

## USADA ATHLETE AMBASSADOR: KRISTIN ARMSTRONG Welcome to the USADA Registered Testing Pool



"Congratulations! You have met your National Governing Body's (NGB) criteria to be included in the U.S. Anti-Doping Agency's Registered Testing Pool (RTP)." At some point in your career you might have received this invitation. For me, this was the day that I felt that I had finally made it. I was getting results and people were noticing. Believe me there is a lot of talk about *who* is in the pool and *who* isn't....and if you haven't been invited - then why? That is the question we all ask ourselves before we are "in the pool."

TUE's, urine samples, blood samples, quarterly whereabouts, 60-minute time slot, declaring supplements/medications, in-competition, out-of-competition, it might sound like being "in the pool" isn't much fun after all. I have been an athlete in the RTP for 8 years and being part of the pool has helped me grow in many ways, specifically through the educational resources that USADA provides to athletes. USADA is very committed to the services and resources they provide to athletes.

One of my favorite resources available from the USADA website (and in hard copy) is the Optimal Dietary Intake Guide. Created by United States Olympic Committee (USOC) nutritionists in conjunction with USADA, it has helped me optimize my dietary intake without using nutritional supplements. Having an optimal and balanced diet was a key component to winning the gold. The Drug Reference Online [www.GlobalDRO.com](http://www.GlobalDRO.com) is also a tool I often use. I have been under the weather from time to time and when buying over-the-counter medications it is nice to know there is a website you can visit at any hour of

the day to find out if the medication is prohibited or not prohibited. Another way USADA has serviced athletes is by providing this tool for smartphones so athletes and athlete support can check the status of a medication from their mobile devices.

USADA is much more than we, as athletes, sometimes make them out to be. They aren't just the people with clipboards and badges that walk around with authority after races or ring your doorbell at random times of the day to collect a doping control sample. USADA is here to protect the athletes. The most important parts of USADA's mission are to Preserve the Integrity of Competition, Inspire True Sport, and Protect the Rights of U.S. Athletes which I see them live up to everyday.

I have been asked quite often what I want my legacy to be when I retire from the sport of cycling, which is to be a role model for the next generation. I compete clean to protect the sport I love so that future generations of cyclists can enjoy a level playing field and healthy competition. It is the responsibility of all of us to do the same. I know "the children are our future" is sometimes thought of as an overused cliché but it is true. As athletes, it is our job to help USADA educate and spread the clean sport message.

I encourage you to lead by example and show the younger generation that you can win as a clean athlete. If you haven't already, check out the *Outreach* programs that USADA offers - it will provide you with resources to help educate young aspiring athletes!

(Photo by Joe Savola)

A publication dedicated to providing timely and accurate anti-doping information for those involved and interested in the Olympic and Paralympic Movement.

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### WE WOULD LIKE TO HEAR FROM YOU!

Tell us what you think about the Spirit of Sport Newsletter. Go to [www.usada.org/survey](http://www.usada.org/survey) or click [HERE](#) to provide feedback about this publication.

# USADA is Going Paperless

The sample collection process usually involves a number of paper forms. By the end of the test session, an athlete can walk away with up to four different pieces of paper. Additionally, duplicates are also forwarded to USADA and the appropriate WADA-accredited lab for processing and filing. This represents a great amount of paper for everyone involved in the process, especially the athlete.

Over the past year, USADA has taken advantage of developing technologies in the mobile community and launched a project to turn the paper-heavy collection process into an electronic paperless process. The doping control forms have been converted into an interactive web application that is used on a tablet-style device in the field. The secure application is fueled by information stored in the USADA secure database which streamlines the data-entry process in the field.

To ensure the security of the information, USADA has developed a multi-layered security system. Each device will require a password to access, similar to how you would log into a computer with password protection. In the application itself, the DCO is required to login with a username and password. In order to access more specific information related to a test session, the DCO is prompted to login a second time with a unique pin number managed by USADA. Additionally, all data stored on the device is encrypted and all transmissions between the device and the USADA secure database is secured through a https: connection. The final security level is a third party software package that can monitor each device and wipe data from the device in the event it is misplaced or stolen.

