

World Aquatics Member Federations

Lausanne, 28 October 2025

Re: 2026 WADA Prohibited List

Dear World Aquatics Member Federations,

Please note that the World Anti-Doping Agency has issued an updated List of Prohibited Substances that will come into force on 1 January 2026.

The 2026 Prohibited List as well as summary of the major modifications can be found [here](#).

Key updates to the List include the following:

- The dosing intervals of salmeterol have been changed to avoid potential ergogenic effects, though the maximum daily delivered dose remains the same.
- More details have been given about the prohibition of withdrawal of blood and blood components.
- The non-diagnostic use of carbon monoxide (CO) has been added to the Prohibited Methods as a new section, M1.4. The use of carbon monoxide for diagnostic purposes, such as total haemoglobin mass measurements or the determination of pulmonary diffusion capacity, is not prohibited.
- Cell components (e.g., nuclei and organelles such as mitochondria and ribosomes) have been added to the existing prohibition of using normal or genetically modified cells.
- It has been clarified in the Glucocorticoids Washout Table that use of sustained-release formulations may result in detectable glucocorticoid levels past the washout period due to prolonged systemic absorption.

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 2026” on Thursday, 6 November from 14h-15h CET.

Mark Stuart, a sports pharmacist and the ITA Drugs, Health and Development Senior Manager, 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. For any inquiries or more information about the changes, please contact worldaquatics@ita.sport.

Respectfully yours,

A handwritten signature in blue ink, consisting of stylized initials 'JL'.

Justin Lessard
Aquatics Integrity Unit Senior Manager