

## Anti-doping & Therapeutic Exemptions guidance for CCCAN 2017 Trinidad & Tobago

**Compliance and adherence to International anti doping requirements are the responsibility of the Athlete (and his/her Parent/Guardian in the case of minors), his/her Physician, and his/her Coach.**

**As a parent, under World Anti-Doping rules, your child is responsible for any prohibited substance they use, attempt to use or is found in their system, regardless of how it got there or whether they intended to cheat or not.**

**The Therapeutic Use Exemption (TUE) process** is a means by which an athlete can obtain approval to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition. It is NOT a means to validate the use of prohibited substances or methods.

Athletes should advise all medical personnel of their obligation to abide by the anti-doping rules of their sport and that any medical treatment received must not violate these rules.

When prescribed a substance or method, athletes should find out whether the medication is prohibited by checking the [Global DRO](#) or WADA Prohibited list. If the medication is not prohibited, athletes can *usually* start using the prescribed medication or treatment. Athletes should check with their doctor if any doubts exist.

Where the Athlete already has a TUE granted by his or her National Anti-Doping Organization for the substance or method in question, if that TUE meets the criteria set out in the International Standard for Therapeutic Use Exemptions, then the athlete may submit this to the CCCAN 2017 ADO.

For CCCAN 2017, the Medical Committee strongly recommends that Athletes consider submission of a TUE to the ADO (TTOC or other National/Regional body) prior to the start of competition (defined as 12 hours prior to the first competitive activity), IF they consider themselves to currently be using a prohibited substance (as defined by the appended WADA Prohibited list and Global DRO).

It is unlikely that a TUE Committee will be able to grant exemptions prior to competition due to the short timeframe between submission and competition. Athletes and their physicians will therefore be expected to make every effort to rectify the use of prohibited substances prior to competition and 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 below, in case an application for a retroactive TUE is necessary following sample collection.

It is accepted that Emergency treatment for some conditions may arise, and retroactive TUE applications may be necessary. It is critical that the highest standards of medical practice, records and supporting information are documented and submitted to justify the use of any prohibited substance.

Please note that this advice is based on European/UK/WADA guidance. In the absence of specific local ADO guidance, this is meant to give parents/athletes some idea of the rules regarding medication usage around international competition and should be read in conjunction with WADA and RADO advice.

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Athletes should be vigilant when using **Supplements or Herbal medication/plants**.

- There is no guarantee that any supplement product is free from banned substances
- You are strongly advised to be very cautious if you choose to use any supplement product
- You must undertake thorough research of any supplement products before use, including the name of the product and the ingredients/substances listed. Information revealed as a result should be further investigated and we advise athletes to keep evidence of their research

### **What are the risks?**

- Supplements can contain banned substances
- Contamination (where banned substances are accidentally mixed in with the supplement) can occur during the manufacturing process
- Ingredients on the label may be listed differently to how they are shown on the Prohibited List
- Supplements may be sold as counterfeit products.  
The risk of fake supplement products is greatest when buying over the internet
- A label saying 'Safe for Sports People', or 'Approved by WADA' is meaningless. WADA and RADO do not approve any supplement products

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**TUEs related to beta-2 agonist medication to treat asthma**

Inhaled beta-2 agonists are prohibited at all times and require a Therapeutic Use Exemption (TUE), except for very occasional use:

- i. inhaled salbutamol when taken in dosages of less than 800 micrograms in any 12 hour period
- ii. inhaled formoterol when taken in dosages of less than 54 micrograms in any 24 hour period
- iii. inhaled salmeterol when taken in dosages of less than 200 micrograms in any 24 hour period

Inhaled terbutaline and inhaled indacaterol are prohibited when taken in any dose and therefore require a TUE.

The following documentation is usually required to support a TUE application related to the use of prohibited beta-2 agonist medication to treat asthma:

- A complete and legible beta-2 agonist TUE application form
- Lung function test results
- Justification from the prescribing physician as to why permitted alternatives cannot be used

Athletes should check Global DRO for confirmation about the prohibited or permitted status of their asthma medication.

Caffeine and nicotine are not on the Prohibited List; however these are on the 2017 Monitored List.

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Excerpts from the relevant section of the WADA Guidance are below.

**4.1** An *Athlete* may be granted a *TUE* if (and only if) he/she can show, by a balance of probability, that each of the following conditions is met:

- a. The *Prohibited Substance* or *Prohibited Method* in question 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 *Prohibited Method* were to be withheld.
- b. The *Therapeutic Use* of the *Prohibited Substance* or *Prohibited Method* is highly unlikely to produce any additional enhancement of performance beyond what might be anticipated by a return to the *Athlete's* normal state of health following the treatment of the acute or chronic medical condition.
- c. There is no reasonable *Therapeutic* alternative to the *Use* of the *Prohibited Substance* or *Prohibited Method*.
- d. The necessity for the *Use* of the *Prohibited Substance* or *Prohibited Method* is not a consequence, wholly or in part, of the prior *Use* (without a *TUE*) of a substance or method which was prohibited at the time of such *Use*.

*When WADA is reviewing a decision to grant (or not to grant) a TUE, the issue is - has the Athlete demonstrated by a balance of probability that each of the conditions set out in article 4.1 is met?*

**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.

*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.*

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