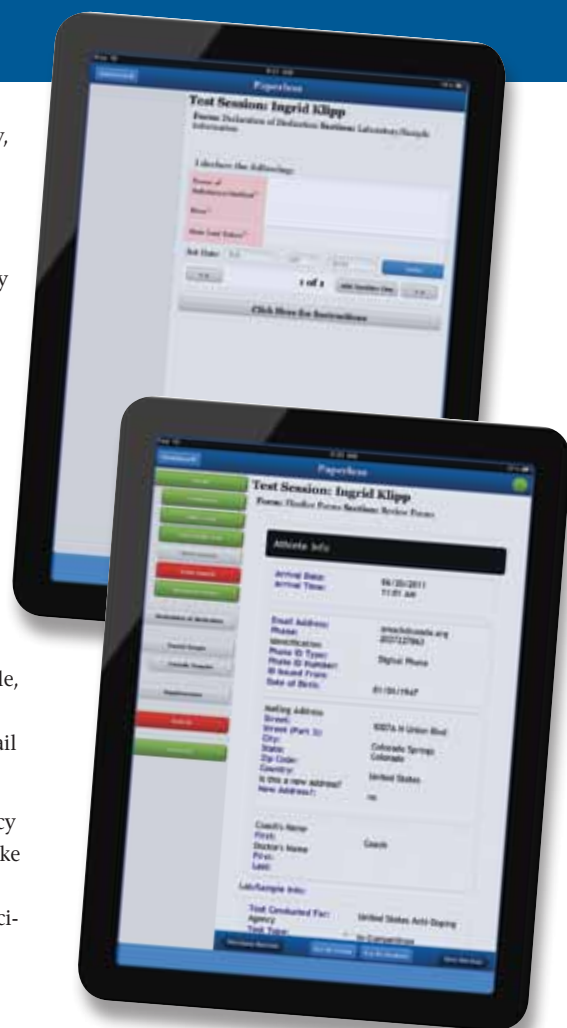
How does this affect the athlete? The new paperless system contains athlete and test information, which is pre-populated from information stored in the USADA secure database. The type of information that is pre-populated is consistent with what is currently captured on the paper forms. This helps to decrease the amount of time spent by the Doping Control Officer (DCO) completing paperwork while in the athlete's presence, ultimately decreasing the time to complete the sample collection process. Once the session is complete and the paperwork is signed by the DCO, the athlete, and other parties (Athlete Representative, Chaperone etc.) the session will be locked for editing to ensure the integrity of

the process is never compromised. Additionally, the test session and all corresponding information is sent back to USADA and then removed from the DCO's mobile device.

As there will no longer be a physical paper copy used in the field, the athlete will receive an electronic version via email at the conclusion of the test session. Athletes will be able to log in to their USADA online account and view all completed sessions and corresponding sample collection documentation. Additionally, athletes will be able to request a paper copy of the form.

What if a Wi-Fi connection is not available? Not a problem. The application has been developed to work in online and offline modes. Once an Internet connection is available, the sample collection documentation will sync back to the USADA secure database and an email will be sent to the athlete.

USADA is committed to increasing the efficiency of the sample collection process in order to make it as seamless as possible for athletes and will continue to evaluate the program until its anticipated field release date in late 2011.



## Global DRO has gone Mobile!

GlobalDRO is now available on smartphones for busy athletes on the go. Over the last year, the Drug Reference Line has received many calls after hours from athletes calling from pharmacies, doctors' offices, ski slopes, bike trails, airports, or court-side. The reality is that athletes need answers about medications right away. Anyone interested can download the free application by simply visiting [www.GlobalDRO.com](http://www.GlobalDRO.com) from a smartphone and be diverted to a mobile enabled website. The GlobalDRO icon can be saved or bookmarked to a home screen for convenience and the site can be visited whenever there is access to the Internet. We have also designed an "email my results" feature so search results can easily be sent to and saved in an email inbox. USADA wants to spread the news to coaches, trainers, and managers so they can help athletes keep track of their medications.

