



Dear Healthcare Team,

This letter is to inform you of your responsibilities as a health professional treating an elite athlete.

The athlete-patient is subject to anti-doping protocols and testing. Athletes are strictly liable for everything that enters their system, and they can receive a sanction for any prohibited substances and methods that are either declared or detected in a blood and/or urine sample. The World Anti-Doping Agency Prohibited List identifies more than 300 substances and methods, including but not limited to, steroids, diuretics, inhalers, intravenous infusions, injections, and common cold and allergy medications.

Before prescribing medications or methods to athletes, we encourage you to check the status of those medications or methods on [GlobalDRO.com](http://GlobalDRO.com) and reach out to the USADA Drug Reference Team at [drugreference@USADA.org](mailto:drugreference@USADA.org) with any questions. A physician's prescription by itself is not sufficient justification for an athlete to use a prohibited medication in the context of sport. If an athlete has a therapeutic need to take a prohibited substance, the athlete, with the help of their treating provider, must apply for a Therapeutic Use Exemption (TUE). For more information on the TUE process, visit the [USADA website](http://USADA website).

Dietary supplements also pose a risk to athletes. Supplements are not regulated like medications and can be contaminated with ingredients that are not listed on the label. Because athletes are strictly liable for everything that enters their system, athletes can still receive anti-doping rule violations for using contaminated supplements. For more information on the risks of dietary supplements and how to reduce those risks, visit [Supplement Connect](http://Supplement Connect) on USADA's website.

For more information on your responsibilities as a health professional working with elite athletes, please review our free online course [USADA HealthPro Advantage](http://USADA HealthPro Advantage). This course was created in partnership with Stanford University and is available for CME and CEU credits.

*Please click the graphic of the resource you would like to view:*



If you have any questions or need additional resources, please contact:

**USADA's Elite**

**Education Team**

[education@USADA.org](mailto:education@USADA.org)

(719) 785-2240

**U.S. ANTI-DOPING AGENCY**