



INTERNATIONAL SHOOTING SPORT FEDERATION
INTERNATIONALER SCHIESS-SPORTVERBAND e.V.
FÉDÉRATION INTERNATIONALE DE TIR SPORTIF
FEDERACION INTERNACIONAL DE TIRO DEPORTIVO

ni

ISSF, Bavariaring 21, D-80336 München, Germany

All ISSF Athletes

Pages including this cover sheet: 3

EXECUTIVE COMMITTEE

President:	Olegario VÁZQUEZ Raña	MEX
Secretary General:	Horst G. SCHREIBER	GER
Vice-Presidents:	Gary L. ANDERSON	USA
	Unni NICOLAYSEN	NOR
	Luciano ROSSI	ITA
	Medhat M. WAHDAN	EGY
Chairman Tech. C.:	David R. V. PARISH	GBR
Chairman Athletes:	Juha HIRVI	FIN
Members:	Sheikh Salman S.S.H. AL SABAH	KUW
	Graeme H. HUDSON	NZL
	Feng LI	CHN
	Robert MITCHELL	USA
	Carlos SILVA Monterroso	GUA

Munich, 01.12.09 / BW

Re: TUE & Prohibited List Changes in 2010

Dear Shooters,

First allow us to thank you for your vigilance in all anti-doping matters. Inevitably, there are continued responsibilities and obligations that must be respected to ensure that you are all competing on an even playing field.

One of the responsibilities that you all have relates to being aware of the WADA Prohibited List of banned substances and applying for Therapeutic Use Exemptions when necessary. Please be informed of the following:

WADA has revised the Prohibited List in 2010 and we would like you all to be aware of the following major changes. The 2010 List can be downloaded at <http://www.wada-ama.org/en/Science-Medicine/Prohibited-List/>

- The re-introduction of pseudoephedrine to the banned substances list.

Be careful! This is a common ingredient in cold medications, and may be present in other medicines/supplements as well. Pseudoephedrine will have a urine concentration threshold of 150 micrograms/ml. This means that any amount detected above this will result in an "adverse analytical finding". Because everyone is different, it is impossible for the medical committee to advise how much pseudoephedrine can be safely taken.

Our best advice is to avoid it during competition time or to get a TUE for any medication you may use which contains pseudoephedrine.

- Salbutamol and salmeterol, no longer on the Prohibited List.

Asthma patients need to note that salbutamol and salmeterol now only need a Declaration of Use and not a TUE. Terbutaline and formeterol still need a TUE. Do note that salbutamol and salmeterol remain "threshold" substances. Meaning that if you are tested and the lab finds that the drug is in a concentration greater than the 1000 ng/mL threshold, this may result in an "adverse analytical finding".

To avoid problems, do not use these medications in amounts greater than what is prescribed by your physician.

WADA has also updated the International Standard for Therapeutic Use Exemptions. We would therefore remind you of the following changes:

- As of January 1 2010 ATUE's will no longer be valid.

Any shooter who currently has an ATUE (Abbreviated TUE) must re-submit a new and complete TUE application form for use of the substance in question before December 2009. As usual, other than in the case of an emergency, all TUE applications for ISSF shooters must be received by the ISSF at least 21 days before medication is commenced.

To avoid any unnecessary problems, if you currently hold an ATUE, please make sure you resubmit a TUE application to the ISSF as soon as possible.

- The 2010 List identifies a number of substances and methods that are no longer prohibited and no longer require a TUE, but require a Declaration of Use.

Athletes should declare their use of these substances on their Doping Control Form at the time of testing and are also encouraged to file the information with the ISSF or their member federation prior to testing by using the attached Declaration of Use Form. (You can also find the form on our website or submit the DoU via ADAMS.)

Play it safe. If you are taking medication apply for a TUE or file a Declaration of Use form. And in all other circumstances, always declare any medication you are taking on your Doping Control Form – this will allow you to avoid unnecessary procedural issues.

- Retroactive TUEs

Applying for a retroactive TUE is still possible upon receipt of an adverse analytical finding caused by inadvertent use of medication for which a TUE would have normally been granted.

Again - play it safe. Always declare any medication you are taking, even if only temporarily for emergency reasons or other, on your DCF, this will allow you to apply for a retroactive TUE if need-be and avoid any hassles.

➤ Submitting TUEs via ADAMS.

Most of you are currently submitting your TUE's to the ISSF (or your NADO) by fax or regular post. In 2010, WADA is requesting that all TUEs be submitted via ADAMS by athletes who are in the international registered testing pool.

For those of you who are currently using ADAMS to enter whereabouts information, we assume this should be a fairly simple undertaking and shall simplify your administrative tasks by allowing you to use the same medium to submit all your information. For those of you who do not use ADAMS currently, or who still have difficulty using ADAMS, this will of course pose a challenge.

The ISSF and your NADO will both assist you in filing your TUEs via ADAMS. Do not hesitate to ask for help if needed. To facilitate the process we will have a TUE user guide available on our website shortly, and of course you can go visit the WADA website for immediate guidance <http://www.wada-ama.org/en/ADAMS/ADAMS-Training-and-User-guides/>

Although we strongly encourage you to read the ADAMS User Guide in its entirety, you will find information strictly on submitting TUE applications at p. 60 and on.

➤ Remember that use of beta blockers is strictly prohibited.

We are all responsible for what enters our body - intentionally or accidentally. As athletes, you all have important obligations that carry important consequences if they are not respected.

The WADA Code is complex, and changes often. To assist you in keeping updated on these changes, the ISSF will continue to inform you and guide you on as many anti-doping issues as possible. It is however, ultimately up to you to ensure that you fulfill the obligations that come with being a high-level athlete, but more importantly that come with keeping the shooting sport free from doping.

We wish you good luck in all your 2010 competitions and hope that you will continue to work with us in all anti-doping matters.

With best regards,



Olegario Vázquez Raña
ISSF President



Horst G. Schreiber
ISSF Secretary General