
WHAT IS A THERAPEUTIC USE EXEMPTION (TUE)?

Athletes, like all people, may have illnesses or conditions that require them to take medications or undergo procedures. If the medication or method an athlete is required to take to treat is included in the World Anti-Doping Agency's (WADA) Prohibited List, a Therapeutic Use Exemption (TUE) may give that athlete the authorisation to take a substance or use a method that is prohibited.

Applications for TUEs are reviewed by a panel of experts, the FISA TUE Committee (TUEC).

WHAT ARE THE CRITERIA FOR GRANTING A TUE?

All four following criteria must be met:

- The athlete has a clear diagnosed medical condition which requires treatment using a prohibited substance or method;
- The therapeutic use of the substance would not produce significant enhancement of performance;
- There is no reasonable therapeutic alternative to the use of the prohibited substance or method; if there is an alternative treatment preferred by the physician, scientific proof and justification must be submitted with the TUE application.
- The necessity to use that substance or method is not a consequence of the prior use (without a TUE), of a substance or method which was prohibited at the time of use.

The following criteria must be met for a Retroactive TUE:

Emergency treatment of an acute medical condition

Health of the athlete is at risk

Insufficient time or opportunities to submit a TUE application or the TUE committee to consider an application prior to sample collection

WHO SHOULD APPLY FOR A TUE TO FISA, WHERE AND WHEN?

First, verify if the medication (or method) you intend to take (or use) appears on the Prohibited List updated on 1 January each year: www.wada-ama.org

Prohibited List in English:

https://www.wada-ama.org/sites/default/files/wada_2019_english_prohibited_list.pdf

You have the responsibility to inform your doctor that you are an athlete subject to doping control, and your doctor should check the Prohibited List whenever they prescribe a medication / method to you. If the substance / method is prohibited, check with your doctor if there are any alternative treatments that are not prohibited. If not, you have to apply for a TUE.

Second, verify your competition level to determine to which organization, and when to apply for a TUE.

==>If you are an International-Level Athlete you must apply to **FISA** in advance, as soon as the need arises, unless there are emergency or exceptional circumstances.

FISA considers the following athletes as International-level athletes (paragraph 4.4.2 of the FISA Anti-Doping Bye-Laws):

- Rowers included in FISA's Registered Testing Pool
- Rowers who compete in the following competitions:
 - World Rowing Championships for Senior, Under 23 and Junior
 - Continental Rowing Championships, Regional Games and Olympic, Youth Olympic and Paralympic Qualification Regattas
 - World Rowing Cup Regattas
 - World and Continental Championships in rowing ergometer competitions
 - Olympic, Youth Olympic and Paralympic Rowing Regattas

For substances prohibited In-Competition only, you should apply for a TUE at least 30 days before your next competition. Please refer to the section "How to apply to **FISA** for a TUE?" below.

If you already have a TUE granted by your National Anti-Doping Organization (NADO), your NADO's TUE is only valid at the national level, and you must submit the application to **FISA** of your TUE in ADAMS.

==>If you are NOT an International-Level Athlete, please contact your NADO for details on the TUE application process.

HOW TO APPLY TO FISA FOR A TUE?

All TUE applications to **FISA** must be submitted in ADAMS. If the rower does not have an ADAMS account, please contact Natalie at FISA (natalie.schmutz@fisa.org) for an account to be set up. All relevant medical evidence must be attached with the TUE application.

Your TUE application must be submitted in English (or French). An official translation is not required but it must be signed by the doctor.

The medical file includes:

- A comprehensive medical history, including documentation from the original diagnosing physician(s) (where possible),
- The results of all examinations, laboratory investigations and imaging studies relevant to the application.
- If the medical file is not in English or French, a summary explaining, in English or French, the key elements of the diagnosis, clinical examinations, medical tests and treatment plan must be provided.

Any TUE application that is not complete or legible will not be dealt with and will be returned for completion and re-submission.

To assist you and your doctor in providing the correct medical documentation, we suggest consulting WADA's [Checklists for TUE applications](#) for guidance and support during the TUE application process.

Keep a complete copy of the TUE application form and all medical information submitted in support of your application, and proof that it has been sent.

Once the TUE application has been entered into ADAMS, please contact natalie.schmutz@fisa.org to confirm the submission of the TUE application. If the TUE application is complete with all the relevant medical evidence, the FISA TUE committee will then be notified.

