

CHAIR ANTI-DOPING COMMITTEE:  
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## **GUIDELINES FOR THERAPEUTIC USE EXEMPTION (TUE)**

**Applicable from 1<sup>st</sup> January 2010**

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](http://www.rollersports.org)  
Or
- 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 following categories must have an active TUE in place for asthma relieving medication using the beta agonists formoterol and terbutaline. From January 1<sup>st</sup> 2010 Salbutamol and salmeterol are permitted and require declaration of use at the time of testing only.

- All athletes on the FIRS registered testing pool (RTP)
- All athletes competing at World Championship

- Athletes competing at Confederation Championship

Terbutaline and eformoterol require full TUE and confirmatory evidence of asthma in 2010 however rule 4.1(c) of the International standard for TUE, which states that athletes must give valid reason why they are not using a permitted substance for the management of their condition (salbutamol and salmeterol), will be relaxed for athletes already established on treatment with terbutaline and eformoterol for their asthma. Athletes who are newly diagnosed with asthma should start treatment with permitted medications, salbutamol and salmeterol.

#### **CRITERIA FOR TUE FOR BETA AGONIST – 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.

#### **INHALED CORTICOSTEROID USE**

- Inhaled corticosteroid use requires a declaration of use (DOU) only. The form can be downloaded from the FIRS website.

#### **INHALED SALBUTAMOL AND SALMETEROL USE**

- Inhaled salbutamol and salmeterol use requires a declaration of use (DOU) only from 1/1/2010. Inhaled formoterol and terbutaline require TUE

#### **EXISTING ABBREVIATED THERPEUTIC USE EXEMPTIONS (ATUES)**

- All existing ATUEs expired or 31<sup>st</sup> December 2009 and are no longer valid.

#### **DECLARATION OF USE (DOU)**

Athletes must let FIRS know if they are using the following medications.

- inhaled steroid sprays for asthma
- Cortico-steroid injections into joints etc
  
- Inhaled salbutamol or salmeterol for asthma may be declared to FIRS but must be declared at the Doping Control Officer at the time of testing

The DOU form can be downloaded from the FIRS website or can be submitted through ADAMS for those athletes with ADAMS accounts.

#### **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.

#### **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](http://www.wada-ama.org)



**DR Patricia Wallace**

**FIRS Doping Control Officer**

**8<sup>th</sup> January 2010**