



# Anti-Doping Guide 2023



## Finnish Center for Integrity in Sports FINCIS

- 🖱️ [suek.fi](http://suek.fi)
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- 📷 [@puhtaastiparas](https://www.instagram.com/puhtaastiparas)
- 📺 [suek\\_fincis](https://www.youtube.com/suek_fincis) [#puhtaastiparas](https://www.youtube.com/puhtaastiparas)

### ATHLETE

- When seeing a physician, always tell them that you are included within the scope of doping control.
- Check that your prescription or over-the-counter medication is permitted in sports by entering the medicinal product or the active ingredient or route of administration in the KAMU medicine search. See also the specifications.
- Check the permissibility of medicine obtained abroad from the World Anti-Doping Agency (WADA) Prohibited list or from the website of the anti-doping organisation of the country you are in.
- Apply for a Therapeutic Use Exemption if you need a form of treatment that is prohibited in sports.
- Use the Erkka TUE search engine to find out where and when to apply for the Therapeutic Use Exemption.
- Remember that you are always responsible for the substances and methods you use and for what is found in your body in any doping tests.
- Please contact FINCIS if you cannot find the information you need on the FINCIS website.

### NUTRITIONAL SUPPLEMENTS

Nutritional supplements are food products intended to supplement the normal diet of a healthy person. Their composition is rarely fully known, and they may contain substances prohibited in sports. FINCIS does not maintain a list of nutritional supplements categorising them as prohibited or permitted. Nutritional supplements are not included in the KAMU medicine search.

- Avoid nutritional supplements obtained from suspicious sources.
- Remember that you are always personally responsible for an adverse analytical finding.

### CLEAN WIN ONLINE TRAINING

Clean Win is an online training course that can help athletes and those who support them learn about and review matters related to anti-doping. The content of the training is based on the Anti-Doping Code. The training can be performed easily at [puhtaastiparas.fi](http://puhtaastiparas.fi) whenever suits you best.

You get a diploma for completing the training. You can share a picture of the diploma on social media channels, for instance. Sharing a picture of the diploma is a strong statement for clean sports!

**PUHTASTI  
PARAS**



### REPORT SUSPECTED SPORTS VIOLATIONS

Everyone has the right to report if they suspect doping, manipulation of sports competitions, spectator safety violations or other ethical violations related to sports. You can report the unethical activities such as harassment of a sports stakeholder in the ILMO service, anonymously or with your name. The content of the report is processed confidentially. All information received is analysed for the need for possible further actions. Interfering with violations helps protect sports and ensure that all athletes' starting points are equal and safe.

**ILMO**



## DOPING AGENT CATEGORIES ACCORDING TO THE WADA LIST OF PROHIBITED SUBSTANCES AND METHODS 2023

### SUBSTANCES AND METHODS PROHIBITED AT ALL TIMES

- S0. Non-approved substances
- S1. Anabolic agents
- S2. Peptide hormones, growth factors, related substances, and mimetics
- S3.  $\beta_2$  agonists
- S4. Hormone and metabolic modulators
- S5. Diuretics and masking agents
- M1. Manipulation of blood and blood components
- M2. Chemical and physical manipulation
- M3. Gene and cell doping

### SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

- S6. Stimulants
- S7. Narcotics
- S8. Cannabinoids
- S9. Glucocorticoids

### SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

- P1. Beta blockers

## MAIN CHANGES TO THE LIST OF PROHIBITED SUBSTANCES AND METHODS 2023

- P1. Beta blockers

From the start of 2023, beta blockers are prohibited in minigolf In-competition. Previously, beta blockers were prohibited in diving (in all subdisciplines of free diving, spearfishing and target shooting) only In-competition. From the start of 2023, beta blockers are prohibited in diving at all times, also Out-of-competition.

## KAMU MEDICINE SEARCH

The KAMU (Kielletyt Aineet ja Menetelmät Urheilussa, Prohibited Substances and Methods in Sports) mobile app is available for download in Finnish, Swedish and English for Android and iOS. The search is based on the lists of the Pharmaceutical Information Centre, and it includes only prescription medication and over-the-counter medicines in Finland. The KAMU is regularly updated for new medicinal products entering the market. The KAMU medicine search is also available at [suek.fi](https://suek.fi). If you cannot find the medicinal product you were looking for, please contact FINCIS.

In Finland and other countries, medicinal product may be available with the same name but containing different pharmacological substances. For this reason, the permissibility of medicine obtained abroad should not be checked from the KAMU medicine search. The KAMU mobile app also includes links to other countries' medicine searches. The athlete is always responsible for what is found in their body in any doping tests.



## ATHLETE'S THERAPEUTIC USE EXEMPTION

FINCIS' Therapeutic Use Exemption Committee may grant a national-level athlete a temporary Therapeutic Use Exemption (TUE) for a prohibited substance and/or method, if WADA's criteria are met. The Therapeutic Use Exemption is valid at any national level worldwide. A TUE is applied for with a Therapeutic Use Exemption Application Form, with the medical records and the results of medical examinations that confirm the diagnosis as appendices. Athletes covered by FINCIS' discipline-specific level determination must apply for the TUE in advance, and other athletes must apply for the TUE retroactively, after the possible doping test. TUE matters concerning international-level athletes and athletes participating in international sports events are handled by international federations or major event organisers. Instructions concerning the TUE as well as the TUE search engine ERKKA can be found on the FINCIS website at [suek.fi](https://suek.fi).



Always check the permissibility of the preparations you use against the current list of prohibited substances and methods:

- WADA's List of Prohibited Substances and Methods in Sports: [wada-ama.org](https://wada-ama.org)
- Medications sold in Finland [suek.fi](https://suek.fi)

### Further information

- Telephone advisory 09 3481 2020
- E-mail [erivapaus@suek.fi](mailto:erivapaus@suek.fi)

*It is the athlete's responsibility to check the permissibility of the preparations they use against an up-to-date list.*