

Be ALERT, AWARE, CLEAN & INFORMED



As your athletic career develops, it will be important for you to understand the expectations and responsibilities of an elite athlete as it pertains to anti-doping and Clean Sport. Familiarize yourself with this information to ensure that you are ALERT, AWARE, CLEAN, and INFORMED!

When tested, do you know your Rights & Responsibilities as an Athlete?

Rights:

- To have an Athlete Representative and/or Language Specialist with you during a test.
- To have the Doping Control Officer (DCO) explain any part of the sample collection process that you do not understand.
- To receive a copy of all forms used to document the processing of your sample.
- To provide feedback.
- To attend to personal obligations or continue your training session.
- To ask for the DCO's credentials.

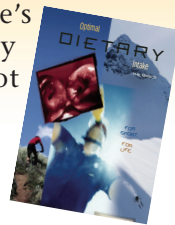
Responsibilities:

- To comply with the doping control procedures.
- To bring a photo ID to the Doping Control Station.
- To report to the Doping Control Station within 60-minutes of being notified for an in-competition test.
- To stay within direct observation of the DCO (or Chaperone) from the time you are notified until the time the sample collection procedures are complete.
- To ensure that all paperwork is completely accurate.

BE ALERT

The use of ALL dietary supplements is at the athlete's own risk of committing a doping violation. Dietary supplements may contain prohibited substances not listed on the label.

For additional information on dietary supplements and how to get the most energy out of the foods that you are putting in your body, you can check out our Nutrition Guide (www.usada.org).



BE AWARE

Have you been drug-tested at a competition?

Did you know that testing may take place at any time during a competition?

If you are notified by a USADA Representative, you will be required to comply with all USADA policies and procedures. Athletes have 60 minutes from the time of notification to arrive at the Doping Control Station and will be accompanied by and under direct observation of a chaperone during that time.

BE CLEAN

(Medications & Substances)

In sport, there is a list of Prohibited Substances. Have you ever considered if the medications or substances that you put in your body are permitted or prohibited in sport?

USADA has several resources to check the status of a medication.



Global Drug Reference Online™ (www.globaldro.com)

USADA Wallet Card

Remember to check Over-the-Counter and Prescription Medications. *Some medications may require you to declare the medication on USADA's website or to submit a Therapeutic Use Exemption form that must be signed by your physician and submitted at least 21 days prior to competing. Further questions regarding prohibited substances can be directed to USADA's Drug Reference Line™ (1-800-233-0393).*

BE INFORMED

Watching USADA's short sample collection video will familiarize you with the sample collection process (www.usada.org).

The adjudication of anti-doping rule violations or refusals to test will be carried out by USADA, your International Federation (IF) or WADA. Athletes found to have committed a doping violation will be disciplined according to penalties specified by the World Anti-Doping Code and, if appropriate, your applicable IF rules. Such penalties may result in a period of ineligibility as well as disqualification from the event.