USADA wants to continue improving GlobalDRO so please tell us what else we can do! The feedback icon on the mobile version can be used to offer suggestions for improvement. We take athlete input seriously and we want to keep improving this wonderful resource!



## Meet USADA's Communications and Outreach Team

The USADA Communications and Outreach division is charged with a number of duties and responsibilities within the organization. As its name implies, the team is broken down into two primary departments: organizational communications and outreach education.

Not to be confused with the USADA Olympic Education department, which focuses primarily on educating elite-level athletes about their anti-doping responsibilities, USADA's Outreach Education team plays an integral role in educating the broader audience of America's non-elite level athletes, parents, coaches, teachers, and community leaders. The team serves as the primary leaders in imparting and inspiring a commitment to the core principles of true sport by emphasizing healthy choices and proper nutrition; ethical decision-making; good character traits; and the importance of competing with respect, integrity and free from performance-enhancing drugs.

Leading the team is Communications and Outreach Director, **Erin Hannan**. Erin oversees all Communications and Outreach Education initiatives and serves as a visionary leader in sculpting the direction and influence of the USADA True Sport messaging.

As Communications and Outreach Manager, **Betsy Douglass** leads a number of Outreach Education's responsibilities including the USADA Athlete Ambassador program; the USADA True Sport Awards program; as well as the USADA educational curriculum programs, 100% Me and That's Dope.

Joining Betsy in this effort is Communications and Outreach Coordinator, **Laura Rosendo**. Laura plays an invaluable role, hosting education sessions for camps and youth teams; overseeing the production of the majority of USADA's publications and brochures; as well as leading



From left to right: Erin Hannan, Betsy Douglass, Laura Rosendo, Annie Skinner, Nick Esares

USADA's clean sport campaigns such as "I Compete Clean because..."

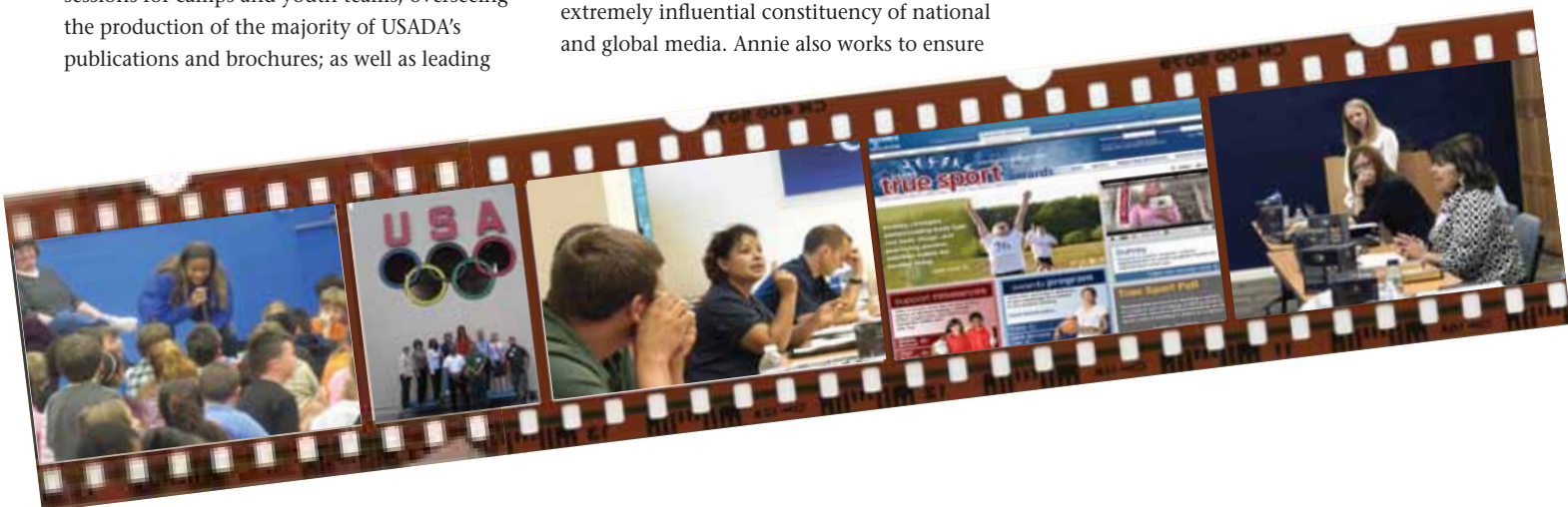
The USADA Communications team is responsible for the primary task of guiding USADA in its effort to be an influential, informative, and respected partner and leader in the anti-doping community. The group is responsible for leading the USADA public and media relations, publications management, website and online e-communications, marketing, branding, and strategic messaging efforts.

