



For those renewing membership, this letter is similar to the version you received for 2022 but there are changes that all athletes must keep abreast of, especially to the Equine and Human Prohibited Substances Lists.

Dear FEI Registered Athlete:

PLEASE READ THE FOLLOWING LETTER – IF YOU DO NOT COMPLY WITH THESE REGULATIONS, YOU COULD BE SUSPENDED FROM FEI AND USEF COMPETITIONS

As an FEI athlete, it is your personal responsibility to be aware and adhere to the following information pertaining to both human and equine anti-doping. Should you have any questions, or need any additional information, please do not hesitate to contact Steven Morrissey at [smorrissey@usef.org](mailto:smorrissey@usef.org) or USEF Team Physician, Dr. Mark Hart at [markvhart@gmail.com](mailto:markvhart@gmail.com) for Human Clean Sport.

#### **HUMAN ANTI-DOPING**

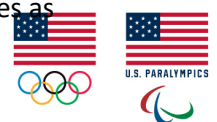
Please be reminded that when you are competing under FEI rules, you (the human athlete) are subject to random, in-competition and out of competition drug testing. In-competition is defined as the period commencing one hour before the beginning of the first Horse Inspection the day before a Competition in which the athlete is scheduled to participate through to the end of the last Competition at the Event for that athlete or the sample collection process related to such Competition. It is your responsibility to know if you are taking any medications on the FEI Prohibited Substance List. The World Anti-Doping Agency (WADA) determines these prohibited lists and updates it every January 1<sup>st</sup>. The most pertinent upcoming change to the prohibited substance list is the banning of the drug tramadol in competition which is expected to go into effect January 1, 2024. As of January 1, 2022 all glucocorticoid (steroid) injections are banned during in-competition periods. WADA has also published a table on steroid washout periods based on specific medications and routes of administration so athletes can now better predict when then must stop steroid medications before a competition to avoid a positive test result.

1. [Athlete Advisory: Explanation of Key Changes on 2022 WADA Prohibited List](#)
2. [What Athletes Need to Know About Inhaled Medications: Inhaler FAQ](#)
3. [Are Glucocorticosteroids Prohibited? Five Things to Know](#)

It is strongly recommended that you regularly visit the United States Anti-Doping Agency's (USADA) website, which contains a range of information on testing, regulations, and athlete rights: <https://www.usada.org/>. You should also regularly check the USADA web page that covers all changes to the anti-doping rules: <https://www.usada.org/spirit-of-sport/key-changes-2023-prohibited-list/>.

*GlobalDRO – what is it?* This is an easy way to find out more information about any medication and if it contains prohibited substances. Just go to this user-friendly link Global Drug Reference Online [www.globaldro.com](http://www.globaldro.com). It is recommended that you save the date stamped inquiry for your own records. Also, be aware that medications purchased abroad do not always contain the same substances as those purchased in the U.S., even if branded the same.

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*Therapeutic Use Exemption (TUE) – What is this and do you need to request one?* In some situations, an **athlete may have an illness or condition that requires the use of medication** listed on the World Anti-Doping Agency's (WADA) Prohibited List. A TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. Without a TUE, a medication violation can result in a suspension. A valid prescription from your healthcare provider for one of these prohibited medications does NOT assure that a TUE will be approved. It is important that you inform your healthcare provider that you are an athlete that may be selected for Clean Sport testing under WADA anti-doping rules, and discuss all prescribed medications and potential alternatives. It is recommended that you review any medications through the GlobalDRO.com application in the presence of the prescribing provider and review specific TUE documentation if required.

For TUE application forms and information on supporting documentation, please contact Steven Morrissey at USEF ([smorrissey@usef.org](mailto:smorrissey@usef.org) or 859.225.7686).

The TUE application will need to be completed in detail and submitted to USEF, attention: Steven Morrissey. The USEF will then review the application to assure it is complete and will submit it to either the FEI or USADA for review and approval. TUE applications need to be completed and submitted to the FEI or USADA **30 days** prior to participating at a competition. In an emergency situation, a TUE still needs to be completed, and should be submitted to Steven Morrissey immediately. An expedited TUE will be requested if appropriate, but this process is not guaranteed.

*IV Infusion/Injection* – The intravenous (IV) and/or injection of more than 100mL per 12 hour period of any substance (including saline) is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. This includes the increasingly popular pop-up “hydration/vitamin infusion clinics” which are considered a prohibited method under this WADA rule.

