

WELCOME!

MEDICATIONS, SUPPLEMENTS,
PROHIBITED LIST & THERAPEUTIC
USE EXEMPTIONS

WEBINAR 3
IF SERIES JULY-AUGUST 2023



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Security



Participants



Chat



Share Screen



Record



Reactions



Interpretation

FAIRNESS RESPECT INTEGRITY



CHAT

Q&A

QUESTIONS AND ANSWERS





WEBINAR SERIES

from 14:00
to 15:00 CEST

#KEEPINGSPORTREAL

6 July

INTRODUCTION TO ANTI-DOPING

13 July

THE DOPING CONTROL PROCESS

20 July

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

27 July

**PRINCIPLES AND VALUES
OF CLEAN SPORT**

3 Aug

OUT-OF-COMPETITION TESTING

العربية | ENGLISH | ESPAÑOL | FRANÇAIS | РУССКИЙ | 普通话

PARTICIPATION CERTIFICATES



CERTIFICATE

Mairi Irvine

has successfully completed the International Testing Agency
Anti-Doping Course for International Federations

ITA Education

28 August 2023

Benjamin Cohen
ITA Director General

#KeepingSportReal

AGENDA

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 about the use of supplements
- ☑ Be able to check your medications
- ☑ Know what a Therapeutic Use Exemption is and how to apply for one if needed
- ☑ **Be able to protect yourself and your athletes from inadvertent doping**

THE PROHIBITED LIST

VIDEO: THE PROHIBITED LIST



NAVIGATING THE PROHIBITED LIST



- 01.** Prohibited at all times.
- 02.** Prohibited only during In-Competition.
- 03.** Prohibited only in particular sports.

VIDEO: NAVIGATING THE PROHIBITED LIST



IN-COMPETITION PERIOD

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 the end of such Competition and the Sample collection process related to such Competition.

WDSF :

The period commencing at 11:59 p.m. on the day before a Competition in which the Athlete is scheduled to participate through the end of the Athletes participation in such Competition and for Athletes notified about their selection for Testing within the timeframe set below, the Sample collection process related to such Competition.

The end of the Athlete's participation in a competition is defined as follows:

- (a) 30 Min after the last dance of any round if an Athlete is eliminated from the competition after this round; or
- (b) 30 Min after the last dance of a final round for athletes not being called to a result presentation ceremony; or
- (c) 30 Min after the end of result presentation ceremony.

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

Different substances take **different amounts of time to leave your system** – 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**

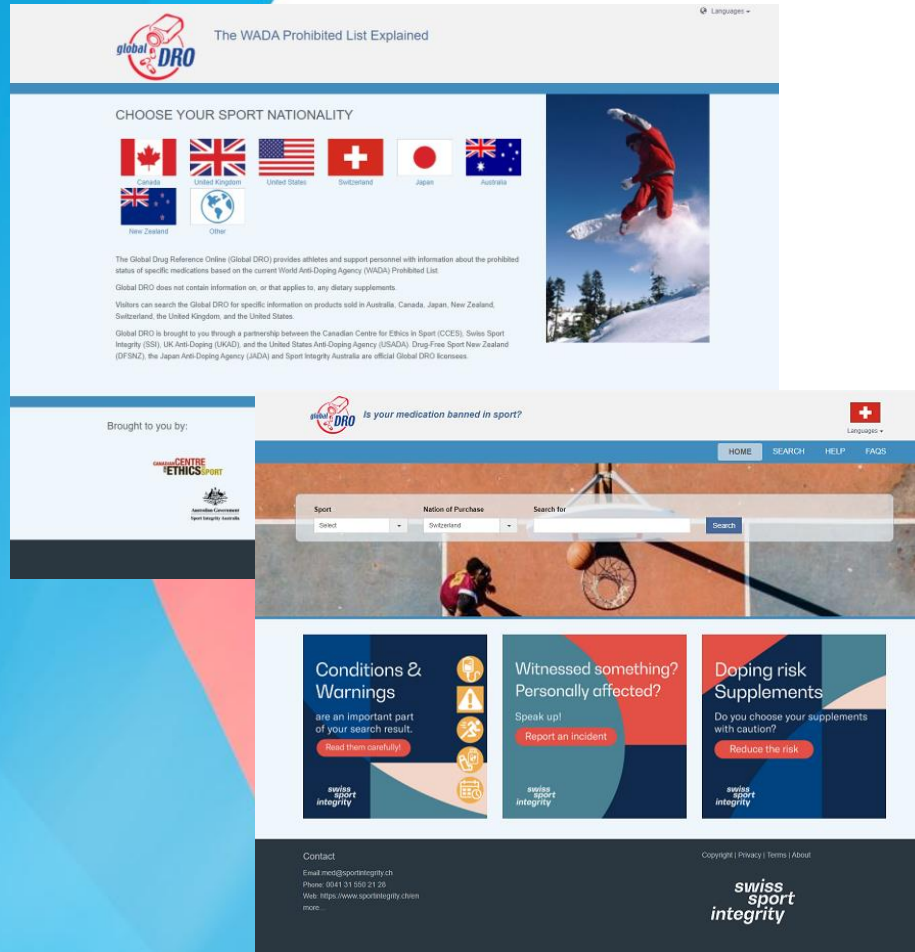
✓ BRAND

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 YOUR MEDICINE



- ✓ Ask your doctor or pharmacist
- ✓ Check with the National Anti-Doping Organisation
- ✓ Use reliable online resources such as GlobalDRO:

