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PROHIBITED LIST, MEDICATIONS, SUPPLEMENTS & TUEs



OBJECTIVES OF THIS PRESENTATION

- The audience understands the purpose and structure of the Prohibited List
- The audience understands the food-first approach and the risks associated with supplements
- The audience understands how to make an informed decision and select the safest supplements
- The audience knows how to check the status of their medications
- The audience know what a Therapeutic Use Exemption is and how to apply for it
- The audience is able to protect themselves and their athletes from inadvertent doping

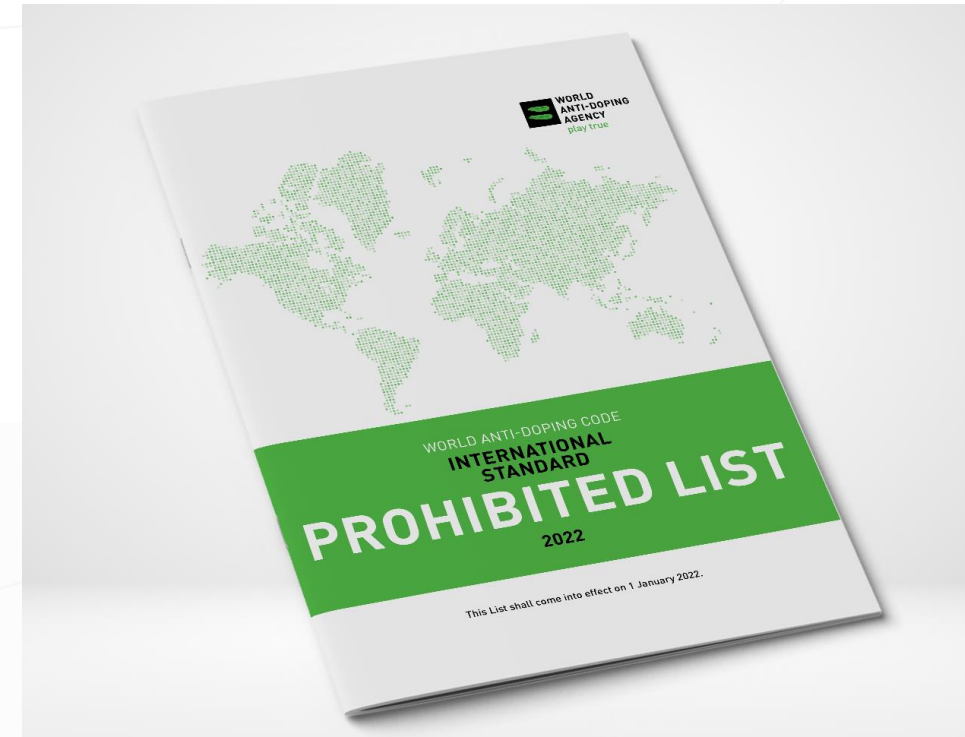


THE PROHIBITED LIST

MEDICATIONS: THE PROHIBITED LIST

A substance or method can be added to the Prohibited List if it is deemed to meet at least two of the following three criteria:

- ✓ It has the potential to enhance or enhances sport performance.
- ✓ Use of the substance or method represents an actual or potential health risk to the athlete.
- ✓ Use of the substance or method violates the spirit of sport.



NAVIGATING THE PROHIBITED LIST



Prohibited at all times



Prohibited only during In-Competition



Prohibited only in particular sports

PROHIBITED AT ALL TIMES

- ✓ Anabolic agents
e.g. testosterone, clenbuterol
- ✓ Peptide hormones, growth factors
e.g. EPO, growth hormone
- ✓ Beta-2-agonists
e.g. asthma medications
- ✓ Hormone and metabolic modulators
e.g. insulin, meldonium
- ✓ Diuretics and masking agents
e.g. frusemide
- ✓ Blood transfusion or manipulation of blood
- ✓ Intravenous infusions in certain situations

PROHIBITED ONLY DURING IN-COMPETITION



- ✓ Stimulants
e.g. ephedrine, pseudoephedrine
- ✓ Narcotics
e.g. morphine
- ✓ Cannabinoids
e.g. cannabis, hashish
- ✓ Glucocorticoids by certain routes
Inflammation of joints

IN-COMPETITION VS. OUT OF COMPETITION PERIODS

In-Competition: The period commencing at 11:59 p.m. on the day before a Competition in which the Athlete is scheduled to participate through to the end of such Competition and the Sample collection process related to such Competition.

