

BMAF Guide to Therapeutic Use Exemptions (TUE)

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The TUE procedures allow athletes to apply for approval for their use of substances and methods prohibited in sport which have been prescribed for legitimate, therapeutic use for the treatment of a medical condition. Failure to correctly register the therapeutic use of a prohibited substance or method may result in disciplinary action.

Please follow the guidance below to ascertain whether your medication is prohibited and, if so, what you need to do to register it. Any enquires about TUE procedures, and all completed application forms, should be sent to the Clean Athletics Department of UKA (contact details given below)- **please do not send completed TUE forms directly to World Masters Athletics (WMA):**

Does your medication contain a prohibited substance?

Anti-doping rules work on the principle of strict liability, which means that **you are solely responsible for any prohibited substance** present in your body. In short, you are responsible for what you ingest.

The Prohibited List is drafted by the World Anti-Doping Agency (WADA) and the current list can be found on the WADA website www.wada-ama.org. The list is updated at least annually and it is **your responsibility** to make sure that you are aware of the current list. It should be assumed that the WADA list is the list adopted by WMA unless WMA advises to the contrary.

The National Anti-Doping Organisation (NADO) for the UK, UK Anti-Doping, runs, in partnership with other NADOs, an online database where the status of registered medications can be checked. The database is called GlobalDRO (Global Drug Reference Online) and can be found at www.globaldro.com. There you will be able to find out the status of your medication (listed by brand name or by ingredient). When using GlobalDRO make sure that you read the introductory guidance notes as these explain how to use it correctly.

Results on GlobalDRO will be displayed as:

Not prohibited- the substance is not prohibited under anti-doping rules

Conditional- the medication can be used without a valid TUE subject to the conditions provided in the “Additional Information” notes

Prohibited- the substance can only be used in accordance with the TUE regulations (see below and the WMA TUE Regulations)

What to do if you use medication containing a prohibited substance

If you are using medication containing a prohibited substance you risk a positive anti-doping test. To avoid a positive finding you should immediately consult with your doctor to see if there is an effective alternative course of treatment not containing a prohibited substance. If there is no suitable alternative, then you need to complete the TUE application form (see later in this document) to apply for authorisation for your use of the medication.

Under current WMA anti-doping rules all masters athletes, regardless of the level they are competing at, should complete the appropriate WMA TUE form for approval of their medication.

The TUE Application Form

If you are therapeutically using a prohibited substance you need to complete and submit a TUE application form.

Please go to the WMA website www.world-masters-athletics.org/antidoping and print off the TUE Standard Application form.

Once you have printed and completed your form please send this, with the required medical evidence, as soon as possible, **to the UKA Clean Athletics Department** who will check the form and forward it to WMA for authorisation. If UKA feels that the form is incomplete or incorrectly completed, we will contact you to make the necessary amendments/ corrections.

Please note that applications can only be considered as authorised once you have received the certificate from the authorising body. Please therefore submit your application in plenty of time before competing.

It is important that you obtain your TUE authorisation as soon as possible; however, you should be guided by your GP as to whether you should start using your medication before authorisation is granted. Your health is the most important consideration, and this should be your first priority. If you do begin to use a prohibited medication without a TUE, you should contact the UKA Clean Athletics department immediately for further advice.

I hope that this guide has been helpful. Remember that **it is your responsibility to explain how a prohibited substance has entered your body and it is therefore your responsibility to obtain the correct authorisation for your medication.** The Clean Athletics section of the UKA website contains additional information which you may find useful (including details of the UKA Supplements Policy and a video showing the testing procedures) and can be found at www.uka.org.uk/cleanathletics If the UKA website is unable to provide you with the support you need please do not hesitate to contact the Clean Athletics Department for further information or guidance.

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