

## Supplements

It is important for athletes and coaches 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 NSF Certified for Sport® to reduce that risk.



Visit [Supplement411.org](http://Supplement411.org) to find:

- Food and supplement comparisons
- Real-life testimonials by Olympians
- Ways to help parents, coaches, and athletes realize 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 may choose to have their case heard before an independent arbitrator or panel of arbitrators.
- The United States Olympic Committee Athlete Ombudsman can provide athletes with advice regarding the results management and adjudication process.

## Play Clean Tip Line

To help keep 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.



- **PHONE:** (877) 752-9253
- **EMAIL:** [playclean@USADA.org](mailto:playclean@USADA.org)
- **MAIL:** 5555 Tech Center Drive, Suite 200, Colorado Springs, CO 80919
- **ONLINE:** [USADA.org/playclean](http://USADA.org/playclean)

If you have questions about testing or results, contact Athlete Express.



719-785-2000 or  
Toll-Free at 866-601-2632  
[athleteexpress@usada.org](mailto:athleteexpress@usada.org)



Coach's Advantage is a comprehensive, online educational tutorial comprised of video modules.

- The lessons cover the WADA Prohibited List, the sample collection process, TUEs, and Whereabouts responsibilities.
- Coaches will receive a certificate of completion by finishing the modules and taking a final quiz.
- Visit [USADA.org/coach](http://USADA.org/coach) to register to take the course.



TrueSport

# Coaches and Anti-Doping



TrueSport is an initiative powered by the U.S. Anti-Doping Agency that strives to change the culture of youth sports. By empowering kids and educating parents and coaches, TrueSport is helping shape the next generation of great leaders and good sports who are accountable for their actions on and off the field. We provide a variety of youth sport organizations with curriculum and expert-based resources to promote a positive youth sport experience that prioritizes winning the right way.

[@usantidoping](https://twitter.com/usantidoping)





## Coach's Role

### How can I help my athletes succeed?

As a coach, you are one of the most influential people in your athlete's life. Athletes will come to you with questions about their technique and strategy, but they may also come to you with questions about areas of sport that you may not be as well versed in, such as anti-doping. Your knowledge and influence can help your athlete make critical choices that will shape their future and reputation. Remember, it takes a lifetime to build a reputation, but it can take only a second to destroy it. As such, it is absolutely vital you maintain a comprehensive understanding of the anti-doping process. This document covers some of the most important information you should know.

## Athlete Rights and Responsibilities during Doping Control

One of the ways you can support your athlete when they are selected for doping control is to be an advocate for them throughout the process. As a coach, you should be knowledgeable about their rights and responsibilities. Here are just a few:

### Rights:

- Having a representative accompany them throughout the doping control process. As a coach, this could be a role you play.
- Requesting to view the Doping Control Officer's (DCO's) credential.
- Requesting modifications if the athlete has a disability.

### Responsibilities:

- Reporting immediately to the Doping Control Station unless there are valid reasons for delay, such as an awards ceremony, medical treatment, etc.
- Presenting government issued photo identification.
- Always remaining in direct observation of the DCO and/or Chaperone.

\*To learn more about Rights and Responsibilities during the drug testing process, visit [USADA.org/sample-collection-process](https://www.usada.org/sample-collection-process).

## Sample Collection Process

Coaches can support their athlete during the collection process by asking questions, or acting as a representative for the athlete. Here are some things you should know about the process:

- When an athlete is ready to provide a sample, a DCO or Witnessing Chaperone of the same gender as the athlete will directly observe the actual provision of the sample.
- The DCO will explain the process thoroughly prior to urine or blood collection.
- During the blood collection process, less than one tablespoon of blood will be drawn.
- An athlete will be required to remain in a seated position for 20 minutes prior to the blood draw.

\*Please visit [USADA.org/urine](https://www.usada.org/urine) or [USADA.org/blood](https://www.usada.org/blood) to watch each sample collection video.

\*If you have an athlete under the age of 18, know that a third party must always be in the toilet area to observe the Witnessing Chaperone.

## 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.
- Some substances and methods are prohibited at all times, while others may only be prohibited in-competition or in certain sports.

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

## Drug Reference Resources

Helping your athletes navigate the WADA Prohibited List can be done quickly and easily through 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 medications based on the current WADA Prohibited List.
- The [Wallet Card](#) is a quick-reference summary of common prohibited and permitted substances based on the current WADA Prohibited List. The Wallet Card is updated annually.
- USADA's [Drug Reference Line](#)® gives athletes and support personnel access to an expert over the phone who can answer questions about the status of a substance. Call (719) 785-2000 and select Option 2.

## Therapeutic Use Exemptions

There may be circumstances in which treatment for a medical condition requires that your athlete take medication containing a prohibited substance or that they utilize a prohibited method. In that case, the athlete must seek approval through the Therapeutic Use Exemption (TUE) application process prior to using a prohibited substance or prohibited method in sport.

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

1. Research the medication at [GlobalDRO.com](https://www.globaldro.com) to identify if the medication or treatment is prohibited.
2. Determine the athlete's competition level.
3. Fill out the TUE Pre-Check form ([USADA.org/substances/tue/determine/#step3](https://www.usada.org/substances/tue/determine/#step3)).
4. If needed, apply for a TUE based on the athlete's competition level and substance at least 30 days in advance of use by visiting [USADA.org/tue](https://www.usada.org/tue). Ensure that forms are complete, legible, and signed by the athlete and his/her physician.

- **Approved TUE** - Athlete will receive a certificate indicating the approval length.

- **Denied TUE** - Athlete will receive detailed explanation and the opportunity to address any deficiencies in the application.

- If emergency medical treatment is required, the athlete should proceed with the emergency treatment and file a TUE application with the full medical documentation from the emergency as soon as possible after the start of treatment.

