

To All Licence Holders

I am emailing in relation to the WADA 2020 Prohibited List that came into effect on the 1st of January 2020. I have attached the prohibited list and a summary of the modifications. There are no changes that will impact over the counter or prescription medications use for athletes in Ireland.

Please ensure riders check all over the counter and prescription medication bought in the Republic of Ireland on www.eirpharm.com
Any medication purchased in Northern Ireland or the UK should be checked on www.globaldro.com

If a rider is unable to find a medication on the relevant database they have searched **do not take the medication**, please contact Sport Ireland on antidoping@sportireland.ie

Sport Ireland continue to advise athletes to be vigilant in relation to supplement use. Recent cases internationally have seen Ligandrol (anabolic agent) and Octodrine (stimulant) found in various supplement products resulting in athletes facing a lengthy ban from sport. Please follow Sport Irelands Supplement Risk Minimisation Guidelines if you choose to use dietary supplements <https://www.sportireland.ie/anti-doping/athlete-zone/supplements-and-herbal-remedies>

I would also like to draw your attention to **Cannabidiol (CBD) products**. While CBD is permitted all other **cannabinoids are Prohibited in Competition**. The risk with CBD products is that it is impossible to only extract CBD from the cannabis or hemp plant therefore CBD products contain varying quantities of other **cannabinoids that are prohibited in competition**. **Sport Irelands advice to athletes is to avoid products containing CBD**. Please see infographic attached. The infographic has already been circulated to all RTP athletes and also on Sport Irelands social media platforms.