



# WELCOME!

THE PROHIBITED LIST,  
MEDICATIONS, SUPPLEMENTS &  
THERAPEUTIC USE EXEMPTIONS



# SIMULTANEOUS TRANSLATION

مع الترجمة الفورية للغة العربية

С русским переводом

Traducción en simultáneo en español

Traduction simultanée en français

普通话同声传译





**WBSC**



**INTERNATIONAL  
WEIGHTLIFTING  
FEDERATION**



**WORLD  
SQUASH**



# A FIVE-WEEK COURSE

**WEBINAR SERIES**

**INTRODUCTION TO ANTI-DOPING**  
26 May

**THE DOPING CONTROL PROCESS**  
2 June

**MEDICATIONS, SUPPLEMENTS PROHIBITED LIST AND TUES**  
9 June

**PRINCIPLES AND VALUES OF CLEAN SPORT**  
16 June

**OUT-OF-COMPETITION TESTING**  
23 June

All webinars from 14:00 to 15:00 CET  
English, 普通话, العربية, español, français, русский



# PARTICIPATION CERTIFICATES



# 01.

PROHIBITED LIST

# 02.

MEDICATIONS

# 03.

FOOD-FIRST  
APPROACH  
& SUPPLEMENTS

# 04.

MEDICATIONS  
GAME

# 05.

THERAPEUTIC  
USE  
EXEMPTIONS

# 06.

Q&A



# BY THE END OF TODAY'S SESSION, YOU SHOULD....

- Understand the purpose and structure of the Prohibited List
- Understand the food-first approach and the risks associated with supplements
- Understand how to make an informed decision and select the safest supplements
- Be able to check your medications
- Know what a Therapeutic Use Exemption is and how to apply for it
- Be able to protect yourself and your athletes from inadvertent doping**



# THE PROHIBITED LIST



# THE PROHIBITED LIST

## MEDICATIONS: THE PROHIBITED LIST

The WADA Prohibited List includes substances and methods that satisfy at least two of the following three criteria:

- ✓ It has the potential to enhance or enhances sport performance
- ✓ It represents an actual or potential health risk to the Athlete
- It violates the spirit of sport



# NAVIGATING THE PROHIBITED LIST



Prohibited at all times



Prohibited only during In-Competition



Prohibited only in particular sports

**DOES NOT** apply to the sports of baseball & softball (WBSC), boxing (AIBA), rowing (WR), squash (WSF), Teqball (FITEQ) and weightlifting (IWF)

**DOES** apply to automobile sports (FIA): Beta-blockers are prohibited during the in-competition period

# NAVIGATING THE PROHIBITED LIST

## PROHIBITED AT ALL TIMES

- ✓ Anabolic agents
- ✓ **Peptide hormones, growth factors**
- Beta-2-agonists
- Hormone and metabolic modulators
- Diuretics and masking agents
- Blood transfusion or manipulation of blood
- Intravenous infusions in certain situations



# 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.

# TIPS WHEN USING THE PROHIBITED LIST

## TIPS WHEN USING THE PROHIBITED LIST

- ✓ Not everything on the Prohibited List is a medicine
- ✓ Not every prohibited medicine is listed
- ✓ Other substances with similar chemical structure or effect can also be prohibited
- ✓ **Only the ingredient names are listed, not brand names**





