

27 December 2016

## **Therapeutic Use Exception (TUE)**

We all know that athletes can develop medical conditions that require the use of substances that are prohibited in sport either in competition, out of competition or both. This document is to let you know that there is a system where by athletes can get permission to use prohibited medications to treat their condition but that certain criteria apply.

### **Common examples are**

- ADHD requiring use of stimulant medication
- Rheumatoid arthritis and inflammatory bowel conditions requiring the use of corticosteroids
- Diabetes requiring the use of insulin
- Asthma requiring the use of beta agonists other than the permitted medications

### **The main criteria for granting a TUE are:**

- The athlete would experience significant impairment to their health without the use of the prohibited substance or method
- The therapeutic use of the prohibited substance or method would produce no additional enhancement of performance
- There is no reasonable therapeutic alternative to using the otherwise prohibited substance or method.

Before applying for a TUE, the first step is to ensure that there is no suitable alternative medication that is permitted. This is particularly true of the asthma relievers – please check FIRS prohibited list under Beta agonists.

Then check whether you need a pre-approved TUE – all athletes competing in FIRS World Championship are defined by FIRS as International athletes and therefore require a TUE pre-approved by FIRS.

Athletes competing at National level should consult with their NADO about whether they require a pre-approved TUE.

FIRS will accept a TUE issued by a National Anti-Doping Organisation (NADO) provided it has been approved in accordance with the International Standards for TUE and that the medical file is available for review on request by FIRS.

### **How to apply for a TUE.**

If you are an International athlete download the TUE application form from the FIRS webpage under the sports medicine tab and fill it in with your doctor.

If you are a National level athlete contact your NADO.

You will need to supply the following documentation

- Clinical history of the condition
- Confirmation of the diagnosis by the treating doctor supported by evidence e.g. pathology reports
- Confirmation that there is no alternative medication that is not prohibited
- Confirmation that the treatment used is effective and justified

The information then goes to the FIRS TUE committee for assessment and approval or rejection as appropriate. This takes a minimum of 30 days so please don't allow athletes to bring a brief note from a doctor stating that they are taking prohibited medication to the championship and expecting a TUE to be issued.

### **What if the application is rejected?**

The athlete may appeal against rejection to WADA. WADA or the athlete's NADO may appeal against approval by FIRS if the International Standards for TUE have not been applied.

### **Retroactive TUEs**

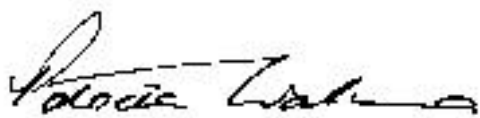
All athletes are subject to testing anytime, anywhere. If an athlete who is taking a prohibited substance to treat a medical condition and who is not required to have a pre-approved TUE is tested, then they can apply for a retroactive TUE to either the NADO for National level athletes, or FIRS for International level athletes (those who have competed at a FIRS World Championship). All the conditions above apply so it is wise for all athletes who take prohibited substances for medical reasons to have a comprehensive medical file prepared. Retroactive TUEs do not apply to athletes who test positive during a World Championship.

### **Emergency TUE**

Emergency TUEs can be issued for athletes who require urgent treatment with a prohibited substance or method provided it is a true emergency or urgent medical situation and well documented. This should be an unusual occurrence. In normal

circumstances athletes, should wait for approval of the TUE before starting treatment with a prohibited medication or methods.

I hope this is helpful. Please contact me if you require clarification or more information.



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