

World Aquatics Member Federations

Lausanne, 13 November 2023

Re: 2024 WADA Prohibited List

Dear World Aquatics Member Federations,

Please note that the World Anti-Doping Agency has issued an updated List of Prohibited Substances and Methods that will come into force on 1 January 2024. The updated list as well as summary of the major modifications can be found [here](#). Among the changes, the use of tramadol as a painkiller is now prohibited in-competition.

In order to help athletes and stakeholders familiarise themselves with the updated Prohibited List, we would like to invite them to attend the upcoming ITA webinar, “What you need to know for 2024” on 29 November from 14h-15h CET. Mark Stuart, a sports pharmacist, will be explaining the key changes to the Prohibited List that athletes and Athlete Support Personnel must be aware of. David Healy, World Anti-Doping Agency Senior Manager, Medical, Science and Medicine, will also be providing a reminder on Therapeutic Use Exemptions. After registering for the webinar [here](#), participants will receive the link to join the webinar via email.

We kindly ask you to share this information with your athletes and support personnel and we remain at your disposal for any questions.

Respectfully yours,



Justin Lessard

Aquatics Integrity Unit Manager