

The background of the slide is a vibrant collage of aerial sports. In the center, a skydiver in a white and yellow suit with a yellow helmet is in a freefall position. Above them, a yellow hot air balloon floats against a clear blue sky. To the left, a red and white paraglider is visible. In the bottom left, a quadcopter drone with yellow and blue propellers is shown. In the bottom right, a white and red aerobically powered aircraft is flying. The entire scene is set against a backdrop of a blue sky with soft, white clouds.

WEBINAR

SICK OR INJURED:

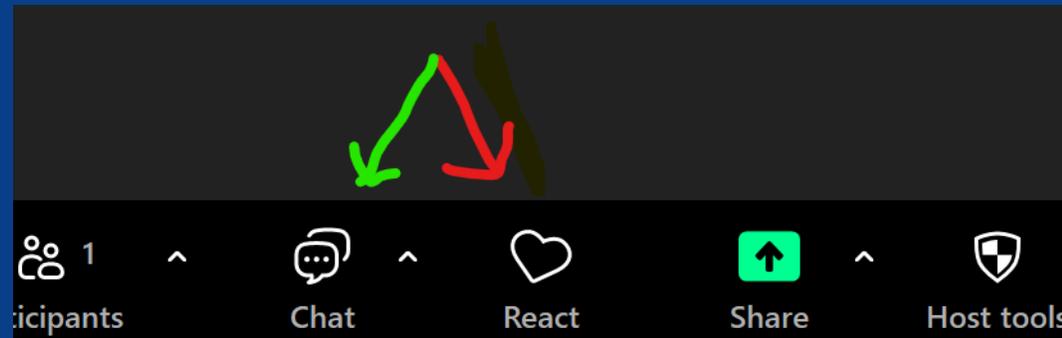
Make sure you Fly Clean



FAI Fly Clean Webinar – 02 April 2025

This meeting is being recorded, and the recordings will be shared with FAI stakeholders as educational material to promote clean sport and protect clean athletes.

If you have any questions during the webinar, please use **the chat box** to type them. The webinar is planned to conclude with a Q&A session. The FAI Anti-Doping Manager will either invite you to speak (**use react** to raise your hand) or read your question from the chat.



Please keep your microphone muted during the meeting



WELCOME ADDRESS

GREG PRINCIPATO, FAI PRESIDENT



ANTI-DOPING EXPERT JACQUES BERLO



ANTI-DOPING EXPERT KAMILA CHOMANICOVA



SICK OR INJURED – WHY THE RISK OF DOPING IS HIGHER



FAI AS WADA SIGNATORY FIGHTS FOR CLEAN SPORT!

Home / Anti-Doping

ANTI-DOPING

[HOME](#) [RULES AND PROCEDURES](#) [ANTI-DOPING TESTING](#) [THERAPEUTIC USE EXEMPTIONS](#) [RIGHTS AND RESPONSIBILITIES](#) [HARM, RISKS AND CONSEQUENCES](#)
[USEFUL INFORMATION](#) [REPORT OF ANTI-DOPING MATTERS - SPEAK UP!](#) [FAQS](#)

In partnership with



WORLD
ANTI-DOPING
AGENCY
play true

A banner image for the 'FLY CLEAN' campaign. It features a skydiver in a white and yellow suit and helmet, floating in a blue sky with clouds. In the background, there are other skydivers and a hot air balloon. The text 'FLY CLEAN' is written in large, white, bold letters across the bottom of the image.

FLY CLEAN

See: <https://www.fai.org/anti-doping>

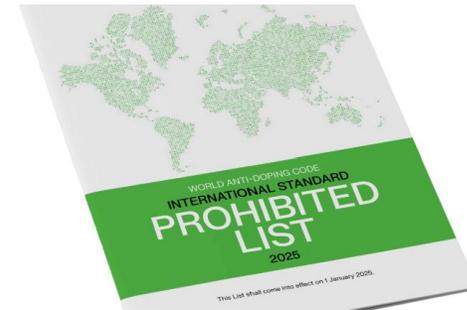
STRICT LIABILITY

The principle of **strict liability** applies to all athletes who compete in any sport with an anti-doping programme. It means that **athletes are responsible** for any prohibited substance, or its metabolites or markers found to be present in their urine and/or blood sample collected during doping control, **regardless of whether the athlete intentionally or unintentionally used** a prohibited substance or method. Therefore, it is important to remember that it is each and every athlete's ultimate responsibility to know what enters their body.