Out-of-Competition: Any period that is not in-competition.

WADA may approve, for a particular sport, an alternative definition if an International Federation provides a compelling justification that a different definition is necessary for its sport; upon such approval by WADA, the alternative definition shall be followed by the MEO for that particular sport.

PROHIBITED IN PARTICULAR SPORTS

Beta-blockers are prohibited in-competition only in the following FIS disciplines:

- ✓ Ski jumping
- ✓ Freestyle aericals/halfpipe
- ✓ Snowboard halfpipe/big air

Note that this presentation was prepared for educational purposes in advance of the Olympic Winter Games Beijing 2022 and therefore does not include the list of summer sports that are included in this category on the Prohibited List.

CHANGES TO THE PROHIBITED LIST



The List is updated at least annually



The List is published in October and comes into effect on 1 January of the following year

THEREFORE:

For the rest of **2021**, refer to the **2021 Prohibited List**.

You can consult the 2022 List in October 2021 to be familiar with any changes relevant to you next year.

Use and apply the **2022 List from 1 January 2022**.



MEDICATIONS: USEFUL TIPS

PRESCRIPTION VS. OVER-THE-COUNTER

Both medications that require a prescription and those that can be bought **over the counter** can appear on the Prohibited List

INFORMING YOUR MEDICAL PROFESSIONAL

Athletes should **remind their doctors** that they are an athlete and are subject to anti-doping regulations

IN-COMPETITION VS. OUT-OF-COMPETITION

Difference substances take **different amounts of time to leave your system** – athlete must take that into account when taking substances prohibited in-competition

MEDICATIONS: USEFUL TIPS

DOSAGE

Some medications are prohibited in large doses. If the medication you are taking is subject to this limitation, **carefully monitor your intake**

BRAND

Take exactly what was recommended. Some **brand names offer multiple variations of the same product** and there is a real risk that one will contain a prohibited substance while another may not

TRAVELLING ABROAD

What is allowed in one country may be prohibited in another. Even medications of the same brand may have **different ingredients in another country**

CHECKING THE STATUS OF MEDICATIONS



Ask your doctor or pharmacist

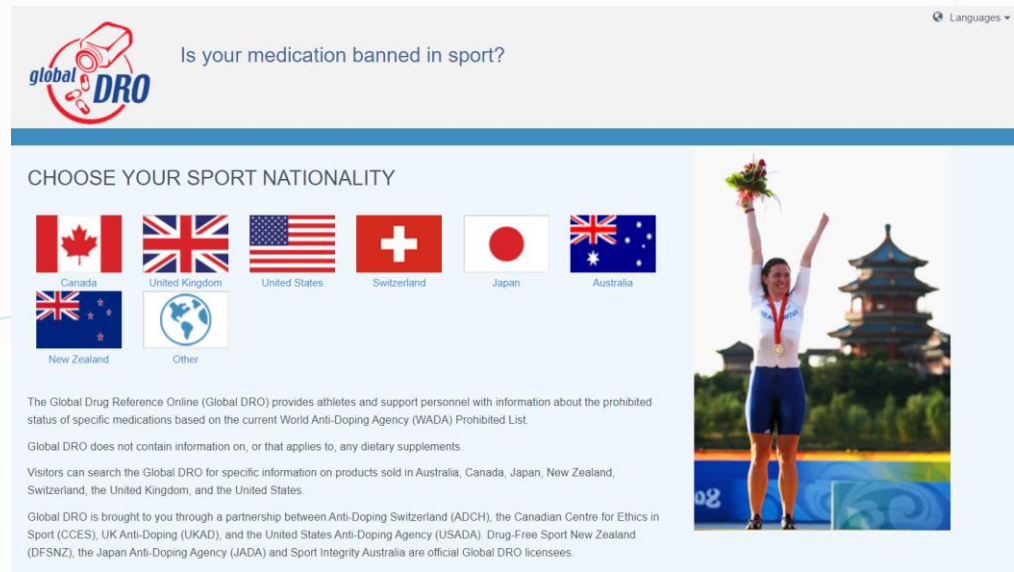


Check with the National Anti-Doping Organisation



Use reliable online resources such as **GlobalDRO**:

