



Commonwealth Games 2026

Update for community pharmacists
from NHS GGC

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Programme

- Glasgow Commonwealth Games facilities and planning
- Medical Services
- Doping in Sport
 - Overview
 - WADA/UKAD
- Relevant resources



Nations

Global Participation

Athletes from 74 nations and territories are expected to compete in Glasgow 2026, demonstrating the international reach of the Commonwealth Games.

Continental Representation

Nations and territories from Africa, Asia, the Caribbean, Europe and Oceania brought together sporting talent, celebrating cultural diversity.

Notable Attendees

As in previous Games, this will include large sporting nations such as England, Australia, Canada, India, New Zealand and Scotland, alongside smaller island states and territories, ensuring broad geographic and cultural representation.

Comparison with previous games

The expected level of participation is consistent with recent Commonwealth Games and reinforces the Games' role as a globally inclusive, multi-sport event bringing together diverse nations within a shared sporting framework

Sports

Event Dates and Venue

The Glasgow 2026 Commonwealth Games will be held from 23rd July to 2nd August, bringing together athletes from across the globe.

Athletes will start arriving from Friday 17th of July and will have left by Monday August 3rd.

Diverse Sporting Disciplines

Athletics, swimming, cycling, and gymnastics are among the featured sports, offering excitement and variety for spectators.

Inclusivity and Para-Sports

The inclusion of new disciplines and para-sports promotes inclusivity and highlights international sporting talent.





2026 Glasgow Games Venues

Scotstoun Stadium

Scotstoun Stadium is part of the Scotstoun Sports Campus located in West End of Glasgow. Glasgow Warriors have trained at the stadium since 2009 and played their home games in front of a packed crowd since 2012.

Sir Chris Hoy Velodrome and Arena

The facility opened in October 2012 and was purpose built for the Glasgow 2014 Commonwealth Games. Named after the 11-time world champion, six-time Olympic champion and two-time Commonwealth Champion.

Tollcross International Swimming Centre

Opened in 1997, Tollcross International Swimming Centre has significant major events' pedigree having hosted Glasgow 2014 Commonwealth Games, 2015 World Para Swimming Championships, 2018 European Aquatics Championships and 2019 European Short Course Championships.

Scottish Event Campus (SEC)

The Scottish Event Campus (SEC) features the SEC Centre, five interconnected exhibition and meeting spaces, the iconic SEC Armadillo and the most recent addition, The Hydro – a concert, sporting and special events arena.

Medical Services

Athletes and Commonwealth Games Family

- Competition venues
 - On site event providers for athletes and spectators
- Outside of venues
 - Medical hub*
 - Games hotel
- Private prescriptions written by commonwealth games medical provider

Non-accredited attendees and International visitors

- Normal arrangements that would apply to an international visitor
 - Depending on country of residence NHS reciprocal arrangements might apply (including temporary registration with GP)
 - Otherwise, private healthcare to be arranged by patient

* Randox health clinic: Howard St (behind St Enoch centre)

COMMUNITY PHARMACY SERVICES

FOR A PATIENT REGISTERED WITH A GP IN SCOTLAND

- **Pharmacy First**
 - Treatment for minor ailments
 - Treatment for uncomplicated UTI in women aged 16 years and over
 - Treatment for impetigo
 - Management of Herpes Zoster infection in patients over 18 years of age
 - Treatment of bacterial skin infections in patients over 18 years

NB other eligible patients groups are detailed on following page

- **Emergency Hormonal Contraception** via Public Health Service
- **Urgent supply of Prescribed Medicines, Appliances and ACBS Products at the request of the patient** – fully funded if via Unscheduled Care PGD otherwise access to up to 30 days emergency supply of prescribed medicines (max 5 days for phenobarbital and any Sch 4 & 5 CDs; Sch 1,2,3 CDs excluded) - costs/fees can be applied



