

## Clean Sport and Traveling Abroad

In sport, athletes assume strict liability for every substance they ingest, so they must be aware of the ingredients in the products they use. This can be tricky to navigate when traveling abroad. USADA has identified three common considerations for athletes when traveling abroad, including foreign medications, clenbuterol, and coca. This resource provides information as well as tips to help athletes protect themselves and clean sport.

### Buying Medications Abroad

It is important to check all medications and methods on GlobalDRO.com before using them, including when traveling abroad. Medications athletes may be familiar with from the United States could have different ingredients if athletes purchase them in another country. A product may be safe to take from an anti-doping perspective in one country, while the product sold under the same name in another country may contain different ingredients, and possibly even a prohibited substance. If an athlete needs to purchase medication abroad, they should have the following considerations in mind:

1. Athletes traveling within the US, or to Switzerland, the UK, Canada, Japan, Australia and New Zealand are able to search BRAND names and/or active ingredients on GlobalDRO
2. Athletes traveling to other countries can use the GlobalDRO Ingredient-only search page to search for the active ingredients in any medication. If the ingredient is listed in another language, it may need to first be translated into English.
3. Some countries also offer their own medication checking service. You can find these links on the "Other"\* page of GlobalDRO
4. Discuss options with the team doctor

\*Note: If the country traveled to is not a partner of GlobalDRO, they should select "other" when choosing their sport nationality on the GlobalDRO.com website. By clicking "other", users will be able to access alternative services for substances and methods prohibited in sport from their country's resources. Overall, the GlobalDRO partners do not take responsibility for the information provided by the services of other nations, and athletes are advised to read the terms and conditions of any drug information service prior to use.

For prescribed medications, athletes should use GlobalDRO.com to check on the anti-doping status of any method or medication and determine if they need an approved Therapeutic Use Exemption (TUE) before use. For questions about specific products, substances, and methods, athletes can contact USADA's Drug Reference Line at [drugreference@USADA.org](mailto:drugreference@USADA.org) or call (719) 785-2000, option 2.

### Clenbuterol

Clenbuterol is prohibited under the category of Anabolic Agents on the WADA Prohibited List because it is sometimes used by athletes for performance enhancement in an effort to increase lean muscle mass and reduce body fat. In the U.S., clenbuterol is not approved by the Food and Drug Administration (FDA) for either human or veterinary use.

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When traveling abroad, athletes should be aware and use extreme caution since clenbuterol may still be prescribed by physicians in some countries as a bronchodilator beta-2 agonist medication. Clenbuterol (and a few other anabolic agents) is also used in some countries to promote muscle mass and meat yield in animals, including cattle, lamb, poultry, and swine. Such use is illegal in the U.S. and Europe, but reports have shown that it does occur in countries like China, Mexico, and Guatemala. Under specific conditions, clenbuterol (and a few other anabolic agents) administration to animals destined for food production can result in a positive sample from an athlete.

Unfortunately, anti-doping authorities have no control over agricultural and food safety practices in other countries. Because of the potential for contamination, USADA urges athletes to use the utmost care and caution when consuming meat while traveling abroad. To reduce the risk of unintentionally ingesting a prohibited substance through contaminated meat, athletes should read USADA's latest guidance on [meat contamination](#). But in brief, athletes should:

- Avoid eating organ meat (e.g., liver, kidney, testis, ovaries), oxtail (similar to the advice in the United States), and other exotic meats.
- Avoid street vendors or any temporary or untraceable vendors (e.g., food festivals).
- Try to consume meat products from an athlete village, hotel, or other reputable restaurants.
- Inquire about the source of the meat (e.g., organic), if possible, and note the name and location of the restaurant or grocery store, and consider taking a photo of the meal.
- Consider avoiding meat altogether and choose alternative plant-based protein sources (legumes, beans, lentils, peas), nuts, seeds, grains (quinoa, barley, bulgur wheat), and soy products (tofu, tempeh).
- Keep their Whereabouts up-to-date to show when they were travelling.
- Consider keeping a food log while traveling.

In the event of a low-level clenbuterol positive drug test, you may be able to validate the atypical finding by collecting and presenting relevant documentation. Athletes are strongly advised to follow these recommendations to protect themselves from any unintentional positive drug tests and to trace the sources of contamination. Remember that athletes are ultimately responsible for what goes in their bodies and will be held accountable accordingly.

### Coca Tea

When traveling to South American countries, athletes are advised that the ingestion or chewing of coca can result in a positive test for cocaine, a substance prohibited in-competition. The leaves of the coca (*Erythroxylum coca*) bush naturally contain the stimulant used to make cocaine. Teas and other food products made with coca leaves are commonly available, particularly in countries such as Colombia, Peru, Bolivia, Argentina, Ecuador, and other countries within the Andes Mountain range. Several research studies have shown that the consumption of

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coca tea and other forms of coca can result in the presence of cocaine and cocaine metabolites in the urine and/or blood. Thus, athletes should avoid coca in any form leading up to and during any competition. Keep in mind that coca is different from cocoa. Cocoa, derived from cacao seeds, is not prohibited and is utilized in the production of chocolate, cocoa, and cocoa butter.