



**SPÓRT
ÉIREANN**
FRITHDHÓPÁIL

**SPORT
IRELAND**
ANTI-DOPING

BRIEF GUIDE TO ANTI-DOPING

**UPDATE
FOR 2022**

**2022 Prohibited List:
Major changes to
Glucocorticoids**

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NEW

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SECTION 1: What's New for 2022



2022 Prohibited List: Major changes to Glucocorticoids



Introduction

- Glucocorticoids (GCs) are a commonly used and very effective medication for a variety of medical conditions.
- GCs are administered primarily for their potent anti-inflammatory and immune-suppressive effects.
- They are readily available in various formulations and may be administered via different routes for local or systemic treatment e.g. injectable, oral, inhaled
- Common examples of GCs include hydrocortisone and steroidal inhalers such as Budesonide (Pulmicort).

Prohibited List 2022 Key Points:

- GCs are **permitted out-of-competition by any route of administration**.
 - However, out-of-competition administration of GCs may result in an Adverse Analytical Finding during an in-competition test (Washout Period)
- All GCs are **prohibited in-competition** when administered by any **injectable, oral or rectal route**.
- Post-test TUE application for therapeutic use of a GC is permitted in accordance with the ISTUE criteria
 - Complete clinical records will facilitate a successful TUE application and may be required for results management purposes
- Other routes of administration (inhaled and topical) are not prohibited when used within the **manufacturer's licensed doses and therapeutic guidelines**



SECTION 1: What's New for 2022

NEW

Washout periods following administration of glucocorticoids

After administration of GCs, urinary reporting levels which would result in an AAF can be reached for different periods of time after administration (ranging from days to weeks), depending on the GC administered, the route and the dose. To reduce the risk of an AAF athletes should follow the minimum washout periods. A washout period here refers to the time from the last administered dose to the time of the start of the incompetition period.

ROUTE	GLUCOCORTICOID	WASHOUT PERIOD*
Oral** (Oromucosal, buccal etc.)	All GCs	3 DAYS
	Exception – Triamcinolone Acetonide	10 DAYS
Intramuscular	Betamethasone; dexamethasone; methylprednisolone	5 DAYS
	Prednisolone: Prednisone	10 DAYS
	Triamcinolone acetonide	60 DAYS
Local Injections (periarticular, intra-articular, peri- and intratendinous)	All GCs	3 DAYS
	Exceptions – prednisolone; prednisone; triamcinolone acetonide; triamcinolone hexacetonide	10 DAYS

* Washout period refers to the time from the last administered dose to the time of the start of the In[1]Competition period (i.e. beginning at 11:59 p.m. on the day before a Competition in which the Athlete is scheduled to participate, unless a different period was approved by WADA for a given sport). This is to allow elimination of the glucocorticoid to below the reporting level.

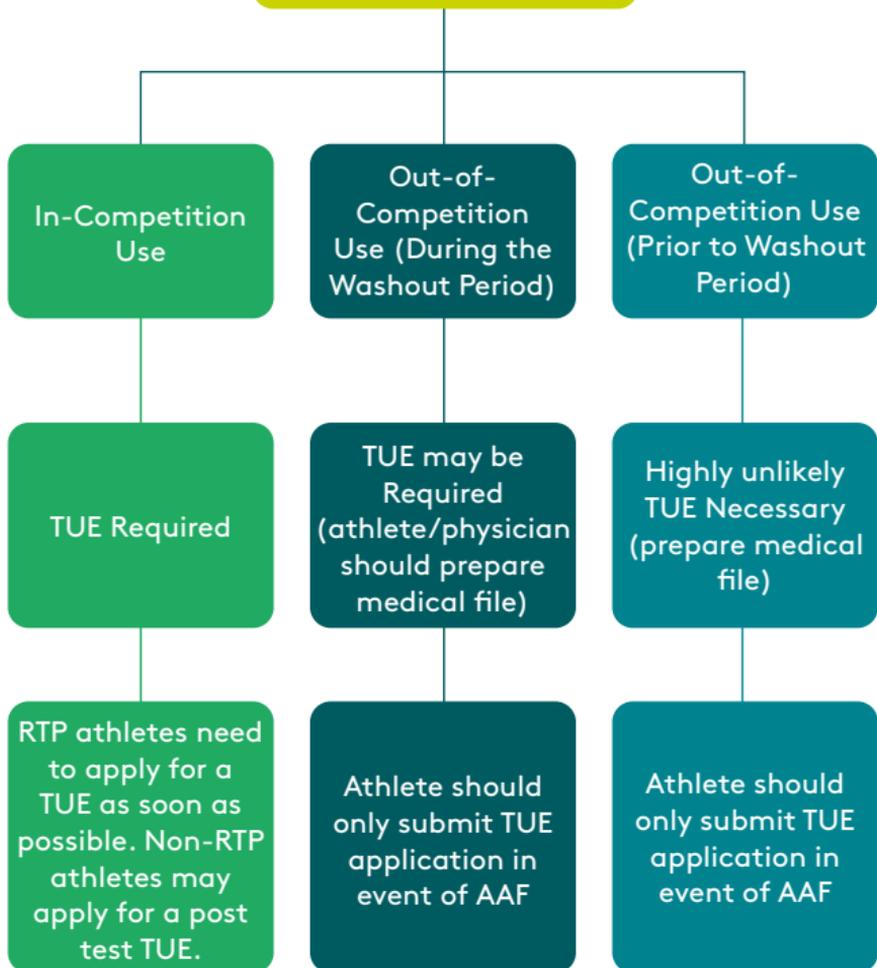
** Oral routes also include e.g. oromucosal, buccal, gingival and sublingual.



