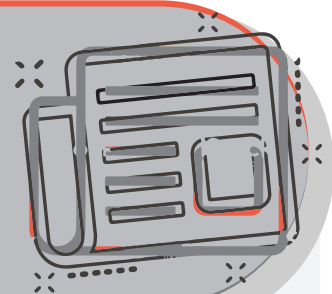




# ➤ CMI BULLETIN



## 2022 WADA List of Prohibited Substances & Methods

Important information to circulate to all your riders & doctors!

Dear FMN & CONU Colleagues,

Please find attached the **2022 WADA List of Prohibited Substances & Methods** that will be incorporated in the 2022 FIM Medical Code. We also draw your attention to the attached **summary of the major modifications and explanatory notes**.

In particular we would highlight the changes to the rules regarding the use of glucocorticoids. These are sometimes used by local injection in our sport for the treatment of acute injury and this method of administration was not previously prohibited. However, from 1 January 2022, **ALL** injectable routes of administration of glucocorticoids (GCs) are now prohibited during the In-Competition period. From 1 January 2022, these methods of administration will require a Therapeutic Use Exemption (TUE).

Examples of injectable routes of administration include: intravenous, intramuscular, periarticular, intra-articular, peritendinous, intratendinous, epidural, intrathecal, intrabursal, intralesional (e.g. intrakeloid), intradermal, and subcutaneous.



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For clarification we would remind you that from 1 January 2022 all glucocorticoids are prohibited when administered by any injectable, oral [including oromucosal (e.g. buccal, gingival, sublingual)] or rectal route and their use requires a TUE

We would strongly advise you that the use of glucocorticoids out of competition may be detected in an in-competition anti-doping control resulting in an Adverse Analytical Finding (AAF). We would therefore refer you to the attached document **“Glucocorticoids and Therapeutic Use Exemptions”** which contains information regarding the washout periods for the various methods of administration of these substances which can last for several days to weeks. It is important to consider the washout period (that is, the time taken for the substance to be eliminated by the body following administration) as it may be necessary to apply for a TUE for their use even out of competition.

All other routes of administration including inhalation, intranasal spray, ophthalmological drops, perianal, dermal, dental intracanal application and topical applications are permitted at all times and do not require a TUE.

We thank you for your attention.

Best regards,



Dr David McManus  
FIM Medical Director



Evelyne Magnin  
FIM Anti-Doping Coordinator



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