

MEMORANDUM

To: GB Fighters & Coaches
From: GB Performance Team
Date: 1st December 2025
Subject: Anti-Doping Information

As member of British Judo, you are bound by the rules and regulations of the WADA code.

The Code is dedicated to protecting a culture of clean sport and the hard work that you put in to give your very best performance.

We suggest you download the **Clean Sport** App; this provides athletes with current information and advice regarding anti-doping in the UK.

Additionally, please use the following links to ensure you are up to date:

British Judo Anti-Doping:

<https://www.britishjudo.org.uk/safe-sport/clean-sport/>

2026 Prohibited list:

A key summary of the changes can be found here:

<https://www.ukad.org.uk/news/2026-prohibited-list-summary-changes>

The full list can be found here:

https://www.wada-ama.org/sites/default/files/2025-09/2026list_en_final_clean_september_2025.pdf

Strict liability means that all fighters are 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.

This includes medication and supplements!

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 an athlete'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>

We suggest you to check any supplements via Informed Sport <https://sport.wetestyoutrust.com>
Please note **all supplements have a risk** of containing banded substances, more information and guidance can be found via <https://www.ukad.org.uk/supplements-hub>

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