



NEWS RELEASE

USADA ADVISES ATHLETES AND SUPPORT TEAMS OF NEW 2010 PROHIBITED LIST

COLORADO SPRINGS, Colo. (October 21, 2009) - The World Anti-Doping Agency (WADA) has announced the release of the 2010 List of Prohibited Substances and Methods (List) which will take effect on January 1, 2010. The List, updated and published annually by WADA, is central to the harmonized, global anti-doping effort and includes input and consultation from anti-doping and scientific experts around the world.

USADA is ensuring that all U.S. athletes in the testing pool are aware of the 2010 List release, and that they have received valuable information about the pertinent changes and clarifications. Direct communications will be made with all athletes and the sport governing bodies, and the new List will be fully integrated into educational materials, resources, and presentations leading up to and beginning January 1, 2010.

The 2010 List reflects the latest scientific advances and offers a few of the changes compared to the 2009 List, including:

- **Pseudoephedrine** will be reintroduced to the List and is prohibited above 150 micrograms per milliliter in competition only.
- Two commonly prescribed inhaled **beta-2 agonists**, salbutamol (referred to as albuterol in the USA) and salmeterol, will only require a USADA Website Declaration of Use. Oral use of any beta-2 agonist (i.e. tablets, syrups), including albuterol and salmeterol is still prohibited. All other inhaled beta-2 agonists are also prohibited and require a Therapeutic Use Exemption prior to use.
- The intramuscular injection of **Platelet-Derived Preparations** (such as Platelet Rich Plasma or PRP) is prohibited, and therefore requires a Therapeutic Use Exemption. Platelet-derived preparations by other routes of administration (such as local injection into a joint, tendon, or ligament) will require only a USADA Website Declaration of Use.
- WADA has clarified that the use of **supplemental oxygen** is not prohibited.
- WADA has added **Glycerol** as an example of a substance in the Plasma Expander category that is prohibited at high levels. It is expected that the threshold concentration will be published in the coming weeks.

A link to the 2010 List is available on USADA's website at www.usada.org. Athletes with individual questions can contact the Drug Reference Department at the US Anti-Doping Agency at DrugReference@usada.org and can access further expert information on the Drug Reference Phone Line on 1-800-233-0393.

- more -

USADA is the non-profit, independent and non-governmental entity responsible for the testing and results management process in the U.S. for athletes in the Olympic and Paralympic Movement, upholding the Olympic ideal of fair play, and representing the interests of athletes. USADA is dedicated to preserving the integrity of sport through research initiatives and educational programs. The agency manages a drug reference phone hotline as well as the Global Drug Reference Online, conducts educational sessions with National Governing Bodies and their athletes, and proactively distributes a multitude of educational materials, such as curriculums, themed brochures and nutrition and dietary guides, easy-reference wallet cards for the list of prohibited substances and methods, periodic newsletters, and protocol and policy reference publications, all of which can be found at www.USADA.org.

— ### —

CONTACT:

Erin Hannan, Communications & Outreach Director

Phone: (719) 785-2009

E-mail: ehannan@usada.org