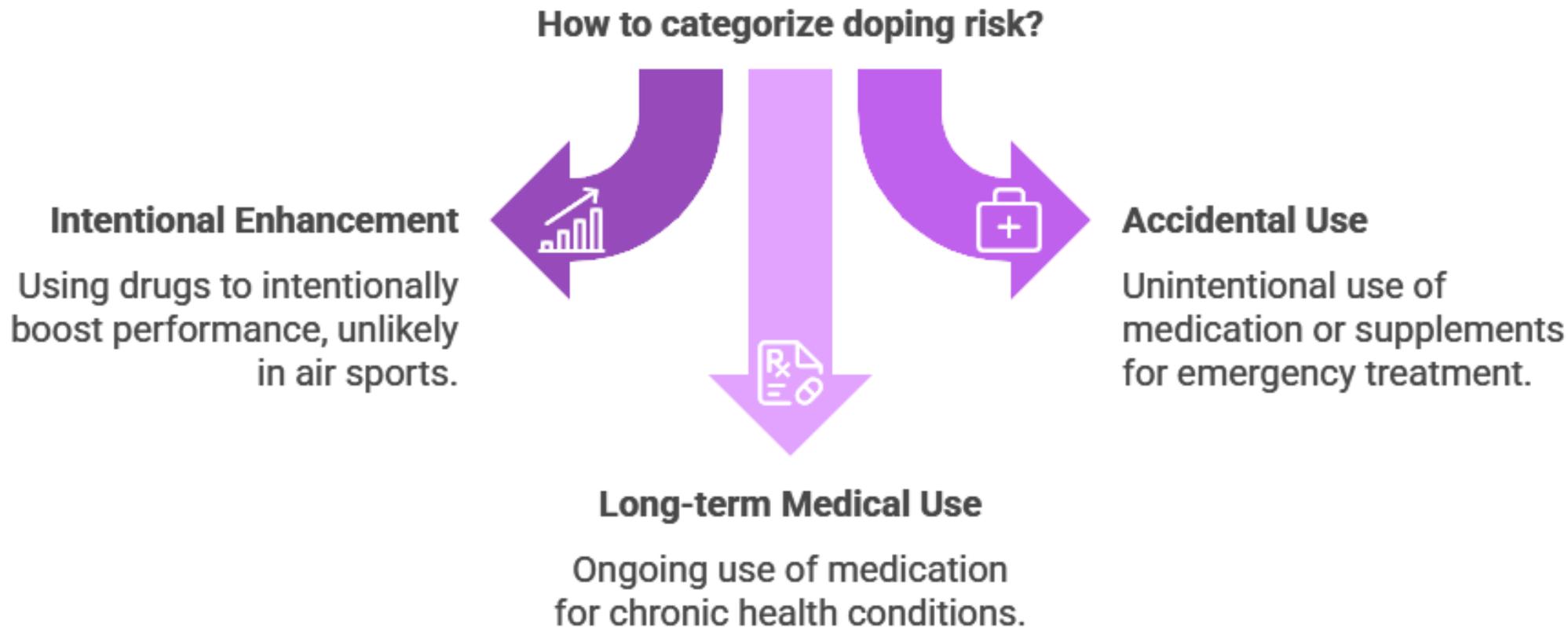
Key document to check – what is prohibited:

2025 WADA Prohibited list:

<https://www.wada-ama.org/en/resources/world-anti-doping-code-and-international-standards/prohibited-list>



IS DOPING IN AIR SPORT ? THERE ARE RISKS



I AM SICK OR INJURED

I need medication...treatment

?

- I take medicine I have home
- I go to pharmacy
- I visit a doctor



WHERE IS THE RISK?

Medication



- Treat or prevent diseases
- Strictly regulated
- May contain banned substances

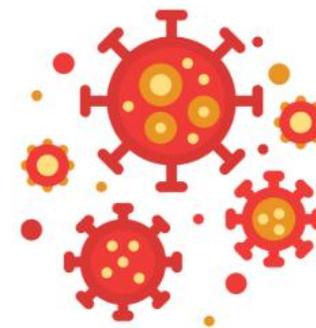
Supplements



- Support general health
- Lighter regulation
- May be mislabeled or contaminated

I AM SICK OR INJURED

I got flu a day before the competition....





Cold and flu

- **Paracetamol** (e.g., Paralen, Panadol)
- **Acetylsalicylic acid** (e.g., Acylpirin)
- **Ibuprofen** (e.g., Ibalgin)
- **Nasal sprays**

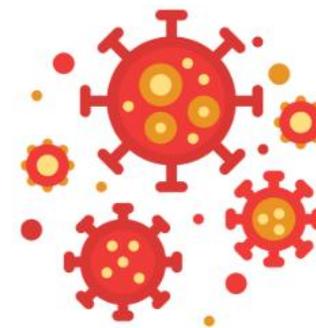
- **Pseudoephedrine**
 - ❖ **prohibited in-competition**
 - ❖ case of Andrea Raducan, Gymnast (ROM) – “Nurofen”

Recommendation:

Stop taking medications containing pseudoephedrine at least 24 hours before the competition day.

