



2018 14TH ANNUAL
CUTTING EDGE CONCEPTS
IN ORTHOPAEDICS & SPORTS MEDICINE

Anti-doping initiatives, issues, and challenges in international sports

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Campus

Doping control – Drug testing



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**WORLD
ANTI-DOPING
AGENCY**

Rules of sport vs. laws of the land

Competition



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Imagine...



Imagine...



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Imagine...



Imagine...



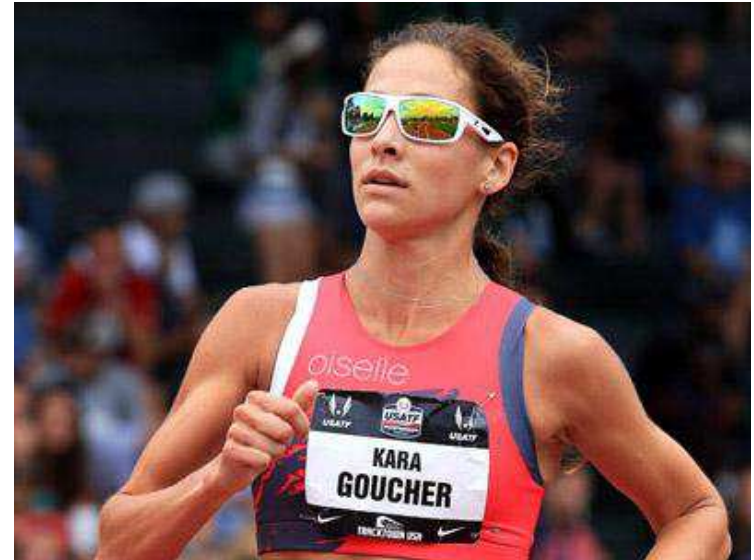
Registered testing pool

- Available 24/7
- 60 min. declaration
- Requirement to update whereabouts
- Subject to out-of-competition
- Subject to in-competition



Testing

- Notification
- Reporting
- Random selection
- Witnessed sample collection



Sample collection - urine

The athlete will be asked to provide a urine sample of at least 90ml under direct observation of a DCO or witnessing chaperone of the same gender. In order for the DCO or chaperone to have a clear view of the sample being provided, the athlete will be asked to pull their shirt up to mid torso and pants down to mid-thigh. As soon as the athlete is finished providing the sample, the DCO or chaperone will instruct the athlete to immediately secure the vessel with the lid.

Sample collection - blood

On average, about 15-16 mL, or less than two tablespoons, of blood will be drawn during the blood collection process. The amount of blood drawn should not affect an athlete's performance. An athlete is required to remain in a seated position for a minimum of 20 minutes prior to the blood draw.*

The BCO will begin the blood collection process by selecting a location on the athlete's skin from where to draw the blood and cleaning the area with a sterile disinfectant swab. The BCO will apply a tourniquet to aid in the collection, and the BCO will begin to draw the blood sample. A blood draw will be attempted a maximum of three times.

Minors

Athlete representative may be present at all times, however, will not witness the sample collection process.

If the athlete chooses not to have a representative, the DCO may request that another DCO or athlete escort be present.

Disabled

Enhanced role of the athlete representative

- Restricted mobility, flexibility, dexterity
- Visual impairment
- Intellectual impairment

Catheterized athletes may need to replace catheter

Criteria

1. It has the potential to enhance sport performance
2. It represents a health risk to athletes
3. It violates the spirit of sport

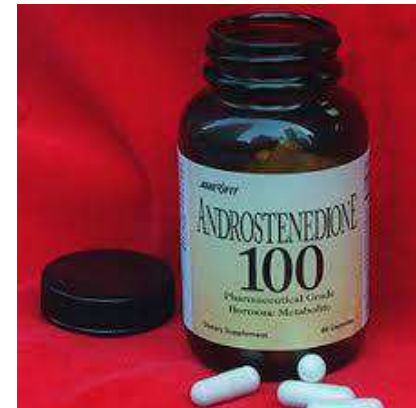


WADA Prohibited Substances & Methods List



Supplements

Dietary Supplement Health & Education Act of 1994



Resources

World Anti-Doping Agency

www.wada-ama.org

What is prohibited?

<https://www.wada-ama.org/en/content/what-is-prohibited>

US Anti-Doping Agency

www.usada.org

Global Drug Reference Online

www.globaldro.org



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Thank you!

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