

Athletic Association of Ireland

General Anti Doping Information

- Athletes like all others, may at times experience a medical condition that require using particular medicines.
- The substances that you may be required to take to treat your condition could fall under the Prohibited list.
- By applying and obtaining a **Therapeutic Use Exemption** (TUE) you may be allowed to take the necessary medication.
- International Athletes requiring a TUE Application, Forms can be downloaded from the IAAF web site www.iaaf.org
- Non International Athletes requiring a TUE Application, Forms can be downloaded from the Irish Sports Council web site www.irishsportscouncil.ie
- If a substance is detected in your sample the TUE will protect you from sanctions if the medical condition is confirmed.

International Athletes

The application process is as follows;

- International Athletes submit IAAF TUE, fully completed with supporting documentation by a physician to their anti doping officer.
- Complete this process as soon as possible, but optimally **21 days prior** to participating in an event.
- Form is sent to the IAAF by the AAI where it will be reviewed by a TUE Committee
- IAAF will inform the AAI of the decision
- You will be informed if more information is required this all takes additional time, so please ensure that all information is detailed correctly
- Upon receipt of the Approval the Anti Doping Officer will inform the Athlete, ISC and Chief Medical Officer of the AAI
- The athlete must carry a copy of the approval at all times
- Remember that a TUE is issued for a specific period of time and will expire.
- You must strictly follow the dose, method and frequency of administration as prescribed by your physician.

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Non International Level Athletes

Athletes who are not International athletes at present who are seeking to participate in competitions at a national level must apply for a TUE through the Irish Sports Council

The application process is as follows;

- Athletes submit TUE, fully completed to the ISC.
- Complete this process as soon as possible, but optimally **21 days prior** to participating in an event.
- Your application will be sent to the ISC TUE committee for review.
- The decision of the TUE committee will be notified to you directly.
- Remember that a TUE is issued for a specific period of time and will expire.
- Forms that are not fully and accurately (and legibly) completed will be returned to you – remember that this will delay the exemption.

You must strictly follow the dose, method and frequency of administration as prescribed by your physician

In Competition Testing

Criteria for the selection is generally random (but can be targeted), athletes are notified of their selection for testing immediately following competition.

Out of Competition Testing

Out of competition testing ensures that all athletes can be tested at any time at any place

Whereabouts Information - Testing Pool

If you have been identified in the registered testing pool (you will have received notification in writing) you are required to provide accurate and current whereabouts information.

This information is usually required on a quarterly basis.

You are also required to provide regular updates if your plans change.

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Things to remember

- I. Keep contact details up to date
- II. Learn more about the World Anti Doping Code and how it effects you
- III. Find out which substances are prohibited
- IV. Inform your Doctor or Pharmacist that you are an athlete who may be subject to doping control – ask them to check MIMS for the status of any medication they prescribe/recommend.
- V. If you are medically required to take any substance which appears on the Prohibited List - you will need to apply for a TUE - prior to competing
- VI. If you are unsure of what a product contains, then do not take it until you are sure it is not prohibited – check www.eirpharm.com
- VII. Ignorance is never an excuse
- VIII. Make sure that you provide, where applicable, whereabouts information
- IX. Be available for testing

Therapeutic Use Exemption Applications (TUE's)

Two different types of TUE applications are available

- Abbreviated TUE Applications
- Standard TUE Applications

Abbreviated TUE Applications

This application is only to be used for the use of

- Beta 2 Agonists by inhalation , formeterol, salbutamol, salmeterol and terbutaline
- Glucocorticosteroids by non systemic routes nasal spray, local injection etc

Standard TUE Applications

This application is to be used for all prohibited substances on the Prohibited List other than those referred to in connection with an Abbreviated TUE

Prohibited List available at www.wada-ama.org

For further information please see

Drug Information Database www.eirpharm.com

Irish Sports Council www.irishsportsCouncil.ie

World Anti Doping www.wada-ama.org

IAAF www.iaaf.org