



FEDERATION INTERNATIONALE DE L' AUTOMOBILE

## FIA “RACE TRUE” ANTI-DOPING CAMPAIGN

Dear Driver or Co-driver,

We are pleased to send you herewith the 2011 Prohibited List in a format that will allow you to carry it with you easily and therefore show it to your doctor or your pharmacist every time you need to take a medicine or any nutritional supplement.

This message and this 2011 Prohibited List document give us the opportunity to remind you how important doping prevention is.

Do not forget that:

- **You are responsible for any substance that enters your body, regardless of whether or not the substance has been taken or administered intentionally.**
- **If you need to use a medicine which is normally prohibited (because no permitted medicine can be used instead), you must fill in a Therapeutic Use Exemption request and send it to your National Anti-Doping Organisation (or directly to the FIA in certain cases specified in the regulations) for approval.**
- **The content of a specific drug can vary from one country to another, so try to bring with you any drugs you need to use while you are abroad.**
- **Even apparently benign drugs such as eyes drops, nose drops or throat pastilles can contain prohibited substances.**
- **Be careful: nutritional supplements do not always mention all the substances they contain. So always make sure that you know what you are taking.**

For additional information, **please visit our FIA anti-doping webpage:**

**[www.fia.com/en-GB/sport/anti-doping](http://www.fia.com/en-GB/sport/anti-doping)**

Please contact your National Anti-Doping Organisation or your National Sporting Authority (ASN) if you have any questions.

And please note that **an FIA anti-doping e-learning course and quiz**, available in English, French, German, Spanish and Russian (and more languages in the future), will be soon available on the FIA anti-doping webpage.

Within approximately 30 minutes, it will show you **all the key anti-doping points of which you MUST be aware.**

So make sure you take this course. These 30 minutes could change your life by avoiding possible positive doping results caused by ignorance.

We wish you a successful and clean season!

Gérard Saillant

President of the FIA Medical Commission

Geneva, 4 May 2011

*Encl.: the 2011 Prohibited List in a wallet format*