



ASDMAC Fact Sheet

Therapeutic Use Exemptions (TUE)

WHAT IS A TUE?

As an athlete, you may at times need to use a prohibited medication to treat a legitimate medical condition. A Therapeutic Use Exemption (TUE) is an exemption that allows you to use, for therapeutic purposes, an otherwise prohibited substance or method.

HOW DO I KNOW IF A SUBSTANCE OR MEDICATION IS PERMITTED?

Under the World Anti-Doping Code strict liability policy you, the athlete, are responsible for any substance found in your body regardless of how it got there.

Before using any substance or method you must check its status against the Code by visiting www.asada.gov.au 'Check Your Substances' online or calling 13 000 ASADA (13 000 27232).

Remember to tell your doctor you are an athlete who is subject to doping control. You should not take any prohibited medication until you have an approved TUE.

CRITERIA FOR OBTAINING A TUE

The World Anti-Doping Agency (WADA) defines the criteria for getting a TUE, so it is consistent across all sports and all countries that are signatories to the Code. The criteria are:

- 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.

HOW DO I APPLY FOR A TUE?

Download the TUE application form at www.asdmac.gov.au. **You must attach separate medical evidence from your doctor in support of your application.** Applications without this information will be returned.

It is your responsibility to apply to ASDMAC (or your International Federation) for a TUE at least **30 days before** you want to start your medication. You must wait for written confirmation or approval from ASDMAC or the International Federation (IF) before you can begin using any prohibited medication or method.

If you are **already on a long-term medication** (e.g. for diabetes, Attention Deficit Hyperactivity Disorder, asthma) continue using the medications as prescribed while waiting for your TUE to be approved.

EMERGENCIES

Your health is the most important thing. Always seek medical attention immediately and advise all medical staff that you are an athlete subject to doping control. If your health depends on a prohibited substance or method, submit a TUE application immediately after treatment has occurred (retroactive TUE). In these situations your doctor may be able to contact ASDMAC and speak directly to a medical practitioner member of ASDMAC for advice.



Australian Government

Australian Sports Drug
Medical Advisory Committee

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DO I NEED A TUE?

All athletes who need to take prohibited medications or methods for a legitimate medical reason will require a TUE. How and when you get your TUE depends on what kind of athlete you are. If you are in a **testing pool** (International Federation or ASADA Registered Testing Pool or ASADA

THERAPEUTIC USE EXEMPTIONS FOR ATHLETE TYPES

Athlete Type	TUE type for a Prohibited Medication or Method	Non-Systemic Glucocorticosteroids (e.g. inhaled or local injection), Salbutamol & Salmeterol
International Federation Registered Testing Pool	In-Advance TUE Apply to International Federation	Required to declare on doping control form when tested #
ASADA Registered Testing Pool *	In-Advance TUE Apply to ASDMAC	Required to declare on doping control form when tested
ASADA Domestic Testing Pool, Professional Sports, open-age national event competitor *	In-Advance TUE Apply to ASDMAC	Required to declare on doping control form when tested
All other sport participants *	Retroactive TUE Apply to ASDMAC	Required to declare on doping control form when tested

Declare on ADAMS where possible (some International Federations require a declaration form)

* If competing internationally, check TUE requirements with the relevant International Federation

Domestic Testing Pool) you will be advised of this by your International Federation or ASADA. **Open-age national events** does not just mean 'national championships'. Check with your sport's national federation to see if events you are competing in fall into this category (especially if you are a masters athlete).

A **retroactive TUE** means you can apply for your TUE after you have been tested and if you return a positive test result. You will need to supply a comprehensive medical file from your doctor justifying the need for the prohibited medication or method. Retroactive TUE applications are assessed against the same criteria as in-advance TUEs. There is no guarantee a retroactive TUE will be granted. You may apply for an in-advance TUE if you wish.

If you are competing in an **international competition** (either in Australia or overseas) you must check with the event organisers (or the International Federation) to confirm who you are required to get your TUE from. You may be required to apply direct to the International Federation TUE Committee, or the International Federation may recognise the authority of ASDMAC to issue a TUE.