

PROJECT REVIEW

"Effects of beta blockers on fine motor performance in archery"

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According to the consultation process by WADA on 2012 Prohibited List, World Archery reevaluated the removal of beta blockers, as it is always a major concern regarding TUEs over decades. A study has been carried out many years ago for pistol shooting which has shown the effect to be existing, which is why the substance ended on the prohibited list. It was taken granted that the use of beta blockers would affect archery performance and was added to the list.

However, no scientific research was carried out on archers concerning the effects of beta blockers. On the other hand, there has been an enormous development especially in the field of Beta-blockers. The so called cardioselective Beta-blockers (means there is only effect on heart activity) are widely used and may keep archery open to a great number of archers throughout the world. This would be one of the issues to test during such Beta Blockers-project and also illustrates the challenge since how do we differentiate between these and more traditional betablockers.

With this perspective on mind, WA is willing to carry out a Project to search the effect of betablockers on the effect of archery shooting performance, more specifically fine motor tuning during shooting. In this Project, archers will be given beta blockers and their performances will be evaluated in a laboratory setting. The main parameters that will be measured are postural sway, aiming behaviour, mechanical clicker reaction time and actual shooting scores.