

## Guidance on the use of Asthma Inhalers/Relievers during Training

We have seen the use of inhalers by athletes increasing over the years. The following guidance is in no way a medical recommendation. It is a guidance we would like you to adhere to once you have already obtained an inhaler prescription through a medical doctor. This guidance also does not take into account any requirements that must be met for National or International level competition or any requirements for the use of inhalers by USADA, which covers all USA registered swimmers.

1. Place the inhaler in a clear plastic bag (freezer type). Label the bag and inhaler clearly with your child's name.
2. Ensure your child is competent to self-administer and is aware of signs that would trigger the need to use the inhaler.
3. Place the inhaler in your child's equipment bag, which should be brought out onto the pool deck with them prior to getting in the pool. Please check the inhaler regularly to ensure it has not been emptied.
4. Ensure that the club is informed of your child's condition during registration or when the child is diagnosed.
5. Ensure any changes to your child's health or medical condition are noted on your account.

If you would like to go into detail on the use of inhalers or other asthma medication and what waivers you child may need, please consult the following website: <https://www.usada.org/athletes/antidoping101/>