



Fédération Internationale  
de Natation

CORNEL MARCULESCU  
EXECUTIVE DIRECTOR

## MEMORANDUM

**TO: All FINA MEMBER FEDERATIONS**  
**FROM: FINA, Lausanne**  
**DATE: October 14, 2010**  
**RE: 2011 Prohibited List**

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**EXECUTIVE DIRECTOR**  
CORNEL MARCULESCU

Dear Madam or Sir,

The 2011 List of Prohibited Substances and Methods is now available. This List will take effect on January 1, 2011.

Noteworthy changes compared to the 2010 List include:

### **Non-Approved Substances**

A new section – “Non-Approved Substances” – has been added. This “open” section addresses the abuse of pharmacological substances for the purpose of performance enhancement which are not included in other sections of the List and which are not approved by any governmental regulatory health authority for human therapeutic use (i.e. drugs under pre-clinical or clinical development or discontinued).

### **Platelet-Derived Preparations**

Platelet-derived preparations (commonly referred as PRP or blood spinning), prohibited in 2010 when administered by intra-muscular route, have been removed from the List for 2011 after consideration of the lack of current evidence concerning the use of these methods for purposes of performance enhancement. Current studies on platelet-derived preparations do not demonstrate a potential for performance enhancement beyond a potential therapeutic effect.

### **Declaration of Use**

The obligation for athletes to file a Declaration of Use for specific substances that are not prohibited has been removed. This change has been reflected accordingly in the 2011 International Standard for Therapeutic Use Exemptions. (please see enclosed).

We remain at your disposal for any questions you may have.

Yours sincerely,

**Cornel Marculescu**  
Executive Director

CM/jl