USA Swimming National Convention

Anti Doping – USADA USADA.org/prohibited-list and USADA.org/substances

September 14, 2017

Drug Testing

* Doping Control Officer (DCO) must see the urine leave the athlete’s body
* Athlete representative must watch the DCO
* Report immediately as requested, can be delayed for medal ceremony, cool down, etc but must remain in site of DCO

Prohibited at All Times

Steroids, insulin, EP, Beta 2 Agonists, Fertility treatments, Non-Approved substances

Higenamine supplements

IV (50 ml in 6 hours)

Check all inhalers

Prohibited In Competition

ADD meds, asthma meds, etc

[www.globalDRO.com](http://www.globalDRO.com) webpage where athlete can type in what they take and know if it is prohibited. Have athletes communicate with their doctors.

If an athlete has to take a prohibited substance (like insulin) therapeutic exemption can be applied for. Application is not an assurance that it will be granted.

If an athlete tests positive, there is an adjudication process as part of sanctioning.

Supplements – Use at the athlete’s risk

* Food first
* Who makes supplement?
* “Proprietary Blend” – secret ingredient, they don’t have to reveal. No oversight.
* “Bigger, Faster, Stronger” Watch and see what is going on with supplement industry.

Athletes Getting Involved and Speaking Out

* Lilly King, Michael Phelps speaking out
* 7 Russian athletes banned
* 17 Countries doing additional testing
* Speak out on our own Social Media
* Create a “clean” team culture

[playclean@USADA.org](mailto:playclean@USADA.org) to report

Materials are available on the USADA webpage.

Q & A –

What is the lowest level meet where testing occurs?

Can test at local meets, private testing is available, must have private bathroom available at all meets because a particular athlete could be targeted from a tip.

Testing is not random, but planned for the event and often in response to tips.