

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 - this includes athletes, National Anti-Doping Organisations, International Federations and scientists. Changes are approved by the WADA List Expert Group.

What is the List?

Updated as a minimum on an annual basis, the List identifies substances and methods which athletes are prohibited from using under the anti-doping rules. As athlete support personnel you are also bound by the WAD Code and therefore it could be an anti-doping rule violation for you to be in possession of substances outlined in the List.

It is incredibly important that you remind your athletes to check the changes made to the List each year, so they do not inadvertently break the rules. Athletes are solely responsible for what is in their system, regardless of how it got there, or whether there was an intention to cheat or not. Likewise, it is imperative that you are aware of any changes made in order to support your athletes.

The new 2017 Prohibited List is published annually in October to ensure athletes and athlete support personnel have sufficient time to make themselves aware of the changes. We would also advise you to support your athletes in reviewing any current medications that they use and help with any applications for a Therapeutic Use Exemption (TUE) if required.

Key Changes to the 2017 Prohibited List – 1 January 2017

Substances and Methods Prohibited at All Times

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

- GATA Inhibitors (e.g. K-11706) & Transforming Growth Factor- β (e.g. sotatercept, luspatercept)
- Added in 2017

Category S3. Beta-2 Agonists:

Salbutamol Inhalers (aka Albuterol or marketed as Ventolin)

- Commonly used to treat asthma. Previously, an inhaled dosage of no greater than 1600 micrograms was permitted over 24 hours. However, it was never the intention that athletes could inhale 1600 micrograms in one go or over a few hours
- Dosing parameters of inhaled salbutamol have been amended to reflect that athletes are allowed a maximum of 1600 micrograms over 24 hours, but not to exceed 800 micrograms every 12 hours
- Salbutamol inhalers commonly dispense either 100 or 200 micrograms per puff/inhalation, this relates to an allowance of either 8 or 4 inhalations per 12-hour period

- Dose per inhalation can vary between inhalers, therefore athletes should ask their doctor or check the patient information leaflet which accompanies a prescribed inhaler, to establish the dose administered in each inhalation
- If athletes require more than 800 micrograms in a 12-hour period they should consult their doctor and contact UKAD to determine if they need to apply for a Therapeutic Use Exemption (TUE)

Salmeterol

- Commonly used to treat asthma
- It is usually administered via inhalation twice a day, in the morning and evening, about 12 hours apart
- Under the 2017 List, the maximum allowable dosage of salmeterol has been defined for the first time as “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 administered per inhalation of an inhaler containing salmeterol can vary. Athletes are advised to check the patient information leaflet that accompanies their inhaler to establish the dose which is administered per inhalation
- If athletes require more than 200 micrograms over 24 hours, they should consult their doctor and contact UKAD to determine if they need to apply for a Therapeutic Use Exemption (TUE)

Substances and Methods Prohibited 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

- Added to the List in 2017
- Nicomorphine is an opioid drug which is used in the treatment of severe pain
- It also converts to morphine following administration. Morphine is already prohibited under section 7 of the List

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

The following were added to the 2017 Monitoring Programme to establish patterns of use:

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

How you can help your Athletes

Remind athletes to always check medications.

The List outlines the substances and methods which are banned in sport however it does not outline which medications these substances are found in.

Please ensure that your athletes check all medications before use on GlobalDRO.com – an online tool which provides information about the prohibited or permitted status of branded medications and ingredients licensed for sale in the UK, USA, Canada, Japan or Australia.

As the List changes on 1 January 2017, it is imperative that athletes renew searches of regular or recurring medications.

Remind athletes of the risks related to supplements.

Banned substances such as Delta 2 and higenamine can be found in supplements. WADA has clarified that vitamin B12 is permitted despite containing cobalt, which is prohibited under category S2 of the List.

Remember, if athletes wish to use, or are already using supplements, they must ensure that they carry out thorough research prior to use. Remind your athletes that no supplement product can ever guarantee it is free from banned substances. Athletes must always assess the need, risk and consequences before making a decision to take a supplement.

Where Can I Find Out More Information?

A full summary of the [2017 Major Modifications and Explanatory Notes](#) is available on the WADA website. Further information on the List can also be found on the [Prohibited List section](#) of UKAD website.

Further information can also be found on our free 100% me Clean Sport App, which is available to download via [iTunes](#), [Google Play](#) or the [Windows Store](#).

If you have any questions about the 2017 List, then please do not hesitate to contact one of the UKAD team via ukad@ukad.org.uk.