WWW.GLOBALDRO.COM

CHANGES TO THE PROHIBITED LIST



- ✓ The Prohibited List is updated at least annually. It is usually published in October and comes into effect on 1 January of the following year

**WHAT YOU NEED TO
KNOW FOR 2023:**



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”

Consensus statement



IOC consensus statement: dietary supplements and the high-performance athlete

Ronald J Maughan,¹ Louise M Burke,^{2,3} Jiri Dvorak,⁴ D Enette Larson-Meyer,⁵ Peter Peeling,^{6,7} Stuart M Phillips,⁸ Eric S Rawson,⁹ Neil P Walsh,¹⁰ Ina Garthe,¹¹ Hans Geyer,¹² Romain Meeusen,¹³ Lucas J C van Loon,^{3,14} Susan M Shirreffs,¹ Lawrence L Spriet,¹⁵ Mark Stuart,¹⁶ Alan Vernec,¹⁷ Kevin Currell,¹⁸ Vidya M Ali,¹⁹ Richard GM Budgett,²⁰ Arne Ljungqvist,²¹ Margo Mountjoy,^{22,23} Yannis P Pitsiladis,¹⁹ Torbjørn Soligard,²⁰ Uğur Erdener,¹⁹ Lars Engebretsen²⁰

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

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?

Supplements can target different needs:

Address
micronutrient
deficiencies

For example, **iron
supplements** or
vitamin tablets

Supply of
convenient forms of
energy

For example, **power
bars, gels** or **shakes**

Provision of direct
benefits to
performance

For example,
protein powder to
help build muscle

Indirect benefits

For example,
supplements to
aid recovery, sleep,
hydrate or **relieve**
inflammation



POLL QUESTION

Do you (or the athletes you work with) use supplements?

- ☐ Yes
- ☐ No
- ☐ I don't know

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?

- ✓ **MISLABELING** - 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.**

**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.




Formoterol

Other Names

Eformoterol; Formoterol fumarate; Formoterol fumarate hydrate

Status According to the WADA Prohibited List

 In Competition Prohibited Inhalation - nebulization (using a nebulizer) Oral (swallowed or applied into the mouth)	 Out of Competition Prohibited Inhalation - nebulization (using a nebulizer) Oral (swallowed or applied into the mouth)
 In Competition Conditional Inhalation - by device (by metered-dose Inhaler)	 Out of Competition Conditional Inhalation - by device (by metered-dose Inhaler)

Conditions / Warnings



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.



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)

Beta-2 Agonists (S3)

4.



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



VapoInhaler™

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)



Ingredient Status

Levmetamfetamine

Other Names

L-Desoxyephedrine; Levmetamphetamine; Levmethamfetamine

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)



Menthol

Other Names

Levomenthol; L-Menthol

Status According to the WADA Prohibited List

✓
**In Competition
Not Prohibited**

✓
**Out of Competition
Not Prohibited**

Conditions / Warnings



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.





Muscle Strength

Brand: [Advocare](#)

Product Category: [Recovery Formula](#)

Goal: [Build Muscle](#) , [Workout Support](#)

Formulation Type: [Tablet](#)

Date Certified: 10-Jul-2009

Regional Availability: [North America](#)

Purchase Links:

[Advocare](#)

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 batch # or flavour

Batch ID	Flavour	Batch Expiration	Test Date ▲
1081401	Unflavored	31 January 2024	04 February 2022
1051211	Unflavored	31 August 2023	09 September 2021
1024241	Unflavored	31 December 2022	09 April 2021
0095531	Unflavored	31 December 2022	02 April 2021
95531	Unflavored	31 December 2022	02 April 2021

THERAPEUTIC USE EXEMPTIONS

VIDEO: WHAT IS A TUE AND WHO NEEDS ONE?



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**

VIDEO: HOW IS A TUE GRANTED?

WHAT ARE THE TUE REQUIREMENTS?



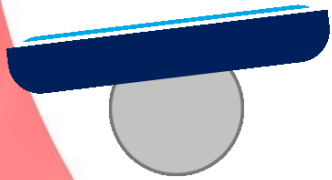
YOU WILL BE GRANTED A TUE IF:

- ✓ **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?