If you are having problems with submitting the TUE application in ADAMS, please contact Natalie at natalie.schmutz@fisa.org

HOW TO SUBMIT A REQUEST FOR RECOGNITION OF YOUR NADO'S TUE TO FISA?

Your request for recognition must be submitted using the copy of your NADO's TUE certificate, application form (in English or French) and supporting medical file in ADAMS. Please notify Natalie at natalie.schmutz@fisa.org so that the FISA TUE committee can be notified.

It is not necessary to translate all medical information into English or French. However, an English or French summary explaining the diagnosis and key information about medical exams, medical tests and treatment plans is required.

Any request for recognition that is not complete or legible will not be dealt with and will be returned for completion and re-submission.

WHEN WILL I RECEIVE A DECISION ON MY TUE APPLICATION OR REQUEST FOR RECOGNITION?

FISA's TUE committee decision will be communicated in writing to you within 21 days from the date of receipt of the complete TUE application (or request for recognition), including the required medical information, by FISA.

HOW ABOUT THE RENEWAL OF MY TUE?

Each TUE has a specific duration, at the end of which it expires automatically. Should you need to continue to use the prohibited substance or method, it is your responsibility to submit a new application for a TUE with updated medical information ahead the expiry date, so that there is sufficient time for a decision to be made prior to the expiry of the current TUE.

WHAT IF MY TUE APPLICATION TO FISA IS DENIED?

A decision to deny a TUE application includes an explanation of the reason for the denial. If it is not clear to you, please contact Natalie at FISA (natalie.schmutz@fisa.org) to understand exactly why the TUE was denied. Sometimes, there may be a critical piece of information, diagnostic test, laboratory results missing, etc. Failing this, You or your NADO may refer the matter to WADA for review no later than 21 days after the decision was rendered by the FISA TUE

committee by sending the same information that you submitted to the FISA TUE committee (and on which they based their decision to deny the TUE) via registered mail at:

WADA Medical Director
World Anti-Doping Agency
800 Square Victoria
Montreal H4Z 1B7, QC
Canada

However, WADA is not obliged to proceed with such review. In that case, you or your NADO may appeal to the Court of Arbitration for Sport (CAS).

WHAT IF MY NADO'S TUE IS NOT RECOGNISED BY FISA?

Following the initial review of the TUE by the FISA TUE committee, you be asked to submit additional information. If FISA rejects the TUE application, you and your NADO have 21 days to refer the matter to WADA for review. You can appeal the decision by sending a registered letter together with the same information that was submitted to the FISA TUE committee (and on which they based their decision to deny the TUE) via registered mail at:

WADA Medical Director
World Anti-Doping Agency
800 Square Victoria
Montreal H4Z 1B7, QC
Canada

Pending WADA's decision, your NADO's TUE is **NOT** valid for international competition but remains valid for national-level competition and out-of-competition testing.

If the matter is not referred to WADA for review, the TUE becomes invalid for any purpose when the 21-day review deadline expires (i.e., not valid at the national nor the international level).

HOW ABOUT CONFIDENTIALITY?

All the information contained in a TUE application and file including the supporting medical information, and any other information related to the evaluation of your TUE request is kept strictly confidential and treated in accordance with the Athlete's Declaration contained in the ADAMS TUE process. All members of the TUEC and any other authorized recipients of your TUE request and related information (as described in the Athlete's Declaration) are required to sign confidentiality agreements and/or are subject to professional confidentiality obligations.

Please review the terms of the Athlete's Declaration carefully. In particular, please note that should you wish to revoke the right of the FISA TUE committee to obtain the information related to your TUE request in accordance with the Athlete's Declaration, your TUE application will be deemed withdrawn without approval (or recognition) being granted.

Your TUE request-related information will be retained by **FISA** and any other authorised recipients for no longer than necessary for the purposes stated in the Athlete's Declaration, in accordance with the International Standard for the Protection of Privacy and Personal Information.

CONTACT INFORMATION

If you are uncertain as to why organization you should apply for a TUE, or as to the recognition process, or any other questions regarding TUEs, please do not hesitate to contact: Natalie Schmutz at: natalie.schmutz@fisa.org.

OTHER USEFUL LINKS:

[WADA International Standard for Therapeutic Use Exemptions \(ISTUE\)](#)

[WADA Q&A on Therapeutic Use Exemptions](#)

[WADA Checklists for TUE applications](#)