



**ASTHMA RELIEVER & GLUCOCORTICOID  
ASTHMA PREVENTER USE**

**GLUCOCORTICOID USE**

**JANUARY 1, 2026**

Version 1

8 November 2025

## **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.

**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 600 micrograms over any 8 hour period starting from any dose
- Inhaled formoterol: maximum delivered dose of 54 micrograms over 24 hours and now exceeding 36mcg in any 12 hour period starting from any dose
- Inhaled salmeterol: maximum 200 micrograms over 24 hours not to exceed 100mcg over 8 hour period starting from any dose.
- 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 2026 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. Click [here](#) for information about the process and [here](#) for application form. This has not changed since 2022.

**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) for the management of asthma, glucocorticoid cream or ointment applied to the skin, used as a nasal spray or as eye drops is permitted in competition

#### **Glucocorticoid administered by methods other than inhalation**

Be aware it is common medical practice for doctors to prescribe prednisolone tablets in a short sharp course to manage asthma that is acutely not under control. Glucocorticoids give orally have about a 3 day or longer wash out period depending on the preparation used. This means they can be detected for 3 days or longer after you stop taking them.

Glucocorticoid medication administered by systemic method, that is by mouth as a tablet or liquid (oral), under the tongue or to the inside of the mouth, injection into a muscle (IM), into a joint or around a tendon, or give into the rectum (systemic method) is not permitted in competition without a therapeutic use exemption (TUE).

Long acting preparations which often have depo in their name e.g. Depo Medrol will take longer to leave the body than the guideline suggests

In competition is defined as from 23.59 on the day before your competition until the competition is cleared for doping control.

Remember glucocorticoids take some time after you stop taking them to clear your system, “the wash out time”. The wash out time varies with the glucocorticoid used and is longer for long acting or sustained release preparations (see above) For a guide of how long glucocorticoid preparations take to clear the system click [here](#). Glucocorticoid use and TUE provides all the information you need.

#### **When do I need a TUE if I am using glucocorticoid to treat an illness.**

If you are an International athlete and you are using glucocorticoid in the in-competition period, or when the wash out period is not over, you need a pre-approved TUE. If you are not an international athlete, you can apply for a retroactive TUE if you are tested and return a positive result. You will need to have a medical file completed by yourself and the treating doctor with diagnosis, justification for diagnosis, that no treatment that is not prohibited is available, and that the preparation is not performance enhancing. Please click [here](#) for the guideline about the need to apply for a TUE and read the **Glucocorticoid and TUE** document. There is a flow chart on the last page of the document.

For guidelines for wash out period for glucocorticoids please click [here](#) and use the same document.

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 its use, and with the lab to confirm that the detected level is compatible with the preparation used and the stated dose, date, time and method 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 in advance and 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 :

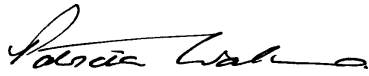
- (a) Athletes included in World Skate's Registered Testing Pool;
- (b) Athletes included in any of World Skate's Testing Pools;
- (c) Athletes who compete in any World Skate World Championship in any discipline in the Senior or Open Category;
- (d) Athletes who compete in the Senior or Open level at 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 extending to the right.

Dr Patricia Wallace  
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