

## MEMORANDUM

**To:** All Fighters, Coaches & Parents

**From:** GB Judo Performance Team

**Date:** 1<sup>st</sup> December 2024

**Subject:** Anti-Doping Information

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The World Anti-Doping Agency (WADA) has published the 2025 Prohibited List and a summary of the changes can be found [here](#). The Prohibited List will come into effect on the 1<sup>st</sup> January 2025.

- The 2024 Prohibited List is available on the WADA website [click here](#). The Prohibited List identifies which substances and methods are prohibited in & out of competition, and within specific sports.
- All Athletes and Athlete Support Personnel should familiarise themselves with the new changes in advance of them coming into effect on 1 January 2025.
- UKAD has also published a summary of the major changes on the UKAD website [click here](#).
- There has been a change regarding inhaled formoterol (often used in an inhaler to conditions such as asthma). The total permitted daily dose (54 micrograms over 24 hours) remains unchanged, but athletes will only be able to therapeutically inhale up to 36 micrograms of formoterol over any 12-hour period
- Be aware of Strict Liability – an athlete is solely responsible for any banned substance they use, attempt to use, or that is found in their system, regardless of how it got there and whether or not they had an intention to cheat.

We suggest you:

- Download the Clean Sport App
- Use <http://www.globaldro.com/UK/search> to check your medications bought or prescribed in the UK.
- If the medication is prohibited, you should check with your prescribing physician to see if there are any alternative medications.
- Check if you require a Therapeutic Use Exemption (TUE) by [clicking here](#).

It is a fighter's responsibility to be aware of, and understand, the TUE process and requirements that apply to them. These requirements will vary depending on the medication, and your competition level. Use the UKAD TUE Wizard to determine whether, when and how to apply for a TUE.

<https://www.ukad.org.uk/tue-wizard>.

You can use [www.ukad.org.uk](http://www.ukad.org.uk) to check for the most up to date information. If you have any questions, please UKAD [substance@ukad.org.uk](mailto:substance@ukad.org.uk) or BJA contact [tim.ellis@britishjudo.org.uk](mailto:tim.ellis@britishjudo.org.uk).