



# KAMU



# Anti-Doping Guide 2022

**KAMU - a clean athlete's best friend**

**Prohibited Substances and Methods in Sports**

Finnish Center for Integrity in Sports FINCIS  
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## ATHLETE

- When seeing a physician, always tell them that you are included within the scope of doping control.
- Always use the KAMU medicine search to check yourself that your medication is permitted in sport. If you fall ill abroad, check your medication either 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 require a prohibited substance or method for the treatment of your disease.
- Before an international competition, always check whether the organisers of the competition accept your Therapeutic Use Exemption.
- Whenever necessary, contact FINCIS if you cannot find information from the aforementioned sources.
- Remember that you are always responsible for what is found in your body, even when your use of substances or methods prohibited in sports has not been intentional.

## 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.

- 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 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!



## REPORT SUSPECTED SPORTS VIOLATIONS

Everyone has the right to report if they suspect doping, manipulation of sports competitions or spectator safety violations. You can report the unethical activities such as harassment of an athlete or another actor 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.



# DOPING AGENT CATEGORIES ACCORDING TO THE WADA LIST OF PROHIBITED SUBSTANCES AND METHODS 2022

## 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 2022

### S3. $\beta_2$ -agonist (bronchodilating asthma medication)

The maximum tolerable dose of inhaled salbutamol has been changed. For the changed maximum dose, see the FINCIS website [suek.fi](http://suek.fi).

### S9. Glucocorticoids (cortisone preparations)

Glucocorticoids have previously been banned in-competition when the medicine has been administered orally, rectally or by intravenous and intramuscular injection. Unlike in the past, in 2022 all glucocorticoid injections, regardless of the injection site (including topical injections), are prohibited in-competition. For details and washout periods for glucocorticoids, see the FINCIS website [suek.fi](http://suek.fi).

## KAMU MOBILE APP

The KAMU (Kielletyt Aineet ja Menetelmät Urheilussa, Prohibited Substances and Methods in Sports) mobile app is available for downloading 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 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](http://suek.fi). If you cannot find the medicinal product you were looking for, please contact FINCIS.

In Finland and other countries, medicinal products 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

On application, an athlete may be granted a Therapeutic Use Exemption (TUE) for a prohibited substance and/or method, if WADA's criteria for a Therapeutic Use Exemption are met. 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. International-level athletes and athletes participating in international sports events should contact their national sports federation in advance for the therapeutic use exemption procedures. Detailed and up-to-date instructions concerning the TUE as well as the TUE search engine ERKKA can be found on the FINCIS website at [suek.fi](http://suek.fi).



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

- Medications sold in Finland [suek.fi](http://suek.fi) and telephone advisory: 09 3481 2020
- WADA's List of Prohibited Substances and Methods in Sports: [wada-ama.org](http://wada-ama.org)

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