



WELCOME!

THERAPEUTIC USE EXEMPTIONS



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Security



Participants 1



Chat



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Interpretation



Off



English



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Mute Original Audio



Interpretation

BY ATHLETES FOR ATHLETES: THE ITA CONTINUES TO RAISE CLEAN SPORT AWARENESS IN 2022 WITH THE PUBLIC MONTHLY WEBINAR SERIES



#KEEPINGSPOREAL



FAIRNESS

RESPECT

INTEGRITY



Q&A

Chat

Questions & Answers

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**GLOBAL TESTING AND CERTIFICATION PROGRAM
FOR SPORTS AND NUTRITIONAL SUPPLEMENTS**

**THIS WEBINAR IS DELIVERED WITH
THE SUPPORT OF THE UNESCO
INTERNATIONAL CONVENTION
AGAINST DOPING IN SPORT**



United Nations
Educational, Scientific and
Cultural Organization



Anti-doping
Convention



THERAPEUTIC USE EXEMPTIONS

PANELLISTS



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AGENDA

- ✓ Introduction to Therapeutic Use Exemptions (TUEs)
- ✓ Who requires a TUE?
- ✓ TUE requirements
- ✓ TUE application timelines and process
- ✓ Common conditions requiring a TUE
- ✓ Lifecycle of a TUE and useful tips

WHAT IS A THERAPEUTIC USE EXEMPTION?

- ✓ Athletes may have an illness or a condition that requires a particular medication
- ✓ If this medication appears on the Prohibited List, an athlete may be granted a Therapeutic Use Exemption (TUE) which gives permission to use the medication within the context of sports regulations
- ✓ Therefore, a TUE is an official medical document giving an athlete the permission to use a prohibited medication

A TUE ensures that athletes can be treated for medical conditions - even if the treatment involves using a prohibited substance or method.

WHO REQUIRES A TUE?

Any athlete who may be subject to doping control must request a TUE before taking a prohibited medication or using a prohibited method.

POLL QUESTION

HOW MANY THERAPEUTIC USE EXEMPTIONS ARE GRANTED EACH YEAR IN THE WORLD?

- Approximately 3,000
- Approximately 30,000
- Approximately 300,000

Single choice.

WHAT ARE THE TUE REQUIREMENTS?

YOU WILL BE GRANTED A TUE IF:

1. Your health will be significantly impaired if you do not take the substance.
2. The substance does not enhance your performance beyond what brings you back to normal health.

WHAT ARE THE TUE REQUIREMENTS?

YOU WILL BE GRANTED A TUE IF:

- 3.** There are no alternative treatments available that are not prohibited.
- 4.** The need for the use of the prohibited substance is not resulting from prior use of a prohibited substance.

WHEN TO APPLY FOR A TUE?

- ✓ An application must be made **as soon as the athlete knows that they require medical treatment using a prohibited substance/method**
- ✓ For substances prohibited in-competition only, an application must be made at least **30 days before taking part in an event**

WHAT IS A RETROACTIVE TUE?

- ✓ Athletes can apply for a **retroactive TUE under certain circumstances**, for example:
 - ✓ An emergency or urgent treatment was required
 - ✓ There was insufficient time, opportunity or other exceptional circumstances that prevented the athlete from submitting a TUE application or having it evaluated

POLL QUESTION

WHAT IS THE MOST COMMON CONDITION (AND DRUG CLASS) REQUIRING A TUE?

- Stimulants (i.e., amphetamines) for ADHD
- Beta-2 agonists for asthma-related conditions
- Glucocorticoids for respiratory illnesses or due to injuries

Multiple choice.

COMMON HEALTH CONDITIONS REQUIRING A TUE

- ✓ Attention Deficit Hyperactivity Disorder (ADHD)
- ✓ Asthma
- ✓ Type 1 Diabetes
- ✓ Intravenous infusions
- ✓ Inflammatory bowel disease
- ✓ Tendonitis

POLL QUESTION

WHICH OF THE BELOW CONDITIONS DOES NOT REQUIRE A TUE?

- Eczema requiring hydrocortisone
- Oral Antibiotics for bronchitis
- Intravenous infusion during a hospital procedure

Multiple choice.

WHAT ARE THE STEPS?

Are you a National-level or International-level athlete (ILA)?

Check your International Federation's Anti-Doping Rules for the ILA definition.



NATIONAL LEVEL

National-level athletes should submit their TUE application to their National Anti-Doping Agency (NADO).



