

# Doping Control Manual



## 2011 Anti-doping Rules Therapeutic Use Exemption (TUE)

**FIRS Sports Medicine Commission**

Viale Tiziano 74

00196, Roma, Italy

## **General Information**

Doping control may occur during any FIRS Events. Athletes, who use medications that are included on the Prohibited List, must fill in the Therapeutic Use Exemption form with their physician. The completed TUE forms must be submitted to the FIRS doping control officer at least 30 days before the event. All documents (TUE form and medical evidence attachments) must be written in English or Spanish. Generic names of medication must be used.

## **Information about Therapeutic Use Exemption (TUE)**

### **For substances and methods on the Prohibited List**

FIRS athletes, like other athletes, may have illnesses or conditions that require them to take particular medications. If the medication that an athlete is required to take to treat an illness or condition happens to fall under the Prohibited List, a Therapeutic Use Exemption will give the athlete the authorization to take the needed medicine. Athletes may apply for a TUE for any treatment involving a substance or method on the Prohibited List.

### **Medical evidence needed to support the diagnosis**

There needs to be objective medical evidence to confirm the diagnosis and the need for treatment with a prohibited substance. This medical evidence must be sent together with the TUE application. Medical evidence shall include complete medical history (for example onset of the disease, family history, triggers, severity, etc.), results of all examinations and laboratory investigations and/or the imaging studies.

### **Required in official FIRS Events**

All international level athletes defined as athletes in the FIRS Registered Testing and/or players entering in an FIRS World Championship, Confederation Championship at Junior or Senior level, or a Major Games, who use prohibited substances and/or methods, must fill the TUE Form and submit the Application to the FIRS. FIRS is responsible for accepting applications and granting the certificates. All TUE applications will be reviewed by the FIRS Medical Committee. If approved, the athlete can begin treatment after receiving the authorization notice from the FIRS. In rare cases of an acute life threatening condition retroactive approval will be considered.

### **Reciprocal Approval of TUE**

FIRS medical commission will accept, by reciprocal arrangement, any TUE issued by a FIRS approved anti-doping organization (ADO) in conformity with the WADA International standards for TUE. ADOs include other International Federations and National anti-doping organizations.

### **Sanction fee for late TUE applications**

The TUE applications need to be sent to FIRS at least **30 days** in advance of the FIRS event. The sanction fee of \$50 US may be applied for the late incoming TUE applications. The sanction fee, if applied, shall be paid by the National Federation of the applying athlete.

### **Validity of granted TUE's**

After FIRS Medical committee has reviewed a TUE application and granted a permission to use a prohibited substance or method, the athlete will receive a TUE certificate from the FIRS. The athlete should carry a copy of the certificate with him/her to all rollersports events. The certificate should be presented to the doping control officer at the time of testing.

All TUE's are granted for a limited period of time. At least 30 days before the expiry date, a new TUE application must be sent to the FIRS together with up-to-date medical evidence. The validity of the TUE is dependent on the prohibited substance or method, but normally TUE's are valid for 2 - 4 years.

All TUE's granted by FIRS are valid in the different national events and competitions around the world.

### **How to apply for a TUE?**

#### **Athletes with no valid TUE or TUE issued by FIRS**

##### **Download and fill in the FIRS TUE form from FIRS webpage**

- Request TUE through ADAMS
- Alternatively a TUE application form can be downloaded from FIRS web page [www.rollersports.org](http://www.rollersports.org) under Sports Medicine or Documents The TUE form requires both the athlete's and the physician's signature

##### **Gather required medical evidence**

- Complete medical history (including onset of the disease, family history, triggers, severity)
- Results of all examinations
- Laboratory investigations and/or the imaging studies
- Confirmation that there is no suitable permitted medication available or objective reason why any permitted medication is not suitable
- That proposed treatment substances or methods are not performance enhancing
- The condition requiring treatment is no as the result of the use of prohibited substances or methods

##### **Send the completed TUE form together with the medical evidence to the FIRS**

- TUE's can be sent to the FIRS by fax, e-mail or post (see contacts below)

#### **Athletes with existing TUE from another Anti-doping Organisation**

- Athletes should apply to FIRS for reciprocal recognition of existing TUE at least 30 days before the event or immediately on being notified of inclusion in Registered Testing Pool (RTP)
- Athlete should download FIRS TUE application form and complete personal information section and prescribing doctor details.
- Athlete should attach a copy of
  - TUE certificate from ADO
  - Copy of all medical information supplied to issuing ADO

- Copy of any correspondence from ADO
- Athletes should sign the TUE application form

FIRS will provide written confirmation that the TUE has been accepted by reciprocal arrangement within 30 days of receipt.

