



9 April 2019

World Skate Anti-Doping Contacts
World Skate Executive Board

ASTHMA RELIEVER MEDICATION

Dear Colleagues

I am aware that there are a lot of new 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.

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 every 12 hours
- Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours
- Inhaled salmeterol: maximum 200 micrograms over 24 hours.

The following asthma relievers are prohibited for athletes both in competition and out of competition

- Terbutaline short acting reliever marketed as bricanyl
- Vilanterol long acting reliever in Breo with Elipta or other device
- Indacaterol long acting reliever in Onbrez with Breezhaler or other device

Please see WADA 2019 Prohibited List for more information (attached)

Any athlete wishing to use larger doses than those 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

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

Glucocorticoid medication by inhalation (breathed in) is permitted in competition.

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 without a therapeutic use exemption (TUE)

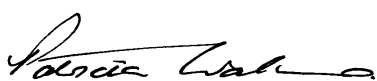
It is common medical practice to use prednisolone tablets in a short sharp course to manage asthma and by systemic methods to manage other inflammatory conditions. Some examples are rheumatoid arthritis, ulcerative colitis, crohn's disease.

Please be aware that the use of corticosteroid medication in competition by any systemic method requires a TUE so make sure you apply in adequate time if you need a pre-approved TUE and otherwise have a medical file prepared in case you are tested.

All criteria for approval of TUE apply to TUEs provided retroactively. (see information under TUE tab)

Please contact me if you have any questions.

Best regards



Dr Patricia Wallace
World Skate Doping Control