping Agency. These substances may not be listed on the ingredients label of the product.

Athletes and Athlete Support Personnel should visit USADA's Supplement 411 website for detailed information regarding the supplement industry (including a high-risk list): <https://www.Supplement411.org>

Athletes are also strongly encouraged to check every ingredient of every product they plan to consume as prohibited substances may be listed as ingredients.

U.S. CENTER FOR SAFESPORT

The U.S. Center for SafeSport helpline and resources may be found online at www.uscenterforsafesport.org.

USA SWIMMING OPERATING POLICY MANUAL

The USA Swimming Operating Policy Manual is available on USA Swimming's Website: usaswimming.org (About/Governance/Rules & Policies).