



Anti-Doping

Prohibited List and TUE's

All banned substances and methods are outlined in the Prohibited List. At any time, substances and methods can be added to the Prohibited List; however, it is updated as a minimum once a year. The latest Prohibited List can be found here [WADA Prohibited List](#)

If an athlete with a legitimate medical condition needs to use a prohibited substance or method, they will need to apply for a Therapeutic Use Exemption (TUE). This is only accepted if there are no other suitable permitted medications or treatments that can be used, and there is a detailed process to determine this. Athletes can find out more information about the TUE process on the UKAD website here <https://www.ukad.org.uk/medicine> and use the [TUE Wizard](#)

Checking Medications

Before taking any medication (whether from a doctor or purchased over the counter), athletes must check to make sure it does not contain any banned substances. Medications (ingredients or brand name) can be checked online at [Global Dro](#) or alternatively you can download the Global Dro app on your phone or tablet.

UKAD always advises a food first approach to nutrition, as there are no guarantees that any supplement product is free from banned substances. Athletes can support their training and progress towards their targets by eating and enjoying nutritious food. Athletes should always assess the need, risks and consequences before deciding to take any supplements. For further information visit the [Informed Sport Website](#)

For further advice or if you have any questions please contact your Team Manager