**Annie Skinner** plays a vital part, serving as USADA's Media Relations Manager. In her role, Annie ensures the USADA vision, to be the guardian of the values and life lessons learned through true sport, is articulated and represented to the extremely influential constituency of national and global media. Annie also works to ensure

that USADA upholds its promise to be a respected and go-to source for journalists covering any issues related to anti-doping.

The final member of the team is Communications Program Lead, **Nick Esares**. Nick supports communication functions such as public relations and marketing communications, but also manages electronic communications including management and development of USADA's website; social media communications coordination; search engine optimization and marketing; and email communications.

Together, the members of the Communications and Outreach team work to communicate, advance, and support the USADA clean sport message.



# USADA Aims to Serve

Preserving the integrity of competition, inspiring a commitment to the core principles of true sport, and protecting the rights of clean athletes - this is the mission that fuels USADA's efforts every day. For the USADA Outreach Education team, the commitment to true sport and preservation of sport's integrity are central to every initiative.

Not only is it cheating to abuse substances for the purpose of performance-enhancement without legitimate medical need, it is also unhealthy at the very least, and highly dangerous or even lethal at the very worst. USADA sends a strong message concerning what **not** to do, and through its Outreach Education efforts, USADA aims to provide valuable programming that helps guide athletes and young people toward good things that they **can** do.

USADA is pleased to support current and future athletes with healthy approaches to maximizing energy through proper nutrition, while competing with integrity and honor. Many of the ways USADA accomplishes these goals are through the curricula programs, Athlete Ambassador corps, outreach presentations, educational publications, and online resources.

Along with the many resources USADA offers regarding sports nutrition, sport ethics, dietary supplements, and drug prevention, USADA works with other organizations with a similar focus and mission who help USADA realize the vision - to be the guardian of the values and life lessons learned through true sport.

USADA is proud to collaborate with the following organizations, among others, to further our Outreach Education endeavors. For more information on other organizations please visit [www.USADA.org/other-antidoping-advocacy-organizations](http://www.USADA.org/other-antidoping-advocacy-organizations).

## American Alliance for Health, Physical Education, Recreation and Dance

AAHPERD's mission is to promote and support leadership, research, education, and best practices in the professions that support creative, healthy, and active lifestyles.



AAHPERD envisions a society in which all individuals enjoy an optimal quality of life through appreciation of and participation in an active and creative, health-promoting lifestyle. USADA is a proud member of the AAHPERD organization attending national and state conferences throughout the year. Additionally, USADA is pleased to support

AAHPERD's Let's Move in School initiative that supports valuable life lessons and habits learned through physical activity.

## CHARACTER COUNTS!

CHARACTER COUNTS! changes lives in schools, youth programs, sports, and entire communities. By using the Six Pillars of Character® in existing curriculum, classroom management, and youth programs, CC! makes focusing on good character part of everything you do. Kids focus on the rewards of good values instead of the negative results of breaking rules. The CC! national office provides training, programs, products, and curriculum-integration support to make sure your program is successful.



