



The British Taekwondo Council

Dear Athlete/Athlete Support Person



The World Anti-Doping Agency's 2026 Prohibited List with effect from 1 January 2026

We are getting in touch to make you aware that the 2026 Prohibited List has been released by the World Anti-Doping Agency (WADA) and is effective from 1 January 2026.

- The 2026 Prohibited List is available on the WADA website [here](#). The Prohibited List identifies which substances and methods are prohibited at all times, in-competition only, and within specific sports
- All Athletes and Athlete Support Personnel should familiarise themselves with the new changes effective from 1 January 2026
- UKAD has also published a summary of the major changes on the UKAD website [here](#)
- Be aware of [Strict Liability](#) – an athlete is solely responsible for any banned substance they use, attempt to use, or that is found in their system, regardless of how it got there and whether or not they had an intention to cheat

If you have any questions on the Prohibited List or a medication you may be using, please contact substance@ukad.org.uk. You can also receive further information from our dedicated [Anti-Doping Lead](#), Trevor Nicholls.

Thank you.

British Taekwondo Council

This email is sent from The British Taekwondo Council

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