

IMPORTANT NOTICE

Changes to the WADA Code effective 1st January 2010

Asthma Medications:

In 2009 there were significant changes to how inhaled asthma medications were dealt with under the WADA Code, specifically the reporting requirements to ASADA, FINA and WADA.

In 2010 there are more changes; these changes are:

1. A change in status of some of the inhaled Beta 2 Agonists (i.e. relievers)
2. A change in the athletes who require an “in-advance” Therapeutic Use Exemption for inhaled Beta 2 Agonists

1. Beta 2 Agonist Status:

In 2009 **ALL** Beta 2 Agonists needed a full Therapeutic Use Exemption (TUE) either “in-advance” (if on the ASADA or FINA registered testing pool) or “retroactive” (if they were in the domestic testing pool, or tested randomly at competition and produced a positive sample of the drug).

In 2010, only two of the Beta 2 Agonists will require a full TUE – **Terbutaline** and **Formoterol**. There is no retroactive system any more.

The other Beta 2 Agonists – **Salbutamol** and **Salmeterol** no longer need a TUE, however swimmers must **declare** that they are using them.

A “**declaration**” means that at the time of testing, you **MUST** write down the asthma medication you are taking on the **Doping Control Form**.

If you are in the FINA Registered Testing Pool (i.e. you complete whereabouts information for FINA using the ADAMS system), you will also need to complete a “**Declaration of Use**” form. This form and the submission process can be found in the Doping Control section of the Swimming Australia website.

Please note that glucocorticosteroids (e.g. Flixotide, Pulmicort, Qvar) still need to be declared as per the rules stated above.

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2. Who requires an in-advance TUE?

As of January 1st 2010, **ALL** athletes on the FINA RTP, ASADA RTP, ASADA DTP, or those competing at Open National Championships will require an "IN-ADVANCE" TUE for inhaled **Terbutaline** and **Formoterol**. If you were granted a TUE for a B2 agonist in 2009 from ASDMAC or FINA this should remain valid for 4 years.

ADVICE:

1. **All** asthma medication needs to be declared at the time of drug testing on the Doping Control form*
2. If you use inhaled **Terbutaline** or **Formoterol** you will need to apply for a full TUE (please see the fact sheet on the Swimming Australia website)
3. Discuss your asthma treatment and medication with your doctor to ensure you are on the best treatment plan for your asthma.

* Swimmers on the FINA Registered Testing Pool or in a major Australian Team must also complete a "Declaration of Use" Form and fax it to Swimming Australia, who will forward it on to FINA.