Drug testing in figure skating is governed primarily by:

(1) U.S. Anti-Doping Agency (USADA) and
(2) International Slating Union (ISU)

These organizations determine who will be tested at events (In-Competition Testing) and who is eligible for testing away from competition (No Advance Notice, Out-of-Competition, Registered Testing Pool).
Drug Testing has become a common element of elite level training and competition.

Drug testing is an OPPORTUNITY!

An opportunity to demonstrate a belief in healthy, ethical and clean competition.

Unfortunately, it can also be complicated.

Start learning early!

When skaters start competing at the regional championships, they should start reviewing and recording their prescription and non-prescription medication and dietary supplement use/intake each season and PRIOR to each competition.

This includes, but is not limited to:
- asthma inhalers
- cortisone injections
- birth control pills
- attention deficit disorder, anxiety and depression medications
- over-the-counter cold medicines, vitamins, menstrual relief and weight-loss products**
Most medications fall into one of four categories when it comes to drug testing:

- **Not Prohibited**
- **Requires Declaration**
- **Prohibited**

To avoid ingesting a prohibited substance, and to ensure you have the proper required forms on file, always check the status of all medications (prescription and over-the-counter) prior to consumption AND competition using [www.globalDRO.com](http://www.globalDRO.com).
Do I Qualify for Testing?

ISU Anti-Doping Article 5.1.2 and Procedure B.1: ‘Anti-Doping Tests must be carried out according to the current ISU Rules and Procedures at the following events: ISU Championships, Olympic Qualifying Events, Grand Prix of Figure Skating and Final, Junior Grand Prix Figure Skating and Final, Open International Competitions, and all other events designated by the ISU Council.’ (Eligibility criteria as of 2/12/2008) For figure skating, these events include: Olympics, Worlds, Junior Worlds, European’s, Four Continents, Grand Prix Events and Final, Junior Grand Prix Events and Final, Open International Competitions (possibly), Senior B’s and Spring Competitions (possibly). USADA also tests skaters at U.S. Championships (refer to competition website or packet for current year’s detail. Being eligible does not guarantee testing, but means skaters should be prepared.).
Do I Qualify for Testing?

The United States Anti-Doping Agency (USADA) will perform drug tests following the completion of each senior competition. The tests will follow guidelines established by USADA and the International Skating Union (ISU), and will include tests for all banned substances specified by them. Tests will be conducted at Quicken Loans Arena following the final part of each competitive event. Tests will be performed on the top four (4) place-winners and one random athlete in each discipline on the **senior level only**. All athletes selected for the 2009 U.S. Figure Skating World Team will be tested. After the last competitor of a designated event has skated (before leaving the arena), each competitor in that event must check at the USADA testing room for the list of skaters selected for testing. Any competitor who competes internationally may also be selected for drug testing as part of the No Advance Notice Drug Testing Program. This could occur at any time, such as immediately following a practice session. Detection of any banned substances will lead to penalties or sanctions as determined by the ISU. Questions regarding banned substances, testing or the safety of any particular drug or medication should be directed to the **USADA Drug Reference Line** at 1.800.233.0393.

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**In vs Out of Competition Testing**

**In-Competition Testing**
In-Competition Testing takes place on the day of the competition and is an effective way of deterring the use of substances that could enhance skating performance during competition. If you compete at an event described in **ISU Anti-Doping Article 5.1.2 and Procedure B.1**, you are **eligible** for in-competition testing.

**Out-of-Competition Testing (RTP Athletes)**
Out-of-Competition (OOC) Testing is directed at prohibited substances that would benefit athletes during training or have long-term affects (ex. steroids, diuretics, blood doping). USADA and the ISU each have an their own RTP and have similar but slightly different criteria for naming skaters to them.
What To Expect…

Notification by a DCO.
Sampling Procedures
Test Histories are published.
Sanctions are made public.
Whereabouts.

“The Times”

September 20, 2001

“Nearly 40 of 200 over-the-counter food supplements tested in one of the world’s leading drugs laboratories contain nandrolone.

None of these food supplements carried warnings that they might contain a substance banned in most international sports.”
DSHEA (1994) 
separated dietary supplements from drugs

Claims made by supplement manufacturers no longer strictly evaluated by the FDA.

DRUGS:
• Require FDA safety approval before going to market.

SUPPLEMENTS:
• Safety determined by manufacturer.
• No FDA approval required.
• Often must be proven harmful by FDA before removal from market.

The failure of a supplement’s ingredients list to match the product’s contents 100% opens the door for:

1. Positive drug tests.
2. Adverse health affects.
3. Wasted dollars.
**Dietary supplements** are “Take at Your Own Risk.”

This includes most multi-vitamins and related pills, tablets, powders and herbal mixtures.

Any product bearing a “Supplement Facts” label may contain substances that may appear on the Prohibited Substance list(s) of USADA, WADA and/or the ISU.

These substances may or may not appear on the product’s list of ingredients. In some cases, the use of legal dietary supplements has been linked to positive drug tests.

There are no special forms for the use of dietary supplements.

The rule of strict liability will apply in the event of a positive test.

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**EDUCATION RESPONSIBILITY CRITICAL THINKING**

1. Do the proposed effects of this supplement apply to me and/or my sport in terms of health, training and/or competition?

2. Is the product legal?

3. Are the proposed effects supported by peer-reviewed scientific research, and were the amounts studied the same as the recommended amounts on the supplement’s label?

4. Are the ingredients listed on the label exactly what are inside the container?

5. Are there foods, dietary practices, or other lifestyle or training alternatives that may have the same effect?
TIPS for Selecting Healthy, Safe and Nutritionally Sound Products:

- Confirm your personal nutritional status with a qualified professional to avoid harmful excess, and choose only products which will address a nutritional inadequacy of deficiency that is specific to your current situation.

- Choose products with Nutrition Facts labels first (but check their ingredients list too!).

- Limit Supplement Facts product selections to products from well-established, reputable companies whose product line is narrow and specific and who are willing to discuss with you their GMPs (Good Manufacturing Practices); If they don’t know what GMPs are, run away!

- Avoid anything with words or prefixes like andro, ephedrine, anabol, energize, weight loss, muscle builder, stack, ma huang, guaranna and anything else made by a company that makes these products. If it says “energy” be sure the energy is coming from calories (ex. carb, protein, fat). Other sources of “energy” have no nutritional value.

- Beware of marketing lures; If it sounds too good to be true, it probably is! And remember that not every product is made for you.

- Rely on the rule of thumb: If it works, it’s probably prohibited, and if it’s not prohibited, it probably doesn’t work.

What You Can Do To Comply With Doping Control?

- Start reviewing and recording prescription and non-prescription medication and dietary supplement use/intake each season and PRIOR to each competition.

- Check on the doping control activity planned for each competition.

- Stay current on doping control rules and requirements.


- Attend educational sessions about doping control.

- Take to your local physician and any other support team members about doping control obligations and make sure they are both AWARE and CURRENT regarding issues and rules.

- Check any product or active ingredient at anytime by using www.globalDRO.com