

BMAF Guide to the Therapeutic Use Exemption (TUE) System

The TUE system allows athletes to register prohibited substances when they have been prescribed for legitimate, therapeutic use for a medical condition. This avoids the need for disciplinary action should that substance be found during doping control.

This guide aims to take you through the TUE system to enable you to obtain the appropriate authorisation for your medication.

The system is relatively complicated but if you follow the instructions below you will be able to ascertain which forms you need to complete. All forms should initially be sent to the Anti-Doping Department of UKA (contact details given below) and any queries regarding the system should also initially be addressed to the UKA Anti-Doping Department:

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Does your medication contain a prohibited substance?

Anti-doping regulations work on the basis of strict liability, which means that **you are responsible for any prohibited substance** in your body. You are responsible for what you ingest.

The Prohibited List is drafted by WADA and the current list can be found on the WADA website www.wada-ama.org. The list is updated at least annually and it is **your responsibility** to make sure that you are aware of the latest list. It should be assumed that the WADA list is the list adopted by WMA unless WMA advises to the contrary.

UK Sport runs an excellent database called the Drug Information Database which can be found at www.didglobal.com. This database allows you to check your particular medication to find out if it contains a prohibited substance. Make sure that you read the introductory guidance notes to the database as these explain how to use it

properly. You will thus be able to check whether your medication contains a prohibited substance.

For the purposes of the TUE procedure you now need to ascertain to which of the following categories the prohibited substance you are using belongs (your doctor can advise you of this or the Drug Information Database will indicate this):

- 1) Beta-2 agonist (found mainly in asthma inhalers)
- 2) Glucocorticosteroids (inhaled or nasal spray, injection in to the joints or locally on to the skin)
- 3) All other prohibited substances

What to do if you have medication containing a prohibited substance

If you are using medication containing a prohibited substance you risk failing an anti-doping test! In order to avoid disciplinary action you should immediately consult with your doctor and see if there is an alternative course of treatment which does not contain prohibited substances. If there is no suitable alternative then you need to complete the correct TUE application form (see below) to apply for authorisation to use your medication.

Under current WMA anti-doping TUE guidelines all competing masters athletes are considered as “international” athletes and should complete the appropriate WMA TUE form to register their medication.

The TUE Forms

You should now be able to identify which category of substances you are using (1- Beta-2 agonists, 2- glucocorticosteroids or 3- others) and which category of athlete you are (International). Please now refer to the following table to identify which form you need to complete to apply for your TUE authorisation:

INTERNATIONAL

1 International athletes using Beta- 2 Agonists	Go to the WMA website www.world-masters-athletics.org and proceed to the Antidoping section. Go to the “ TUE Form ” section and download the, print off and complete the form “TUE form abbreviated”.
2 International athletes using glucocorticosteroids (as detailed above)	Go to the WMA website www.world-masters-athletics.org and proceed to the Antidoping section. Go to the “ TUE Form ” section and download, print off and complete the form “TUE form abbreviated”.
3 International athletes using other prohibited substances	Go to the WMA website www.world-masters-athletics.org and proceed to the Antidoping section. Go to the “ TUE form standard ” section and download, print off and complete the form “TUE form standard”.

You should now know:

- Which category of athlete you belong to
- Which category of substance you are using
- Which form you need to complete

Once you have completed your form please send this as soon as possible to the UKA Anti-Doping Department who will check the form and forward it to the WMA for authorisation. If UKA feels that the form is incomplete or incorrectly completed then you will be contacted to make the necessary amendments.

For Beta-2 agonists and glucocorticosteroids your application is considered to be provisionally authorised upon receipt by the authorising body (i.e. WMA) and this authorisation continues in accordance with the expiry date on the authorisation certificate (which you should receive within a month of submitting your application). Should the application be rejected, your provisional authorisation will be withdrawn as soon as you have been advised that the application has been rejected. If your application is rejected you will be advised of the reason for the rejection.

For “all other prohibited substances” you can only consider your application to be authorised once you have received the certificate from the authorising body.

It is important that you obtain your TUE authorisation as soon as possible; however you should be guided by your GP as to whether you should start using your medication before authorisation is granted. Your health is the most important consideration and this should be your first priority. If you do begin to use a restricted medication without a TUE you should contact the Anti-Doping Department of UKA immediately for further advice.

The TUE system is complex but we hope that this guide has helped to make the system more understandable for you. **It is your responsibility to explain how a prohibited substance has entered your body and it is therefore your responsibility to obtain the correct TUE for your medication.** Please do not hesitate to contact the Anti-Doping Department should you require further information or guidance.

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