

Important Doping Control Rules Changes – Note from USA Swimming

The 2010 Prohibited List has been released. The 2010 prohibited list may be found here:

http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/WADA_Prohibited_List_2010_EN.pdf

USADA has created an Athlete Advisory explaining the changes to the list:

<http://www.usada.org/files/active/athletes/2010%20Prohibited%20List%20Release%20Advisory%209.29.09.pdf>

Please read the advisory carefully and note that pseudoephedrine has returned to the prohibited list. This impacts many over the counter cold medications that are commonly used. Athletes may not have this substance in their system during a competition. All athletes must check the status of all medications (over the counter and prescription) prior to use with USADA at 1-800-233-0393 or online at www.usada.org/dro.

As a reminder, these rules go into effect on January 1, 2010. The 2009 rules and Prohibited List remain in effect through December 31, 2009.