

Notice to Competitors

NZSSAA fully endorses the policies of Drug Free Sport New Zealand as they apply to Secondary Schools Athletics.

We have chosen to highlight the safe use of Asthma medications for competitors. There are some asthma medications that are banned. There is a process to work through if these medications are essential.

Some common asthma medications do have limits to their frequency of use. Examples are

- Ventolin, 16 puffs in 24 hours, maximum of 6 puffs in 6 hours prior to racing.
- Symbicort, maximum of 12 puffs within 24hours

Refer to Drug Free Sport New Zealand website for more details: <https://drugfreesport.org.nz/>
Some simplified examples (adapted from DFSNZ website)

Medication/Substance	Status in Sport [NB: TUE -Therapeutic Use Exemption]
Budesonide (Symbicort, Pulmicort), Ciclesonide (Alvesco) Fluticasone (Flixotide, Seretide)	<ul style="list-style-type: none"> • Permitted in and out of sport. No TUE needed.
Formoterol (Symbicort)	<ul style="list-style-type: none"> • Maximum threshold of 54 micrograms (12 puffs when using Rapihaler 200/6) over 24 hours. TUE not required for use within thresholds.
Salbutamol (Ventolin, Asmol)	<ul style="list-style-type: none"> • Maximum threshold of 1600 micrograms (16 puffs) over 24 hours. TUE not required for use within thresholds. • Must not exceed 600mcg (6 puffs) in an 8-hour period. TUE not required for use within thresholds. Diuretic rule applies
Salmeretol (Seretide/Serevent)	<ul style="list-style-type: none"> • Maximum threshold of 200 micrograms (approx. 8 puffs when using Seretide MDI inhaler 250/25) over 24 hours. TUE not required for use within thresholds. Diuretic rule applies
Terbutaline. (Bricanyl)	<ul style="list-style-type: none"> • Prohibited both in and out of competition. TUE required for use
Vilanterol (Breo Ellipta)	<ul style="list-style-type: none"> • Maximum dose of 25micrograms over 24 hours (1 puff when using Breo Ellipta 100/25 or 200/25). TUE not required for use within thresholds. Diuretic rule applies