



Anti-Doping Guide 2024



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.
- Check that your prescription or over-the-counter medication is permitted in sports by entering the medicinal product or active ingredient and route of administration into 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. FINCIS does not maintain a list of nutritional supplements categorising them as prohibited or permitted. An athlete must check the List of Prohibited Substances and Methods themselves to see whether any prohibited substances are listed in the ingredients of the nutritional supplement in question. Nutritional supplements may occasionally contain prohibited substances even if they were not mentioned in the list of ingredients. Consequently, an athlete should carefully consider whether to use any nutritional supplements. The responsibility always lies with the athlete themselves.

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 receive 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 make a report if they suspect doping, manipulation of sports competitions, spectator safety violations or other ethical violations related to sports. Interfering with violations helps protect athletes and sports in general and ensures that the starting points for all athletes are equal and safe.

In the ILMO Service, you can report unethical activities of a sports stakeholder related, for example, to the use of doping or harassment. Reports can also be made anonymously and they are processed confidentially for possible further actions. The ILMO Service can be found here: ilmo.suek.fi/en/.

ILMO



DOPING AGENT CATEGORIES ACCORDING TO THE WADA LIST OF PROHIBITED SUBSTANCES AND METHODS 2024

SUBSTANCES AND METHODS PROHIBITED AT ALL TIMES

- S0. Non-approved substances
- S1. Anabolic agents
- S2. Peptide hormones, growth factors, related substances, and mimetics
- S3. β_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 2024

The World Anti-Doping Agency (WADA) has added tramadol to the 2024 List of Prohibited Substances and Methods. Used as an analgesic, tramadol is included in category S7. Narcotics of the List of Prohibited Substances and Methods by WADA. Tramadol is a substance that is prohibited in-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 Pharmaca, 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/en/. If you cannot find the medicinal product you were looking for, please contact FINCIS.

In Finland and other countries, medication 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 personally responsible for what is found in their body in any doping tests.



ATHLETE'S THERAPEUTIC USE EXEMPTION

The TUE Committee of FINCIS 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. Applications for a TUE are made by using the TUE 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 the major event organisation. Instructions concerning TUE as well as the TUE search engine ERKKA can be found on the FINCIS website at suek.fi/en/.



Always check the permissibility of the preparations you use against the current List of Prohibited Substances and Methods:

- Medicinal products for sale in Finland in the KAMU medicine search at kamu.suek.fi/en/
- WADA's Prohibited Substances and Methods in Sports wada.ama.org

Further information

- Telephone consultation 09 3481 2020
- E-mail erivapaus@suek.fi

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