

2016 Speedo Winter Junior Championships (East and West) is subject to doping control.

Coaches: please share the following information with your athletes/their parents immediately as some medications may require documentation that will take at least 21 days to approve.

1) Visit <http://www.usada.org/athletes/antidoping101/> for important information that all athletes and their parents must be aware of. Key details from that document are listed below.

2) **What substances are banned?**

Per USADA: “As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency Prohibited List. It’s important that athletes are aware of the substances and methods on the Prohibited List, as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It’s also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited.”

Review the WADA Prohibited List <http://www.usada.org/wp-content/uploads/wada-2016-prohibited-list-en.pdf>

Understand the changes for 2016 <http://www.usada.org/substances/prohibited-list/major-changes-2016-prohibited-list/>

The World Anti-Doping Agency (WADA) 2016 Prohibited List is in effect as of January 1, 2016 and remains in effect through December 31, 2016.

3) **What about medication?**

Per USADA: “Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA’s [Global DRO](#) service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports.

Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at [719.785.2000](tel:719.785.2000).

The USADA wallet card also provides information on the most commonly ingested medications. <http://www.usada.org/wp-content/uploads/wallet-card.pdf>

If and when a medication is prohibited, athletes may choose to stop taking or replace the medication with a non-prohibited substance or explore the [Therapeutic Use Exemption](#) process.

Your health is your first priority. Any decision to stop or start a medication should be made in consultation with your medical provider.

It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information [visit USADA's Supplement 411 resource.](#)"

4) Therapeutic Use Exemptions?

Per USADA: "In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's Prohibited List. A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test.

The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes.

Athletes interested in obtaining a TUE should visit the [Therapeutic Use Exemption page](#), where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

5) Understand the Sample Collection Process:

Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes.

Learn more about the sample collection processes [here](#)."

Please also see the below notice and attached document regarding Minor Athletes. **Minor athletes should always have an Athlete Representative with them in Doping Control.**

Please let us know if you have any questions.

Per established doping control testing protocol a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete.

To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol (attached) the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing

the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.

Remember: pseudoephedrine is PROHIBITED in-competition and cannot be in the athlete's system during a test!

If you have any questions, please contact Stacy Michael Miller smichael@usaswimming.org or myself.

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