

IMPORTANT REMINDER FOR ALL ATHLETES

NEW YEAR ACTION

Please make sure you understand this important area. With recent athlete issues highlighted in the press surrounding the sport of cross-country skiing and buying medicinal products abroad, it is important for you to know about the changes planned for 2017 and where to get advice.

Anti-Doping Prohibited List 2017

The new Prohibited List for 2017 from WADA will be effective on the 1st January 2017. It can be found in detail on the following link:

[https://www.wada-ama.org/sites/default/files/resources/files/2016-09-29 -
_wada_prohibited_list_2017_eng_final.pdf](https://www.wada-ama.org/sites/default/files/resources/files/2016-09-29_-_wada_prohibited_list_2017_eng_final.pdf)

Below is the summary of major changes to the 2016 Code

[https://www.wada-ama.org/sites/default/files/resources/files/2016-09-29 -
_wada_summary_of_modifications_eng_final.pdf](https://www.wada-ama.org/sites/default/files/resources/files/2016-09-29_-_wada_summary_of_modifications_eng_final.pdf)

The main changes to be aware of include:

1. Reminder that Salbutamol has a maximum permissible amount in 24hrs
2. Inclusion of some common compounds found in sport and dietary supplements
 - a. DHEA metabolites
 - b. plant extract *Tinospora crispa*
 - c. Armistane as an example of a dietary supplement
3. Inclusion of some medicines commonly used in blood cancer treatments, some anaemias and renal dialysis treatment
4. Inclusion of Lisdexamfetamine, a pro-drug of amphetamine
5. Inclusion of Nicomorphine which is converted to morphine

Athlete Responsibilities

- It is the personal responsibility of each Athlete (which may not be delegated to any other Person):
- to acquaint him/herself, and to ensure that each Person (including medical personnel) from whom he/she takes advice is acquainted with, all of the requirements of the Anti-Doping Rules, including being aware of what constitutes an Anti-Doping Rule Violation and of what substances and methods are on the Prohibited List
- to comply with the WADA & UK Anti-Doping Rules in all respects, including;
 - taking full responsibility for what he/she ingests and uses;
 - ensuring that any medical treatment he/she receives does not infringe the Anti-Doping Rules;
 - submitting a Therapeutic Use Exemption (TUE) for any prohibited substance and/or method they are prescribed for a legitimate medical condition;
 - making him/herself available for Testing at all times, whether In-Competition or Out-of-Competition;
 - when included in a Registered Testing Pool, providing accurate and up-to-date whereabouts information for purposes of Out-of-Competition Testing;

- and co-operating fully with any investigation into a potential Anti-Doping Rule Violation under the UK Anti-Doping Rules.

Athlete Support Personnel Responsibilities

It is the personal responsibility of each Athlete Support Personnel (which may not be delegated to any other Person):

- to acquaint him/herself with all of the provisions of the Anti-Doping Rules, including being aware of what constitutes an Anti-Doping Rule Violation and what substances and methods are on the WADA Prohibited List;
- to comply with the WADA & UK Anti-Doping Rules in all respects;
- to cooperate fully with the Testing of Athletes;
- to cooperate fully with any investigation into a potential Anti-Doping Rule Violation under the UK Anti-Doping Rules; and
- to use his/her influence on Athlete values and behaviour to foster anti-doping attitudes

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CHECK YOUR SUPPLEMENTS

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Winter Health and Wellbeing:

Athletes

Make sure you pay attention to your immune systems over the winter months. Eat well, sleep well and recover well. Seek early healthcare advice if you have any concerns via your Institute medical team or your GP, as appropriate.

Wishing you a pleasant end to 2016 and every success for 2017.

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