

# THE COACH'S ROLE

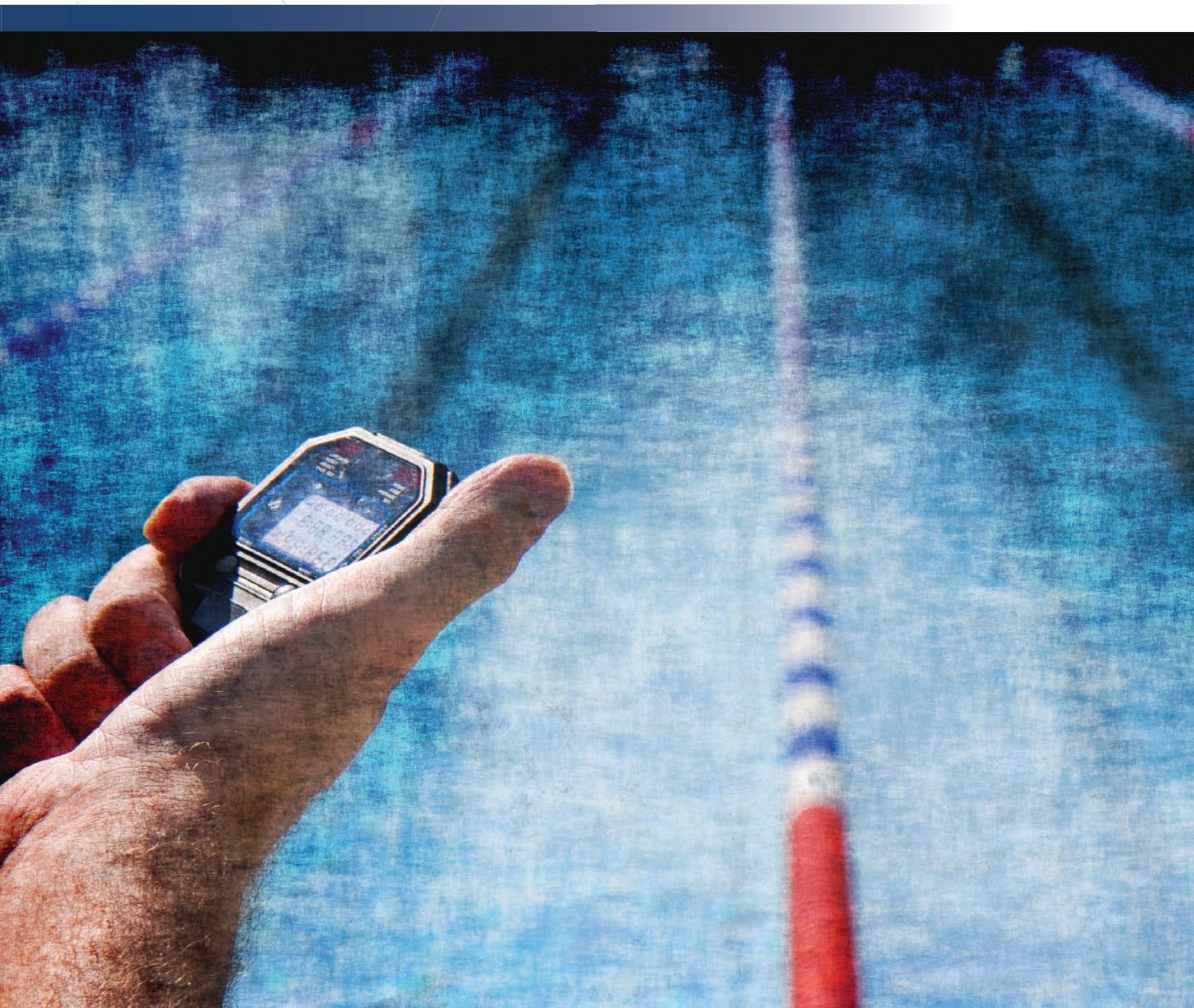
## IN ANTI-DOPING



### **Anti-Doping:**

#### **How can I help my athletes succeed?**

*As a coach, you are one of the most dynamic and influential people in your athlete's life. With responsibilities ranging from running a practice to serving as a representative for your athlete after they've been selected for drug testing, it is absolutely vital that you maintain a comprehensive understanding of the anti-doping process. Your athlete's rights and responsibilities under that process, as well as the role you play in keeping sport clean, is outlined in the pages to follow...*





## Your Role

As a coach, athletes come to you with questions about their technique, practice schedules, and other areas of sport you may not be as well versed in, such as anti-doping. Your influence over your athletes is crucial to helping them build their reputations. Remember, it takes a lifetime to build a reputation, but it can take only a second to destroy it.

Athletes have a number of rights and responsibilities with respect to doping control. You can help athletes through the process by being aware of their rights and responsibilities.

