

World Aquatics Member Federations

Lausanne, 18 December 2025

Re: 2026 WADA Prohibited List

Dear World Aquatics Member Federations,

This is a reminder communication regarding the World Anti-Doping Agency's (WADA) updated List of Prohibited Substances, which 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.

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,



Justin Lessard
Aquatics Integrity Unit Senior Manager