## Drug Testing and Therapuetic Use Exemptions (TUE's) Team USA Age Group World Championship Athletes (Short & Long Course Triathlon, Duathlon)

This memo is being given to all World Championship Age-Group athletes to hopefully de-mystify the drug testing and TUE policies of the US Anti-Doping Agency (USADA) and the International Triathlon Union (ITU). As an age-group world championship athlete, you are technically considered by USADA a Non-National Level athlete competing in an international event. This classification is because you are in neither the ITU"s registered testing pool (RTP) or USADA's. Only the top six Olympic distance athletes for the men and women are in the ITU pool and USADA covers the top ironman athletes in addition to the top Olympic distance athletes.

The ITU has designated USADA as the agency which will grant and manage TUE's for all USA athletes and will accept USADA's documentation of TUE's and Adverse Analytic Findings (AAF's). Both the ITU and USADA utilize the WADA 2009 prohibited substances and methods list that governs what is permitted and what is not.

## Inhaled beta-2 agonists (albuterol, salemeterol, terbutaline etc.)

-ALL athletes competing internationally are required by USADA to get a TUE. This request MUST include Pulmonary Function data to confirm the diagnosis of asthma or exercise-induced asthma. Ideally, this is done at least 21 days in advance of competition.

-actual testing at the event is at the discretion of the ITU

## Glucocorticosteroids (cortisone for example) by inhalation, joint injection, epidural, peri-tendonous injection, and intra-dermal.

-All athletes need to submit in advance a declaration of use (at <a href="www.usada.org">www.usada.org</a>) and also declare your use at the time of doping control.
-actual testing at the event at the discretion of the ITU.

## Non-National Athletes who are NOT competing in an international event.

-As a general rule, anything listed in the Prohibited List both in and out of competition (anabolic steroids, hormone or hormone receptor modulators, insulin, blood doping) requires a TUE to allowed. No free pass for first offenders if you test positive.
-Notable exceptions: use of diuretics,beta-2 agonists, glucocorticosteroids, or substances only prohibited in-competition (stimulants, narcotics, canniboids, oral/IV/IM/rectal steroids) will NOT be considered a doping violation the first time IF the medical reason for use is well-documented, use is declared during doping control, and the athlete undergoes any additional medical exam/testing requested by USADA. This is your "freebie" and the next time, you'll need a TUE in place to avoid a doping violation. -also note that Sudafed, phenylephrine, synephrine, caffeine are not prohibited.

QUESTIONS: Contact USA Triathlon Medical Director (Andrew Hunt, MD)