



07 December 2021

Anti-Doping – Important Change to Prohibited List 2022

Dear Paralympic Colleagues

As we approach a New Year in 2022 it is an opportune time to remind you that a new Prohibited List comes into force on 01 January 2022. In particular, this notice also draws your attention to a significant change to what is prohibited.

Prohibited List 2022

The Prohibited List is reviewed and updated annually. The updated List is published by the World Anti-Doping Agency (WADA) on 01 October each year, before coming into force on 01 January the following year.

Below are links to information on WADA's website about the Prohibited List 2022, which comes into effect on 01 January 2022:

- [Prohibited List 2022](#)
- [Summary of Major Modifications & Explanatory Notes \(English\)](#)

Glucocorticoids

A significant change in the Prohibited List 2022 includes the status of glucocorticoids.



From 01 January 2022 **ALL** glucocorticoids are prohibited in-competition when administered by **ALL** injectable, oral or rectal routes.

This change is significant as glucocorticoids are a common treatment for sport injuries, as well as a variety of other medical conditions. Further to this, intra-articular injections of glucocorticoids were previously permitted in-competition.

Medical professionals who are unaware of this change could put athletes at risk of a positive test, which will likely result in the athlete being sanctioned for an anti-doping rule violation.

This risk will be particularly acute immediately after the new List comes into force, in first 2-3 months of 2022 – leading into Beijing 2022.

WADA has published [Guidelines for Glucocorticoids & Therapeutic Use Exemptions](#) on its website, aimed at medical professionals. Further information, including an e-learning course for medical professions is available on WADA's anti-doping e-learning (ADEL) platform:

- [ADEL for Medical Professionals](#)
- [ADEL Glucocorticoid Fact Sheet](#)

Note that users must first register with ADEL to complete the course, which is available in English, French and other languages.

Information about this change is also available on the IPC's [Anti-Doping Home Page](#).

Action Required

The IPC encourages you to share this information with your members, in particular:

- Promote the Prohibited List 2022 and its changes to your members via social media and/or other media;
- Encourage medical professions working with your athletes complete the ADEL course and read the explanatory notes.

We would advise you to pay particular attention to athletes and support personnel who will be competing early in the 2022.

Please contact the IPC anti-doping team (antidoping@paralympic.org) if any of the above is unclear or if you have any questions.

Thank you for your ongoing support of anti-doping and for your assistance with this project.

Kind regards

A handwritten signature in black ink, appearing to read 'James Sclater', with a long horizontal line extending to the right.

James Sclater
Anti-Doping Director
International Paralympic Committee