USADA is honored to promote and use the Six Pillars of Character® as a backbone in our 100% Me curricula.

## Discovery Education

Discovery Education provides engaging digital resources to schools and homes with the goal of making educators more effective, increasing student achievement, and connecting classrooms and families to a world of learning.



For a third year, USADA is proud to partner with Discovery Education on the USADA True Sport Awards program, rewarding educators and program facilitators with funding for activating change in their communities by using USADA education curricula. USADA is excited and proud to have the USADA curriculums featured in Discovery Education's Lesson Library, **available to millions of educators nationwide**. Visit the awards program page at <http://usadatruesport.discoveryeducation.com>.

## Healthy Weight Commitment Foundation & Energy Balance 101

The Healthy Weight Commitment Foundation (HWCF) is a first-of-its kind coalition that brings together over 170 retailers, food and beverage manufacturers, sporting goods and insurance companies, restaurants, a professional sports association, trade associations, NGOs, and the Army, focusing on activities in the schools, the workplace and the marketplace to promote healthy



weight among Americans by balancing the energy they consume with the energy they expend through physical activity.

USADA is a proud community partner of Energy Balance 101 - a subsidiary website of the HWCF - that offers free resources to teachers, students, families, and communities. This website encourages connections between healthy schools, healthy homes, healthy communities and healthy kids. Balancing calories in and calories out has a positive impact on the mind and body for overall wellness and student achievement.

For more information on the HWCF and its resources, visit [www.healthyweightcommit.org](http://www.healthyweightcommit.org)

## National Association for Sport and Physical Education

NASPE's mission is to enhance knowledge, improve professional practice, and increase support for high quality physical education, sport, and physical activity programs.



This past spring, NASPE published the USADA research, "What Sport Means in America: A Study of Sports Role in Society" in their Journal for Coaching Education. USADA is pleased to partner with NASPE, who recognizes the value of sport as a national asset in our society. For more information on NASPE, visit [www.AAHPERD.org/NASPE](http://www.AAHPERD.org/NASPE).

## P.E. Central

P.E. Central is the premier website for health and physical education teachers, parents, and students. The site provides the latest information about contemporary physical education programs for children and youth. Resources on the site include health and physical education lesson ideas, ready-to-print assessments, adapted physical education information, classroom management techniques, online interactive programs for kids, a job center, media center, and information about best practices in physical education and programs designed to motivate children and help them improve their motor skills and understanding of the importance of physical fitness. The Primary Sponsor of PE Central is S&S Worldwide.



USADA is happy to collaborate with P.E. Central for inclusion of the USADA curricula programs and publications in their library of teacher resources. (Logos used with permission)

# Media Matters

For elite level Olympic and Paralympic athletes, anti-doping is an important topic and one that plays a crucial role in their everyday lives. Despite the daily responsibilities of complying with doping control procedures, most athletes recognize that an effective anti-doping program helps protect their right to compete clean, free from the pressures of performance-enhancing drugs, and on a level playing field.

But while athletes deal with anti-doping programs on a personal level, the general public is often less aware of all of the elements involved in the process. Many Americans and sport fans around the world have strong feelings about the use of performance-enhancing drugs in sport. As a result, there is often heavy interest from newspapers, broadcast outlets, radio stations, and social media concerning the various topics that surround anti-doping. Media coverage is varied and there is no shortage of opinions, information, and mis-information when it comes to anti-doping news reporting.

Due to its unique role as the country's independent national anti-doping organization, and the fact that USADA is unparalleled in its mission to preserve the integrity of competition, inspire true sport, and protect the rights of clean athletes, the organization is recognized as the go-to source of information for members of the media covering sports and anti-doping efforts. The media has also come to understand that USADA is unwavering in its belief that athletes deserve a strong anti-doping culture in sport and will stand firm against those who try to discredit, downplay, or misrepresent anti-doping issues.



