



BANNED SUBSTANCES

We bring to your attention that the prohibited substance methylhexaneamine has been found in a number of supplements recently, and athletes have tested positive for the substance in Australia, India and in the UK. Recently British shot-putter, Rachel Wallader, received a four-month ban for testing positive to the substance.

manufacturers for their process integrity, and screens supplements and ingredients for the presence of prohibited substances. Athletes should be advised to go to www.informed-sport.com for more information.

The following key points should be stressed to help minimise the risk of ingesting a prohibited substance through a supplement.

1. Keep in mind that www.globaldro.com is for checking medications NOT supplements, nor ingredients in supplements.
2. If you do use a supplement, assess the risks and refer to www.informed-sport.com
3. Keep records of all the checks you carry out before taking any medications or supplements.

We would like to remind athletes that they are solely responsible for any substance found in their body under the World Anti-Doping Code's policy of strict liability. Contaminated supplements or misleading packaging are not valid defences should an athlete test positive for methylhexaneamine or any other prohibited substance.

HFL have communicated with us to inform us that Methylhexaneamine will be included within their 'Core' routine screening service within the next few weeks.

WADA NEWS

Following its approval by WADA's Executive Committee on September 18, the 2011 List of Prohibited Substances and Methods is now available.

This List will take effect on January 1, 2011.

Noteworthy changes compared to the 2010 List include:

TO AVOID TESTING POSITIVE FOR A BANNED SUBSTANCE REMEMBER:

- ✓ Check all medications carefully against the prohibited list before use
- ✓ Inform your doctor or pharmacist about the rules under which you compete.

As an athlete, YOU are SOLELY responsible for your own actions. If you break the anti-doping rules of sport – even unwittingly – you could face up to LIFETIME BAN. For this reason it is vital that you understand what the Code is about and what it means to you.

Methylhexaneamine is prohibited in competition. It is increasingly being found in nutritional supplements, typically those that are designed to increase energy or aid weight loss. Methylhexaneamine is commonly referred to by a number of alternative names including 1,3-dimethylamylamine, dimethylamylamine, dimethylpentylamine, DMAA, forthan, forthane, floradrene, geranamine and geranium oil.

There is no guarantee that supplements are drug-free, even when all the ingredients listed are permitted substances. For those athletes who are considering using a supplement, we recommend CAUTION, and advise a thorough assessment with nutritionist/dietician of the risks before taking them.

In order to assist athletes to assess the risk HFL, an independent organisation, has established a supplement risk minimisation scheme called Informed-Sport. This programme evaluates supplement



Non-Approved Substances

A new section – “Non-Approved Substances” – has been added. This “open” section addresses the abuse of pharmaceutical substances for the purpose of performance enhancement which are not included in other sections of the List and which are not approved by any governmental regulatory health authority for human therapeutic use (i.e. drugs under pre-clinical or clinical development or discontinued).

Platelet-Derived Preparations

Platelet-derived preparations (commonly referred as PRP or blood spinning), prohibited in 2010 when administered by intra-muscular route, have been removed from the List for 2011 after consideration of the lack of current evidence concerning the use of these methods for purposes of performance enhancement. Current studies on platelet-derived preparations do not demonstrate a potential for performance enhancement beyond a potential therapeutic effect.

Declaration of Use

The obligation for athletes to file a Declaration of Use for specific substances has been removed for 2011. So what does this mean to our asthma sufferers — those of you on a salbutamol, salmeterol or glucocorticosteroid based inhaler will, as from 1st January 2011, no longer need to declare on ADAMS or with UK Anti Doping (UKAD). All permitted inhalers should be taken in accordance with the manufacturers' recommended therapeutic regime. Please also note that for inhaled salbutamol a maximum of 1600 micrograms is allowed over 24 hours. Furthermore, those on inhaler medication that contain formoterol or terbutaline e.g. symbicort or bricanyl) will need to continue submitting TUEs.

WADA have informed us that the issue of beta-2-agonists will continue to be the focus of their research activity in order to ensure that the administration of large doses of these substances is prevented and prohibited, but that the appropriate care and treatment of asthmatic athletes is facilitated. Ongoing surveillance of the use of these medications will continue as a priority; it is to be anticipated that there will be further changes in the way in which these substances are addressed in the future.

The declaration of local glucocorticosteroid injections i.e. hydrocortisone has also been removed.

**DO YOU KNOW THE ANSWER TO THESE QUESTIONS? True or False**

1. Athletes; are you ultimately responsible for what you swallow, inject or apply to your body?
2. You have had an out of competition test already this week, it will be a few weeks before your next test?
3. If you are sick, you can be excused for tak-

REMEMBER:

If you are not in a INRTP, a NRTP or DTP you may still be selected at random for testing so it is important that you adhere to the anti-doping rules at all times.

ing any medicine to help you get better. True or False—answers column 3

WHEREABOUTS / ADAMS

As you are aware you are required to update your ADAMS whereabouts for the next quarter by 31st December 2010.

THIS FALLS AT CHRISTMAS/NEW YEAR TIME and many people who normally help you are likely to be on holiday or a department maybe on skeleton staff and we may have difficulty in contacting them.

TIPS TO AVOID A STRIKE AT CHRSTMAS

Make certain your e mail is added and or correct on ADAMS, the reset your password will only work if they have an address to contact you on.

Complete your whereabouts by the 13th December, we know staff at UKAD and FINA that help us are around until the 22nd December, we cannot guarantee the same level of help.

Write your password onto ADAMS and put it somewhere safe for example key it into your mobile phone.

If you wait half an hour having incorrectly written your password three times and are locked out you will be able to get back in providing you have found the correct password that you have put somewhere safe.

CHECK OUT YOUR MEDICATIONS

Answers to questions

1. True—all athletes need to be proactive in asking questions so they do not jeopardize their sporting careers. If you have a question—ASK! If you cannot be 100% sure of the ingredients or do not know the status of the substance **DON'T TAKE IT!**
2. False—it may be a few weeks before your next test, or it could be a few days, even hours. There are benefits to conducting more than one test within a short time span since it stops cheats feeling they are 'safe' to continue cheating.
3. False—if you have a cold, flu or hay fever **DO NOT** take any medication or substance without first being sure it does not contain a prohibited substance. This includes both over-the-counter substances and medication from your doctor. Remember a positive test is a positive test.

AND FINALLY REMEMBER:

- ✘ Using drugs is cheating – you are cheating yourself and your fellow athletes.
- ✘ By taking drugs you are risking your own health and possibly the safety of fellow competitors.
- ✘ If you do take drugs there is a strong possibility that you will get caught!
- ✘ You could bring your reputation, your coach, your team and your country into disrepute.