



SUCCESSFUL SPORTS PARENTING

Doping Control Hints for Parents

In many sports, all athletes competing at major competitions are subject to drug testing. It isn't just first place finishers or the National Team. There are a few basic things that parents should know when their athlete is about to enter the world of Doping Control. Many parents say the same thing: we just want to make sure we're following the rules to the letter.

The National Governing Bodies of sport are required to follow the rules of the World Anti-Doping Agency (WADA), the sport's International Federation, the United States Anti-Doping Agency (USADA), and the US Olympic Committee. Failure to follow these rules can result in suspensions for the athlete and, in some cases, count against all of their National Federation.

The most frequently asked question by parents is "**Why can't there be a list of prohibited drugs using common over-the-counter names rather than scientific 30 letter words?**" Everyone wants to see a simple list of what can and cannot be taken. Unfortunately, there are so many drugs on the market and many more being brought on each day that no list would ever be complete. In addition, formulas for current medications change. It would put the athlete at risk to check a list that may or may not be accurate.

The "Lingo": Resources

USADA: The United States Anti-Doping Agency (USADA) conducts testing for all Olympic, Paralympic and Pan American Sports in the United States. Website: www.usantidoping.org

International Federation: The Federation that oversees your sport world-wide. These federations implement a set of Doping Control rules, and have signed the World Anti-Doping Code.

WADA: The World Anti-Doping Agency (WADA) creates the List of Prohibited Substances and was created to provide harmonization of doping control rules across all sports and all countries. Website: www.wada-ama.org.

Drug Reference Line: USADA runs a Drug Reference Line that parents, coaches, athletes and physicians can, and should, use prior to taking ANY medication. A pharmacist answers the Line and will tell you the status of every medication (see the Lingo section for the different medication categories). If the pharmacist is unavailable you will hear a message asking you to leave a voicemail listing your sport, your phone number and every medication/substance you would like to check. The pharmacist who runs the Line will call you back as soon as possible. **The Line: 1-800-233-0393.**

Drug Reference Online: USADA offers a Drug Reference Online (DRO) that allows parents, athletes, coaches, and support staff to check the status of a medication online at any time. You are encouraged to print a record of the status that is provided. **Drug Reference Online:** www.usantidoping.org/dro

The "Lingo": A medication/substance may fall into one of the following categories



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- Permitted (The athlete may use this medication and no documentation is required to be on file in advance. The athlete must declare the medication on the testing form at the time of testing).
- Requires Abbreviated Therapeutic Use Exemption (An Abbreviated Therapeutic Use Exemption (ATUE) form is required to be on file prior to testing for certain medications).
- Prohibited (These substances are not allowed to be used at any time. An athlete may file a Standard Therapeutic Use Exemption form to request permission to use a medication that is medically necessary but falls in the Prohibited Category).
- Prohibited In-competition (These substances are tested for at competitions and may not be in the athlete's system at the time of testing).
- Prohibited – Threshold (Prohibited above a certain concentration) (Some substances are prohibited when the level in the athlete's urine is above a certain concentration).
- Take at your Own Risk: These substances are not prohibited, but are **a risk for the athlete since they are not strictly regulated by the Food and Drug Administration.** The lack of regulation may result in cross contamination (a prohibited substance is included in the supplement, but not listed on the label). There are cases of athletes testing positive from a supplement. The athlete is responsible for what he chooses to consume.

The List of Prohibited Substances 2006

(The List of Prohibited Substances is subject to change with notice):

Prohibited Substances include:

1. Anabolic Agents,
 - A. Anabolic Androgenic Steroids (AAS)
 - B. Other Anabolic Agents
2. Hormones and Related Substances
3. Beta-2 Agonists

According to the US Anti-Doping Agency Athlete Advisory regarding the 2006 Prohibited List:

All beta-2 agonists are prohibited in- and out-of-competition.

Salbutamol (albuterol, levalbuterol), salmeterol, terbutaline, and formoterol, are permitted by inhalation with a completed Abbreviated Therapeutic Use Exemption (Abbreviated TUE).

All four beta-2 agonists can be used (with an abbreviated TUE) by inhalation for any diagnosis as determined to be appropriate by the prescribing physician.

Despite the granting of a Therapeutic Use Exemption, when the Laboratory has reported a concentration of salbutamol (free plus glucuronide) greater than 1,000 ng/mL, this will be considered as an Adverse Analytical Finding unless the athlete proves that the abnormal result was the consequence of the therapeutic use of inhaled salbutamol.

4. Agents with Anti-Estrogenic Activity



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5. Diuretics and other masking agents

Prohibited Methods include:

1. Enhancement of Oxygen Transfer
2. Chemical and Physical Manipulation
3. Gene Doping

Prohibited in-competition: This substance cannot be in the athlete's system during competition

1. Stimulants
2. Narcotics
3. Cannabinoids
4. Glucocorticosteroids

According to the US Anti-Doping Agency Athlete Advisory regarding the 2006 Prohibited List:

Glucocorticosteroids are prohibited in-competition and not tested for out of competition.

Glucocorticosteroids used as dermal (topical on skin), eye drops, ear drops, and nasal sprays are permitted and do not require an Abbreviated TUE.

Systemic administration is prohibited (Intramuscular, Intravenous, Oral and Rectal administration).

Local injection, intra-articular injection, inhalation, and iontophoresis require the submission of an acceptable Abbreviated TUE as notification of use. For an Abbreviated TUE form, visit www.usantidoping.org.

Contact USADA if you have any questions. There is no dumb question in this area!

1-800-233-0393 or www.usantidoping.org



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Friendly Reminders:

Checking the status of ALL medications means ALL medications – even the basic over the counter medications you would think were allowed simply because they are sold at your local grocery store. It's also important to remember that prescription medications must be checked as well.

Educate your athlete's physician. Download a List of Prohibited Substances from USADA's website and take it to the physician. Make sure s/he understands that your athlete is now subject to Doping Control and must be very careful to ensure that no prohibited substance enters his/her system.

Diuretics are prohibited and may be found in many diet products as well as in PMS products. Check any medication/substance with USADA that claims to reduce water retention, bloating, or aid in weight loss.

Many Attention Deficit Disorder Medications are prohibited. Contact USADA immediately if your athlete is required to take one of these medications.

If your athlete takes a medication that requires an Abbreviated Therapeutic Use Exemption (TUE), the form must be filed PRIOR to testing. Forms should be on file at least three weeks prior to competition.

These forms are required to be signed by the prescribing physician. The physician must PRINT CLEARLY or the forms will be returned to be completed properly.

If an athlete is selected for doping control, s/he will have to list all medications and supplements that s/he has taken in the past three days. If your athlete does not know the names of the medications s/he is taking, be sure to write them on a notecard that your athlete can take to the competition and take to Doping Control.

Athletes are permitted to take a representative with them to Doping Control.