



## **NOTICE REGARDING** **DRUG TESTING**



Athletes participating in events **sanctioned by USA Taekwondo are subject to drug testing performed by the U.S. Anti-Doping Agency (USADA) in accordance with the USADA Protocol for Olympic Movement Testing. Please see the information below to ensure that you are AWARE, CLEAN, ALERT and INFORMED!**

**BE AWARE** - Testing may take place at any time during the competition. If a USADA Representative notifies you, you will be required to comply with all USADA policies and procedures. Athletes have 60 minutes from the time they are notified of being selected for testing to arrive at the Doping Control Station and will be accompanied by a chaperone during that time. After notification, Athletes must remain in the sight of the USADA Representative at all times.

**BE CLEAN** - Checking to see if the medication you take is allowed could be the difference between passing your test and committing an Anti Doping Rules Violation. A search on USADA's easy-to-use [Drug Reference Online](http://www.usada.org/dro)<sup>™</sup> ([www.usada.org/dro](http://www.usada.org/dro)) or a quick call to USADA's Drug Reference Line<sup>™</sup> (1-800-233-0393) and following-up with any necessary Therapeutic Exemption Use forms (if needed) will help this process. Remember to check Over-the-Counter and Prescription Medications. Some medications may require documentation that must be signed by your physician and submitted in advance to either USADA or the International Taekwondo Federation (ITF).

**BE ALERT** - Knowing your rights and responsibilities may save you from making a mistake that could jeopardize your athletic career. The use of ALL dietary supplements is "at the athlete's own risk of committing a doping violation." Please review the 2009 Guide to Prohibited Substances and Prohibited Methods of Doping ([www.usada.org/go/prohibitedguide](http://www.usada.org/go/prohibitedguide)) for additional information on dietary supplements. Check out the Test Alert Card ([www.usada.org/go/testalert](http://www.usada.org/go/testalert)) for key details every athlete should know prior to competing.

**BE INFORMED** - Watching USADA's short testing video will familiarize you with the drug testing process ([www.usada.org/what/process/](http://www.usada.org/what/process/)). **Please note that effective January 1, 2009, a minimum of 90mLs is the suitable volume of urine for analysis and the pH of your sample will no longer be analyzed during the sample collection session.**

The adjudication of an Anti-Doping Rules Violation, including a refusal to test, will be carried out by USADA. Athletes found to have committed a doping violation will be disciplined according to penalties specified by the World Anti-Doping Code and, if appropriate, applicable ITF rules. Such penalties may result in a period of ineligibility as well as disqualification from the event.

**BE AWARE. BE CLEAN. BE ALERT. BE INFORMED**  
**USADA is here to help you.**

Effective January 1, 2009, changes to the World Anti-Doping Code and International Standards went into effect. Please check USADA's Web site for more information.

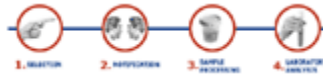
## Anti-Doping Resources

As you prepare for your upcoming competitions, here are some resources that may save you from making a mistake that could jeopardize your athletic career:



[USADA Test Alert Card](#) (PDF)

[www.usada.org/go/testalert](http://www.usada.org/go/testalert)



[USADA Doping Control Process](#)

[www.usada.org/what/process/](http://www.usada.org/what/process/)

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[Drug Reference Online](#)<sup>™</sup>

[www.usada.org/dro](http://www.usada.org/dro)



**Drug Reference Line**<sup>™</sup>

1-800-233-0393

*The use of nutritional or dietary supplements is completely at the athlete's own risk - even if the supplement label says "approved" or "verified." USADA's drug reference resources DO NOT provide information about dietary supplements.*



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Colorado Springs, CO 80909  
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<http://usa.taekwondo.us>

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