# CHECKING YOUR MEDICINE



Ask your doctor or pharmacist



Check with the National Anti-Doping Organisation



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

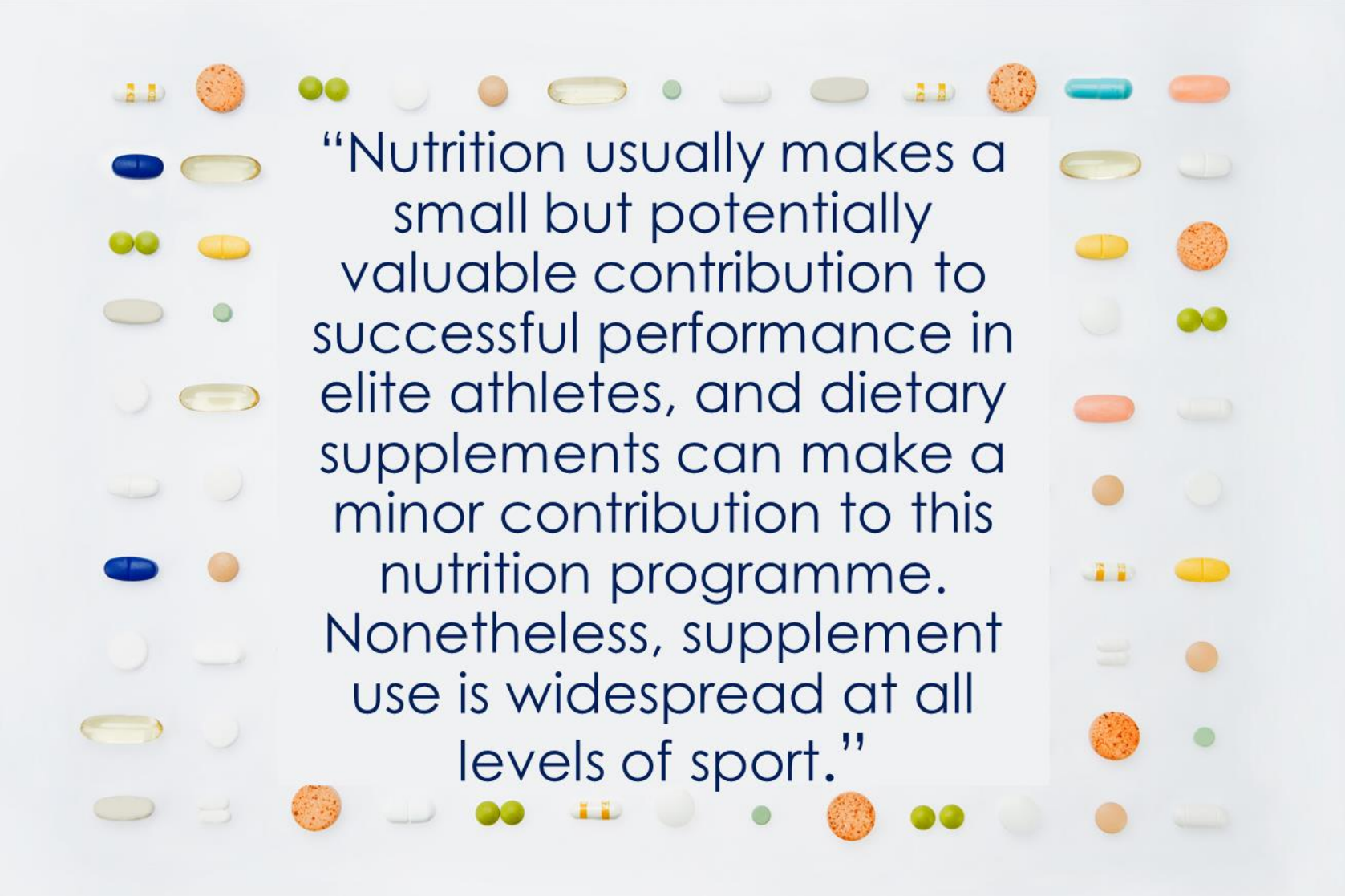


The screenshot shows the GlobalDRO website interface. At the top left is the 'global DRO' logo. To its right is the text 'Is your medication banned in sport?' and a 'Languages' dropdown menu. Below this is a section titled 'CHOOSE YOUR SPORT NATIONALITY' with a grid of flags: Canada, United Kingdom, 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. At the bottom, 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.”

# PERFORMANCE FACTORS



# 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



# WHAT ARE THE RISKS OF TAKING SUPPLEMENTS?

-  **Mislabeled** - 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](http://sport.wetestyoutrust.com)



[nsfsport.com](http://nsfsport.com)



[koelnerliste.com](http://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.





**DO YOU KNOW YOUR DRUGS?**

1.



## Brand Status

### ACETAMINOPHEN

DIN : 02309815

#### Overall Status

Route of Administration  
Route Independent \*

In Competition

✓ Not Prohibited

Out of Competition

✓ Not Prohibited

\* The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More.](#)

#### WADA Classification(s)

No Classification (N/A)

2.



# Ingredient Status

## Ephedrine

Other Names

Ephedrine hydrochloride; Ephedrine resinate; Ephedrine sulfate; Ephedrine tannate



### Status

Route of Administration

Route Independent \*

In Competition


✘ Prohibited

Out of Competition

✔ Not Prohibited

\* The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More](#).

