

What is a TUE?

Learning Outcome

- ★ Outline what a TUE is and why they are in place

A **Therapeutic Use Exemption (TUE)** process is a means by which an athlete can apply for approval to use a **prescribed prohibited substance** or **method** for the treatment of a legitimate medical condition. Athletes should advise their doctor or medical personnel of their obligation to abide by the rules of their sport. If a medication is prohibited, athletes should check with their doctor or the sport's medical personnel if there are any **alternative medications** or **treatments** that are permitted before considering the need to **apply for a TUE**.

In general, national/performance athletes in their sport are required to obtain a **TUE in advance** of starting treatment. Other athletes are required to submit a **retroactive TUE** application if they are selected for doping control. UKAD has developed a **TUE Wizard** to support all athletes with this process.




In the event that an athlete requires **urgent or emergency treatment** with a prohibited substance or method, treatment should not be withheld and the athlete should apply for a retroactive TUE as soon as possible following treatment.

Athletes are required to submit a completed **TUE application form** with the support of their doctor. A complete TUE application will then be assessed by the **UKAD TUE Committee (TUEC)** which will either approve or reject the application. The TUEC is a panel of independent doctors established by UKAD to consider athlete requests for a TUE. A TUE Review Panel must be **unanimous** in its decision for an application to be approved.





- Review your work on **medications** and read the information on [Applying for a TUE](#), then in **Activity 5.1** see if you can identify which **medical needs** would require a **TUE**.

Quick Links:

-  [Applying for a TUE](#)
-  [TUE Wizard](#)
-  [TUE Form](#)

You will need:

-  True/False Cards
-  Internet Access

Assessment Options

Scaffold: Produce a list of medications that would require a TUE for an athlete to use them.

Task: Produce a bullet point list to explain why an athlete can take a prohibited substance with a TUE.

Challenge: Justify how a level playing field is maintained when a diabetic athlete is taking insulin.



FALSE

UKAD
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A large red rectangular card with rounded corners. The word "FALSE" is written in large, white, bold, sans-serif capital letters in the center. In the bottom right corner, the UKAD logo is displayed, consisting of the word "UKAD" in a bold, sans-serif font with a blue and white graphic element, and the words "Protecting Sport" in a smaller, white, sans-serif font below it.

FOLD

TRUE

UKAD
Protecting Sport

A large green rectangular card with rounded corners. The word "TRUE" is written in large, white, bold, sans-serif capital letters in the center. In the bottom right corner, the UKAD logo is displayed, consisting of the word "UKAD" in a bold, sans-serif font with a blue and white graphic element, and the words "Protecting Sport" in a smaller, white, sans-serif font below it.



EMERGENCY MEDICINES - DO I NEED A TUE ?

Athletes may, in the course of an emergency (e.g. surgery or admission to A&E), be treated with medications or methods which are prohibited in sport. See below for our guidance on when a TUE is necessary.

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Treatments Prohibited In-Competition Only

A retroactive TUE will only be required if you are next due to compete within the following timeframes:

- **Adrenaline Auto-Injector (e.g. Emerade, EpiPen, Jext)**
Adrenaline (epinephrine) – within 3 days of last use
- **Narcotics**
e.g. fentanyl, morphine - within 7 days of last use
- **Intravenous or Oral Glucocorticoids**
e.g. dexamethasone, hydrocortisone, prednisolone - within 14 days of last use



Intravenous (IV) Infusions in Hospital

- IV infusions or injections of >100 ml per 12-hour period are prohibited, except when received as part of a hospital treatment
- IV infusions or injections received in a medical practitioner's office, IV clinic, or medical facility at a sports venue are prohibited, and require a TUE to cover use
- Always check the anti-doping status of the ingredients received within an IV infusion or injection, regardless of the volume



Treatments Prohibited At All Times

A retroactive TUE application should be submitted as soon as practical after receiving treatment (regardless your next competition date) for the following:

- **Blood Transfusions**
- **Diuretics & Masking Agents**
- **Nebulised Salbutamol or Terbutaline**



Top Tips

- Ensure that you obtain a copy of your drugs chart and all treatment records prior to being discharged (there will often be delays if you request these afterwards)
- Check the status of all medications given to you on Global DRO
- If a TUE is required, submit a TUE application form and copies of all medical records related to the treatment as soon as is practical
- If you are subject to Doping Control whilst in the process of applying for a TUE, record your treatment on the Doping Control Form and notify **UKAD**



Remember:

Emergency treatment should never be withheld due to anti-doping considerations. The health of the athlete should be the first and foremost priority.

Check your medications



On the right are four different **medical needs**.
Print out and fold in half the **True/False cards** in
Resource 5A.

1. Call out each medical need in turn and as an individual or group hold up the True/False card to indicate whether the medication would require a TUE.
2. Determine the medication that would be required for this need.
3. Check the medication on www.globaldro.com
4. How do the results compare with the True/False predictions from Stage 1?

INSECT
BITE

ADHD

MIGRAINE

DIABETES

INSECT BITE	ADHD	MIGRAINE	DIABETES
HC45 Cream	Ritalin	Paracetamol	Insulin
No TUE	TUE Required	No TUE	TUE Required

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- ★ Outline what a TUE is and why they are in place

Scaffold:

Produce a list of medications that would require a TUE if an athlete was to be prescribed them to treat a medical condition.



Task:

Produce a list of bullet points to explain why an athlete should be able to take a prohibited substance as a medication and how this still maintains a clean sport.

Challenge:

Write a paragraph that justifies the use of insulin for an athlete with diabetes, when prescribed with a TUE process in place, and how this allows a level playing field to be maintained.