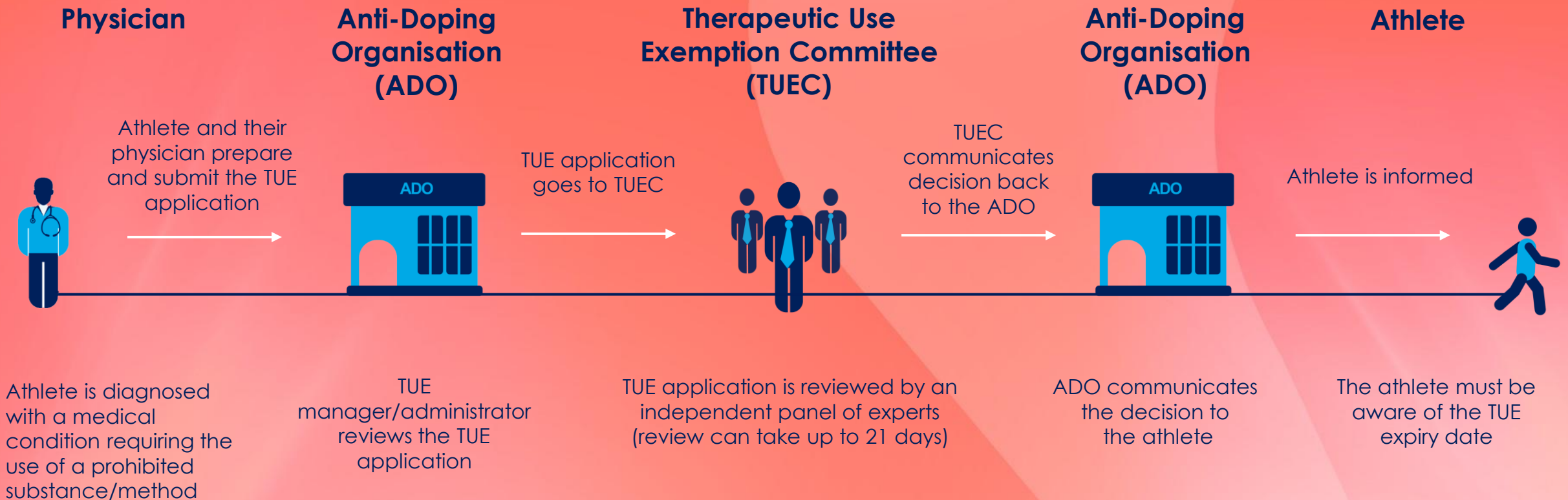
- ✓ An application must be made at least **30 days before taking part in an event.**
- ✓ Athletes can apply for a **retroactive TUE under certain circumstances**, for example:
 - ✓ An emergency or urgent treatment was required
 - ✓ There was insufficient time, opportunity or other exceptional circumstances that prevented the athlete from submitting a TUE application or having it evaluated

WHAT ARE THE STEPS?

- ✓ International-level athletes* **should download a TUE form from the International Testing Agency's website: [ITA.SPORT/TUE](https://www.ita-sport.com/tue)**
- ✓ National-level athletes should submit their TUE application to their National Anti-Doping Agency (NADO)
- ✓ **Athlete and their physician** fill out the TUE form together and submit it via ADAMS
- ✓ Include all medical **details and documentation**

*International-level athletes definitions vary for each federation, make sure to verify yours here!

LIFECYCLE OF A TUE



VIDEO: USEFUL TUE TIPS

USEFUL TUE TIPS

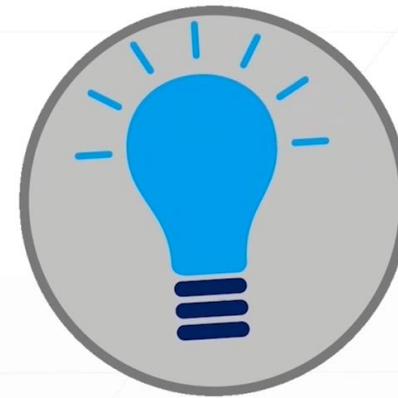


- ✓ **Always check the WADA Prohibited List when you get a prescription.**

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](#)

[Supplements in Sport-Sport Integrity Australia](#)

[USADA Truesport supplement guide](#)

THERAPEUTIC USE EXEMPTIONS

[International Standard for TUEs](#)

[WADA TUE Checklists](#)

[International-Level athlete definitions](#)

[ITA TUE Page](#)

Q&A

NEXT SESSION

PRINCIPLES AND VALUES OF CLEAN SPORT

THURSDAY
27 JULY, 14:00 CEST

SCAN TO REGISTER



A FEW REMINDERS

Please fill out the survey after this session. **Your feedback is very important** to us!

- ✓ You will receive a copy of the slides after the webinar after via email.
- ✓ Course completion certificates will be issued to everyone who attends all five webinars – make sure you **always register with the same email address.**

THANK YOU AND SEE YOU NEXT WEEK!

MORE QUESTIONS?

education@ita.sport

WEBSITE

www.ita.sport



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