



**FÉDÉRATION INTERNATIONALE DE SKI**  
**INTERNATIONAL SKI FEDERATION**  
**INTERNATIONALER SKI VERBAND**

**To:**

- National Ski Associations

**For Information:**

- FIS Council
- Chairman & Members of the FIS Medical Committee, Chairmen FIS Discipline Committees
- FIS Race Directors and Co-ordinators
- World Anti-Doping Agency
- National Anti-Doping Agencies

Oberhofen, 21<sup>st</sup> December 2009

## **FIS Anti-Doping Rules 2010**

Dear Mr President,  
Dear ski friends,

We have pleasure in sending you the FIS Anti-Doping Rules 2010, coming into force on 1<sup>st</sup> January 2010, together with the 2010 WADA Prohibited List, as well as updated forms.

### **2010 WADA Prohibited List**

Please bring the new WADA Prohibited List 2010, containing prohibited substances and methods, to the attention of your athletes and team physician personnel. The major changes can be found on the FIS website and relate to the substances salbutamol, salmeterol and pseudoephedrine.

In connection with the 2010 List, the updated DOU (Declaration of Use) form is now available on the FIS website and also enclosed with this communication. As an alternative to the paper form of the DOU, your athletes can make a Declaration directly through the on-line system ADAMS with the assistance of their team physician.

### **FIS Registered Testing Pool**

May we remind you to ensure that all athletes included in the FIS Registered Testing Pool send their complete Whereabouts information for the next quarter (Q1 2010) by latest 31<sup>st</sup> December 2009 in order not to risk a Filing Failure under the FIS Anti-Doping Rules.

If an Athlete who is qualified for the FIS Registered Testing Pool has retired, he/she has to send the retirement form to FIS. If the Athlete decides to return to competition, re-registration by his/her National Ski Association must be in accordance with the FIS Anti-Doping Rules art. 5.6, namely art. 5.6.2 *"[...] a period of three months is required between re-registration and actual return to competition"*.



## Therapeutic Use Exemption

Furthermore, may we remind you that all ATUES (Abbreviated Therapeutic Use Exemptions) will automatically expire by 31<sup>st</sup> December 2009 and a new approval is necessary. By now, all National Ski Associations, whose athletes are subject to this circumstance, should have already been contacted by FIS Anti-Doping. Nevertheless, please check this with your athletes and should there be an open issue, please contact FIS Anti-Doping as soon as possible to make sure all files are in order.

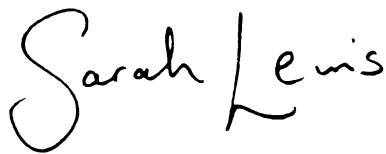
The section of the FIS Website dedicated to anti-doping information can be found here:  
<http://www.fis-ski.com/uk/medical/fisanti-doping/>

May we bring to your attention that it is the responsibility of the National Ski Association to inform your athletes accordingly.

Please do not hesitate to contact FIS Anti-Doping (e-mail: antidoping@fisski.com) should you need assistance and/or have any further questions.

With kind regards

INTERNATIONAL SKI FEDERATION



Sarah Lewis  
Secretary General



Sarah Fussek  
Administrator FIS Anti-Doping

### Enclosures

- FIS Anti-Doping Rules 2010
- WADA Prohibited List 2010
- TUE (Therapeutic Use Exemption) application form
- DOU (Declaration of Use) form (to be used from 1<sup>st</sup> January 2010 on)