**2022 Coach’s Advantage Resource Guide**

Throughout the 2022 Coach's Advantage tutorial, helpful information and resources were shared. USADA wants you to be knowledgeable of rights and responsibilities and has compiled a resource guide with information critical to your success as a coach or support person. If you have any questions after viewing the tutorial or this resource, please connect with USADA through Athlete Express by phone at 1-866-601-2632 or by email at athleteexpress@USADA.org.

**2022 Coach’s Advantage Tutorial Topics**

* [rights and responsibilities](https://www.usada.org/resources/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)
* categories of [prohibited substances and methods](https://www.wada-ama.org/sites/default/files/resources/files/2022list_final_en.pdf?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)
* how athletes should apply for a [Therapeutic Use Exemption](https://www.usada.org/athletes/testing/tue/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)
* risk associated with [dietary supplements](https://www.usada.org/athletes/substances/supplement-411/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA) and [CBD](https://www.usada.org/athletes/substances/marijuana-faq/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)
* [Whereabouts](https://www.usada.org/athletes/testing/whereabouts/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA) for RTP and CAP athletes
* process for [collecting urine and blood samples](https://www.usada.org/sample-collection-process/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)
* [results management process](https://www.usada.org/athletes/results/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)

**Additional Resources**

[GlobalDRO.com](https://globaldro.com/Home?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)

* Find information about the prohibited status of specific brand name medications or active ingredients that are prohibited in competition, at all times, or in specific sports, and if they are subject to conditions of use.
* If athletes or you have questions after a GlobalDRO.com search, contact USADA’s Drug Reference Team at 719-785-2000, option 2, or email drugreference@USADA.org.

[Third- Party Certification of Dietary Supplements](https://www.usada.org/athletes/substances/supplement-411/reduce-risk-testing-positive-experiencing-adverse-health-effects/third-party-testing-guidance/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)

* USADA currently recognizes [NSF Certified for Sport](https://www.usada.org/athletes/substances/supplement-411/reduce-risk-testing-positive-experiencing-adverse-health-effects/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA) as the certification program best suited for athletes to reduce the risk from supplements.
* NSF Certified for Sport products are recognized by the Certified for Sport label and should be verified by checking the NSF Certified for Sport website or mobile application.

[Supplement Connect](https://www.usada.org/athletes/substances/supplement-411/)

* USADA’s dietary supplement safety education and awareness resource. [SupplementConnect.org,](https://www.usada.org/athletes/substances/supplement-411/) formally Supplement 411, will help you REALIZE there are safety issues with dietary supplements, RECOGNIZE risk when you see it, and REDUCE your risk of testing positive and experiencing health problems by taking concrete steps.
* Log in to view USADA’s [High-Risk List](https://www.supplement411.org/hrl/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA), which identifies substances already proven dangerous to an athlete’s health.

[Supplement Guide](https://www.usada.org/wp-content/uploads/supplement-guide.pdf?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)

* The Supplement Guide details the benefits of a food-first nutrition strategy, providing food and supplement comparisons, to help athletes realize and reduce the risks associated with dietary supplements.

[Nutrition Guide](https://www.usada.org/wp-content/uploads/Nutrition-Guide.pdf?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)

* In consultation with registered dietitians, this optimal dietary intake guide is perfect for those looking to reach their full potential through nutrition.

[Athlete Handbook](https://www.usada.org/resources/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)

* A comprehensive resource providing an overview of the doping control process, athlete rights and responsibilities, and other crucial information.

[Pocket Guide](https://www.usada.org/resources/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)

* A condensed resource providing an overview of the doping control process, athlete rights and responsibilities, and other crucial information for athletes who are competing in Masters, Juniors, and other recreational level sport.

Ombuds

* If you have questions while navigating the results management process, the USOPC employs an Athlete Ombuds who provides free information to athletes concerning their rights. The USOPC Athlete Ombuds can be reached by calling 719-866-5000 or by email at ombudsman@usathlete.org.
* [Anti-Doping Rule Violations](https://www.usada.org/athletes/results/adjudication-process/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA) (ADRVs)

Substances of Abuse

* If you, or someone you know, is struggling with addiction or substance abuse, please reach out to the [National Helpline](https://www.samhsa.gov/find-help/national-helpline)or call the confidential Substance Abuse and Mental Health Services Administration (SAMHSA) national helpline at1-800-662-HELP (4357).
* [Athlete Resource Guide](https://www.teamusa.org/mentalhealth?utm_source=Athlete%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_AA_RTP_RA)- includes support and resources for athlete health and safety, provided by the USOPC.

Mental Health

* USOPC can connect athletes with a mental health provider (24/7) anywhere in the world to assist in the management of mental health crises or provide resources related to mental health and wellness.
* Visit [TeamUSA.](https://www.teamusa.org/mentalhealth?utm_source=Athlete%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_AA_RTP_RA)[org/mentalhealth](https://www.teamusa.org/mentalhealth?utm_source=Athlete%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_AA_RTP_RA) for more information

Encourage the Athlete Voice

* [United States Olympic & Paralympic Committee Athletes’ Advisory Council (AAC)](https://www.teamusa.org/team-usa-athlete-services/athletes-advisory-council?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)-  responsible for broadening communication between the United States Olympic & Paralympic Committee and active athletes. This committee serves as a source of input and advice to the USOPC board of directors.

[Play Clean Tip Center](https://www.usada.org/resources/playclean/?utm_source=Coach%27s+Advantage+&utm_medium=tutorial&utm_campaign=2022_CA)

* Every athlete has the right to compete on a clean and level playing field. If you would like to report the abuse of performance-enhancing drugs in sport, you can send confidential tips to USADA’s Play Clean Tip Center by email at playclean@USADA.org, phone at 1-877-752-9253, text to 87232 (USADA), or mail at:

U.S. Anti-Doping AgencyAttention: Legal Affairs5555 Tech Center Drive, Suite 200

Colorado Springs, CO 80919