WWW.GLOBALDRO.COM

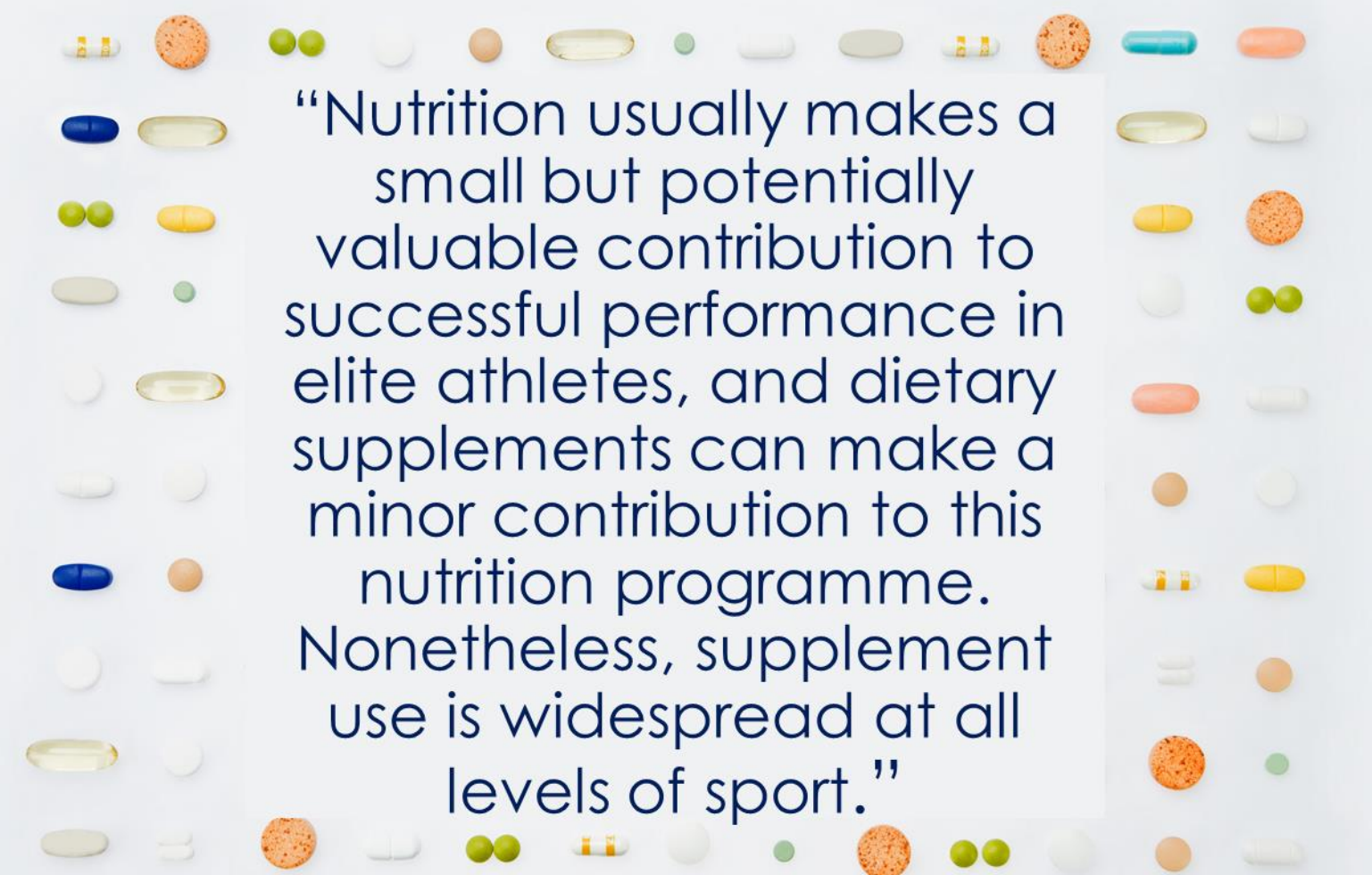


The screenshot shows the Global DRO website interface. At the top left is the 'global DRO' logo. The main heading is 'Is your medication banned in sport?'. Below this is a section titled 'CHOOSE YOUR SPORT NATIONALITY' with a grid of flags: Canada, United Kingdom, United States, Switzerland, Japan, Australia, New Zealand, and Other. To the right of the flags is a photograph of an athlete celebrating on a podium. Below the flags, there is a paragraph of text: 'The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List. Global DRO does not contain information on, or that applies to, any dietary supplements. Visitors can search the Global DRO for specific information on products sold in Australia, Canada, Japan, New Zealand, Switzerland, the United Kingdom, and the United States. Global DRO is brought to you through a partnership between Anti-Doping Switzerland (ADCH), the Canadian Centre for Ethics in Sport (CCES), UK Anti-Doping (UKAD), and the United States Anti-Doping Agency (USADA). Drug-Free Sport New Zealand (DFSNZ), the Japan Anti-Doping Agency (JADA) and Sport Integrity Australia are official Global DRO licensees.'



SUPPLEMENTS

IOC CONSENSUS STATEMENT



“Nutrition usually makes a small but potentially valuable contribution to successful performance in elite athletes, and dietary supplements can make a minor contribution to this nutrition programme. Nonetheless, supplement use is widespread at all levels of sport.”

WHAT IS A FOOD-FIRST APPROACH?

All the essential nutrients are present in the foods that make up a varied diet:

- ✓ Carbohydrates
- ✓ Proteins
- ✓ Fats
- ✓ Vitamins
- ✓ Minerals
- ✓ Fibre
- ✓ Water



The requirement for some nutrients is increased by heavy training but high nutrient intakes can be achieved if:

- ✓ **Energy intake is moderate to high**
- ✓ **The diet contains a variety of foods**

WHAT IS A SUPPLEMENT?

“A food, food component, nutrient, or non-food compound that is purposefully ingested in addition to the habitually-consumed diet with the aim of achieving a specific health and/or performance benefit.”