The USADA communications team helps the media understand the complexities of the anti-doping processes and procedures, including testing, drug reference resources, and results management as well as key areas, such as research, education, substances, and trends. The work USADA does with the media is vital to ensuring that the information the public receives is accurate and fair. USADA believes in transparency, integrity, and honesty and makes every effort to uphold these values when working with the media. Trust is a two-way street and USADA works to develop positive, professional relationships with all members of the media whether, print, online, radio, or broadcast.

The athletes under USADA's jurisdiction are held to the highest standards, and USADA in turn

holds itself to the highest standard to ensure that the media and the public understand the commitment athletes make by competing clean and participating in an anti-doping program. USADA takes a proactive approach to working with journalists, by seeking positive and important stories about clean athletes, research, scientific advancements, education, and outreach.

With over 13,000 news stories mentioning USADA last year, USADA's communications department is always busy. The USADA media relations team strives to positively represent clean athletes and help the journalistic community and the general public understand the importance of protecting the integrity of sport.



**Who Said it...?**

***“To me, True Sport means being able to step out on your playing field and know without a doubt that you are out there competing with your true and natural ability.”***

## Strategic Testing

The USADA Testing Department has created a testing model to effectively and efficiently catch athletes who cheat. Tools and information such as deterrent models and past test history are used to effectively create a testing plan for athletes subject to testing. As encouraged by the International Standard for Testing (IST), USADA uses different models for the various sports and some of the main factors include: in season/out of season, event schedule, and time of day. With the combined efforts of research, athlete provided intelligence, and hard work, we are reaching our goal to help clean athletes compete on an equal playing field.

USADA is committed to developing new and unique ways of setting up drug controls. USADA research experts work diligently to gather intelligence from athlete feedback, event results, training groups, and developmental teams. While the primary focus is elite athletes, USADA has jurisdiction to test other athletes, such as master-level athletes as well as the ability to sanction coaches. USADA has executed drug controls at events as well as through out-of-competition testing. With drug controls becoming more technologically advanced, blood testing, as a significant facet of the testing department, will continue to increase.

USADA conducts blood and urine testing both in-and out-of-competition. In 2010, USADA performed over 8,000 drug tests to include urine and blood. With just over 5,300 drug tests, the majority of the testing numbers comprised out-of-competition drug controls. USADA performed 2,700 in-competition tests, including blood and urine, where events were selected in collaboration with National Governing Bodies and by assessing intelligence from multiple avenues.



It is critical that we all work together to join in the fight against doping. Anyone who feels the integrity of their sport is being compromised by doping can call the USADA Play Clean Line at 877-PLAY CLEAN (877-752-9253). Callers can remain anonymous.



## Doping Control

Competition is a way of life for many athletes, and drug testing most often accompanies any competition. Whether you're being tested domestically or internationally, it is important to know your rights and responsibilities so you know what to expect during a blood and/or urine test.

As an athlete, you have rights which are outlined in the International Standard for Testing (IST) (5.4.1). Some of the rights include:

- Having a representative and if available, an interpreter;
- Asking questions about the sample collection process;
- Requesting a delay in reporting to the Doping Control Station for valid reasons;
- Requesting modifications if you are an athlete with a disability;
- Viewing the Doping Control Officer's (DCO) official authorization documentation and identification; and
- Providing feedback about the sample collection process.

Did you know that according to the IST, DCOs are required to have official authorization documentation that states the name of the anti-doping organization for which they are testing? The DCO is also required to carry identification which includes his/her name and photograph (5.3.3). You should understand which organization is testing you and request to view the DCO's official authorization documentation and identification when he/she notifies you for testing.



If you are a minor athlete, USADA strongly encourages you to have an athlete representative present throughout the doping control process. Familiarize yourself with your rights and responsibilities and understand the steps in the sample collection process to know what is required. If you have any questions during the sample collection process, please ask a DCO to explain.

The IST (5.4.1) also defines your responsibilities, which include at a minimum:

- Remaining within direct observation of the DCO or Chaperone until the sample collection process is complete;
- Providing photo identification;
- Complying with the sample collection procedures; and
- Reporting immediately for a test, unless there is a valid reason for a delay.

