



**ASTHMA RELIEVER & GLUCOCORTICOID
ASTHMA PREVENTER USE**

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ASTHMA RELIEVER MEDICATION

Dear Colleagues

I am aware that there are a lot of asthma reliever medications (beta agonists) on the market that are being heavily promoted to doctors by drug companies. It is likely that some of our athletes will be prescribed these medications.

WADA have included vilanterol by inhalation to the permitted asthma relievers for 2021

Can you please ensure that your athletes and support personnel are aware that all asthma reliever medications (beta agonists) are prohibited except:

- Inhaled salbutamol: Maximum 1600 micrograms over 24 hours, not exceeding 800 micrograms over 12 hours starting from any dose
- Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours
- Inhaled salmeterol: maximum 200 micrograms over 24 hours.
- Inhaled vilanterol: maximum 25 micrograms over 24 hours

All other asthma relievers including optical isomer of permitted beta agonists are prohibited for athletes both in competition and out of competition. Prohibited beta agonists include

- Terbutaline short acting reliever marketed as bricanyl
- Indacaterol long acting reliever in Onbrez with Breezhaler or other device
- Optical isomers of formoterol - arformoterol
- Optical isomer of salbutamol - levosalbutamol

Please check the medication you are using carefully on [globaldro](#) or other app

Please note that the presence in urine of salbutamol in excess of 1000 ng/ml or formoterol in excess of 40 ng/ml is not consistent with therapeutic use of the substance to manage asthma and will be considered as an *Adverse Analytic Finding (AAF)* unless the *Athlete* proves through a controlled *pharmokinetic study* that the abnormal result was due to the use of a therapeutic dose *by inhalation up to the maximum dose indicated above*

Please see WADA 2021 Prohibited List for more information click [here](#)

Any athlete wishing to use larger doses than the relievers listed above, or a prohibited beta agonist must apply for a Therapeutic Use Exemption (TUE) and satisfy all the necessary conditions for approval.

USE of GLUCOCORTICOID (corticosteroid) MEDICATION for the Treatment of Asthma

Glucocorticoid medication is permitted by all methods of administration out of competition

Glucocorticoid medication by inhalation (breathed in) is permitted in competition for the management of asthma.

Glucocorticoid medication administered by systemic method, that is by mouth as a tablet or liquid (oral), injection into a muscle (IM) or into the rectum (systemic method) is not permitted in competition for the treatment of asthma or other condition without a therapeutic use exemption (TUE).

It is common medical practice to use prednisolone tablets in a short sharp course to manage asthma that is acutely not under control.

Please be aware that the use of glucocorticoid medication in competition by any systemic method requires a TUE so make sure you know exactly what medication has been used, the method of administration and the dose and apply for an emergency TUE or in adequate time if you need a pre-approved TUE. If you are not an International athlete by the antidoping definition and do not require a pre-approved TUE please have a medical file prepared in case you are tested and need to apply for a retroactive TUE.

If glucocorticoid preparation is detected in an in-competition sample results management authority will check with you how it got there, the doping control form to check if you have declared use and with the lab that the detected level is compatible with the preparation used and the stated dose, date and time of administration.

Please declare any medication taken in the 7 days before a test to the Doping Control Officer and please keep your copy of the doping control form for at least 3 months after the test.

All criteria for approval of TUE apply to TUEs provided retroactively. (see information under TUE tab) Click [here](#)

An international athlete for antidoping purposes is

Within the overall pool of Athletes set out above who are bound by and required to comply with these Anti - Doping Rules, the following Athletes shall be considered International-Level Athletes for the purposes of these Anti - Doping Rules, and, therefore, the specific provisions in these Anti - Doping Rules applicable to International- Level Athletes (e. g., Testing , TUEs , whereabouts, and Results Management) shall apply to such Athletes :

- (a) Athletes included in World Skate's Registered Testing Pool;
- (b) Athletes included in any of World Skate's Testing Pools;
- (c) Athletes who compete in any World Skate World Championship in any discipline in the Senior or Open Category;
- (d) Athletes who compete in the Senior or Open level at World Cup Events;
- (e) Athletes who compete in the Senior or Open level at the World Skate Games;
- (f) Athletes who compete in any 5-star or Pro-Tour Event or any skateboarding qualifier events for the Olympic Games or other Major Events, sanctioned, recognized and/or organized by World Skate.

Athletes shall not be considered International- Level Athletes if they have not competed in any of the above Events or categories in the current or preceding competition year.

Athletes shall not be considered *International-Level Athletes* if they have not competed in any of the above *Events* or categories in the current or preceding competition year.

Please contact the antidoping team if you have any questions.

Best regards

A handwritten signature in black ink, appearing to read "Patricia Wallace". The signature is fluid and cursive, with a long horizontal stroke at the end.

Dr Patricia Wallace
World Skate Doping Control

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