

## Athlete Alert on the 2010 Prohibited List

The World Anti-Doping Agency has published the 2010 Prohibited List which will come into effect as from the 1<sup>st</sup> of January, 2010.

This notice intends to inform Athletes for the publication of the 2010 Prohibited List and to highlight the major changes from the 2009 List.

### Major Changes

1. Intramuscular administration of **Platelet-Derived Preparations** (such as Platelet Rich Plasma or PRP and "blood spinning") is prohibited and therefore requires a Therapeutic Use Exemption. Platelet-derived preparations administered by other routes of administration (such as local injection into a joint, tendon, or ligament) require only a declaration of Use, in accordance with the International Standard for Therapeutic Use Exemption and the Cyprus Anti-Doping Rules.
2. **Glycerol** has been added as an example of a substance that can act as a plasma expander.
3. Two commonly prescribed **beta-2 agonists**, salbutamol and salmeterol, when administered by inhalation require a declaration of Use. Oral use of any beta-2 agonist (i.e. tablets, syrups) including salbutamol and salmeterol is prohibited and require a Therapeutic Use Exemption prior to use. All other inhaled beta-2 agonists are also prohibited and require a Therapeutic Use Exemption prior to use.
4. **Pseudoephedrine** is prohibited in-competition only. Pseudoephedrine may be found in cold and flu medications and decongestants that are often available with no medical prescription. Athletes need to assure that the medications they take during or before competitions do not contain pseudoephedrine. Athletes need to allow enough time for pseudoephedrine to pass from their body prior to competition.

The 2010 Prohibited List can be assessed through CyADA's webpage ([www.cyada.org](http://www.cyada.org)). In addition, on CyADA's webpage information on Therapeutic Use Exemption and declaration of Use can be found. For any inquiries concerning your medications you may contact CyADA on +357- 22353204 or on [info@cyada.org.cy](mailto:info@cyada.org.cy) or visit CyADA's webpage [www.cyada.org](http://www.cyada.org).