



TUE – RECREATIONAL ATHLETES

OVERVIEW

Athletes who are not in ASADA's Registered Testing Pool (RTP) or Domestic Testing Pool (DTP), may at times require medical treatment for illness, disease or injury. In some cases these can only be treated by substances or methods that would otherwise be prohibited for use in sport. A Therapeutic Use Exemption (TUE) grants an athlete permission to use, for therapeutic purposes, a substance or method that would otherwise be prohibited.

ATHLETES THIS FACT SHEET APPLIES TO

This fact sheet applies to:

athletes* not in ASADA's RTP or DTP

athletes* not competing at National Championships or competitions within Australia

athletes* not included in an International Federation (IF) RTP.

Athletes who are unsure if they are in one of the above groups must contact their National Sporting Organisation to determine their status.

THERAPEUTIC USE EXEMPTIONS

A TUE grants an athlete permission to use for therapeutic purposes a substance or method that would otherwise be prohibited.

THERAPEUTIC USE EXEMPTION COMMITTEES

A Therapeutic Use Exemption Committee (TUEC) is the panel established by the relevant Anti-Doping Organisation. The Australian Sports Drug Medical Advisory Committee (ASDMAC) is Australia's TUEC.

CRITERIA FOR GRANTING A TUE

- > The athlete would experience a significant impairment to their health without the use of the prohibited substance or method.
- > The therapeutic use of the prohibited substance or prohibited method would produce no additional enhancement of performance.
- > There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or prohibited method.
- > The necessity for the use of the otherwise prohibited substance or prohibited method cannot be a consequence, wholly or in part, of prior non-therapeutic use of any substance from the World Anti-Doping Code Prohibited List.

COMPLETING THE TUE APPLICATION FORM

Download the TUE Application Form from the ASDMAC website at www.asdmac.gov.au. The athlete must complete the TUE Application Form with their doctor and attach all supporting clinical evidence. Incomplete applications cannot be considered.

SUBMITTING THE TUE APPLICATION FORM

Athletes covered by this fact sheet, other than those competing in international events, must submit their TUE applications to ASDMAC. Athletes competing in international events should refer to the section on the next page, International TUEs.

Submit the complete signed application form, together with all supporting clinical evidence, to ASDMAC:

PO Box 345, Curtin ACT 2605; or email asdmac@asada.gov.au; or fax +61 (0)2 6222 4262.



WAITING FOR APPROVAL

Athletes must wait for written confirmation from ASDMAC of their TUE approval before they begin using any prohibited substance or method.

ADDITIONAL INVESTIGATIONS, EXAMINATIONS OR IMAGING STUDIES

Any additional relevant investigations, examinations or imaging studies requested by the relevant TUEC before approval will be undertaken, will be at the expense of the applicant or their sport governing body.

INHALED BETA-2 AGONISTS (ASTHMA)

Athletes covered under this fact sheet requiring inhaled beta-2 agonists for the treatment of asthma and its clinical variants may be subject to the TUE and retroactive TUE application process for the use of inhaled beta-2 agonists. Athletes covered under this fact sheet should have a medical file meeting minimum requirements which justifies their use.

MEDICAL FILE FOR INHALED BETA-2 AGONISTS

As per the International Standard for Therapeutic Use Exemptions (ISTUE) Annex 1, the file must reflect current best medical practice and include:

- > a complete medical history
- > a comprehensive report of the clinical examination with specific focus on the respiratory system
- > a report of current spirometry
- > if airway obstruction is present, the spirometry will be repeated after inhalation of a short-acting beta-2 agonist to demonstrate the reversibility of the bronchoconstriction
- > in the absence of the reversible airway obstruction, a bronchial provocation test is required to establish the presence of airway hyper-responsiveness
- > the exact name, speciality, address (including telephone, email, fax) of the examining physician.

ADVERSE ANALYTICAL FINDINGS – BETA-2 AGONISTS

In the event of an Adverse Analytical Finding, the athlete will be required to provide the medical file and a complete TUE application form to ASDMAC. The file and the TUE application form will then be used to determine whether their use of the beta-2 agonist was for legitimate therapeutic purposes and whether a retroactive TUE will be granted.

GLUCOCORTICOSTEROIDS

All glucocorticosteroids are prohibited when administered by oral, intravenous, intramuscular or rectal routes and are subject to the TUE application process. In accordance with the ISTUE, only a declaration of use must be completed by athletes on the Doping Control Form for glucocorticosteroids administered by intraarticular, periarticular, peritendinous, epidural, intradermal and inhalation routes, except as noted below.

Topical preparations when used for auricular, buccal, dermatological (including iontophoresis/phonophoresis), gingival, nasal, ophthalmic and perianal disorders are not prohibited and require neither a TUE nor a declaration of use.

EMERGENCY TREATMENT

The health of athletes is of utmost importance. If an athlete requires emergency treatment or treatment of an acute medical condition a retroactive TUE may be considered.



INTERNATIONAL TUES

Athletes competing at an international level event within or outside of Australia must obtain an International TUE from the relevant TUEC. Athletes should contact the relevant IF or major event organiser to ensure they follow correct TUE procedures.

TUE applications should be submitted to the relevant organisation at least 21 days prior to the event taking place.

WORLD ANTI-DOPING AGENCY TUEC REVIEWS AND APPEALS

The WADA TUEC is established to review, on its own initiative, TUE decisions granted by Anti-Doping Organisations. The WADA TUEC, upon request by athletes who have been denied TUEs by an Anti-Doping Organisation, will review such decisions with the power to reverse them.

MORE ANTI-DOPING INFORMATION

ASADA website	www.asada.gov.au
Telephone	13 000 ASADA (13 000 27232)
Facsimile	+61 (0)2 6222 4201
Email	asada@asada.gov.au
ASDMAC website	www.asdmac.gov.au
WADA website	www.wada-ama.org/en/

* Definition of athlete under the National Anti-Doping scheme: athletes in ASADA's Registered Testing Pool; athletes in ASADA's Domestic Testing Pool; international-level athletes; athletes who compete in international events; athletes who compete in national events; athletes for whom ASADA is required or permitted to test under a contract or an anti-doping arrangement; and athletes in the Registered Testing Pool of an International Sporting Federation or National Anti-Doping Organisation.