

# THE THERAPEUTIC USE EXEMPTIONS



# THERAPEUTIC USE EXEMPTIONS

## WHAT ?

As an athlete, you may have an illness or condition that requires a particular medication. If this medication appears on **the Prohibited List**, you may be granted a **THERAPEUTIC USE EXEMPTION (TUE)** which gives you permission to take it.



## WHY ?

TUEs ensure that you are able to obtain treatment for a legitimate medical condition—even if that treatment requires a prohibited substance or method. The TUE process avoids the **risk of sanctions** due to a positive test.



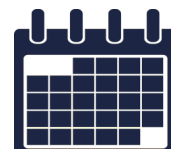
## WHO ?

Once a TUE is requested, a **panel of experts** selected by the ADO reviews your request and will grant a TUE if: Your health will be significantly impaired if you do not take the substance. The substance **does not enhance** your performance beyond what brings you back to normal health. There are no alternative treatments available.



## WHEN ?

An application must be made at least **30 days before** taking part in an event. In exceptional cases or true emergencies, a TUE may be approved retroactively.



# THE TUE PROCESS

1) Request a TUE form from your relevant Anti-Doping Organization (ADO) or through ADAMS.

- **National-level athletes:** National Anti-Doping Organization (NADO)
- **International-level athletes:** International Federation (IF)

2) Your physician fills out the TUE form and you **send it back to your ADO.**



3) Any athlete who may be subject to doping control **must request a TUE** before taking a prohibited medication. All information in this request remains strictly confidential.

4) The ADO advises **if you can take the requested medication or not.** In the case of a denied request, you will be informed of the reasons. You have the right to appeal the decision.

# TUE TIPS

## DURING DOPING CONTROL



**Declare** the approved medication on your Doping Control Form.



**Specify** that a TUE has been granted.



**Show** a copy of the TUE approval to the doping control officer.

The procedures for applying for and granting a TUE are outlined in the International Standard for TUEs published by **WADA**. You may also contact your IF or NADO for more information.

**Note: WADA does not grant TUEs.**

In the case of any discrepancy between this information and **the World Anti-Doping Code, the Code prevails**. This information is subject to change at anytime. Always check with your International Federation, National Anti-Doping Organization or National Federation for the most up-to-date anti-doping regulations



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