I AM SICK OR INJURED

I have knee pain and inflammation...



Pain and inflammation

- Paracetamol
- NSAIDs - Ibuprofen, Diclofenac, Naproxen

Prohibited in-competition:

- **Narcotics** - Morphine, Tramadol
- **Glucocorticoids** - Hydrocortisone, Prednisone
 - ❖ **Prohibited:** Systemic administration (oral, rectal, injection)
 - ❖ **Allowed:** Local administration (topical, inhalation)



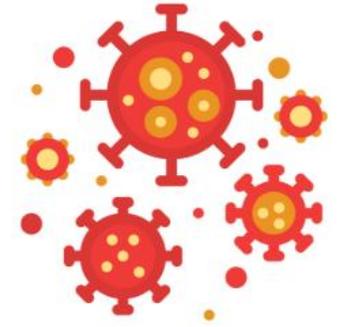
GLUCOCORTICOIDS “WASHOUT PERIOD”

The “washout period” refers to the time from the last administered dose to the time of the start of the In-Competition period (i.e. beginning at 11:59 p.m. on the day before a Competition in which the Athlete is scheduled to participate). This is to allow elimination of the glucocorticoid to below the reporting level.

Route	Glucocorticoid	Washout period*
Oral**	All glucocorticoids;	3 days
	Except: triamcinolone; triamcinolone acetonide	10 days
Intramuscular	Betamethasone; dexamethasone; methylprednisolone	5 days
	Prednisolone; prednisone	10 days
	Triamcinolone acetonide	60 days
Local injections (including periarticular, intra-articular, peritendinous and intratendinous)	All glucocorticoids;	3 days
	Except: prednisolone; prednisone; triamcinolone acetonide; triamcinolone hexacetonide	10 days
Rectal	All glucocorticoids;	3 days
	Except: triamcinolone diacetate; triamcinolone acetonide	10 days

I AM SICK OR INJURED

I have asthma....



ASTHMA

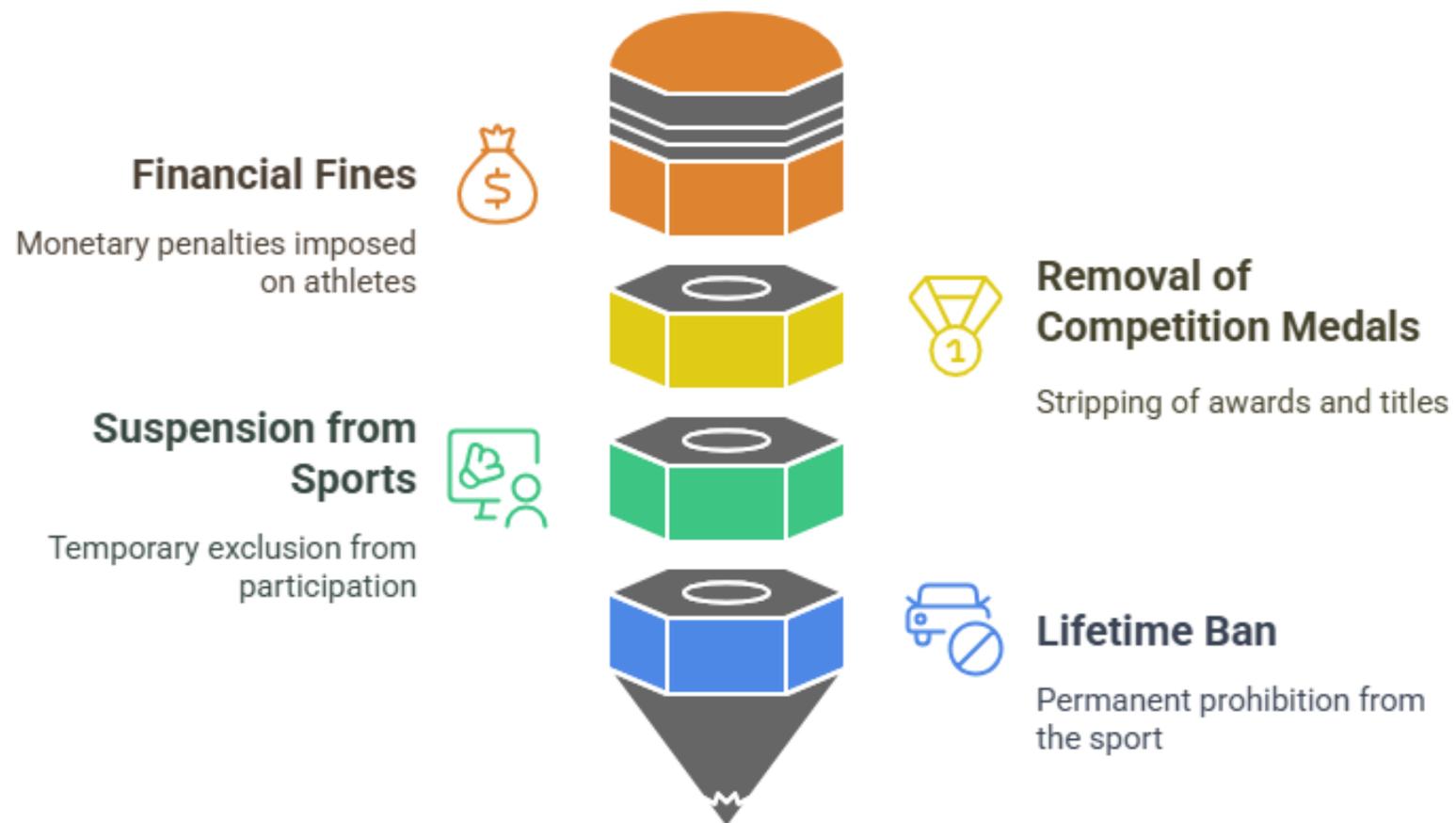
- **Glucocorticoids**
 - ❖ **Prohibited** in-competition
 - ❖ **Allowed** administration via inhalation
- **Beta-2 agonists**
 - ❖ **Prohibited** in- and out- of competition
 - ❖ **Inhaled Beta-2 Agonists** (Salbutamol, Salmeterol, Formoterol, Vilanterol) **permitted** when used via inhalation within the specified dosage limits



