



CLEAN *tennis*

PROHIBITED LIST

The Prohibited List contains all those substances and methods that are banned in sport.

The Prohibited List is managed and coordinated by the World Anti-Doping Agency (WADA). The List is updated each year, coming into effect on 1 January. It is possible for WADA to make changes to the List more than once a year, but they must communicate any changes three months before they come into effect.

The list is divided into substances that are:

- Prohibited at all times.
- Those prohibited during the in-competition period only (the period commencing 11.59pm on the day before a competition, through to the end of the competition and any sample collection process).
- Examples of substances prohibited at all times would include (but are not limited to): anabolic agents, peptide hormones, and diuretics and masking agents.
- Examples of substances prohibited only in-competition would include (but are not limited to): cannabinoids, glucocorticoids, narcotics and stimulants.
- Also prohibited at all times are methods such as blood transfusion or manipulation, or intravenous infusions in certain situations.
- Not all substances are specifically named on the List. The List states that any other substances with a similar chemical structure or similar biological effect(s) are also prohibited even if not specifically named.

STRICT LIABILITY

KNOW YOUR RIGHTS AND RESPONSIBILITIES

**Players are solely responsible for any banned substance found in their system.
It's your body, it's your responsibility.**

MEDICINE

Did you know some medications contain banned substances?

Before taking any medication, consult Global DRO to verify its status. However, keep in mind that not all countries participate in the program, so the medication's brand name might not be recognised. Therefore, individual medication ingredients should be checked.



www.globaldro.com

If your medication is prohibited, you may need to apply for a TUE (Therapeutic Use Exemption). This applies to doctor issued, 'over the counter,' and 'off the shelf' medicines.



THERAPEUTIC USE EXEMPTION

A TUE is an exemption that allows a player to take an otherwise banned substance for treatment of a legitimate medical condition, illness or injury.

You will need to apply for a TUE in advance of taking your medication. If you are unsure check with the LTA and ITIA.

TESTING & WHEREABOUTS

Any player can be tested anywhere, at any-time, with no advance notice.

Refusal to submit to a test can result in a ban from all sport. Some players are required to provide regular whereabouts information. They will be individually notified of this.

SUPPLEMENTS

What you need to know

There is no guarantee that any supplement is free from prohibited substances.

Risks include:

- Contamination with prohibited substances during manufacture.
- Product labelling can be inaccurate and/or have incomplete ingredient lists.
- At a minimum players must undertake thorough internet research prior to using any supplement product. This is a WADA Code requirement.

ASSESS THE NEED

- Seek advice from a qualified medical professional, registered sport nutritionist, or dietician to determine whether you need to use a supplement.
- Use FOOD FIRST – prioritise real food over supplements.

ASSESS THE RISK

Recent research by Sport Integrity Australia found of 200 supplements analysed, 1 in 3 supplements were found to be contaminated with banned substances.

If you chose to use a supplement product, we recommend you only use quality assured, batch-tested products.

We recognise the following quality assurance programmes:

GOLD



Informed Sport (UK)

<https://sport.wetestyoutrust.com>

Batch testing for over 250 prohibited substances.



NSF Certified for Sport (USA)

www.nsf sport.com

Batch testing for 290 prohibited substances.



HASTA Certified (Aus)

<https://hasta.org.au>

Batch testing for 250 prohibited substances.



BSCG Certified Drug Free (USA)

www.bscg.org

Batch testing for 300 prohibited substances.



SILVER

Cologne List (Germany)

www.koelnerliste.com/en

Batch testing for steroids and stimulants only.



BRONZE

Informed Choice (UK)

<https://choice.wetestyoutrust.com>

Not every batch is tested - Random sample testing only.

RISK OF MEAT CONTAMINATION

Following numerous recent meat contamination cases involving tennis players while competing in China, Central and South America please consider the following extract from an ITIA bulletin (Oct 22):

“Steroids can sometimes be used to promote growth in cattle and other animals bred for meat in certain countries which if consumed, can show up in Anti-Doping tests. In some cases, under World Anti-Doping Agency rules, this may result in a mandatory provisional suspension whilst the matter is investigated.

Players are being urged to understand the risks of eating meat in these regions during tournaments – and potentially seek other sources of protein where possible. If consuming meat, try to confirm where it comes from (US-sourced meat is generally safer), eat with other players and keep photos and receipts from all meals”.

High risk foods; Offal (including products such as pate), processed meat (salami, sausages etc), lamb, pork, beef, chicken and raw and uncooked meats.

High Risk areas; China, Central and South America (specifically Mexico, Columbia, Guatemala).

Manage risk by;

- Considering other protein sources (eg.fish, egg, dairy, tofu, beans).
- If eating meat choose modest portions (e.g. less than 100g or 4oz).
- Confirm the source (US, Europe, Australia/NZ is considered safer)
- Only eat from trusted sources such as the event hotel or venue.
- Where possible also look for certified organic meats.
- Avoid street food.
- Record where and when meat is eaten (eg. keep food diary, photos of meals).
- Record the type and amount of meat eaten on each occasion.
- Keep a record of all receipts.

TOPICAL CREAMS, OILS AND OINTMENTS

It is good practice for athletes to check with their massage therapist that they will not be using any specialist product(s) (i.e. a product that is marketed to a consumer with unique or unusual selling points such as a massage oil containing cannabidiol (CBD) before receiving any treatment.

If a player is ever in doubt or has concerns over a product a massage therapist is intending to use, then they should either ask their medical team for advice or contact UK Anti-Doping before receiving the massage.

As with medications for oral ingestion, topical creams should be checked on Global Dro. If the product name is not recognised by Global Dro, then check the ingredients of the product individually.

For example Trofodermin is not recognised on Global Dro, however, the ingredient of Clostebol is listed as banned in and out of competition on Global Dro. If in doubt, do not use.

CBD

CBD (cannabidiol) is marketed as a natural remedy for pain, anxiety, and inflammation. However, one major risk is that many CBD supplements are poorly regulated and may contain THC (the psychoactive compound in cannabis which is prohibited by WADA), even if the label says otherwise. This can lead to a failed drug test.

Additionally, the quality and purity of CBD products can vary widely, with some containing harmful contaminants or incorrect doses. Until there's more reliable regulation and testing, players should approach CBD with upmost caution and consult with the LTA medical team or UKAD if considering the use of a CBD product.

Key Contacts

LTA

anti.doping@lta.org.uk

UKAD

TUE Enquiries - tue@ukad.org.uk

Supplement Enquiries - substance@ukad.org.uk

Whereabouts support - athlete@ukad.org.uk

ITIA

Anti Doping resources and contact

<https://www.itia.tennis/anti-doping/>

LTA Clean Sport

Information and education

