



**Ice Skating Australia Incorporated
Incorporated in the ACT**

Affiliated to the International Skating Union
ARBN 090 675 246 ABN 92 108 686 740

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INTRODUCTION

Any substance taken into the body may potentially contain a Prohibited Substance or Method that is banned in sport. It is the Skater's responsibility to ensure you meet Ice Skating Australia (ISA)¹ anti doping regulations if you compete locally or International Skating Union (ISU)² regulations if you also compete internationally. The role of the Anti Doping Control Officer (ADCO)³ is to *assist* in this process, the ultimate responsibility lies with the Skater.

Please familiarise yourselves with the most recent ISA Anti Doping Policy, available on the ISA website.

The Australian Sports Drug Medical Advisory Committee (ASDMAC)⁴ work in conjunction with the Australian Sports Anti Doping Agency (ASADA)⁵ to govern drug use in Australia. ISA requirements are consistent with those required by ASADA and ASDMAC. ISA is governed by ISU, who work with the World Anti Doping Agency (WADA) to determine anti doping regulations internationally.

As a blanket rule, if you take medication for any medical condition you need to have a comprehensive medical file available at your doctor's covering the diagnosis, investigations supporting diagnosis and rationale for treatment. This is to protect you if in future you return a positive drug test.

Please note Abbreviated Therapeutic Use Exemption (ATUE) forms no longer exist.

THE PROHIBITED LIST

This document is a comprehensive list of all Prohibited Substances and Methods that are banned in sport. It is updated usually annually by the World Anti Doping Agency and is available on their website (www.wada-ama.org) and the ISU website (www.isu.org).

¹ www.isa.org.au

² www.isu.org

³ Dr Cherry Lau (Anti Doping Control Officer for Ice Skating Australia): snough@hotmail.com

⁴ www.asdmac.org.au

⁵ www.asada.gov.au

Drugs often have two names: the *trade* or *brand* name that the manufacturer uses to distinguish their product from the same drug manufactured by another company, and the *generic* name or the chemical name – this is the same regardless of what the trade name is. The Prohibited List uses generic drug names. Both generic and trade names are present on your medication packaging.

You need to check the Prohibited List to see if what you are taking is listed.

- If it is not prohibited you do not need to take further action.
- If it is prohibited, what you do depends on whether you skate locally or internationally; and on what you are taking.
 - In order to keep using the Prohibited Substance or Method, approval must be sought and granted from the appropriate body (ISA or ISU) prior to your event.
 - If you need to make any applications for exemptions, allow 21 days for processing. The Skater will receive notification of the outcome of their application in this time.
 - Please note you may not apply to more than one Anti Doping organisation for a Therapeutic Use Exemption (TUE).

Outlined below is the process relevant for most Skaters, concerning asthma and its clinical variants.

ASTHMA AND ITS CLINICAL VARIANTS

Introduction

Please note ATUEs no longer exist.

Most medications used for asthma are inhaled and fall into 3 broad groups – glucocorticoids, beta-agonists and other. All are Prohibited. Some of the inhalers contain mixtures of the drugs. If this is the case, you need to ensure you meet requirements for both drugs. The common trade names are listed in brackets.

1. Inhaled glucocorticosteroids
 - a. Budesonide (budamax, entocort, pulmicort, rhinocort, symbicort)
 - b. Fluticasone (avamys, beconase, flixonase, flixotide, seretide)
2. Inhaled beta-agonists
 - a. Eformoterol (foradile, oxis, symbicort)
 - b. Salmeterol (seretide, serevent)
 - c. Salbutamol (airomir, asmol, butamol, epaq, ventolin)
 - d. Terbutaline (bricanyl)
3. Other – always requires a TUE
 - a. Sodium cromoglycate (cromese, intal)
 - b. Oral glucocorticosteroids (predsone, panafcorte, panafcortelone, predsolone, solone)

If there is a change to your medication you may need to resubmit paperwork.

Medical file

It is strongly recommended that if you have a diagnosis of asthma or its clinical variants that you have the following information at your doctor's justifying use of the drug in question:

- Complete medical history
- Comprehensive report of the physical examination with focus on the respiratory system
- Spirometry report including measure of the Forced Expiratory Volume in 1 second (FEV1)
 - If airway obstruction is present, spirometry must be repeated after inhalation of a beta-agonist to determine reversibility of bronchospasm
 - In the absence of airway obstruction, a bronchial provocation test is required to establish presence of airway hyper-responsiveness
- Name, specialty, address, fax number, phone number and email of consulting doctor

Applications

You may submit applications to the ISA ADCO⁶ to ensure information is complete. The applications will then be forwarded to the appropriate body for approval. If you receive notification of the outcome of your application from ASDMAC, WADA or ISU, please notify the ISA ADCO so it can be recorded on our database.

Inhaled beta-agonists for asthma and its clinical variants

- Eformoterol (foradile, oxis, symbicort)
- Salmeterol (seretide, serevent)
- Salbutamol (airomir, asmol, butamol, epaq, ventolin)
- Terbutaline (bricanyl)

If you only skate within Australia

- You need to have an updated medical file⁷ regarding your asthma including relevant history, physical examination findings, investigations including lung function tests, and justification for use of the medication
- You must declare use of this medication on the Doping Control forms if tested

If you are on the ASADA Registered Testing Pool (RTP) or Domestic Testing Pool (DTP) or you are on the ISU RTP

- You should apply for and be granted a TUE from the Australian Sports Drug Medical Advisory Committee (ASDMAC)
- You must declare use of this medication on the Doping Control forms if tested

⁶ Dr Cherry Lau: snough@hotmail.com

⁷ See Appendix 1 of International Standard of TUE http://www.wada-ama.org/rtecontent/document/TUE_Standard_2009_Final_031008.pdf

MEDICATION DECLARATION and TUE PROCESS Jan 2009

- There is no requirement for a TUE from ISU for these medications however you must have an updated medical file⁸ justifying their use including relevant physical examination findings and investigations
- Please note that in the event you produce a positive drug test for this substance (Adverse Analytical Finding) during International testing, you will need to apply for a Retroactive TUE from ISU

Inhaled glucocorticosteroids for asthma and its clinical variants

- Budesonide (budamax, entocort, pulmicort, rhinocort, symbicort)
- Fluticasone (avamys, beconase, flixonase, flixotide, seretide)

See requirements for inhaled beta-agonists.

Non-inhaled and non-systemic glucocorticosteroids

- Intraarticular, periarticular, peritendinous, epidural, intrathecal and intradermal injection

If you skate within Australia only, you need to apply for and be granted a TUE from ASDMAC.

If you are skating an International Event or you are on the ISU RTP you must submit a Declaration of Use to ISU.

Other drugs used in asthma and its clinical variants

- If the drug you take is not listed above you need to apply for and be granted a TUE from ASDMAC if you only skate within Australia, or from ISU if you skate Internationally

*Cherry Lau
ISA ADCO
Jan 2009*

⁸ See Appendix 1 of International Standard of TUE http://www.wada-ama.org/rtecontent/document/TUE_Standard_2009_Final_031008.pdf