



Australian Government

Australian Sports
Anti-Doping Authority

FACT SHEET

Checking Medications and Therapeutic Use Exemptions

PURE
PERFORMANCE

PO Box 345 Curtin ACT 2605 T +61 (0) 2 6206 0200
F +61 (0) 2 6206 0201 E asada@asada.gov.au
HOTLINE 1800 020 506 www.asada.gov.au

A POLICY OF
STRICT
LIABILITY
EXISTS IN
SPORT
WHEREBY AN
ATHLETE IS
RESPONSIBLE
FOR ANY
SUBSTANCE
FOUND IN
THEIR BODY.

If an athlete needs to take a substance, they **must**:

1. Check whether the substance is prohibited or permitted in sport by:
 - > accessing the ASADA website www.asada.gov.au; or by
 - > phoning the ASADA Anti-Doping Hotline, 1800 020 506, from 8am to 8pm AEST, 7 days a week.
2. If the substance is prohibited, check if there is a permitted alternative substance that can be prescribed.
3. If there is no permitted alternative, check if the substance is prohibited both In and Out-of-Competition.
 - > If the substance is prohibited both In and Out-of-Competition a TUE is required.
 - > If a substance is prohibited In-Competition only, and the athlete is not competing and there is no possibility of the prohibited substance being in the athlete's body during In-Competition periods, no Therapeutic Use Exemption approval is required. Athletes must check with their doctor to ensure substances that are prohibited In-Competition only, will not remain in their system during competition periods.

Caution: Athletes must ensure they do not produce a positive result In-Competition, to a substance that is permitted Out-of-Competition.

If an athlete suffers a medical condition that a doctor can only treat with a prohibited substance, they may be able to apply for a Therapeutic Use Exemption (TUE).

There are two types of TUEs: a Standard Therapeutic Use Exemptions (STUE), and an Abbreviated Therapeutic Use Exemption (ATUE).

4. Check if the prohibited substance requires a STUE or an ATUE approval by:
 - > Contacting the ASADA Anti-Doping Hotline on 1800 020 506. The Hotline operator will advise whether a STUE form or an ATUE form needs to be completed.
 - > If the substance is prescribed during a medical appointment, the athlete's doctor should phone the ASADA Anti-Doping Hotline to check which form and approval process (ATUE or STUE) is required. Doing so will eliminate the need for an additional appointment to complete TUE documentation.

Criteria for granting a TUE:

- > The athlete would experience significant health problems without the prohibited substance or method.
- > The therapeutic use of the substance would not produce significant enhancement of performance.
- > There is no reasonable alternative to using the prohibited substance or method.

5. If the athlete is competing at an international level, the athlete must contact the relevant National Sporting Organisation (NSO) or International Federation (IF) to check if the IF recognises Australian Sports Drug Medical Advisory Committee (ASDMAC) STUEs and/or NSO ATUEs.
6. Submit complete STUE forms or ATUE forms to the relevant Therapeutic Use Exemption Committee. E.g. ASDMAC (STUEs), or the relevant NSO (ATUEs) or IF (STUEs and ATUEs) (See the ASADA STUE and ATUE Fact Sheets for more information.)
7. Athletes must ensure they check the status of any substance they are using each year as the WADA prohibited list is reviewed annually. The prohibited list comes into effect on 1 January every year and is subject to no amnesty period.

ANTI-DOPING HOTLINE

1800 020 506

WEB www.asada.gov.au

STAMPOUT DOPING

1800 645 700



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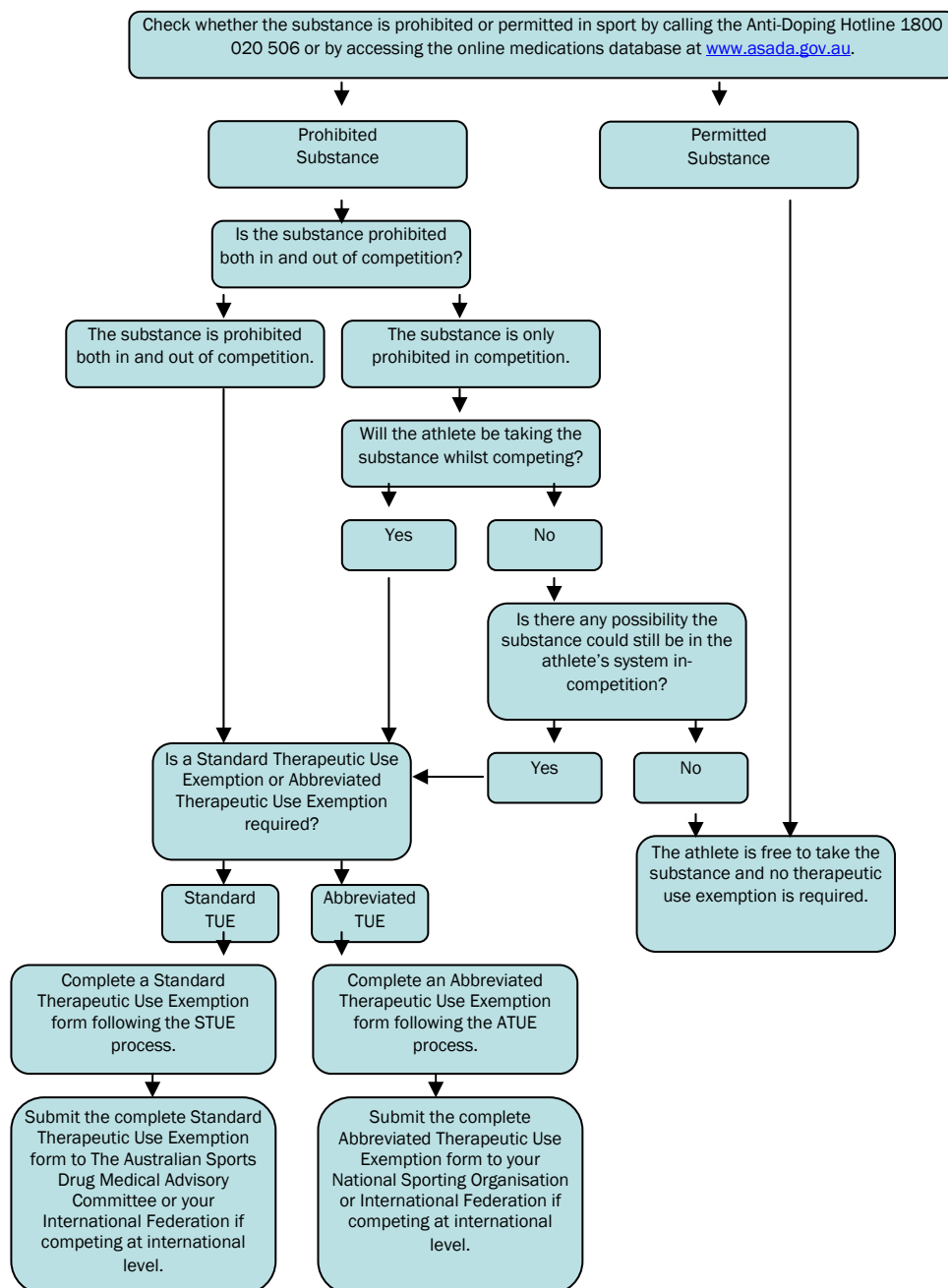
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ALWAYS CHECK
THE STATUS OF
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THEM

