



SPORT INTEGRITY
AUSTRALIA

GLUCOCORTICOID CHANGES

Glucocorticoid (GC) injections are prescribed and administered by doctors to manage conditions like inflammation, impingement and severe allergies in athletes.

From 1 January 2022, **all GC injections will be prohibited in-competition.**



IN-COMPETITION*

If an athlete needs a GC injection in-competition, they will require a Therapeutic Use Exemption (TUE). The athlete's level of competition will determine if they need an in-advance or planned retroactive TUE. If the athlete requires an in-advance TUE they will need to apply **prior** to the injection. If the athlete is eligible for a planned retroactive TUE, they will need to ensure they have appropriate medical records for their injection.



OUT-OF-COMPETITION

Depending on the GC used and type of injection, it may remain in an athlete's system for up to 10 weeks. An athlete could have an injection in the off-season, and still test positive to GCs in an in-competition test.

The treating physician should ensure an appropriate clinical record of the injection is kept, which can then be used to verify the injection if the athlete tests positive.



THE MEDICAL RECORD

The medical record must include documentation that supports a medical diagnosis where a GC injection is a recognised treatment, and confirms the type of GC given, and by what means.

FIND OUT MORE

<https://www.sportintegrity.gov.au/resources/therapeutic-use-exemption>

Email asdmac@sportintegrity.gov.au

Call 13 000 27232

*The in-competition period begins at 11:59pm the night before an event, and finishes after the event (and any testing processes that follow).