

Summary of May 2024 USADA Anti-Doping Webinar

On Wednesday, May 15, 2024, the U.S. Anti-Doping Agency (USADA) conducted a webinar for Masters athletes on anti-doping policies, procedures, and protocols. It was attended by approximately 75 athletes and others.

During the webinar, USADA representatives went over the basics of how to check your prescribed medicines, over the counter medicines, and supplements to see if they are banned substances. The representative also answered questions.

USADA complies with the World Anti-Doping Code (WADA). You can check your prescription medicines on Global-Dro, a website set up for that purpose (<https://www.globaldro.com/Home>). When you look up your medicines you can get the following results: Prohibited or Not Prohibited In-competition or Out of competition or Conditional. Prohibited In-Competition is from 11:59pm the night before your event through the time of your event - or the time of your test, if you have been chosen for testing. It is not when the substance is ingested, but if it is in your system during the "in-competition" period. The amount of time a drug stays in your system is different for everyone. If your medication is prohibited and you and your doctor feel it is the best medicine for you, you need to fill out a TUE (Therapeutic Use Exemption) Pre-check. The Pre-check results come back in 3-5 days. This will tell you if you need to obtain a TUE form to take to you your doctor to complete. Because all of this can take time you should start the process early.

There are also Prohibited Methods

- a) Tampering of a sample
- b) Transfer of genes
- c) Blood doping
- d) Intravenous needle (100ml in 12 hour period, unless medically necessary)
- e) If you have an emergency situation that comes up, such as you are in the emergency room, contact USADA. They have the ability to grant emergency TUEs, if necessary.

There are three big new items that were effective for 2024:

1. Tramadol is now on the prohibited list in competition.
2. Donation of blood plasma via plasmapheresis is now permitted.
3. There are new wash-out periods (when it leaves your system) for rectal glucocorticoids.

Testing can be blood or urine. The amount of blood taken is minimal and will not affect your performance. You do have certain rights when it comes to testing:

1. You have the right to have a representative with you.

2. You have the right to an interpreter.
3. You have the right to ask for additional information regarding the process.
4. You have the right to delay reporting to doping control for valid reasons (medals, medical, media, or warm downs). You must notify the USADA representative of a request for a delay.
5. You have the right to ask for modifications, if you are disabled or injured.

You also have several responsibilities when it comes to testing, including:

1. You are responsible for staying within the sight of your doping control chaperone.
2. You are responsible for complying with the sample collection procedures.
3. You are responsible for reporting immediately to doping control, unless you have a valid reason for delay as above,
4. The USADA educator was very clear: IF YOU REFUSE A TEST YOU COULD BE LOOKING AT A 4 YEAR SANCTION

If you test positive for a prohibited substance:

1. You cannot train with teammates or coaches.
2. You can lose your records.
3. You can lose medals, including those of your teammates, if you are on a relay.
4. You will not be able to compete during the period of your sanction.

When it comes to supplements, you are responsible for anything that goes in or on your body. Supplements are not controlled by FDA and are a risk for contamination. If you feel you need a supplement, you can go to Supplement Connect (<https://www.usada.org/athletes/substances/supplement-connect/>) to determine if the product's listed ingredients are prohibited. The safest supplements are listed on the NSF Certified for Sport website. These supplements have gone through additional testing to ensure they are not contaminated with any prohibited substances. No supplements are WADA approved and you cannot get a TUE for supplements.

Lastly, World Masters Association (WMA) is not a signatory to the WADA Code, and therefore, does not recognize the USADA TUE or Pre-check form. You will need to obtain a TUE for WMA. WMA has its own WMA Form (<https://world-masters-athletics.org/wp-content/uploads/2024/05/TUE-Application-Form.-FINAL-May-2024.pdf>). You want to do this early as WMA TUE can take time and if not approved you want to have time to discuss options with your doctor. Never stop a prescribed medicine unless you talk to your doctor.

Links and information are on Anti-doping page of the Masters USATF website (<https://usatfmasters.org/anti-doping-information/>).

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