### Additional Information

 Ephedrine is prohibited when the urinary concentration exceeds 10 microgram/mL. This threshold is not valid in the presence of substances in the category of diuretics and masking agents. In this case, you must have a Therapeutic Use Exemption for both the diuretic/masking agent and ephedrine.

### WADA Classification(s)

Stimulants (S6)



3.



# Ingredient Status

## Formoterol

### Other Names

Eformoterol; Formoterol fumarate; Formoterol fumarate hydrate



### Status


#### Route of Administration

Inhalation \*

Oral \*

#### In Competition

 Conditional

 Prohibited


#### Out of Competition

 Conditional

 Prohibited

\* The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More.](#)

### Additional Information

 Formoterol is not prohibited by inhalation up to a maximum of 54 micrograms over 24 hours. This threshold is not valid if you are using any substances in the category of diuretics and masking agents. In this case, you must have a Therapeutic Use Exemption for both the diuretic/masking agent and formoterol.

### WADA Classification(s)

Beta-2 Agonists (S3)

4.

*TAMPER EVIDENT: Do not use if printed  
inhaler wrap is broken or missing.*



**VICKS<sup>®</sup>**

# VapoInhaler<sup>™</sup>

*Levmetamfetamine...Nasal Decongestant*

**FAST RELIEF FROM  
NASAL CONGESTION**

- Colds • Hay Fever
- Allergies

*With Soothing  
Vicks Vapors*

See Drug Facts

Net Wt. 0.007 OZ (204 mg)



**VICKS<sup>®</sup> VapoInhaler<sup>™</sup>**  
*Levmetamfetamine...Nasal Decongestant*

Drug Facts  
Active ingredient (per inhaler)  
Purpose

TWIST HERE TO



**VICKS**

# Inhaler Nasal Stick

*Menthol 125mg Camphor 50mg Siberian Pine Needle Oil 10mg*

**FAST RELIEF FROM STUFFY NOSES**



**VICKS<sup>®</sup> Inhaler<sup>™</sup>**  
Nasal Stick

# Ingredient Status

## Levmetamfetamine

### Other Names

L-Desoxyephedrine; Levmetamphetamine; Levmethamphetamine

### Status

#### Route of Administration

Route Independent \*

#### In Competition

✘ Prohibited

#### Out of Competition

✔ Not Prohibited

\* The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More.](#)

### WADA Classification(s)

Stimulants (S6)

# Ingredient Status

## Menthol

### Other Names

Levomenthol; L-Menthol

### Status

Route of Administration

Route Independent \*

In Competition

✓ Not Prohibited

Out of Competition

✓ Not Prohibited

\* The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More](#).

### WADA Classification(s)

No Classification (N/A)



5.





## Ingredient Status

### Colecalciferol

Other Names

Cholecalciferol; Vitamin D3 (cholecalciferol)

#### Status

Route of Administration

Route Independent \*

In Competition

✓ Not Prohibited

Out of Competition

✓ Not Prohibited

\* The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More](#).

#### WADA Classification(s)

No Classification (N/A)

# 20,000iu Vitamin D3 Tablets

**Brand:** [SunVit-D3](#)

**Product Category:** [Gluten Free](#) , [Vitamins](#)

**Goal:** [Bone/Joint Support](#) , [Immune Function](#)

**Formulation Type:** [Tablet](#)

**Date Certified:** 11-Dec-2014

**Regional Availability:** [Europe](#)

**Purchase Links:**

[SunVit-D3](#)

The links above will take you to a third-party page, that is not affiliated with Informed Sport to purchase the certified product. Informed Sport does not sell products and has no oversight of the contents contained on these pages.



Search

Search by title

Batch ID	Flavour ▼	Batch Expiration	Test Date
ID 4631A	None Specified	30 June 2022	16 October 2019
4631	Unflavoured	31 May 2022	02 January 2020
4780	Unflavoured	30 November 2022	03 December 2019
4984	Unflavoured	31 August 2023	28 September 2020