Case of Martin Sundby

WHAT CAN HAPPEN?

Consequences of Doping in Sports



CHECKING THE STATUS OF MEDICATIONS



Ask your doctor or pharmacist



Check the active ingredient of the medication against the **Prohibited List**



Use reliable online resources such as:

- Worldwide: **GlobalDRO.com**
- Database of your NADO: e.g. **Zakazanelatky.sk**

WWW.ZAKAZANELATKY.SK

ANTIDOPINGOVÁ AGENTÚRA Slovenskej republiky

LÁTKY A LIEKY AKTUALITY SLOVNÍK POJMOV TUE KONTAKT

Zadajte názov lieku alebo látky HĽADAŤ

OVERENIE LIEKOV A LÁTOK

Trvalo zakázané lieky

Lieky zakázané počas súťaže

Lieky zakázané v určitých športoch

WWW.GLOBALDRO.COM

global DRO

Is your medication banned in sport?

CHOOSE YOUR SPORT NATIONALITY

Canada United Kingdom United States Switzerland Japan Australia New Zealand Other

The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

Global DRO does not contain information on, or that applies to, any dietary supplements.

Visitors can search the Global DRO for specific information on products sold in Australia, Canada, Japan, New Zealand, Switzerland, the United Kingdom, and the United States.

Global DRO is brought to you through a partnership between Anti-Doping Switzerland (ADCH), the Canadian Centre for Ethics in Sport (CCES), UK Anti-Doping (UKAD), and the United States Anti-Doping Agency (USADA). Drug-Free Sport New Zealand (DFSNZ), the Japan Anti-Doping Agency (JADA) and Sport Integrity Australia are official Global DRO licensees.

NUROFEN SINUS PRESSURE & HEADACHE RELIEF TABLETS

Status According to the WADA Prohibited List

✘
In Competition
Prohibited

✔
Out of Competition
Not Prohibited

Options

New Search

GO

 View as PDF

 Ask a Question

substance@ukad.org.uk

Conditions / Warnings



Pseudoephedrine is prohibited when the urinary concentration exceeds 150 microgram/mL. [Further information on WADA.](#)

This threshold is not valid if you are using any substances in the category of diuretics and masking agents. If you have a Therapeutic Use Exemption for both the diuretic/masking agent and pseudoephedrine.



If your medication is administered by an intravenous (IV) infusion or injection, please note: The IV infusion of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited. If you receive any substance received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More.](#)





ACTIVITY

**CHECK THE STATUS
OF MEDICATION AT:**

www.globaldro.com

Note: Purchased in
United Kingdom

CONCERTA

Status According to the WADA Prohibited List



**In Competition
Prohibited**



**Out of Competition
Not Prohibited**



Conditions / Warnings



If your medication is administered by an intravenous (IV) infusion or injection, please note: The IV infusion and/or injection of more than 100mL per 12 hour period of any substance 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. [Read More.](#)



QUESTIONS & ANSWERS

THANK YOU FOR YOUR ATTENTION

PREVENTION

If you are on medication, ensure to go through the **TUE procedure**

Check your medication via GlobalDro database



TUE
Therapeutic Use Exemption



The GlobalDro Database