



British Taekwondo Council

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Dear Athlete/Athlete Support Person

The World Anti-Doping Agency's 2024 Prohibited List comes into effect on 1 January 2024

We are getting in touch to make you aware that the 2024 Prohibited List has been released by the World Anti-Doping Agency (WADA) and it will come into effect on 1 January 2024.

- The 2024 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 in advance of them coming into effect on 1 January 2024
- UKAD has also published a summary of the major changes on the UKAD website [here](#)
- Tramadol will be prohibited in-competition. Athletes who may be using tramadol are reminded to speak to their doctor about seeking alternative pain medication that is permitted in sport. More information can be found [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](#), CEO.

Thanks

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STANDARDS
for SAFEGUARDING
and PROTECTING
CHILDREN in SPORT

