

Anti-Doping Update 2025

CHANGES TO THE PROHIBITED LIST 2025



From 1st January 2025

INHALED FORMOTEROL - PERMITTED DOSE TIME INTERVAL MODIFIED.

**NOW - no more than 36 micrograms in any 12 hours,
54 micrograms in 24 hours (as before)**

A finding above this level may be considered an Anti-Doping Rule Violation

Keep a record of use on Medical File, be ready to apply for TUE retroactively



WARNING - additional examples added to list to remind you of PROHIBITED STATUS of

- **S-107, S48168 (ARM210) - non-approved substances/not currently licensed for human use**
- **MOTS-c peptide** - promoted for weight loss & anti-aging
- **S519 & S597** - 'insulin mimetics' promoted to increase muscle, glucose uptake
- **ELACESTRANT**- medication used to treat breast cancer, requires TUE if medically justified
- **Xipamide** - diuretic used to treat fluid retention high blood pressure, kidney disease, requires TUE
- **Hydrafinil (fluorenol)** - promoted to reduce fatigue, improve concentration, no medical justification
- **Midodrine** - medication used to treat orthostatic hypotension
- **Tesofensine** - not yet used medically, experimental use for obesity/weight loss

DONATION OF BLOOD AND BLOOD COMPONENTS PERMITTED

Blood donation by apheresis is PERMITTED when carried out at a collection centre registered and accredited by the relevant regulatory authority of the country in which it operates.

Previously prohibited under M1 Manipulation of Blood and Blood Components because blood components are removed and then reintroduced to the circulatory system

Donation of whole blood and plasma by plasmapheresis does not require a TUE keep records, including dates, locations of donations on a Medical File, in case medical evidence is requested.

Clarifications and guidance about Blood Donation

INCLUDES

- Blood
- Plasma
- Red blood cells
- White blood cells
- Platelets
- Stem cells

Medical treatments using blood or blood components include:

- Blood transfusions for trauma or surgery
- Treatment of cancer patients, esp during chemotherapy recovery
- Patients with blood disorders e.g., anaemia, haemophilia
- Stem cell transplants for patients with certain cancers or diseases

UPDATE TO ANTI-DOPING & TUE POLICIES 2025

Minor revisions have been made to the Anti-Doping Policy and TUE Policy reflecting changes to the Prohibited List and to clarify disciplinary processes including Independent Disciplinary Tribunal and Appeal.

Please check these updates in the 2025 versions of the Anti-Doping and TUE policies when released in January 2025 on the Player Portal (**INFORMATION HUB** under **INTEGRITY TAB / ANTI-DOPING**).

Remember - you are strictly liable for any banned substance or method you use, attempt to use, or is found in your body system, regardless of YOUR intention or how it came to be there.
A violation may also be found against medical or other support personnel involved.

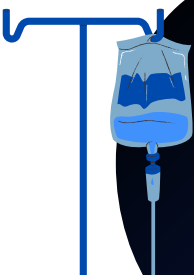
CBD - Players are required to view the CBD video and complete the mandatory questions, please take an opportunity to view this video and understand the risks to your career as a golfer and BEFORE you travel to a country that criminalises possession of CBD products.



MEDICAL FILE: All medication used should be recorded on a Medical File, including details of diagnosis and prescriber. A Medical File can become a TUE Application by completing the consent section and submitting all information. A Medical File template and a TUE Form is available on the Player Portal.

Record all medications and supplements used, any products (including hair treatments, sunscreen etc) to which you are exposed, IN CASE it contains a low level of prohibited substance and you may need to explain or justify the presence of. Your contemporaneous record and prescriber details may help explain the presence of a prohibited substance and reduce the possibility of an Anti-Doping Rule Violation.

CHECK RESOURCE ON **CONTAMINATION - HOW COULD IT HAPPEN?**



NOTE: There is **no justification for IV use** - unless in a hospital or emergency situation

Social use, vitamin, hormone boost, hangover cure, or weight management

= STRICTLY PROHIBITED

Any intravenous infusion or injection of more than 100mL per 12 hour period except when legitimately received in course of hospital treatment, surgical procedure or clinical diagnostic investigation. Full documentation of procedure, justification & clinician required on Medical File

REMINDER - CHANGE TO THE PROHIBITED LIST 2024 - TRAMADOL is PROHIBITED

WHAT IS TRAMADOL?

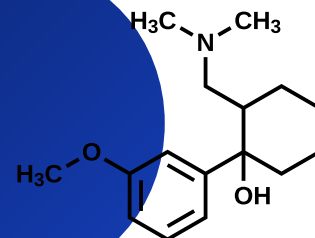
Tramadol is an opioid analgesic, prescribed to treat moderate to severe sports injuries, esp in an emergency. Tramadol is available as tablets, capsules and 100mg/2ml injection. It is a prescription only medication.

Can be addictive, risk of physical dependency, opiate addiction and overdose.

Research indicates potential to enhance performance

ALTERNATIVE PERMITTED PAIN MEDICATION IS AVAILABLE AND SHOULD BE USED IN FIRST INSTANCE

IF TRAMADOL is required/used in emergency - apply for a Therapeutic Use Exemption as soon as possible



AND FINALLY - Check all medications carefully, whether over the counter and/or prescribed.

Ensure your medications are permitted, or for long term medication use apply for a TUE.

Understand how to lower the risks of supplement use where there is evidence of efficacy.

If in doubt, just ASK!