SECTION 1: What's New for 2022

NEW

WHEN TO APPLY FOR A TUE



SECTION 2: Overview



Sport Ireland is the organisation responsible for the management of the Irish Sports Anti-Doping Programme on behalf of the National Governing Bodies (NGBs) of Sport in Ireland. This document is designed as a brief overview of key aspects of Anti-Doping.

You should also check out:

www.sportireland.ie/anti-doping

for comprehensive information or the Anti-Doping Rules of your International Federation (if applicable).



Sport NI is committed to drug-free sport and fully supports Sport Ireland anti-doping programme. The Pure Winner initiative continues to educate and inform athletes, coaches and athlete support personnel on their rights and responsibilities, and aims to create a strong clean sport culture by empowering athletes to be 'Pure Winners'.

Website: www.sportni.net

Telephone: +44 (0) 20 9038 1222

Email: anti-doping@sportni.net

Twitter: @PureWinnerNI



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SECTION 3:

Irish Anti-Doping Rules

ADRVs WADA Code 2021

- 1) Presence of a prohibited substance in your sample
- 2) Use or even attempted use of a banned substance or method
- 3) If you refuse to provide a sample after you have been notified
- 4) For athletes on the registered testing pool, the accumulation of either three missed tests or filing failures over the course of 12 months
- 5) Tampering with or interfering with any stage in the doping control process
- 6) If you are found with a banned substance or method
- 7) Selling a banned substance or anything associated with a banned method
- 8) Giving an athlete a banned substance or supporting or encouraging them in doping
- 9) Helping to cover up another person's ARDV
- 10) Working with an ASP who is currently banned from sport
- 11) Threatening another person or discouraging that person from reporting to authorities of information relating to an ADRV, non-compliance with the Code or other doping activity.

[Anti-Doping Rules | Sport Ireland](#)



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SECTION 4:

The Prohibited List

The complete and current list can be found at www.sportireland.ie/anti-doping



DID YOU KNOW?

Recreational drugs including Cannabis and cocaine are prohibited and tested for in-competition

Prohibited substances in-and out-of-competition

S0: Non-Approved Substances

S1: Anabolic Agents

- a) Anabolic Androgenic Steroids (AAS)
- b) Other Anabolic Agents e.g. Tibolone, ligandrol

S2: Peptide hormones, growth factors, related substances and mimetics

S3: Beta-2 agonists

S4: Hormone and metabolic modulators

S5: Diuretics and masking agents Prohibited substances in-competition

S6: Stimulants

- a) Non-specified stimulants
- b) Specified stimulants

S7: Narcotics

S8: Cannabinoids

S9: Glucocorticoids ([see section 1](#))



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The Prohibited List contd.

Others:

P1 Beta-blockers (Prohibited substances in particular sports - Consult the relevant sport for its individual prohibited list)

Prohibited methods in-and out-of-competition

M1: Manipulation of blood and blood components

M2: Chemical and physical manipulation

M3: Gene and cell doping

Resources to check over-the-counter and prescribed medications to see if they are prohibited in sport:

Republic of Ireland:

www.sportireland.ie

Northern Ireland, Canada, UK, USA,
Switzerland, Japan and Australia:

[Global DRO](#)

Rest of the World

globaldro.com/home/other-countries



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SECTION 5: Treatment Guidelines



The Sport Ireland Anti-Doping website ([Athlete Zone | Sport Ireland](#)) contains information on the treatment guidelines for some common illnesses and conditions.



REMEMBER:

If you require to take medication for any illness/condition you must check the status in sport for that medication

Recommended Precautions:

- Do not take any medications given to you by others without checking them first and establishing if they are permitted in your sport
- Some medications are available in different combinations; e.g. Anusol Suppositories are permitted, Anusol HC Suppositories are prohibited in-competition



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Treatment Guidelines contd.

