

MEMORANDUM

To: GB Squad Members

cc: BJA Staff and Coaches

From: GB Performance Team

Date: 1st December 2023

Subject: Anti-Doping Information

The World Anti-Doping Agency's 2024 Prohibited List comes into effect on 1 January 2024

We are getting in touch to make you aware that the 2024 Prohibited List has been released by the World Anti-Doping Agency (WADA) and it will come into effect on 1 January 2024.

- The 2024 Prohibited List is available on the [WADA website here](#). The Prohibited List identifies which substances and methods are prohibited at all times, in-competition only, and within specific sports
- All Athletes and Athlete Support Personnel should familiarise themselves with the new changes in advance of them coming into effect on 1 January 2024
- UKAD has also published a summary of the major changes on the [UKAD website here](#)
- Tramadol will be prohibited in-competition. Athletes who may be using tramadol are reminded to speak to their doctor about seeking alternative pain medication that is permitted in sport. More information can be found [here](#)
- Be aware of Strict Liability – an athlete is solely responsible for any banned substance they use, attempt to use, or that is found in their system, regardless of how it got there and whether or not they had an intention to cheat

We suggest you:

- Download the Clean Sport App
- Use <http://www.globaldro.com/UK/search> to check your medications bought or prescribed in the UK.
- If the medication is prohibited, you should check with your prescribing physician to see if there are any alternative medications.

It is a fighter's responsibility to be aware of, and understand, the TUE process and requirements that apply to them. These requirements will vary depending on the medication, and your competition level. Use the UKAD TUE Wizard to determine whether, when and how to apply for a TUE. <https://www.ukad.org.uk/tue-wizard>

You can use www.ukad.org.uk to check for the most up to date information. If you have any questions, please UKAD substance@ukad.org.uk or BJA contact tim.ellis@britishjudo.org.uk

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