Supplements can target different needs:

- Address micronutrient deficiencies
- Supply convenient forms of energy and micronutrients
- Provide direct benefits to performance
- Provide indirect benefits i.e., sleep aid



WHEN ARE SUPPLEMENTS BENEFICIAL?

Supplements are most likely to be beneficial when:




**ATHLETE RECEIVES EXPERT
ADVICE BASED ON THEIR
INDIVIDUAL NEEDS**

**SUPPLEMENT IS TAKEN IN
THE RIGHT DOSAGE**

**SUPPLEMENT HAS GOOD
EVIDENCE OF BENEFITS TO
HEALTH AND/OR
PERFORMANCE**

**ATHLETE TAKES A
SUPPLEMENT THAT HAS
BEEN BATCH-TESTED**

WHAT ARE THE RISKS OF TAKING SUPPLEMENTS?

-  **Mislabelling** - absence or low levels of stated ingredients
-  **Contamination** - inadvertent ingestion of substances that are prohibited under the World Anti-Doping Code
-  **Health risks** - ingestion of toxic substances that are harmful to health

Remember, no supplement is 100% risk-free.

HOW CAN ATHLETES AND SUPPORT PERSONNEL MANAGE RISKS?

Athletes, and those who care for them, should take precautions: a risk-benefit analysis is essential:

- ✓ Use supplements only when a benefit is likely
- ✓ Use supplements and doses that are “safe”
- ✓ Use products that are “low risk”



INDEPENDENT SUPPLEMENT CERTIFICATION COMPANIES

sport.wetestyoutrust.com



nsfsport.com



koelnerliste.com



PRACTICAL ADVICE



Get informed and use reliable information sources



If you do not have access to a certified nutritionist, conduct a self-assessment



If you decide that the benefits of using supplements outweigh the risks, choose products that have been tested



Keep the original supplement packaging, or a photo of it (including name of the supplement, brand name and the batch number). If you received medical advice to take supplement, keep a record of it.



THERAPEUTIC USE EXEMPTIONS

WHAT IS A TUE?

- ✓ Athletes may have an illness or a condition that requires a particular medication.
- ✓ If this medication appears on the Prohibited List, they may be granted a Therapeutic Use Exemption (TUE) which gives permission to use the medication within the context of sports regulations.