YOUR BODY
YOUR
RESPONSIBILITY



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Standard Therapeutic Use Exemptions (STUEs)

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ARE YOUR
STANDARD
THERAPEUTIC
USE EXEMPTIONS
APPROVED AND
UP TO DATE?

Applying for a Standard Therapeutic Use Exemption

If an athlete needs to take a substance that is subject to a Standard Therapeutic Use Exemption (STUE) approval process they must:

1. Download an Australian Sports Drug Medical Advisory Committee (ASDMAC) STUE form, available from the:
 - > ASADA website www.asada.gov.au; and
 - > ASDMAC website www.asdmac.org.au.
2. Complete the ASDMAC STUE application form with their doctor.
3. Submit the completed and signed ASDMAC STUE application form, together with all supporting clinical evidence to ASDMAC via mail, email or fax.
 - > PO Box 345, Curtin ACT 2605 > Email: asdmac@asda.org.au > Fax: 02 6206 0262.
4. ASDMAC will advise their decision with respect to the athlete's STUEs application in writing to:
 - > The athlete as soon as possible once committee has made its decision;
 - > The athlete's doctor; and the athlete's National Sporting Organisation (NSO) only if approval is granted.

Athletes competing at international level competition must:

- > contact the relevant NSO or International Federation to check if the International Federation (IF) recognises ASDMAC STUEs;
- > comply with their IF's TUE process.

Important Information

- > ASDMAC is an independent body that complies with Australian privacy legislation, the WADA code and the International Standard for Therapeutic Use Exemptions.
- > ASDMAC is subject to regular audits. ASDMAC decisions are subject to review by WADA.
- > For all STUE renewals a review letter from the athlete's doctor must be provided to ASDMAC.
- > Up to date clinical review letters must be provided with all applications for renewal of an STUE.
- > Athletes may only begin treatment after receiving an authorisation notice from ASDMAC, except in the rare case of an acute life threatening condition for which retrospective therapeutic use approval may be considered.
- > Applications take on average three weeks to process once all documentation is received.
- > Athletes may appeal to WADA for a review of ASDMAC decisions.

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Abbreviated Therapeutic Use Exemptions (ATUEs)

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ARE YOUR ABBREVIATED THERAPEUTIC USE EXEMPTIONS APPROVED AND UP TO DATE?

Abbreviated Therapeutic Use Exemptions

- > An Abbreviated Therapeutic Use Exemption (ATUE) process, applies to certain prohibited substances as determined by the WADA Prohibited List.
- > The status of substances may depend on how they are administered.
- > Abbreviated TUE (ATUE) approval is managed by National Sporting Organisations (NSOs) and International Federations (IFs).

Applying for an Abbreviated Therapeutic Use Exemption (ATUE)

If an athlete needs to take a substance that is subject to an ATUE approval process they must:

1. Obtain an ATUE form from their:
 - > NSO;
 - > IF (if competing at an international level); or
 - > The WADA website at <http://www.wada-ama.org/en/exemptions.ch2>
2. Complete the ATUE application form with their doctor. Evidence confirming the diagnosis must be provided by the doctor.
3. Send the completed ATUE application form, together with all supporting clinical evidence to their NSO or IF.
4. The NSO or IF will advise their decision to the athlete in writing within 30 days of receiving all necessary documents. All ATUE application approvals should detail: > the athlete's full name; > sport; > substance name, dose and method of administration; > date issued and period of approval (expiration of form); > conditions of approval; > approval number.
5. Athletes can begin treatment as soon as the complete ATUE form and supporting clinical evidence has been received by the relevant NSO or IF.

Athletes competing at international level competition must:

- > comply with their IFs ATUE process.

IMPORTANT: Athletes must check the expiry date of their ATUEs to ensure they have approval to take medications.

REMEMBER: For all renewals, a review letter from the athlete's doctor must be provided.

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