

The 2017 World Antidoping Prohibited List will come into effect on 1 January 2017.

Attached you will find a Summary of major Modifications and Explanatory Notes published by WADA. In each of the sections are important points to note.

### **A: Prohibited at all times (In and Out-of-Competition)**

1. Anabolic Steroids: An example of a metabolite (product) of DHEA called 'Delta 2' was added. This is found in dietary supplements. DHEA is prohibited. Key message: avoid dietary supplements
2. Peptide Hormones, Growth factors, Related Substances and Mimetics: new agents were added; Vitamin B12 which contains Cobalt is not prohibited
3. Beta-2 Agonists: These are important as they are used in inhalers athletes who have asthma may use. All are prohibited if taken as tablets but some are acceptable if used as prescribed. As there are many different inhalers, if any athlete plans to use an inhaler, you should check it is one that is acceptable. Otherwise a TUE is required. Remember – if you use an inhaler it must be as per your doctor's prescription. If you used the full 24hr dose at once, that would result in the urine threshold exceeded and a positive drug test
4. Hormone and Metabolic Modulators: One drug was added
5. Manipulation of Blood and Blood Components: Supplemental oxygen by inhalation is permitted

### **B: Prohibited In-Competition:**

1. Stimulants: There are additions to the list; it is noted that regular food consumption will not produce sufficient levels of phenylethylamine to cause a positive drug test.
2. Narcotics: Nicomorphine was added. It is converted to morphine in the body.
3. Glucocorticoids: No changes were made to this section.

### **C: Monitoring Programme:**

This is a programme whereby WADA tests for certain drugs to see the patterns of use. The two drugs added to the monitoring programme in 2017 are:

1. Codeine
2. Concurrent use of multiple beta-2 agonists (i.e. multiple inhalers)

**Note:** the prohibited use of Meldonium, which was added to the 2016 Prohibited Use, came from the Monitoring Programme

**Remember:** You, the athlete, and you alone are responsible for what you ingest. If you have to take a medication and do not know whether it is prohibited or not, always ask before taking it.

The simple analgesics (simple means there is not a mixture of drugs as found in many over-the-counter cold, sinus, cough, 'flu' remedies), salicylic acid (e.g. Aspirin) or acetaminophen (e.g. Tylenol,

Panadol), simple anti-inflammatories such as ibuprofen or naproxen and simple antibiotics are acceptable. Anything else may not be acceptable, so always ask.

Supplements are dangerous as they are not regulated and so the contents may not be as written on the label, they may be contaminated during manufacture and the dose inconsistent. So, avoid any supplements.