WHO REQUIRES A TUE?

- ✓ Any athlete who may be subject to doping control must request a TUE before taking a prohibited medication.
- ✓ All information in this request remains strictly confidential.

WHAT ARE THE TUE REQUIREMENTS?

YOU WILL BE GRANTED A TUE IF:

- ✓ Your health will be significantly impaired if you do not take the substance.
- ✓ The substance does not enhance your performance beyond what brings you back to normal health.

WHAT ARE THE TUE REQUIREMENTS?

YOU WILL BE GRANTED A TUE IF:

- ✓ There are no alternative treatments available that are not prohibited.
- ✓ The need for the use of the prohibited substance is not resulting from prior use of a prohibited substance.

COMMON HEALTH CONDITIONS REQUIRING A TUE

- ✓ Attention Deficit Hyperactivity Disorder (ADHD)
- ✓ Asthma
- ✓ Type 1 Diabetes
- ✓ Intravenous infusions
- ✓ Inflammatory bowel disease

WHEN TO APPLY FOR A TUE?

An application must be made **at least 30 days** before taking part in an event.

Athletes can apply for a **retroactive TUE** under certain circumstances, for example:

- ✓ An emergency or urgent treatment was required
- ✓ There was insufficient time, opportunity or other exceptional circumstances that prevented the athlete from submitting a TUE application or having it evaluated

HOW DO I APPLY FOR A TUE?

Use the WADA TUE checklists:

- ✓ Categorised by health condition
- ✓ Available in many different languages
- ✓ List out required information for each specific condition

[Click here](#) to access the TUE checklists

Checklist for Therapeutic Use Exemption (TUE) Application:
Intravenous Infusions
Prohibited Substances/Method: Volume > 100 ml per 12 h

ADO logo

This Checklist is to guide the athlete and their physician on the requirements for a TUE application that will allow the TUE Committee to assess whether the relevant ISTUE Criteria are met.

Please note that the completed TUE application form alone is not sufficient; supporting documents **MUST** be provided. A completed application and checklist **DO NOT** guarantee the granting of a TUE. Conversely, in some situations a legitimate application may not include every element on the checklist.

<input type="checkbox"/>	TUE Application form must include:
<input type="checkbox"/>	All sections completed in legible handwriting
<input type="checkbox"/>	All information submitted in [language]
<input type="checkbox"/>	A signature from the applying physician
<input type="checkbox"/>	The Athlete's signature
<input type="checkbox"/>	Medical report should include details of:
<input type="checkbox"/>	Medical history: symptoms at manifestation, course of disease, start of treatment. Must define/describe where the infusion was/is to be administered (Note: infusions given as part of hospital treatment, surgical procedure or diagnostic procedure do not require a TUE unless they contain a prohibited substance)
<input type="checkbox"/>	Findings on examination: e.g., physical signs of illness or relevant medical condition
<input type="checkbox"/>	Interpretation of symptoms, clinical findings and test results
<input type="checkbox"/>	Diagnosis of illness or most probable medical condition
<input type="checkbox"/>	Infusion: volume and time period over which it has been given (only >100ml per 12h require a TUE) and substance (if any prohibited substance is infused) including dosage and frequency
<input type="checkbox"/>	Response to treatment/course of illness/condition
<input type="checkbox"/>	If an alternative treatment was not an option, a description of why iv administration of fluid or substance was/is chosen must be given
<input type="checkbox"/>	Diagnostic test results included (copies of originals or printouts)
<input type="checkbox"/>	Laboratory tests: if available, e.g. Hb/Hct, electrolytes, blood cell count, serum ferritin etc
<input type="checkbox"/>	Additional information included
<input type="checkbox"/>	As per ADO specification

USEFUL TUE TIPS

- ✓ Always check the WADA Prohibited List when you get a prescription
- ✓ Make sure the TUE application is complete & accurately filled out
- ✓ If you have a change in dose, you have to apply for a new TUE
- ✓ Keep track of your TUE expiry date

USEFUL TUE TIPS: WHEN BEING TESTED

- ✓ Declare the approved medication on your Doping Control Form
- ✓ Specify that a TUE has been granted
- ✓ You do not need to show the TUE approval during doping control