



Prohibited List

What is the Prohibited List?

- The Prohibited List is the International Standard that designates what substances and methods are prohibited in-competition and out-of-competition.
- The List also indicates whether particular substances are banned in particular sports.
- Substances and methods are classified by categories (e.g. steroids, stimulants, gene doping)



Be aware

of the most up-to-date List available on the WADA Website - www.wada-ama.org – the list is updated annually, published by October 1st, and comes into effect on January 1st of the following year. This year's Prohibited list can be found here- https://www.wada-ama.org/sites/default/files/resources/files/2021list_en.pdf or on the ISU website "Prohibited List Section (<https://www.isu.org/clean-sport/anti-doping>)

Why are those products on the list?

Products and methods are considered as Doping if they meet 2 of these 3 criteria:



1. **Unfairly enhances performance**
2. **Dangerous for your health**
3. **Against the spirit of sport**



Who can help me understand this list?

Because the list refers to the scientific name of substances and to other medical terms, it may be difficult to understand for an average reader. The following can help determine whether the ingredients of a certain product might be on the List.

- Competent health professionals (physicians, pharmacists)
- Your NADO (National Anti-Doping Agency) might offer an information service (hotline, mail, online database etc.) to help you check the status of medications sold in your country. Find your NADO's website here: <http://www.inado.org/members.html>.
- For more information, also go to the Therapeutic Use section for a Medication Checker and the Therapeutic Use Exemptions athletes can apply for under medical conditions.

- Global DRO- The Global Drug Reference Online (Global DRO) is a searchable database that **provides information about the prohibited status of specific medications and/or the active ingredient based on the current World Anti-Doping Agency (WADA) Prohibited List.** Link to Global DRO- <https://www.globaldro.com/us/search>

FAQ's

1. How often is the Prohibited List updated?

- a. Once a month
- b. Every 3 years
- c. At least once a year
- d. Before every Olympic & Paralympic Games



Option C is accurate as the Prohibited List is updated annually.

2. Skaters should inform their treating doctors that they are subject to WADA's prohibited list and ISU's Anti-Doping rules? Why is this?

- a. To build a good relationship between the Skater and his/her doctor
- b. To avoid the doctor prescribing drugs that are on the prohibited list
- c. To help the doctor improve their performance through permitted medication
- d. No, it is not required as all doctors have enough knowledge in this aspect of sport medicine and banned substances.



It is imperative that the Skater's doctor is aware of the Prohibited List and does not prescribe them something that is banned. It is always important to remind the Skater's doctor about this as mentioned in **Option B.**

3. Where can I check if a substance is prohibited?

- a. The website of my NADO
- b. ISU website (www.isu.org)
- c. WADA website (www.wada-ama.org)
- d. The Global Drug Reference Online (Global DRO) www.globaldro.com
- e. All of the above



All of the above options contain the accurate resources/links to check if a substance is prohibited.