Some athletes' rights during a test include:

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

Some athletes' responsibilities during a test include:

- Report immediately to the Doping Control Station unless there are valid reasons for delay, such as fulfilling media requirements, obtaining medical treatment, etc.
- Present a government issued photo identification.

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 for Urine

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 the collection. Please visit [USADA.org/urine](https://www.usada.org/urine) to watch the sample collection video.

## Minor Athletes (under the age of 18)

If you have an athlete under the age of 18, know that in order to ensure the minor athlete's well-being, a third party must always be in the toilet area to observe the Witnessing Chaperone according to Annex C of the International Standard for Testing & Investigations. The minor athlete's representative may observe the provision of the sample, but only if authorized by the athlete and approved by the DCO.

## Sample Collection Process for Blood

In some cases, athletes could be selected for blood testing. 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 10-20 minutes prior to the blood draw. Visit [USADA.org/blood](https://www.usada.org/blood) to view the blood collection slide show.

## Can a coach sign the doping control form for an athlete upon test session completion with the athlete's consent?

*Yes. For example, an athlete who is visually impaired can designate an individual to sign on his/her behalf.*

## WADA Prohibited List

The World Anti-Doping Agency (WADA) prepares and annually publishes the Prohibited List. Typically, a substance or method is considered for the WADA Prohibited List if the substance or method meets any two of the following three criteria: it has the potential to enhance or it does enhance sport performance; it represents an actual or potential health risk to the athlete; or it violates the spirit of sport. For the most up-to-date information, visit [USADA.org/prohibited-list](https://www.usada.org/prohibited-list).

## Is pseudoephedrine prohibited in-competition?

*Yes. Pseudoephedrine is a threshold substance and therefore prohibited in-competition if it exceeds the limit.*

## Drug Reference Resources

USADA has developed a number of resources to help athletes and coaches check the status of a medication or method.

- 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 prohibited and permitted substances based on the current WADA Prohibited List. The Wallet Card is updated annually.
- USADA's Drug Reference Line® gives you access to an expert over the phone to answer questions about the status of a substance. Call 1-719-785-2000 and select Option 2.

## Does Global DRO allow me to search medications to help my athlete determine the status?

*Yes. Athletes, coaches, parents, etc. can use Global DRO to determine the status of a medication or method.*

## Therapeutic Use Exemption (TUE) Process

There may be circumstances in which treatment for a medical condition requires that your athlete take medication containing a prohibited substance or utilize a prohibited method. If this occurs, the athlete must seek approval through the TUE application process prior to using a prohibited substance or prohibited method in sport. You can be a valuable resource in helping guide your athlete through the TUE process. For more information, visit [USADA.org/tue](https://www.usada.org/tue).

To determine if a TUE is necessary for your athlete, 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. Apply for a TUE based on the athlete's competition level and substance at least 21 days in advance of the 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.

Once an athlete submits the TUE application, he/she will receive confirmation that USADA received it. If the TUE application is denied, the athlete will be provided with a detailed explanation for the denial and an opportunity to address any deficiencies in the application.



If the TUE is approved, your athlete will receive a certificate indicating the approval length for the prohibited substance and/or method. The longevity for a valid TUE varies among cases. All medical information submitted to USADA remains confidential.



If emergency treatment is required, proceed with the emergency treatment. A TUE should be filed with the full medical documentation from the emergency as soon as possible after the start of treatment. The decision on the emergency TUE request will be made after treatment has taken place.

**My athlete is participating in a competition where drug testing will occur, but the competition is less than 21 days away. He/she needs to use a prohibited substance. Should he/she submit a TUE?**

*Yes. An approved TUE is required prior to the use of a prohibited substance/method.*

### Whereabouts Filing

If your athlete is included in the USADA Registered Testing Pool (RTP), you can be a crucial asset in helping ensure they meet the Whereabouts Filing requirements. Your athlete should receive an email notification from USADA if he/she is in the USADA RTP and will need to provide Whereabouts.

Ask your athlete which pool he/she is in and learn the requirements for the respective pools.

Each year, an athlete in the RTP must complete Athlete's Advantage®, an online education tutorial that provides information related to anti-doping requirements for USADA RTP athletes. An RTP athlete must complete the tutorial prior to submitting their Whereabouts Filing at least once a year.

Whereabouts Filings must be submitted quarterly (every three months). Learn more about Whereabouts Filing at [USADA.org/whereabouts](https://www.usada.org/whereabouts).

**Can I help my athletes with the Whereabouts requirement?**

*Yes. Remind your athletes to file by the deadline and encourage your athletes to update their whereabouts when necessary. Athletes can update their Whereabouts by logging into their Athlete Express® account at [athletes.USADA.org](https://athletes.usada.org) or by using the USADA Updater app. See [USADA.org/whereabouts](https://www.usada.org/whereabouts) for more information on downloading the app.*

### Retirement

For USADA and anti-doping purposes, athletes who retire from competitive sport must promptly inform USADA, their respective sport's National Governing Body, and their International Federation in writing through fax, courier, or email. Once a retirement is confirmed, the athlete is removed from the USADA RTP and will no longer have to

comply with certain athlete requirements, such as providing Whereabouts information.

