

GLUCOCORTICOID INJECTIONS

Important change coming on 1 January 2022

What is changing?

From 1 January 2022, glucocorticoids administered by any kind of injection will be banned during the in-competition period only.

What are glucocorticoids?

Glucocorticoids are a type of medication that can be used to treat many sports injuries affecting the joints or tendons as examples and medical conditions, such as asthma.

Glucocorticoids are available in many forms.

-  inhalers
-  creams
-  eye or ear drops
-  injection



What is the in-competition period?

The in-competition period usually begins at 11:59pm the day before the competition starts.



Athletes should check with their International Federation (IF) to see if the in-competition period is different for their sport.

What if...?

...athletes need a glucocorticoid injection during the in-competition period?



If athletes need a glucocorticoid injection during the in-competition period to treat a diagnosed medical condition, they must apply for a **Therapeutic Use Exemption (TUE)**. Athletes and athlete support personnel (ASP) should contact their National Anti-Doping Organization (NADO), IF or the Major Event Organization for more information on how and when to apply.

...athletes need a glucocorticoid injection just before the in-competition period?



In some cases, a TUE may be required even if the glucocorticoid injection was given during the out-of-competition (OoC) period. The timing of when the glucocorticoid injection is given is important for athletes to be aware of – especially if the injection is given during what is called a **'washout period.'**

OoC = Out of Competition

...an athlete receives an injection out-of-competition but tests positive in-competition?



If an athlete receives a glucocorticoid injection out-of-competition (OoC) and is tested in-competition, they are allowed to apply retroactively for a TUE. Therefore, athletes and their medical professionals should be prepared with a medical file/evidence to justify the glucocorticoid injection in case they need to apply for a retroactive TUE.

i **Washout period** refers to the time from the last administered dose to the time of the start of the in-competition period (i.e. beginning at 11:59 p.m. on the day before a competition in which the athlete is scheduled to participate, unless a different period was approved by WADA for a given sport).



Important: TUEs must meet the criteria in order to be granted. Athletes and their medical professionals must consider carefully whether a TUE is likely to be approved and ensure they have the necessary medical documentation to support their TUE application. If the TUE is not approved the athlete may face an Anti-Doping Rule Violation.

What is a washout period?

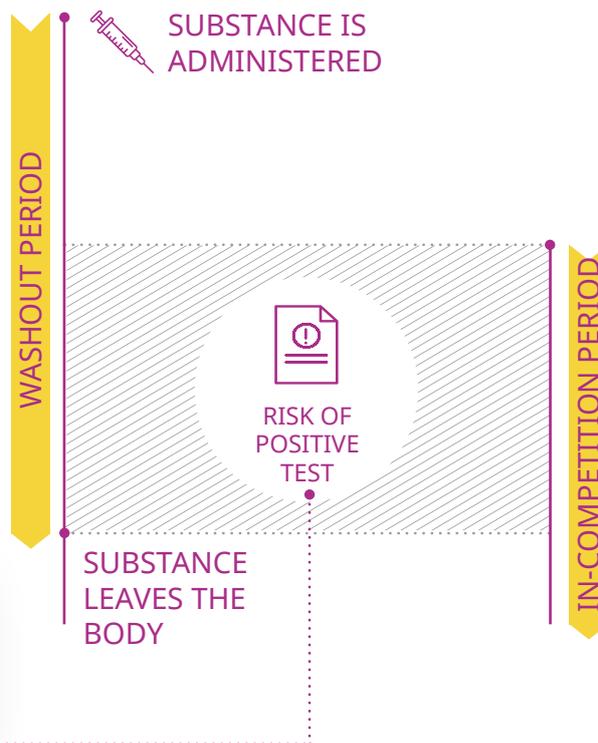
It is **important** for athletes and their ASP to be aware of the possibility of an athlete testing positive for a substance given out-of-competition that is only banned in-competition.

For this reason, it is important for athletes and their ASP to be aware of how long it takes for a substance, in this case a **glucocorticoid given by injection**, to leave the body and therefore reduce the risk of being detected in an athlete's sample.

This is known as the **washout period**.

Depending on when the **glucocorticoid injection** is given and the dose, athletes are at risk of a positive test if the substance has not been eliminated from the athlete's system before the in-competition period.

Remember: Substances banned only in-competition that are used during the out-of-competition period can be a risk for athletes. If athletes are tested in-competition they may return a positive test even if the substance was used out-of-competition.



What do athletes need to do?

-  **Strict liability:** Be aware of and understand the risks of inadvertent doping related to glucocorticoid injections
-  **Speak** with their medical professional and coach to ensure they are aware of the change in status for glucocorticoid injections
-  **Check** if a substance given by injection is banned before receiving it
-  **Ask** their medical professional if an alternative treatment is possible
-  **Check** the competition and the IF rules to understand when the in-competition period starts
-  **Prepare** a complete medical file in case a TUE is needed and check with their NADO or IF for the TUE application process
-  **Learn** more about the Prohibited List and TUEs on [ADEL](#)

Why is this news important?

Glucocorticoids are often used in sports medicine. Athletes, coaches, medical professionals and wider support personnel need to be aware of this change to avoid athletes testing positive inadvertently.



Athletes



Coaches



Medical professionals

Don't forget!

From **1 January 2022**, glucocorticoids administered by any kind of injection will be **banned** during the **in-competition period only**.

