

# USADA Education Presentation





## **What is USADA?**

USADA is the United States Anti-Doping Agency. The agency strives to make clean sport a reality by performing random, routine drug tests at high-level competitions, such as Futures, Junior Nationals, and other national level meets.

Our LSC is getting faster, so it is important for our athletes and coaches to be prepared.



# Prohibited Substances in Swimming

USADA has prohibited many substances. The up-to-date list can be found at [USADA.org/prohibited-list](https://www.usada.org/prohibited-list).

It is important to be aware of the contents of prescription drugs and dietary supplements. Inhalers and other drugs prescribed by a doctor could contain a prohibited substance. ALWAYS check the ingredients on the prescription and consult the prohibited drug list.

At the [GlobalDRO.com](https://www.globaldro.com), prohibited drugs can be identified with ease. If a prescription cannot be replaced by their doctor, athletes can file for Therapeutic Use Exemption (TUE). The athlete will need to determine their competition level and identify the prohibited drug before they apply. This must be done at least 21 days in advance of use. Visit [USADA.org/tue](https://www.usada.org/tue) for more information.



# Dietary Supplements

Dietary supplements are very risky. There is no guarantee the contents of a dietary supplement contains only non-prohibited substances. The contents of supplements are not required to be displayed on packaging. Supplement companies show what they want you to see, and they can hide active ingredients behind two words: proprietary blend. It is another way of saying secret recipe.

For a supplement guide, visit [USADA.org/supplements-411](https://www.usda.gov/food-safety/food-safety-411).



# Drug Testing: Urine and Blood

**Urine:** In-competition tests are conducted at random. A USADA Doping Control Officer (DCO) will approach the athlete. The DCO will inform the athlete that they have been randomly selected, list the athlete's rights and responsibilities, and request photo I.D. It is important that the athlete never leave the DCO's sight. USADA requires no more than 90 mL of urine.

Out-of-competition tests can occur anytime, anywhere. However, in the world of swimming, out-of-competition tests happen rarely, and the top swimmers in the country are typically the people receiving them. The best swimmers in the US are required to keep USADA updated on their daily schedule, vacations, and schedule changes.

**Blood:** The process for blood collection is very similar to the urine collection process.

Blood tests can detect more substances than urine.

Blood tests require no more than a tablespoon of blood to be drawn.

For more info on both types of testing visit, [USADA.org/urine](https://www.usada.org/urine) and [USADA.org/blood](https://www.usada.org/blood).

The background is a solid orange color. In the top-left corner, there are three vertical bars of varying heights, each composed of several overlapping semi-transparent orange circles. In the bottom-right corner, there are four vertical bars of varying heights, also composed of overlapping semi-transparent orange circles.

**Thank you! Let's keep  
swimming a clean sport.**