INTERNATIONAL LEVEL

Does your International Federation work with the ITA? Found out here: ita.sport/partners

YES

NO



Download the TUE form from the International Testing Agency's website: ita.sport/tue



Athlete and their physician gather all medical details and documentation and fill out the TUE form together

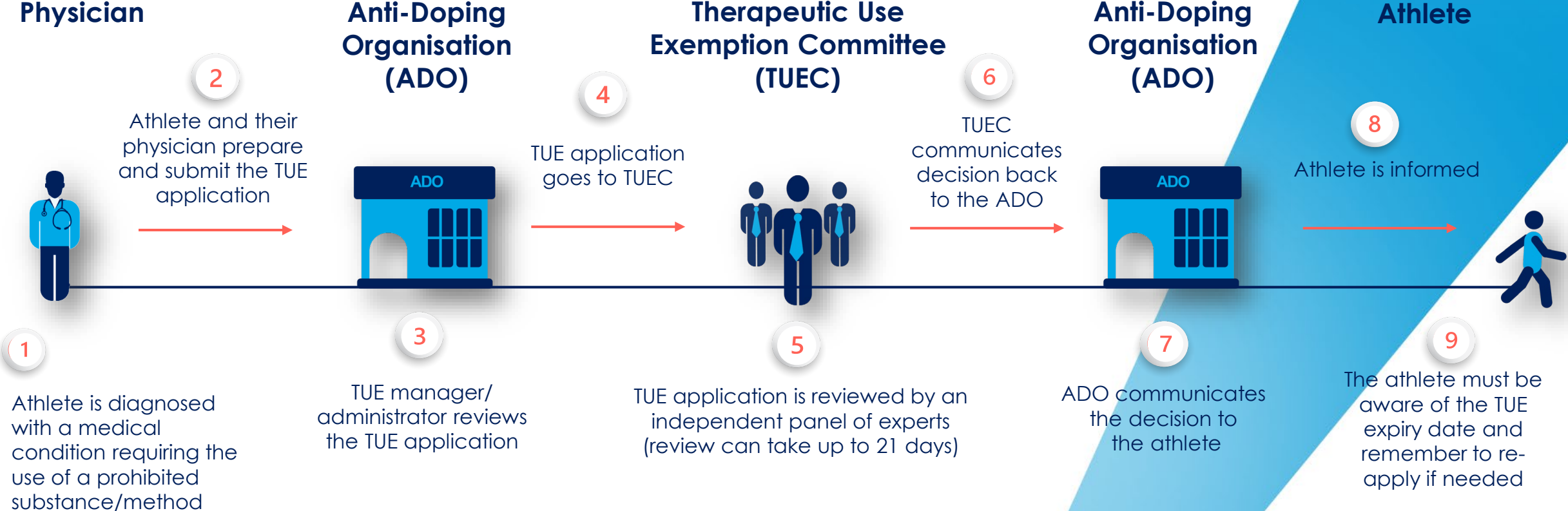


Submit complete TUE application via ADAMS

Download a TUE form from your **International Federation's website** and follow their instructions to submit the TUE application



LIFECYCLE OF A TUE



TUE CASE STUDY #1

You work at World Rowing and are now in charge of processing this TUE:

- ✓ Athlete is a 44-year-old male
- ✓ He takes mometasone daily
- ✓ He is competing at the Swiss Rowing Championships on 1 August 2022

**SHOULD WORLD ROWING
PROCESS AND GRANT THIS TUE?**

TUE CASE STUDY #2

You work at World Rowing and are now in charge of processing this TUE:

- ✓ Athlete is a 27-year-old female
- ✓ She takes mometasone daily
- ✓ She is competing at the World Rowing Championships on 1 August 2022

**SHOULD WORLD ROWING
PROCESS AND GRANT THIS TUE?**

Mometasone

Other Names

Mometasone furoate

New Search [GO](#)

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med@sportintegrity.ch

✘

**In Competition
Prohibited**

Injection - intra-muscular
(into muscle)

Injection - intravenous
(into a vein)

Injection - local
(into a joint, bursa, tendon for example)

Oral
(swallowed or applied into the mouth)

Rectal
(into the rectum)

✔

**Out of Competition
Not Prohibited**

Injection - intra-muscular
(into muscle)

Injection - intravenous
(into a vein)

Injection - local
(into a joint, bursa, tendon for example)

Oral
(swallowed or applied into the mouth)

Rectal
(into the rectum)

✔

**In Competition
Not Prohibited**

Dental-intracanal
(into a root-canal)

Inhalation - by device
(by metered-dose Inhaler)

Nasal
(in the nose)

Ophthalmic
(in the eye)

Topical - dermatological
(on the skin)

✔

**Out of Competition
Not Prohibited**

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USEFUL TUE TIPS

- ✓ Always check the WADA Prohibited List when you get a prescription
- ✓ Make sure the TUE application is complete & accurately filled out
- ✓ If you have a change in dose, you have to apply for a new TUE
- ✓ Keep track of your TUE expiry date – put an reminder in your phone or agenda well in advance of the expiration date

USEFUL TUE TIPS: WHEN BEING TESTED

- ✓ Declare the approved medication on your Doping Control Form
 - Reminder:** you should note **any** prescription and non-prescription medications, or supplements taken over the last 7 days, and any blood transfusions received over the last three months.
- ✓ If applicable, specify that a TUE has been granted
- ✓ You do not need to show the TUE approval during doping control

IN SUMMARY

- ✓ Therapeutic Use Exemptions are designed to **allow athletes to maintain their health**
- ✓ Athletes must know and **understand the TUE application process** – reach out to us if you still have questions
- ✓ Remember, an incomplete application will result in a **delay of the TUE approval**
- ✓ Give ample **time for the TUE process** to take place
- ✓ Remember when **the TUE expires and re-apply** (if needed) well before the expiry date



