

## **Therapeutic Use Exemption (TUE) Form**

### **What is a TUE?**

Athletes, like all others, may have illnesses or conditions that require them to take medications. If the medication an athlete is required to take happens to fall under the World Anti-Doping Agency's Prohibited List, a therapeutic use exemption (TUE) can give the athlete authorization to take the needed medicine.

Athletes are not automatically granted authorization and must ensure they follow the appropriate process for their sport and competition level.

### **Who should apply for a TUE to the ITA?**

Please verify if you fall into the category of International Level Athlete in your sport using [this table](#). If you do, you should submit your application directly to the ITA.

#### **During the Period of the Games.**

All Athletes participating in the Olympic Games should apply to the ITA office located in the polyclinic of the Olympic Village.

The Period of the Games for the **Lausanne 2020 Youth Olympic Games** is from 5 to 22 January 2020.

The Period of the Games for the **Tokyo 2020 summer Olympic Games** is from 14 July to 9 August 2020.

### **Under what circumstances will a TUE application be approved?**

A TUE application will be considered by the ITA under the following circumstances:

- The substance or method is needed to treat an acute or chronic medical condition, such that the athlete would experience a significant impairment to health if the prohibited substance or method were to be withheld;
- The use of the prohibited substance or method would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition; and
- There are no reasonable therapeutic alternatives or other alternatives are ineffective.

Please verify the status of your medication [here](#)

#### Examples include:

- Insulin for the treatment of Type 1 Diabetes Mellitus;
- Beta-2 Agonist inhaler, such as terbutaline, for the treatment of asthma; or
- Methylphenidate for the treatment of ADD or ADHD.

## **How do I apply for a TUE?**

Application timelines and information:

- Please fill and follow the instructions on the **TUE form**
- A complete TUE application can be reviewed within 21 days of receipt of a complete application.
- The ITA will contact the athlete once a decision has been rendered on the application, or if more information has been deemed necessary.
- Costs incurred for the completion of the TUE application form or additional investigations, examinations, or imaging studies are the responsibility of the athlete.
- Incomplete applications will be returned and will need to be resubmitted with additional information.
- Keep a copy of your application form and medical file for your records.

## **What is a retroactive TUE?**

The international Standard for TUEs specifies in which conditions retroactive TUEs can be granted:

Art 4.3 An Athlete may only be granted retroactive approval for his/her Therapeutic Use of a Prohibited Substance or Prohibited Method (i.e., a retroactive TUE) if:

- a. Emergency treatment or treatment of an acute medical condition was necessary; or
- b. Due to other exceptional circumstances, there was insufficient time or opportunity for the Athlete to submit, or for the TUEC to consider, an application for the TUE prior to Sample collection; or
- c. The applicable rules required the Athlete or permitted the Athlete to apply for a retroactive TUE; or

[Comment to 4.3(c): Such Athletes are strongly advised to have a medical file prepared and ready to demonstrate their satisfaction of the TUE conditions set out at Article 4.1, in case an application for a retroactive TUE is necessary following Sample collection.]

- d. It is agreed, by WADA and by the Anti-Doping Organization to whom the application for a retroactive TUE is or would be made, that fairness requires the grant of a retroactive TUE.

[Comment to 4.3(d): If WADA and/or the Anti-Doping Organization do not agree to the application of Article 4.3(d), that may not be challenged either as a defense to proceedings for an anti-doping rule violation, or by way of appeal, or otherwise.]

## **What should I do in case of an emergency or acute treatment?**

Your health and safety come first. Any decision made regarding your treatment plan should be done in consultation with your physician. Once your treatment is being managed, contact us to determine your TUE requirements, and to download the application form if required.

## What should I do if I have surgery?

Prior to surgery, ask your physician for a list of the medications that will be used. contact us to determine your TUE requirements, and to download the application form if required.

## What should I do if my competition level changes?

TUEs granted by National Anti-doping Agencies are valid only at national-level, unless otherwise stated in your International Federation's anti-doping rules. If at any time you are included in your IF's Registered Testing Pool (RTP) or compete at an international level, you must comply with the IF TUE requirements. You can contact your NADO or the ITA to determine whether your national TUE is valid for international competition or ask for recognition if necessary.

### Downloads and useful information:

You can download the TUE form [here](#)

List of National anti-Doping Organizations (NADOs) [here](#)

List of International Federations [here](#)

### Supporting documents for physicians:

Documentation checklists

Medical information to support TUEC decisions



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