V1.0 July 2023

FOR A PATIENT REGISTERED WITH A GP IN THE REST OF THE UK

- **Emergency Hormonal Contraception** via Public Health Service
- **Urgent supply of Prescribed Medicines, Appliances and ACBS Products at the request of the patient** –up to 30 days emergency supply of prescribed medicines (max 5 days for phenobarbital and any Sch 4 & 5 CDs; Sch 1,2,3 CDs excluded) - costs/fees can be applied



FOR A PATIENT NOT REGISTERED WITH A GP IN THE UK

- **Urgent supply of prescribed medicines at the request of the patient**
 - Patients from the EEA/Switzerland can obtain up to 30 days' emergency supply of medication from community pharmacy (max 5 days for Phenobarbital for epilepsy and Sch 4&5 CDs; Sch 1,2,3 CDs excluded) provided the pharmacist is comfortable to do so - costs/fees can be applied
 - Patients from outside of the EEA/Switzerland cannot obtain emergency supplies of medication via community pharmacy.



COMMUNITY PHARMACY SERVICES

Healthcare in Scotland for Holidaymakers from Overseas (Factsheet)

<https://www.nhsinform.scot/publications/healthcare-in-scotland-for-holidaymakers-from-overseas-factsheet>

Holidaymakers' eligibility to receive free healthcare while in Scotland will depend on their individual circumstances. However, access to emergency treatment is free until the overseas patient is stabilised.

Patients who run out of medicines to see a GP who will decide if the patient can register as a temporary resident to allow an NHS prescription (if appropriate), otherwise a private prescription (if appropriate).

Unscheduled Care

Community pharmacy contractors may provide patients, registered (or temporarily) with a medical practice in Scotland, with NHS prescribed medicines, appliances and ACBS products when the patient's prescriber is unavailable and when it is clinically appropriate to make the supply. This is to ensure continuity of care for patients and easing the strain on our colleagues in primary care and Out of Hours services.

Pharmacy First

Overall Service - PCA2020(P)13

The following persons are eligible for the service:

- a person registered with the Defence Medical services (even if they are a visitor to Scotland),
- a person registered on a permanent basis with a GP Practice in Scotland,

- a person registered on a temporary basis with a GP Practice in Scotland (unless they are a visitor to Scotland),
- a person who lives in Scotland,
- a person who is a gypsy or traveller in Scotland, or
- a person who is an asylum seeker in Scotland or a dependent of an asylum seeker in Scotland.

The following persons are not eligible:

- a visitor to Scotland

[A visitor is defined as someone who is away from their normal place of residence and who intends to stay in Scotland for less than 3 months. A person who is registered with a GP Practice in Scotland on a temporary basis and who is a visitor to Scotland under the 2020 Directions is not eligible to receive the service.]

Minor Eye Conditions PCA(O)(2020)18 and PCA(P)(2020)24

Eligibility: Individuals who are registered with a GP practice in Scotland, or who live in Scotland, are eligible to use NHS PFS subject to certain exceptions for visitors to Scotland.

Visitors to Scotland are excluded from accessing the service, however pharmacists will still be able to provide general help and advice to these patients as well as providing medication by OTC sale (if appropriate).

Visitors presenting initially at the pharmacy with an emergency eye problem should be informed that they are entitled to free NHS eye care until they are

stabilised: <https://www.nhsinform.scot/care-support-and-rights/health-rights/access/healthcare-for-overseas-visitors#tourists-and-holidaymakers>.

Alternatively, if the problem is not deemed an emergency, the patient can be signposted to an optometry practice for advice about their eye condition. The patient will be appropriately triaged and managed. If an eye examination is deemed appropriate by the optometrist and the patient resides outside of the UK, and is therefore not eligible for a free NHS funded General Ophthalmic Services examination, a private fee may be payable.

Emergency Hormonal Contraception

PCA (P) (2015) 20

Public Health Service

The free supply of emergency hormonal contraception (EHC) is available to any female client aged 13 years or over. The service must be provided by the pharmacist in person.