# THERAPEUTIC USE EXEMPTIONS

# WHAT IS A TUE AND WHO NEEDS ONE?



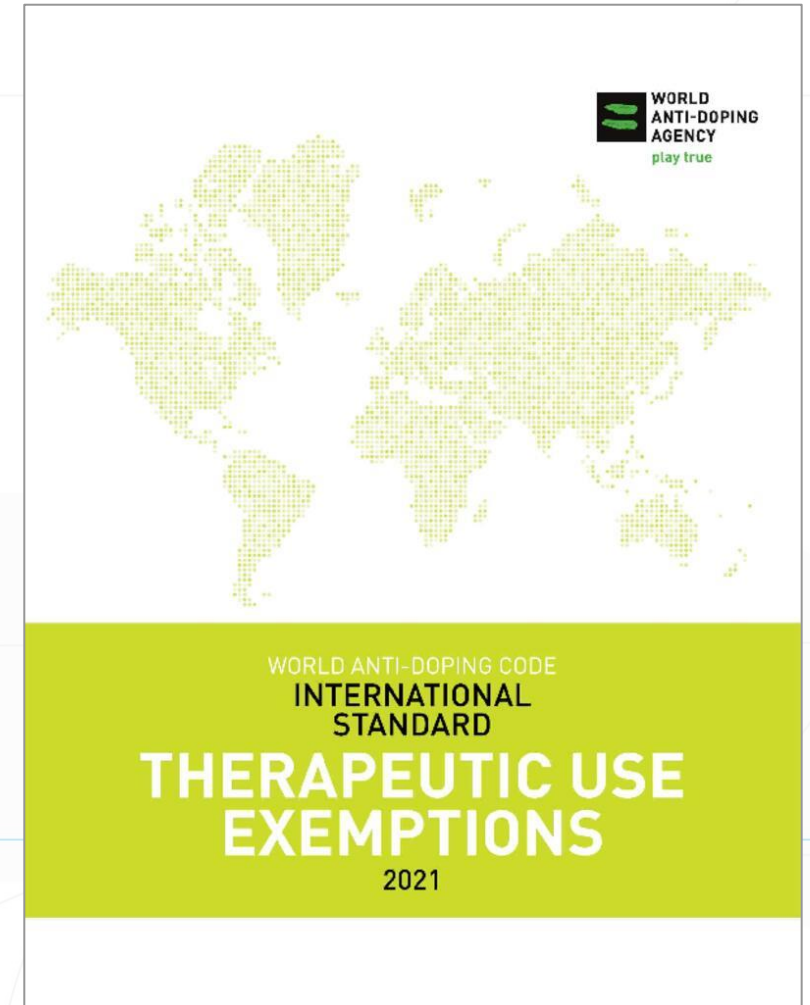
## THERAPEUTIC USE EXEMPTIONS

**Margo Mountjoy**  
Sports Medicine Physician



# HOW IS A TUE GRANTED?

- ✓ 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
- ✓ 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**





# HOW IS A TUE GRANTED?



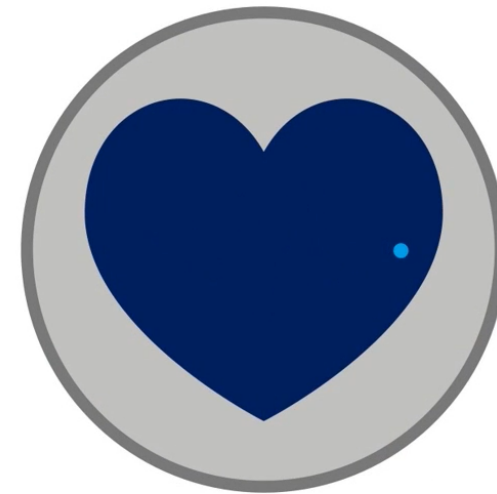
## WHAT ARE THE TUE REQUIREMENTS?



### 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.





# 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

# WHAT ARE THE STEPS?

- ✓ Download a TUE form from the International Testing Agency's website:  
[ITA.SPORT/TUE](https://www.ita-sport.com/tue)
- ✓ **Athlete and their physician** fill out the TUE form together and submit it via ADAMS
- ✓ Include all medical **details and documentation**
- ✓ A **panel of experts** will review the file and grant the TUE for a specific substance, dose and duration

# USEFUL TUE TIPS

## 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 when your TUE **expiry date.**



# USEFUL RESOURCES



## MEDICATIONS

[The Prohibited List](#)

[GlobalDRO](#)

## SUPPLEMENTS

[Informed Sport](#)

[NSF Certified for Sport](#)

[Kölner Liste](#)

[AIS Sports Supplement Framework](#)

[USADA Truesport supplement  
guide](#)

## THERAPEUTIC USE EXEMPTIONS

[International Standard for TUEs](#)

[WADA TUE Checklists](#)

[International-Level athlete definitions](#)

[ITA TUE Page](#)