



U S S P E E D S K A T I N G

Q. What is Doping?

A. Doping is the use of performance-enhancing drugs to improve athletic performance in sport. It is considered unethical by most international organizations, especially the International Olympic Committee.

Q. Who checks to make sure our athletes are not “doping”?

A. The U.S. Anti-Doping Agency ([USADA](http://www.usada.org)) is the nationally recognized organization that has been deemed “the official anti-doping agency for Olympic, Pan American and Paralympic sport in the United States.”

Q. Who and how often are athletes tested?

A: Who: As outlined in the World Anti-Doping ([WADA](http://www.wada-ama.org)) Code, International Standard for Testing (IST), and the United States Olympic Committee (USOC) National Anti-Doping Policies, elite athletes, who have been identified and notified that they are part of a USADA Registered Testing Pool, are responsible for directly keeping USADA informed of their whereabouts, providing a 60-minute time slot each day between 6 a.m. - 11p.m. where they can be located for testing.

Athletes who are part of the USADA International Testing Pool (ITP) must complete and submit a [Whereabouts Filing](http://www.usada.org/whereabouts/) - <http://www.usada.org/whereabouts/> EVERY QUARTER and must comply with the following deadlines:

- Quarter 1 – December 31
- Quarter 2 – March 31
- Quarter 3 – June 30
- Quarter 4 – September 30

How Often: All athletes are subject to testing 365 days a year, including the “off-season”. Please see information regarding [In-Competition and Out-of-Competition \(OOC\) testing](http://www.usada.org/tdp/). - <http://www.usada.org/tdp/>

Q. How do I know if the drug or medicine being taken is okay?

A: USADA follows the [Prohibitive list](http://www.usada.org/prohibited-list/athlete-guide/) - <http://www.usada.org/prohibited-list/athlete-guide/> as recognized by WADA for all substances. This list is constantly updated and should be checked regularly to be sure athletes are in compliance.

If prescribed a medication (for medical reasons) that is on the prohibitive list, athletes must submit an application for Therapeutic Use Exemption (TUE) for approval. Please find [more information here](#) - <http://www.usada.org/tue/> for deadlines and application process.

Q: Are Supplements permitted?

A: There has been growing concerns regarding supplements and the effects in athletes and sport. Click here to learn more with [supplement411](#) - <http://www.usada.org/supplement411>.

Q: Where else can I find information?

A: Other helpful links:

[ISU Anti-Doping Policy](#) - <http://www.sportcentric.com/vsite/vnavsite/page/directory/0,10853,4844-128618-129926-nav-list,00.html>

[USADA FAQ](#) - <http://www.usada.org/faq>

[World Anti-Doping Agency: WADA Code](#) - www.wada-ama.org/rtecontent/document/code_v2009_En.pdf