



# GLUCOCORTICOID USE

**JANUARY 1, 2021**

**Version 1**

Dear Colleagues,

## **USE of GLUCOCORTICOID (corticosteroid) MEDICATION**

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

Glucocorticoid medication by inhalation (breathed in) for the treatment of asthma is permitted in competition as are glucocorticoid preparations inserted into the eye, into the nose as a nasal spray and applied to the skin.

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).

Glucocorticoid medication injected into a joint, tendon or around a tendon is permitted in competition in 2021.

From 1 January 2022 glucocorticoid use by any form of injection for in competition use will require a TUE.

If a glucocorticoid preparation is detected in an in competition sample we will check with the lab to ensure the levels are compatible with the stated preparation, dose, date and mode of administration reported by the athlete. If you have been using a glucocorticoid preparation out of competition please ensure that

1. You its use of the doping control form
2. You have a written record of the diagnosis, the preparation used, dose, date, and method of administration of the preparation used

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. Use of any glucocorticoid medication by administered orally, rectally or by intramuscular injection is not permitted in competition without a TUE.

Please be aware that the use of corticosteroid 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 in adequate time if you need a pre-approved TUE and otherwise have a medical file prepared in case you are tested and need to apply for a retroactive TUE.

Below is a guide to wash out periods for some commonly used glucocorticoids. The wash out period is the time between administration of the last dose and the start of the in competition period at 11.59 on the day before the event. This list is a guide only and cannot be used as a defence against an ADRV.

<b>Intramuscular</b>	Betamethasone; dexamethasone; methylprednisolone	5 days
	Prednisolone; prednisone	10 days
	Triamcinolone acetonide	60 days
<b>Local injections</b> (including periarticular, intraarticular, peritendinous and intratendinous)	All glucocorticoids;	3 days
	<b>Except:</b> Triamcinolone acetonide; prednisolone; prednisone	10 days

All criteria for approval of TUE apply to TUEs provided retroactively in TUE Process 2021 document - click [here](#)

Please see WADA 2021 Prohibited List by clicking [here](#)

Please contact me if you have any questions.

Best regards



Dr Patricia Wallace  
World Skate Doping Control  
antidoping@worldskate.org



WORLD  
SKATE



WORLD  
SKATE

