

# **BMAF Guide to Therapeutic Use Exemptions (TUE)**

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The TUE system allows athletes to obtain approval for their use of substances and methods prohibited in sport which have been prescribed for legitimate, therapeutic use for the treatment of a medical condition. Failure to do so correctly may result in disciplinary action against you.

Please follow the instructions below to ascertain whether your medication is prohibited and, if so, what you need to do to register it. Any enquires about the system and all completed forms should be sent to the Anti-Doping Department of UKA (contact details given below- **please do not send completed TUE forms straight to WMA!**):

## **Does your medication contain a prohibited substance?**

Anti-doping regulations work on the principle 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](http://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 current list. It should be assumed that the WADA list is the list adopted by WMA unless WMA advises to the contrary.

The National Anti-Doping Organisation in the UK, UK Anti-Doping, runs an online database where you can check the status of registered medications. The database is called GlobalDRO (Global Drug Reference Online) and can be found at [www.globaldro.com](http://www.globaldro.com). There you will be able to find out the status of your medication (listed by brand name or by ingredient). When using GlobalDRO make sure that you read the introductory guidance notes as these explain how to use it correctly.

Results on GlobalDRO will be displayed as:

**Not prohibited-** you can use your medication without advising WMA

**Prohibited-** you will need to justify your use of the prohibited substance or method through the TUE process (see below)

## **What to do if you have medication containing a prohibited substance**

If you are using medication containing a substance listed as “prohibited” on GlobalDRO you risk failing an anti-doping test. In order to avoid disciplinary action you should immediately consult with your doctor and see whether there is an alternative course of treatment not containing a prohibited substance. If there is no suitable alternative then you need to complete the TUE application form (see below) to apply for authorisation to use your medication.

Under current WMA anti-doping rules all masters athletes competing in World or European Championships are considered as “international” athletes and should complete the appropriate WMA TUE form for approval of their medication.

## **The TUE Form**

If you are therapeutically using a prohibited substance and you are planning to compete in a World or European Masters Championships you need to complete and submit a TUE form.

Please go to the WMA website [www.world-masters-athletics.org](http://www.world-masters-athletics.org) and print off the TUE form which can be found in the anti doping section of the website.

Once you have printed and completed your form please send this, with the required medical evidence, 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.

Please note that for all applications you can only consider your application to be authorised once you have received the certificate from the authorising body, so please submit your application in plenty of time before the event you are competing in.

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.

Please note that athletes who do not compete internationally but who therapeutically use a medication containing a prohibited substance do not need to register their medication. Should you be tested, however, you should contact UKA AD Department immediately as you will need to submit a retroactive application within 10 days of your test. Your retroactive application will be considered against the same criteria as normal applications and as such you should ensure that before using any medication you are satisfied with the medical justification for its use.

I hope that this guide has helped to make the system 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 authorisation for your medication.** Please do not hesitate to contact the Anti-Doping Department should you require further information or guidance.

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