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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 21 days before the competition to Dr Patricia Wallace at the address on the letter head and the following criteria must be met.

### **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

### **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. Salbutamol and salmeterol from 1<sup>st</sup> January 2010 require declaration of use only.

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

### **RETROACTIVE TUE**

All other athletes may apply for retroactive TUE if tested, however all criteria for approval of TUE listed above must be met.

National Anti-doping Agencies (NADOs) may require other categories of athlete to have an active TUE for use of beta agonists formoterol and terbutaline.

#### **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 respiratory specialist confirming asthma is required.

#### **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)**

- Existing ATUEs are valid until they expire or 31<sup>st</sup> December 2009, whichever is the sooner

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

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

- Inhaled salbutamol or salmeterol for asthma
- inhaled steroid sprays for asthma
- Cortico-steroid injections into joints etc

The DOU form can be downloaded from the FIRS website

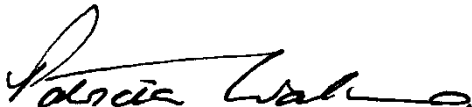
#### **NATUROPATHIC SUBSTANCES, MEDICATIONS AND FOOD SUPPLEMENTS**

- 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)

Kind regards



FIRS Doping Control

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