A pharmacist who chooses not to supply EHC on the grounds of religious, moral or ethical reasons must treat the matter sensitively and advise the client on an alternative local source of supply (another pharmacy, GP or sexual health service) available within the time frame for emergency hormonal contraception treatment to be effective (within 120 hours of unprotected sexual intercourse).



WADA and UKAD Explained

Global Anti-Doping Standards

WADA establishes and enforces worldwide anti-doping rules to ensure fairness and integrity in sports.

UKAD Implementation

UKAD applies WADA's standards in the UK, performing athlete testing and delivering educational programmes.

Promoting Clean Sport

Both organisations strive to maintain athlete health and uphold fair competition at every sporting level.

UKAD's Role in Glasgow 2026

Ensuring Anti-Doping Compliance

UK Anti-Doping (UKAD) has jurisdiction over international athletes at the Glasgow 2026 Commonwealth Games, acting on behalf of the Commonwealth Games Federation (CGF) to manage anti-doping, testing, and compliance for all competitors.

As the host nation National Anti-Doping Organisation, UKAD works with the CGF to enforce the World Anti Doping Agency Code

Key details regarding jurisdiction and anti-doping at the 2026 Games:

Role of UKAD: UKAD leads the anti-doping program, including testing and education for all participants.

CGF Authority: The Commonwealth Games Federation (CGF) holds ultimate authority, but delegates operational testing to UKAD.

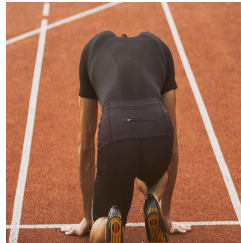
International Cooperation: While UKAD leads, it works within a task force involving other National Anti-Doping Organisations (NADOs).

TUE Process: International athletes may need to apply for a Therapeutic Use Exemption (TUE) through the CGF if they do not already have a recognized one - tue@commonwealthsport.com

Jurisdiction Scope: All athletes, regardless of nationality, are subject to testing by UKAD during the Games-time period.



Why Athletes Violate WADA Code



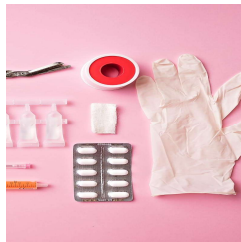
Performance Pressure

Athletes often feel intense pressure to perform at their best, which can lead them to seek unfair advantages and violate regulations.



Lack of Substance Education

A lack of proper education about banned substances causes some athletes to unknowingly breach WADA rules.



Doping for Injury Recovery

Some athletes use prohibited substances to recover from injuries quickly, disregarding the risks and consequences of violating regulations.

How Athletes Can Violate WADA Code



1. presence of a prohibited substance or its metabolites or markers in an athlete's sample
2. use or attempted use by an athlete of a prohibited substance or a prohibited method
3. evading, refusing or failing to submit to sample collection by an athlete
4. whereabouts failures by an athlete
5. tampering or attempted tampering with any part of doping control by an athlete or other person
6. possession of a prohibited substance or a prohibited method by an athlete or athlete support person
7. trafficking or attempted trafficking in any prohibited substance or prohibited method by an athlete or other person
8. administration or attempted administration by an athlete or other person to any athlete in-competition of any prohibited substance or prohibited method, or administration or attempted administration to any athlete out-of-competition of any prohibited substance or any prohibited method that is prohibited out-of-competition
9. complicity or attempted complicity by an athlete or other person
10. prohibited association by an athlete or other person
11. acts by an athlete or other person to discourage or retaliate against reporting to authorities



WADA Prohibited List Overview

Types of Banned Substances

The list includes anabolic agents, hormones, and stimulants, which are prohibited in sports to maintain fairness.

Prohibited Methods

Certain methods, such as blood manipulation, are banned to prevent unfair performance enhancement and protect athlete health.

In-Competition and All-Time Bans

Some substances are only banned during competitions, while others are always prohibited to ensure fair play and athlete wellbeing.

