



Changes to note for 2018

World Anti-Doping Agency announces changes to its Prohibited List for 2018

The World Anti-Doping Agency (WADA) has issued a new Prohibited List of Substances and Methods which will come into effect from 1 January 2018

The WADA List Expert Group reviews the List annually and considers submissions from stakeholders, advancements in science and medical research, information on doping practices etc. A substance or method is added to the List if it meets two of three criteria:

- It is performance-enhancing,
- Poses a danger to athletes' health
- Its use is against the spirit of sport.

Changes to note:

S2 Peptide Hormones, Growth Factors, Related Substances and Mimetics: This section has been restructured with a reclassification of many of the substances on the List.

S3 Beta-2-agonists: The dosing limit of salbutamol has been further refined to clarify that the full 24-hour dose should not be administered at one time. Inhaled salbutamol is permitted to a maximum of 1,600µg over 24 hours in divided doses, not to exceed 800µg over 12 hours, starting from any dose.

S5 Diuretics and Masking Agents: Glycerol has been removed from the 2018 Prohibited List.

M2 Chemical and Physical Manipulation: The permitted timing and volume of IV infusions were changed to no more than a total of 100ml per 12-hour period to allow for greater flexibility for administration on non-prohibited therapeutic substances.

S8 Cannabidiol: (available in Ireland as a food supplement) is no longer prohibited. Any athlete deciding to consume a supplement should follow Sport Irelands risk minimisation guidelines. However, cannabidiol extracted from cannabis plants may potentially also contain varying concentrations of THC, which remains a prohibited substance.

Alcohol: has been removed from the WADA prohibited list for 2018 but please check your National Governing Body of Sport and International Federation rules as alcohol may still be prohibited under health and safety guidelines.

More examples are now included in the List as an aid to assist prescribers and those subject to testing, but as new substances emerge in many categories, those substances which are chemically similar or have similar biological effect(s) even though not specifically.