

## Re: Important changes to the World Anti-Doping Agency (WADA) Prohibited List

This is a reminder that WADA have now published the 2012 Prohibited List which will come into effect from 1 January 2012.

### Key change

- Formoterol has been added as an exception to category S3. Beta-2 Agonists. When taken by inhalation formoterol now has a threshold level of permitted use (maximum 36 micrograms over 24 hours). A TUE is still required for terbutaline.

As a result of these changes UK Anti-Doping reminds athletes that the British guidelines for inhaled formoterol range from 24-72 micrograms per day. If there is a medical situation requiring doses beyond 36 micrograms then a TUE may be required.

Athletes whose daily formoterol dosage is above 36 mg per day are required to complete a lung function test and apply for an asthma TUE. If exacerbation of asthma requires a supplementary dosage of formoterol, above 36 mg per 24 h, an emergency TUE should be applied for.

### Other changes

- Felypressin has been added as an exception to category S5. Diuretics and Other Masking Agents

Several sports have been removed from category P1. Alcohol and P2. Beta-blockers:

- Alcohol is no longer prohibited in Ninepin and Tenpin Bowling (FIQ).
- Beta-blockers are no longer prohibited in: Bobsleigh and Skeleton (FIBT), Curling (WCF), Modern Pentathlon (UIPM), Motorcycling (FIM), Sailing (ISAF) and Wrestling (FILA)

### Clarification Given

- Glycerol is prohibited as a plasma expander which must be ingested in quantities far beyond that which are commonly found in foodstuffs and toiletries for an athlete to return an Adverse Analytical Finding.

In addition to the specific List changes above WADA have also made changes to improve the annual collation and reporting of the Prohibited List and Monitoring Programme statistics. UK Anti-Doping is pleased to see these changes come into effect from 2012 and onwards. More details can be found on the [WADA website](#).

Other more technical changes are detailed throughout the List and athletes and support personnel are encouraged to make themselves familiar with these ahead of its implementation on 1 January. The 2012 Prohibited List and a summary of modifications can be found on the [UK Anti-Doping website](#).

We are communicating these changes directly to NRTP athletes but would appreciate your help in bringing them to the attention of all your athletes and support staff.

Should you have any questions about the changes please contact Amy Dyer (Science Officer) at amy.dyer@ukad.org.uk or on 020 7766 350