To confirm retirement, an athlete will receive a retirement letter from USADA stating the date of retirement, withdrawal from retirement information, and return from retirement options should an athlete wish to return to competition at a later date. Learn more about the retirement process at [USADA.org/retire](https://www.usada.org/retire).

**I have an athlete ready to retire. Can he or she tell me and I can tell USADA?**

*No. If you have an athlete ready to retire, he or she must contact USADA directly to complete the formal retirement process.*

### Play Clean Tip Center

USADA is unwavering in its belief that every athlete has the right to compete on a clean and level playing field, free from the health risks and influences of performance-enhancing drugs. Throughout USADA's history, tips and information have played a pivotal role in allowing USADA to investigate anti-doping rule violations and protect clean athletes. While information from athletes and coaches can and has resulted in non-analytical positives (a sanction that has been issued in the absence of a positive test), credible tips can also aid USADA in setting up targeted testing missions.

USADA encourages everyone to 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: 1-877-752-9253
- EMAIL: [playclean@usada.org](mailto:playclean@usada.org)
- MAIL: 5555 Tech Center Drive, Suite 200  
Colorado Springs, CO 80919
- ONLINE: [USADA.org/playclean](https://www.usada.org/playclean)



### Results Management

USADA is responsible for the results management and adjudication process for the anti-doping program of the Olympic & Paralympic movement in the United States. The adjudication system includes numerous protections for athletes to ensure that only those athletes who are guilty of an anti-doping rule violation are sanctioned. USADA has developed and instituted an adjudication program that is fair and credible when an athlete is found to be in violation of anti-doping rules and regulations. USADA's adjudication process relies on an American Arbitration Association (AAA)/Court of Arbitration for Sport (CAS) arbitrated hearing under modified AAA Commercial Rules. The USOC Athlete Ombudsman can provide advice in regards to the results management and adjudication processes.

**I am a coach and not subject to testing. Do I really need to learn about Results Management?**

*Yes. As a coach, you should understand the Results Management process. Coaches, although they may not undergo testing, can face a sanction for other reasons, such as trafficking or administering prohibited substances.*

TrueSport® is a grassroots movement dedicated to promoting a positive youth sport experience. An experience that helps young athletes build the life skills and core values for success...on and off the field. We partner with organizations throughout the country, providing them with powerful educational tools: lessons, play-books, videos, apps, and more.

Our mission is simple and bold: to change the culture. To ensure that youth sport in America delivers on its bright, amazing promise.

*Get Informed.*

*Get Inspired.*

*Get Involved.*

Together we can transform the culture of youth sport in America.

Together we can make a positive difference for generations to come.

Explore a world of resources at [TrueSport.org](http://TrueSport.org), a place where coaches, parents, and kids can teach, learn, and play.



Coaches are some of the most influential people in athletes' lives, and are in a unique position to help them make positive and healthy choices. Understanding the role coaches play in keeping sport clean, as well as their responsibilities under the World Anti-Doping Code (Code), is vital for both them and the athletes they support. With this in mind, USADA has created Coach's Advantage® in order to arm all National Team coaches with accurate and up-to-date anti-doping knowledge.

Coach's Advantage is a comprehensive, online educational tutorial comprised of video modules. The lessons cover the WADA Prohibited List, the sample collection process, Therapeutic Use Exemptions, and Whereabouts responsibilities. Coaches will receive a certificate of completion for finishing the modules and taking a final quiz.

Visit [USADA.org/coach](http://USADA.org/coach) to learn more about the tutorial and other coaching resources.

Supplement 411® is the latest tool in the collection of resources USADA provides to help athletes and coaches understand the risks associated with the use of dietary supplements and make healthy, informed decisions.

A comprehensive online educational portal, [Supplement411.org](http://Supplement411.org) addresses the important issues surrounding the use of dietary supplements, helping athletes to: **REALIZE** that there are safety issues with dietary supplements; **RECOGNIZE** risks in the dietary supplement industry; and **REDUCE** their risk as much as possible if they decide to use dietary supplements.

Some additional key features on [Supplement411.org](http://Supplement411.org) include:

- A supplement bottle video that gives an in-depth look at problems with packaging and labeling.
- The High Risk List and the High Risk List app, which name specific supplements that are known to contain prohibited substances.
- A testing guide that helps evaluate independent supplement testing companies.

USADA hopes that Supplement 411 empowers all athletes to make informed decisions concerning supplement use.



Athlete Express® provides information and support over the phone and by email regarding Whereabouts, testing, Therapeutic Use Exemptions, prohibited substances, educational resources, and more.

