

2017 Prohibited List – Summary of Changes

Introduction

The World Anti-Doping Agency (WADA) has announced the 2017 Prohibited List (the List), which will come into effect on **1 January 2017**.

WADA consults with a wide range of stakeholders when developing the List including athletes, National Anti-Doping Organisations, International Federations and scientists. Changes are approved by the WADA List Expert Group.

What is the List?

The List identifies substances and methods which you are banned from using under the anti-doping rules. It is updated as a minimum once a year so you must check the changes made each year, so you do not inadvertently break the rules.

Remember you are solely responsible for any banned substance found in your system, regardless of how it got there or whether there was an intention to cheat or not.

The **new 2017 Prohibited List** is published annually in October to ensure you and your support personnel have sufficient time to make yourselves aware of the changes, review any current medications you use and apply for a Therapeutic Use Exemption (TUE) if required.

Key Changes to the 2017 Prohibited List – 1 January 2017

Substances and Methods Banned at All Times

Category S3. Beta-2 Agonists

- **Salbutamol Inhalers (Albuterol or sold as Ventolin)**
 - Commonly used to treat asthma.
 - Previously, an inhaled dosage of no greater than 1600 micrograms was allowed over 24 hours. However, it was never the intention that you could inhale 1600 micrograms in one go or over a few hours.
 - You are now only allowed a maximum of 1600 micrograms over 24 hours, but this must not exceed 800 micrograms in a 12-hour period.
 - To help you manage this - Salbutamol inhalers typically provide either 100 or 200 micrograms per puff/inhalation, this relates to an allowance of either 8 or 4 inhalations per 12-hour period.
 - **You must** check the dose your inhaler provides. We strongly recommend that you ask your Doctor and check the patient information leaflet which comes with your prescribed inhaler so you know the dose for each inhalation.
 - If you require more than 800 micrograms in a 12-hour period please consult your doctor and contact us (TUE@ukad.org.uk) to determine if you need to apply for a Therapeutic Use Exemption (TUE).
- **Salmeterol**
 - Commonly used to treat asthma.
 - You would normally take this twice a day, morning and evening, about 12 hours apart.
 - The maximum dosage of salmeterol has now been defined. You are only allowed “200 micrograms over 24 hours”. This is consistent with manufacturers’ recommendations.

- In previous versions of the List, no dosage was provided and instead athletes were advised that inhaled salmeterol was permitted “in accordance with the manufactures’ recommended therapeutic regimen”
- The dose provided per inhalation can vary. **You must** check the dose your inhaler provides. We strongly recommend that you ask your Doctor and check the patient information leaflet which comes with your prescribed inhaler so you know the dose for each inhalation.
- If you require more than 200 micrograms over 24 hours please consult your doctor and contact us (TUE@ukad.org.uk) to determine if you need to apply for a Therapeutic Use Exemption (TUE)

Category S2. Peptide Hormones, Growth Factors, Related Substances and Mimetics

- **GATA Inhibitors (e.g. K-11706) & Transforming Growth Factor- β (e.g. sotatercept, luspatercept)**
 - These **new** substances have been added.

Substances and Methods Banned In-Competition Only

Category S6. Stimulants

- Lisdexamfetamine
 - It is currently banned. In 2017 it will be listed as a “non-specified” stimulant.

Category S7. Narcotics

- Nicomorphine
 - Is now added to the List in 2017

Prohibited Methods

Category M1. Manipulation of Blood and Blood Components

- Supplemental Oxygen
 - Clarified that supplemental oxygen administered intravenously is prohibited, but administration by inhalation is permitted.

Monitoring Programme – (Substances not currently banned, just monitored by WADA)

- Codeine
- Concurrent use of multiple beta-2-agonists

Our Advice

Always Check Medications

Check all medications before use on GlobalDRO.com even if you use a regular medication.
Check any medications you currently use before the List changes on 1 January 2017.

Always Research Supplements

Banned substances such as Delta 2 and higenamine can be found in supplements. WADA has stated that vitamin B12 is ok to take despite it containing cobalt, which is banned.
Remember, if you wish to use, or are already using supplements, you must ensure that you carry out **thorough research** prior to use. No supplement product can ever guarantee it is free from banned substances.
You must always assess the need, risk and consequences before making a decision to take a supplement.

Where Can I Find Out More Information?

A summary of the 2017 Major Modifications and Explanatory Notes is available on the WADA website.
Further information can also be found on the Prohibited List section of UKAD website.
Download our free 100% me Clean Sport App via iTunes, Google Play or the Windows Store.