## **Instructions for athletes using asthma medication**

### **Permitted medications**

- All **inhaled glucocorticosteroids**
- **Salbutamol** and **salmeterol** in **therapeutic range for treatment of asthma**

### **ASTHMA MEDICATIONS REQUIRING TUE**

- **Formoterol** and **terbutaline** require a full TUE (with medical evidence – see below – asthma TUE)  
(Reason why use of salbutamol and salmeterol is not suitable must be provided.)
- Full pulmonary function tests must be provided and criteria for TUE must be met

### **Asthma medication declared on the doping control form**

- The use of **salbutamol**, provided the level in the urine is less than 1000 ng/ml (dosage guideline max. 1600 µg/24 h), and **salmeterol** by inhalation do not require a TUE, but should be declared on the doping control form at the time of testing. These substances when used in other ways, for example orally (tablets), are still prohibited and require TUE's.
- Inhaled Asthma medications that include **salbutamol** are: *Airomir, Atrodual, Buventol, Ipramol, Salipra, Ventilastin and Ventoline*. Inhaled Asthma medications that include **salmeterol** are: *Seretide and Serevent*.
- **Inhaled Glucocorticosteroids** do not require a Therapeutic Use Exemption (TUE), but should be declared on the doping control form at the time of testing.

### **Asthma medication requiring a TUE**

- Beta-2 agonists e.g. **terbutaline** and **formoterol** are prohibited and require a Therapeutic Use Exemption (TUE).
- The request for a TUE should include a complete medical file with a clear explanation of why an alternate medication is being prescribed.

### **Summary of requirements for the medical file in case of treatment of asthma with terbutaline or formoterol (attach to TUE application):**

- A complete medical history
- A comprehensive report of the clinical examinations with specific focus on the respiratory system
- A report of spirometry with the measurement of the Forced Expiratory Volume in 1 second (FEV1), Forced Vital capacity (FVC) and FEV1/FVC%
- If airway obstruction is present, the spirometry will be repeated after inhalation of a short acting Beta-2 agonist to demonstrate the reversibility of bronchoconstriction
- In the absence of reversible airway obstruction on spirometry, a bronchial provocation test is required to establish the presence of airway-hyper responsiveness
- If spirometry and bronchial provocation tests are negative, then an opinion of a doctor familiar with the diagnosis and management of asthma will be required to confirm the diagnosis on the clinical history,

Examples of Beta-2 agonists including **terbutaline** or **formotolol**: *Bricanyl, Fomeda, Foradil, Formaxa Oxis, Symbicort and Terbasmin*.

### **Glucocorticosteroids requiring a TUE**

- All glucocorticosteroids are prohibited in competition when administered by **oral, intravenous, intramuscular** or **rectal routes** and require a TUE.

### **Glucocorticosteroids declared on the doping control form**

- Glucocorticosteroids used by **intraarticular, periarticular, peritendinous, epidural, intradermal** and **inhalation routes** do not require a Therapeutic Use Exemption (TUE), but should be declared on the doping control form at the time of testing.

### **Permitted Glucocorticosteroids**

- Topical preparations when used for inhalation, **auricular, buccal, dermatological** (including iontophoresis/ phonophoresis), **gingival, nasal, ophthalmic** and perianal are not prohibited and do not require a TUE..

### **Advice for Pseudoephedrine (PSE)**

WADA has reintroduced **pseudoephedrine** (PSE) to the 2010 Prohibited List as a specified stimulant prohibited in-competition at a urinary threshold of 150µg/mL **Pseudoephedrine** is commonly used for treating allergic nasal catarrh (flu). The established threshold levels may be reached (rarely, but possibly) by some individuals within 6-20 hours of intake of some long-lasting therapeutic formulations.

### **Advise athletes to stop taking PSE pills at least 24 hours before competition.**

For therapeutic applications during the In-Competition period, consider the use of alternative permitted medications upon previous consultation with a physician, or apply for a Therapeutic Use Exemption (TUE) for the use of PSE for therapeutic purpose(s).

**Pseudoephedrine** products are for example: *Sudofed, Aerinaze, Cirrus and Duact*.

Read carefully the contents on the medication packaging of any preparation as the ingredients may vary from country to country.

### **Food Supplements & Naturopathic Products**

These products are largely unregulated and can't be guaranteed as safe with regard to doping control. Several athletes using food supplements worldwide, and including within FIRS, have tested positive to a stimulant substance after using food supplements. Athletes have absolute liability for substances found in their system; penalty is anything between a warning and two years suspension and loss of all awards

### **More information**

More information and answers to Anti-Doping related questions can be asked from **FIRS doping control officer** by e-mail or phone (see contact information below).

**Anti-Doping information can also be found on the internet:**

FIRS web page [www.rollersports.org](http://www.rollersports.org) *Sports Medicine*  
WADA web page [www.wada-ama.org](http://www.wada-ama.org) *World Anti-Doping Code*

**Useful links**

**WADA Prohibited substances list 2010**

[http://www.wada-ama.org/Documents/World Anti-Doping Program/WADP-Prohibited-list/WADA Prohibited List 2010 EN.pdf](http://www.wada-ama.org/Documents/World%20Anti-Doping%20Program/WADP-Prohibited-list/WADA%20Prohibited%20List%202010%20EN.pdf)  
[www.rollersports.org/sportsmedicine](http://www.rollersports.org/sportsmedicine)

**Download the FIRS TUE form**

[www.rollersports.org/sportmedicine](http://www.rollersports.org/sportmedicine)

**Links to National Anti-Doping agencies**

<http://www.wada-ama.org/en/Anti-Doping-Community/NADOs/List-of-NADOs/>

<b>Contact details</b>	
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