*Recreational drugs* – With the recent legalization of marijuana (and synthetic derivatives) in many states, this has raised questions about the status of these substances in competitions. Marijuana (THC) remains a banned substance under WADA/FEI/USADA anti-doping rules. Clearance times for testing purposes after last use of marijuana are quite variable (from days to weeks), so it is strongly advised that all athletes avoid recreational drugs at all times.

Cannabidiols (CBD products) are not on the prohibited list but caution must be exercised that the product used not have any THC contaminants.

*Supplement Information* – Do not ingest supplements without fully knowing the ingredients! Supplements will never be risk free. Dietary/nutritional supplements can contain prohibited substances. Educate yourself by going to: <https://www.usada.org/substances/supplement-411/>.

*Whereabouts* – *What are these and do you have to fill these out?* Only athletes in a registered testing pool (RTP), who have been personally and directly informed of their inclusion in a RTP, are required to submit whereabouts. The whereabouts information (dates, times, locations, etc.) is information submitted to USADA by an athlete, which allows the athlete to be located for out-of-competition testing. Whereabouts requirements are determined by registered testing pool inclusion, not event participation. Steven Morrissey from USEF will be in touch if you have met this criterion.





For a quick reference guide and summary of the items listed above, please click and save the following link for your browser: <https://www.usada.org/wp-content/uploads/2023-pocket-guide.pdf>.

## EQUINE ANTI-DOPING

Please be reminded that all horses that are registered with the FEI shall be subject to in-competition testing as well as intelligence based out of competition testing. FEI's philosophy is that horses must be "clean" at the time of competition. If seeking advice from a veterinarian ensure he/she is a registered FEI veterinarian and is fully conversant with the FEI Veterinary Rules

(<http://inside.fei.org/fei/regulations/veterinary>) and the Prohibited Substance List.

Should you have any questions, or need any additional information, please do not hesitate to contact the USEF Drugs & Medication Department at [medequestrian@aol.com](mailto:medequestrian@aol.com) for Equine Clean Sport.

*FEI Prohibited List* - The Prohibited Substances list identifies substances that are 'Controlled Medication Substances' or 'Banned Substances.' What is the difference? Controlled Medication Substances are those substances that athletes/staff might normally use out of competition, but are not allowed while competing. Banned Substances are those substances that are not permitted in horses at any time. Both Controlled Medications and Banned Substances are prohibited in the horse at the time of competition, but there is a significant difference in penalties between these two classifications of substances. Athletes/staff should work very closely with their veterinarians when administering any substances. The FEI prohibited substance database can be accessed by clicking on the below link: <http://inside.fei.org/fei/cleansport/ad-h/prohibited-list>.

*Veterinary Forms (A and B)* - In 2018, the medication forms for FEI were re-designated as Forms A and B. Form A (previously Veterinary Form 1) is used to authorize emergency treatments with a Controlled Medication Substance before or during FEI Events. Form B (previously Veterinary Form 3) is used to authorize treatments with non-oral medication and therapies not included on the EPSL (e.g. rehydration fluids and antibiotics) during FEI events. The previous Veterinary Form 2 for altrenogest (Regumate®) and cyclosporine implants is no longer required. If your horse needs to be treated at the competition, Vet Form A must be filled out prior to administering the medication. Completing this form does not guarantee that you will be allowed to compete. Make sure you familiarize yourself with this process and the new Veterinary Form uses: <http://inside.fei.org/fei/cleansport/ad-h/medforms>.

*Medication Logbook* – An FEI Medication Logbook must be kept for all FEI Horses to record any medication and supplements given during or outside of competition. The FEI Medication Logbook must be fully filled in for each recorded substance. In the prosecution of any EADCMR violation, the FEI Tribunal may request to see the FEI Medication Logbook; failure to produce it may result in an adverse inference being drawn against the PR. The FEI Medication Logbook must not be kept in the Horse's Passport or be handed to the VD at Events.

*Detection Times* - Detection times are the approximate time a substance stays within a horse's system. Familiarize yourself with the FEI's published detection times:

[https://inside.fei.org/system/files/FEI%20Detection%20Times%202018\\_0.pdf](https://inside.fei.org/system/files/FEI%20Detection%20Times%202018_0.pdf).

*Contamination* – Information on best practices to limit the potential for contamination by prohibited substances can be found here: <https://inside.fei.org/fei/cleansport/horses/contamination-prevention>.



Should you believe a horse under your care may have been contaminated with a prohibited substance please contact Steven Morrissey at [smorrissey@usef.org](mailto:smorrissey@usef.org).

*\*Be cautious of supplements and feed. Never accept these from other sources you are not familiar with. Many supplements may not provide a complete listing of their ingredients, so their use is at your own risk.*



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