When Travelling:

- Seek appropriate medical assistance if you require medications when overseas. Use of foreign medications is at the athlete's own risk. Don't assume that brand names available abroad are the same as those at home
- If you suffer from a pre-existing condition (e.g. epilepsy, asthma, diabetes, hayfever), take a supply from Ireland of any medications you may need
- Consider taking common medications with you (e.g. painkillers, cold tablets, upset stomach medications)



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SECTION 6: Therapeutic Use Exemption (TUE)



If your medication is prohibited, you should check with your doctor if an alternative permitted treatment can be used. If there is no permitted alternative you may need to apply for a TUE before using the substance (a Pre-Test TUE) OR in some cases, as long as you have a medical file in place for a TUE, you may take the substance, and if required apply for a Post-Test TUE.

View full details on [Sport Ireland TUE Policy and the TUE application process](#)



Athletes who compete at International Level should check, and comply with, the TUE requirements of their International Federation.

[View information on TUEs and Washout Periods for Glucocorticoids](#)



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SECTION 7: Supplements Guidelines



REMEMBER - Strict Liability

There are no guarantees that any dietary supplements are safe. Before taking any dietary supplements please assess the following:

- **The Need:** seek nutrition advice from a professional sports dietician
- **The Risk:** If you choose to take a supplement you should assess the associated risks and make an informed decision. Please see risk minimisation guidelines below
- **The Consequences:** Consider the consequences of consuming a supplement containing a banned substance. Potentially this could result in a 4 year ban

Contaminated Products

The issue of contaminated products has been acknowledged in the WADA Code. If an athlete can establish no significant fault or negligence then the WADA sanction can range from a reprimand to a maximum of 2 years.



Supplements Guidelines contd.

Before taking any dietary supplements please ensure you have evidence of the following:

- Proof that you have undertaken a thorough internet research of any supplement products before it is consumed. (Search should include the name of the product and the ingredients/substances listed.
- Any further investigations you have carried out with evidence of same
- Screen shots should be taken and the results saved in a folder. All saved information should be backed up.

www.informed-sport.com is a risk minimisation tool that can be used to access supplements that have been batch tested.



WARNINGS:

- Some vitamin, herbal and nutritional substances/supplements may also contain prohibited substances (link to supplement guidelines)
- Nutritional supplements designed to increase energy and/or aid weight loss, particularly commonly used pre workout supplements, may contain methylhexanamine or other prohibited stimulants
- Do not be misled by the term natural
- Beware of products specifically marketed as sports supplements
- Remember – A prohibited substance may be referred to by a different name on the list of ingredients, or perhaps not listed at all
- Refer to the Sport Ireland's Supplements and Sports Food Policy for more information available at www.sportireland.ie/Anti-Doping



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SECTION 8:

Sample Collection Procedures



The sample collection procedure at a glance:



1. Athlete Selection

Testing takes place in two situations – in-competition and out-of-competition.

a) In-Competition

- Selection may be random or targeted such as finishing position, jersey numbers, and discipline or targeted for a particular reason.
- Athletes who have not taken part in the competition, e.g. reserves or non-starters, are still subject to doping control.

b) Out-of-Competition

- Testing takes place anytime, anywhere with no advance notice.
- Out-of-Competition is usually for athletes on the Registered Testing Pool (RTP), or teams/national squads on the National Testing Pool (NTP).



Sample Collection Procedures

2. Athlete Notification

- A Doping Control Officer (DCO)/Chaperone will notify you if you have been selected for testing – either urine, blood or both.
- DCO/Chaperone will explain your rights and responsibilities and ask you to sign the Doping Control Form.
- You must report immediately to the Doping Control Station.
- The DCO/Chaperone will stay at your side at all times until the process is finished.

3. Sample Collection

- One or more urine samples and/or blood samples will be collected from you.
- Testing by other anti-doping authorities may be slightly different; if you have any concerns with the process, record it on the doping control form.
- The DCO/Chaperone will guide you through a process of selecting equipment, provision of the urine/blood sample and sealing the sample for the lab.
- You should declare all medications and supplements taken in the previous 7 days on the Doping Control Form.

4. Sample Analysis

- Samples are sent to a WADA accredited laboratory for analysis.

5. Results Management

- The laboratory sends the result to Sport Ireland who will then forward the result to your National Governing Body (NGB).
- It is the responsibility of your NGB to notify you of the result in writing.
- If you have not received your result from your NGB within 6 weeks of the sample collection, please contact your NGB for the result.





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