

INTERNATIONAL SKATING UNION

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To: ISU Members

2010 List of Prohibited Substances and Methods

Ladies and Gentlemen,

We attach for your information a copy of the 2010 List of Prohibited Substances and Methods. This List will be valid from January 1, 2010.

Please note in particular the following changes:

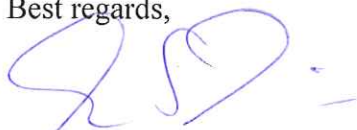
Salbutamol (maximum 1600mcg over 24 hours) and salmeterol by inhalation will no longer require a Therapeutic Use Exemption. Instead a Declaration of Use must be made. The presence of salbutamol in urine in excess of 1000ng/ml will be considered as an Adverse Analytical Finding. A TUE will still be required for Formoterol and Terbutaline.

Pseudoephedrine will be reintroduced to the List and will be prohibited above 150 micrograms per milliliter.

Until the end of 2009 athletes on the ISU Registered Testing Pool must still have a TUE to use inhaled salbutamol and salmeterol. Skaters who have a current TUE for these substances which expires after 31 December 2009 will not need to renew their TUE.

The attached new List will be valid for the 2010 Olympic Winter Games in Vancouver.

Best regards,



Fredi Schmid
Director General