

COACHES - PLAN AHEAD!!!!

Do you have an athlete competing at Grand Prix meets, Swim Meet of Champions, Open Water Nationals, Nationals, Junior Championships or the US Open?

If so, it's time to share Doping Control Rules Information with them NOW!

Are you aware?

All athletes competing at these competitions can be drug tested.

Are you aware?

Some medications require a form that must be signed by athlete (parent if the athlete is a minor) and the physician. This form must be submitted prior to competition.

Are you aware?

There are medications that are sold over the counter that are prohibited.

Are you aware?

There are simple resources available for all athletes, coaches, parents and sports medicine professionals to check the status of every medication BEFORE the athlete takes it.

The US Anti-Doping Agency (USADA) offers the following resources that all athletes should use before they consume any medication:

1. The USADA Drug Reference Line: 800-233-0393
2. The USADA Drug Reference Online: www.usantidoping.org/dro

Hints for using the USADA resources:

- Indicate that the athlete is a swimmer.
- Provide the name of all medications.
- Check the status of all prescription medications and over the counter medications.

Don't forget nasal sprays, antibiotics, eye drops, ear drops, injections, iontophoresis, etc.

Your first steps as a coach:

1. Share the above information with your athletes and their parents.
2. Instruct all athletes to check the status of all medications NOW.
3. Watch for future detailed Doping Control information about the required forms for asthma inhalers, what to expect from a drug test, additional resources, etc.
4. Take these rules seriously! Doping Control rules are in place for all USA Swimming athletes. Failure to abide by the rules can impact USA Swimming and our eligibility for international competition.

Questions:

Contact Stacy Michael, USA Swimming Athlete Services Manager, at smichael@usaswimming.org or 719-866-4962

Contact Jennifer Thomas, USA Swimming National Team staff, at jthomas@usaswimming.org or 719-866-4578

Visit the USA Swimming Doping Control section of the website: Doping Control Website
<<http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=63&Alias=Rainbow&Lang=en>>