RESOURCES

RESOURCES

- ✓ ITA Therapeutic Use Exemption resources:
 - ✓ [General TUE information](#)
 - ✓ [ITA TUE Form](#)
 - ✓ [International-level athlete IF definitions](#)
- ✓ Contact us: tue@ita.sport
- ✓ [WADA Therapeutic Use Exemption resources](#):
 - ✓ Checklists
 - ✓ Template letters
 - ✓ Physician guidelines
 - ✓ Education materials
- ✓ [International Standard for Therapeutic Use Exemptions](#)



Checklist for Therapeutic Use Exemption (TUE) Application - Kidney Failure and Kidney Transplantation



Checklist for Therapeutic Use Exemption (TUE) Application - Female Infertility



Checklist for Therapeutic Use Exemption (TUE) Application - Polycystic Ovary Syndrome (PCOS)



Checklist for Therapeutic Use Exemption (TUE) Application - Growth Hormone Deficiency (GHD) (Adult)



Checklist for Therapeutic Use Exemption (TUE) Application - General



Checklist for Therapeutic Use Exemption (TUE) Application - Renal Transplantation



Checklist for Therapeutic Use Exemption (TUE) Application - Sinusitis/Rhinosinusitis

The background of the slide is a high-action photograph of a tennis player in a blue shirt and white shorts, captured mid-swing. The player is positioned on the left side of the frame, with their body angled towards the right. The background is dark and filled with a soft, golden light that creates a bokeh effect, suggesting an outdoor stadium at night. A large, semi-transparent graphic overlay consisting of curved shapes in white, light blue, and red is positioned on the right side of the slide, partially obscuring the player's lower body and the court.

Q&A

MORE QUESTIONS?

education@ita.sport

WEBSITE: ita.sport



International Testing Agency



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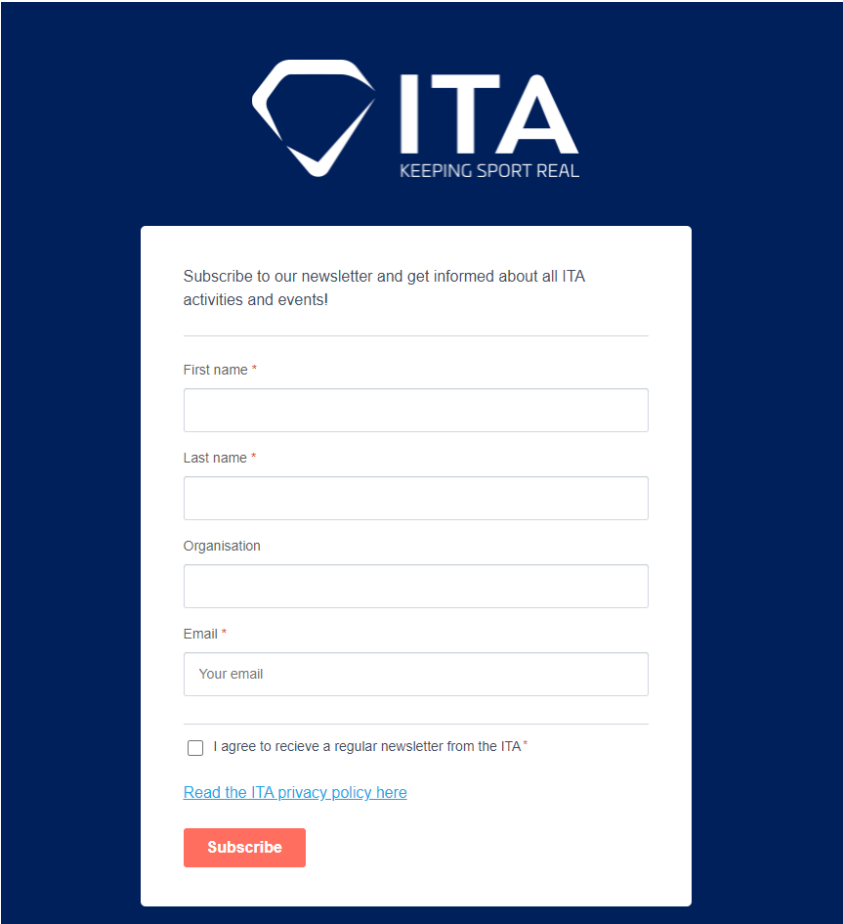


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LATEST FROM THE ITA IN YOUR INBOX



The screenshot shows a dark blue background with the ITA logo at the top left. The logo consists of a white diamond shape with a blue checkmark inside, followed by the text 'ITA' in a large, bold, white font, and 'KEEPING SPORT REAL' in a smaller, white font below it. Below the logo is a white rectangular form with the following elements: a heading 'Subscribe to our newsletter and get informed about all ITA activities and events!', a horizontal line, a 'First name *' label above an input field, a 'Last name *' label above an input field, an 'Organisation' label above an input field, an 'Email *' label above an input field with the placeholder text 'Your email', a checkbox with the text 'I agree to receive a regular newsletter from the ITA *', a blue link 'Read the ITA privacy policy here', and a red 'Subscribe' button.

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