Prohibited At All Times

Usually have a longer lasting effect.

These substances can therefore be tested for at any time, not just at a competition.

- Non-approved Substances
- Anabolic Agents
- Peptide Hormones, Growth Factors, Related Substances, and Mimetics
- Beta-2 Agonists
- Hormone and Metabolic Modulators
- Diuretics and Masking Agents

• Prohibited Methods

- Manipulation of Blood and Blood Components
- Chemical and Physical Manipulation
- Gene and Cell Doping

Prohibited In-Competition Only

Typically have short-lived effects.

These substances can only be tested for in association with a competition.

- Stimulants
- Narcotics (incl tramadol)
- Cannabinoids
- Glucocorticoids

in specific sports

- beta-blockers (e.g. shooting)

if above threshold or dose

- **All Beta-2 Agonists** are prohibited except salbutamol, formoterol, salmeterol, vilanterol when inhaled and within specified doses
- **Pseudoephedrine** when urine <150mcg/mL (can be breached with OTC pseudoephedrine)

• Depending on route of administration

- salbutamol, formoterol, salmeterol, vilanterol when given orally or by other systemic routes.
- epinephrine (adrenaline) by local injection (topical local administration, e.g. nasal, is not prohibited)
- glucocorticosteroids when administered by oral, injections or rectal routes (inhalation routes (e.g. inhaler or nasal, are not prohibited)

Checking Medicines (including OTC) Status

National drug databases

Some Anti-Doping Organisations (ADOs) have created national drug databases that help medical professionals and athletes check their medication against the List to determine if they are prohibited or not.

The Global Drug Reference Online (Global DRO) is one example. Click here to access the Global DRO website:

<https://www.globaldro.com/Home>

- The Global DRO is available in Scotland.
- It has 8,000 substances in its database, including those on the List.
- When an ingredient or medication is entered into the system it is checked against the database. The result is either 'permitted' or 'prohibited'. It will also state whether it is prohibited in-competition or prohibited at all times.
- For the member countries of Global DRO, they can also search by the brand name of the medication, for example Advil.
- Other ADOs such as Sport Ireland and Anti-Doping Norway have similar drug databases sites where you can check if the medication is prohibited.
- Remember the national drug databases only consider legal, pharmaceutically produced, licensed medications.



Supplements & Doping Risks

Dietary supplements can be broadly defined as products containing a concentrated source of nutrients or other substances that have a nutritional or physiological effect.

Performance Enhancement

Many athletes use supplements hoping to boost performance, but results can vary greatly and may not be safe.

Risk of Contamination

Supplements can be contaminated with banned substances, increasing the risk of unintentional doping violations for athletes.

Importance of Regulation and Education

Strict oversight and athlete education help prevent doping infractions and promote safer supplement choices (e.g. a "Food First" approach).

Checking Supplements

WADA Warning

Beware of supplements: supplements are a risk and could contain or be contaminated with a new anabolic agent or stimulant that is not specifically named on the List. Athletes must be made aware of the risks associated with supplement use.

Core Principles of WADA Supplement Advice

- "Food First" Approach: WADA and associated agencies generally recommend that athletes fulfill their nutritional needs through a balanced diet rather than relying on supplements.
- Strict Liability: If a supplement is contaminated, the athlete is still responsible for a positive test.
- No Endorsements: WADA, UKAD, and other anti-doping organizations do not approve or certify any supplement products. Products claiming "WADA Approved" are fraudulent.
- Risk Mitigation (Batch Testing): While no supplement is 100% risk-free, athletes are trained to look for products tested by independent companies (e.g., Informed Sport, NSF Certified for Sport).

UKAD Supplements Hubs

<https://www.ukad.org.uk/supplements-hub>

Understanding TUEs in Sport

Medical Necessity for Athletes

TUEs permit athletes to use otherwise banned substances strictly for treating genuine medical conditions, ensuring their health and participation.