The IST, developed by the World Anti-Doping Agency, harmonizes standards for anti-doping organizations to carry out anti-doping programs. As an athlete, you accept the responsibility of the anti-doping program policies and procedures when competing. Anti-doping organizations have the same responsibility to adhere to the standards set forth in the IST. During urine

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# What's the Advantage?



The online educational tutorial, Coach's Advantage™, is now available free of charge to all national team coaches. While it is similar to Athlete's Advantage™ (the mandatory tutorial for athletes in the USADA Registered Testing Pool), Coach's Advantage™ was created for national team coaches – to help further their knowledge about the anti-doping program. In addition, USADA established Coach's Advantage™ in an effort to maintain compliance with the United States Olympic Committee (USOC) National Anti-Doping Policies. USADA will increase awareness about Coach's Advantage™ in 2011 and 2012 and the USOC will mandate the online educational tutorial in 2013.

USADA recognizes that a coach's time is extremely valuable and limited. To meet the demanding schedules of coaches, USADA has developed this concise and comprehensive tutorial, which is comprised of videos, scenario-based questions, and a final exam.



In July, USADA notified all national team coaches to complete the voluntary 2011 Coach's Advantage™ which will be available until October 31, 2011. At that time, USADA will develop the 2012 version of Coach's Advantage™ which will include any updates to policies and procedures. A national team coach, at minimum, is defined as any coach who participates at the Olympic, Paralympic, and/or Pan American Games and national team training sponsored by the USOC or National Governing Body (NGB).

## Coaches who successfully complete the tutorial in its entirety will:

1. Learn pertinent, up-to-date anti-doping information
2. Be equipped to help athletes maximize their rights and responsibilities
3. Be more likely to understand and be in compliance with the Code
4. Receive a certificate of completion
5. Be better prepared to support a level playing field for their athletes

Be one of the first 100 coaches to complete Coach's Advantage™ and receive an exclusive Coach's Advantage™ padfolio (USADA will ship it directly to you).

The answer to the question "What's the Advantage" is simple...Coach's Advantage™. The content within the tutorial is the ultimate advantage – for coaches and more importantly, athletes. By educating coaches, athletes can rest assured that all national team coaches are Coach's Advantage™ certified.

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collection, the IST requires the DCO/Chaperone who witnesses the passing of the urine must be of the same gender as the athlete providing the sample (Annex D.4.6). A male DCO/Chaperone should not observe a female providing a sample and a female DCO/Chaperone should not observe a male providing a sample. Remember, it is your right to ask questions about the sample collection process and to provide feedback if something does not seem right. Your feedback should be provided as soon as possible and you should keep a copy of the documentation. Remember your rights and responsibilities and if you have immediate concerns to contact USADA or your National Governing Body.

When drug tested internationally you may notice some slight modifications in collection equipment. For example, the sample collection kits used during the 2010 Vancouver Winter Olympic Games were cardboard rather than the Styrofoam boxes that you may have become familiar with when tested by USADA. This modification is allowed as long as the sample collection equipment, which includes the sample collection kit, meets the IST standards. All sample collection equipment must meet the following criteria (6.3.4):

- Have a unique numbering system on any items used to seal the sample; (i.e. bottles, containers, tubes, or any other item)
- Have a tamper evident sealing system;
- Ensure that your identity is not apparent on the equipment itself; and
- Ensure that equipment is clean and sealed prior to your use.

The results notification process on a collected sample can depend on whether an International Federation or other sports organization has contracted with USADA to conduct your test collection or whether the test collection was initiated by USADA. As you are probably aware, USADA will send you notification of your result if the test was conducted on behalf of USADA. If no prohibited substances or methods are detected, you will typically receive a negative results letter within 6-8 weeks. If the sample is found to be adverse, you can generally expect to receive notice of the A Sample positive within the same time frame. However, some sports organizations or International Federations for which USADA may conduct testing do not notify you of negative test results. Therefore, if you are curious about your test results you may need to contact the specific organization on whose behalf your sample was collected and inquire about their process for notification of results.

