

A woman with dark hair in a ponytail, wearing a blue tank top, is climbing a rock wall. She is looking upwards and to the right, with her right arm extended. The background is a colorful rock climbing wall with various holds and ropes. The image is framed by a purple border with green L-shaped accents in the top-left and bottom-right corners.

Therapeutic Use Exemptions

At-a-Glance



BY



WADA

What?

Athletes may have an illness or medical condition that requires a particular medication. If this medication contains a banned substance (one that appears on the Prohibited List), they may need to apply for a Therapeutic Use Exemption (TUE). This gives the athlete an exemption to take the medication, while competing in sport.

Why?

TUEs ensure that athletes can obtain treatment for a legitimate medical condition - even if that treatment includes a prohibited substance or method.

While protecting clean athletes and enabling competition on a level playing field, the TUE process avoids the risk or sanctions.

Who?

Any athlete who may be subject to testing (doping control) must obtain a TUE if they are taking a prohibited substance or using a prohibited method. All information shared in a TUE application remains strictly confidential.

When?

A TUE application should be submitted as soon as possible.

For substances banned in-competition only, athletes should apply for a TUE at least 30 days before their next competition, unless it is an emergency or exceptional situation. In such cases, a TUE may be applied for retroactively.



The TUE Process

1 The athlete should check the website of the relevant Anti-Doping Organization (ADO) to get a TUE application form.

Not sure which organization the athlete should go to for a TUE form?

- **National-level athletes:** contact the National Anti-Doping Organization (NADO)
- **International-level athletes:** contact the International Federation (IF)
- **At a Major Games:** contact the Major Event Organizer (MEO)

2 The athlete's physician fills out the TUE application form. Then the athlete sends it to their ADO.

3 Once a TUE is requested, a panel of experts (a TUE Committee) selected by the ADO reviews the TUE application and will grant a TUE if it meets the following criteria:

- a. The prohibited substance or method is needed to treat a diagnosed medical condition.
- b. The substance does not enhance performance, it just brings the athlete back to normal health.
- c. There are no reasonable, permitted, alternative treatments available.
- d. The need to use the substance or method is not due to the prior use of the substance or method without a valid TUE.

4 The ADO advises if a TUE has been approved - so the athlete has an exemption to use the requested medication, while continuing to participate in sport. If a TUE is denied (the TUE has not been approved) the athlete will be informed of the reasons. Athletes have the right to appeal the decision. Contact the ADO to find out how to do so.



TUEs - final word

The procedures for applying for and granting a TUE are outlined in the International Standard for TUEs (ISTUE) and the ISTUE Guidelines published by WADA and available on its website.

To find specific information about TUEs contact your IF or NADO.

Reminders for athletes:



*Declare the medication on their Doping Control Form.
Specify that a TUE has been granted.
Keep a copy of their TUE with them.*

And remember, WADA does not grant TUEs.



WADA

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