Ensuring Fair Competition

TUEs maintain fairness by making certain medications accessible without providing an unfair advantage to athletes over competitors.

Safeguarding Athlete Well-being

The regulations associated with TUEs can be found in the Code and the International Standard for Therapeutic Use Exemptions (ISTUE).

The ISTUE includes key information regarding:

- The criteria for granting a TUE
- Confidentiality of information
- How Therapeutic Use Exemptions Committees (TUEC) are formed
- The TUE application process

A TUE will only be approved if the conditions set out in the Code (Article 4.4) and the ISTUE are met.

<https://www.wada-ama.org/en/resources/world-anti-doping-program/international-standard-therapeutic-use-exemptions-istue>





Role of community pharmacy

- Community pharmacies can inadvertently contribute to an athlete taking a World Anti-Doping Agency (WADA) prohibited substance through the sale of over-the-counter (OTC) medications that contain hidden or non-obvious banned ingredients.
- This risk is heightened when pharmacists lack specific training in sports medicine and anti-doping regulations, as many are unaware that even unintentional intake constitutes a doping violation under the principle of strict liability.

The Alain Baxter Case

- The case of Scottish skier Alain Baxter is the primary example of how minor variations in pharmacy products can lead to inadvertent doping:
- **Innocent Purchase:** During the 2002 Winter Olympics in Salt Lake City (USA), Baxter purchased a Vicks VapoInhaler from a local community pharmacy to treat a cold.
- **Geographical Formulation Differences:** While the UK version of the Vicks inhaler did not contain prohibited substances, the US version at the time contained levmetamfetamine (l-methamphetamine), a stimulant on the WADA Prohibited List.
- **Outcome:** Despite officials accepting that his use was inadvertent and for therapeutic reasons, the "strict liability" rule meant Baxter was stripped of his Olympic bronze medal.



Key Risks in Community Pharmacy

- **Variations in OTC Brands:** Global brands often use different active ingredients in different countries, and within the UK brands often use different active ingredients across their range of products, which may not be immediately obvious to a pharmacist or athlete.
- **Knowledge Gaps:** Inadequate knowledge of WADA's Prohibited List and misidentification of common medications (e.g. certain decongestants or diuretics) that are prohibited.
- **Lack of Screening:** Without processes to identify customers as competitive athletes, pharmacists may recommend standard OTC remedies without checking them against anti-doping databases.
- **Complex Labelling:** Some prohibited substances are listed under chemical names that are difficult for athletes to recognise, or are found in supplements with misleading or incomplete labels.
- **To mitigate these risks,** increasing community pharmacy awareness of the WADA code, prohibited list and TUEs, and for competing athletes to always disclose their status when having a medicines supplied to them and when purchasing an OTC treatment or supplement.

RESOURCES

Healthcare for overseas visitors

<https://www.nhsinform.scot/care-support-and-rights/health-rights/access/healthcare-for-overseas-visitors#tourists-and-holidaymakers>

WADA Prohibited List

<https://www.wada-ama.org/en/news/wadas-2026-prohibited-list-now-force>

The WADA Prohibited List Explained

<https://www.globaldro.com>

UKAD Supplements Hubs

<https://www.ukad.org.uk/supplements-hub>





Enjoy the Commonwealth Games
Glasgow 2026

Please contact me with any questions

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Example

A customer who is visiting from overseas asks for advice about treating a common cold they have picked up on the international flight over.

- They mention that at home they use Sudafed® which they find works well for this type of thing.
- They had some with them but have run out and they have their empty packet of Sudafed® Sinus and Nasal Decongestant (pseudoephedrine 60mg tablets).
- They are fit and healthy otherwise.
- What do you do?





Example

Turns out the customer's wife (not in the store with him) is in Glasgow to compete in the Women's Pairs Lawn Bowls competition and has also been taking the Sudafed for a cold that she also picked up on the flight over.



What do you do?