

CHAIR ANTI-DOPING COMMITTEE:
Dr Patricia Wallace MBCHB
PO Box 285, Pinjarra
Western Australia 6208



Tels. +61 8 95311866 – +61 8 95311845
Fax. +61 8 9513030
Mob +61 418 920 466
Internet. <http://www.rollersports.org>
E-mail. pwallace@southwest.com.au
medical@rollersports.org

GUIDELINES FOR THERAPEUTIC USE EXEMPTION (TUE)

Applicable from 1st January 2010

All athletes should declare all medications used in the last 7 days whether prescribed, over the counter, naturopathic, herbal, or supplement to the doping control officer at the time of testing.

WHO NEEDS A TUE FROM FIRS

- Athletes in the following categories who need to use prohibited substances or methods to treat a medical condition
 - Athletes on the FIRS Registered Testing Pool (RTP)
 - Athletes competing in any FIRS World Championship
 - Athletes competing in Junior or Senior Grade at any Confederation Championship
 - Athletes competing in Major Games

HOW TO OBTAIN A TUE

Athletes who need to use prohibited substances or methods to treat a medical condition may apply to the FIRS TUE committee for approval to use the medication while competing in sport.

For permission to be granted the application must be received by FIRS TUE at least 30 days before the competition to Dr Patricia Wallace at the address on the letter head and the following criteria must be met. Financial penalty of up to \$50US may be imposed for late submission.

CRITERIA FOR GRANTING TUE

- The athlete would experience a significant impairment to his/her health without the use of the prohibited substance or method
- The therapeutic use of the 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 method.
- The necessity for the use of the otherwise prohibited substance or method cannot be a consequence, wholly or in part, of prior non-therapeutic use of any prohibited substance from the World Anti-doping Code Prohibited List.

COMPLETING THE TUE APPLICATION FORM

- Download the application form from the FIRS website www.rollersports.org
Or preferably
- Generate the application form from ADAMS
- Complete the athlete details
- Prescribing doctor must complete the
 - Medical practitioner details
 - Confirmation of diagnosis with supporting test results
 - Confirmation there is no alternative treatment that is not prohibited
 - Provide full medical history of the condition including tests to satisfy the criteria for TUE listed above

TUES ISSUED BY NADOS AND OTHER INTERNATIONAL FEDERATIONS

- FIRS will accept TUE issued by other agencies provided there is sufficient evidence to ensure that all criteria for approval have been met. Copies of documentation provided to the NADO or other International Federation should be provided for review by FIRS TUE committee

FIRS TUE - ASTHMA MEDICATION

FIRS requires that athletes in the categories listed above must have an active TUE in place for asthma relieving medication using the beta agonists formotolol and terbutaline.

From January 1st 2011 Salbutamol and salmeterol are permitted and without a declaration of use.

Athletes should declare all prescribed, over the counter medication and supplements used in the previous seven (7) days at the time of testing.

Terbutaline and eformotolol require full TUE and confirmatory evidence of asthma. In accordance with rule 4.1(c) of the International standard for TUE, athletes must give valid reason why the permitted substances, salbutamol and salmeterol are not suitable for the management of their asthma. Athletes who are newly diagnosed with asthma should start treatment with permitted medications, salbutamol and salmeterol.

CONFIRMATORY CRITERIA FOR TUE FOR BETA AGONIST – Formotolol and Terbutaline – ASTHMA RELIEVERS

- All of the TUE requirements listed above
- Spirometry demonstrating obstruction and reversibility.
or
- Other pulmonary provocation test listed in International Standards confirming asthma
- If spirometry and pulmonary provocation tests are negative then an opinion from a doctor experienced in the treatment of asthma must confirm the diagnosis.
- Proof that management with Salbutamol and/or salmeterol is not adequate

INHALED SALBUTAMOL AND SALMETEROL USE

- Inhaled salbutamol and salmeterol is permitted provided dosage of salbutamol is in therapeutic range for treatment of asthma. Inhaled formotolol and terbutaline require TUE

INHALED CORTICOSTEROID USE

- Inhaled corticosteroid is permitted without declaration of use or TUE.

INTRA ARTICULAR, PERITENDINOUS, INTRANASAL, INTRADERMAL CORTICOSTEROID USE

- Permitted without TUE or declaration of use. Oral, rectal or intramuscular corticosteroid use requires TUE.

NATUROPATHIC SUBSTANCES, MEDICATIONS AND FOOD SUPPLEMENTS

- These preparations are not regulated and while many do not contain prohibited substances they cannot be guaranteed as safe for doping control purposes. There have been several recent instances of positive tests from use of food supplements in FIRS and many sports Federation world wide

FURTHER INFORMATION

- International Standards for TUE approval and other anti-doping information can be downloaded in a number of languages from the WADA web site www.wada-ama.org

IN COMPETITION TESTING

FIRS define "In competition" as the first day of accreditation to 12 hours after the last competition of the event.

A handwritten signature in black ink, appearing to read "Patricia Wallace". The signature is fluid and cursive, with a long horizontal stroke at the end.

DR Patricia Wallace

FIRS Doping Control Officer

17th December 2010