Awareness of your anti-doping rights and responsibilities during the doping control process is essential to your career. Knowledge of the processes combined with competing clean is the recipe for success in the anti-doping program!

*The World Anti-Doping Agency. (2009). The International Standard for Testing. Retrieved from [http://www.wada-ama.org/Documents/World\\_Anti-Doping\\_Program/WADP-IS-Testing/WADA\\_Int.Standard\\_Testing\\_2009\\_EN.pdf](http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-IS-Testing/WADA_Int.Standard_Testing_2009_EN.pdf).*

## Answer to "Who Said It?..."

(from page 5)

– Dee Dee Trotter, USADA Athlete Ambassador (2004 Olympic Summer Games Gold Medalist 4x400m)

## Adaptive Sports on the Rise

USADA has remained committed to serving Paralympic athletes by establishing a gold standard testing plan which deters and detects doping in sport. The International Paralympic Committee (IPC) along with the International Federations and National Paralympic Committees created the IPC Anti-Doping Code, which aims to prevent doping in sport for athletes with a disability and complies with the World Anti-Doping Code.

Some individuals are surprised to learn that drug testing occurs at the Paralympic level, however it is entirely necessary to conduct testing as Paralympic athletes compete at elite levels. Furthermore, as Paralympic sport continues to increase in popularity the enticement to use performance-enhancing drugs increases as well. As such, drug testing occurs for Paralympic athletes 150 days prior to the Paralympic Games identical to the way Olympic athletes must be drug tested at least once 150 days prior to the Olympics. Drug testing also occurs at national, sanctioned adaptive sport competitions as well as in-and-out-of-competition.

When Paralympic athletes are selected for drug testing, are the same substances prohibited for them as Olympic athletes? Yes! The World Anti-Doping Agency (WADA) creates an annual list of substances and methods which are prohibited in sport for both Olympic and Paralympic athletes. ([www.wada-ama.org](http://www.wada-ama.org)) But what if a Paralympic athlete has a disability and needs a prohibited substance for a medical reason? Should an athlete need to take a prohibited substance for a legitimate therapeutic use, he or she can apply for a Therapeutic Use Exception (TUE) to use the substance in sport. Once approved the TUE serves as a certification that the prohibited substance is for medical use. Longevity for approved TUEs varies based on the substance and case. Information about the TUE process can be found at [www.usada.org/tue](http://www.usada.org/tue).

As Paralympic sports continue to reach new heights with higher stakes, it is essential that drug testing occurs to even the playing field for all Paralympic athletes and Paralympic hopefuls who reach their dream the clean and fair way.



**WE WOULD LIKE TO  
HEAR FROM YOU!**

*Tell us what you think about the  
Spirit of Sport Newsletter.*

*Go to:*

[www.usada.org/survey](http://www.usada.org/survey)

*or click **HERE** to provide*

*feedback about this publication.*



**Call USADA when  
you believe the  
integrity of your sport  
is compromised  
by doping.**

**USADA established 1-877-Play Clean  
(1-877-752-9253) as a direct  
telephone link for individuals who are  
concerned about fair competition. When  
appropriate, USADA will act based on  
information that can contribute to its  
mission of eliminating doping in sport.  
Callers can remain anonymous.**



**SPIRIT** Sport®

**Contributors:**

Amy Eichner  
Anna Mack  
Annie Skinner  
Betsy Douglass  
Brad Guye  
Erin Hannan  
Jennifer Dodd  
Kelli Feltmann  
Nick Esares

**Special thanks to:**

Kristin Armstrong

**Editor:**

Mellissa Lewis

**Design:**

Apex Communications

U.S. Anti-Doping Agency  
Phone: (719) 785-2000  
Toll-Free: (866) 601-2632  
Fax: (719) 785-2001  
[www.USADA.org](http://www.USADA.org)

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