

## **Therapeutic Use Exemption**

The decision to test athletes is not based on age - it is based on the level the athlete is competing at. Under 18's competing at national level may be tested.

All athletes who may be subject to drug testing should check all medications on

**www.eirpharm.com** (Republic of Ireland medications)

Or

**www.globaldro.com** (Northern Ireland medications).

**If any gymnast is participating in a FIG listed event, you must follow the "Pre Test TUE Policy" see N.B. below.**

### **Step 1: Check your medicine to see if it is prohibited (as per websites listed above)**

Always remind your GP/Consultant that you are an athlete subject to drug testing. He/she can check any medications they prescribe for you in MIMS – a booklet available to all doctors on a monthly basis. The Irish Sports Council ensures that each monthly edition is updated if there are any changes to the status of a medicine in sport. All prescription medications available in Ireland are listed and each medication is classed as permitted, prohibited (requires a TUE) or requiring declaration. You should insist that your doctor consults the current month's edition of MIMS when checking your medication.

### **Step 2: Your medication:**

- a) Is Permitted – you do not need to complete a TUE form but you should declare the medication on the Doping Control Form at the time of a drug test if taken within the last 14 days
- b) Requires Declaration – you do not need to complete a TUE form BUT YOU MUST DECLARE THE MEDICATION ON THE DOPING CONTROL FORM AT THE TIME OF A DRUG TEST IF YOU HAVE TAKEN IT WITHIN THE LAST 14 DAYS.
- c) Requires a **TUE** –See Step 3 below for guidance.

### **Step 3: Your medication requires a TUE!**

A doctor should always prescribe a permitted medication to treat a medical condition if there is one available. If there is no permitted alternative you must either apply for a TUE before you take the medication or ensure that a comprehensive medical file is kept containing full details of your medical condition, including a detailed medical history, any relevant test results and any further supporting medical information.

## **PRE & POST TEST TUE**

### **PRE TEST:**

**N.B. – IF COMPETING IN ANY FIG LISTED EVENT YOU MUST FOLLOW THE “PRE-TEST TUE”**

To view the current list of FIG listed events please click on the following link

<http://www.fig-gymnastics.com/site/competition/search>

To follow the “**Pre Test TUE Policy**” please note:

- You must apply for a TUE by setting up an on-line **ADAMS** account!  
(Please contact our Anti-Doping Officer [Dermot@gymnasticsireland.com](mailto:Dermot@gymnasticsireland.com) to set up account).

What does ADAMS stand for? -**Anti-Doping Administration Management System**

Under the World Anti-Doping Code, the World Anti-Doping Agency (WADA) has an obligation to coordinate anti-doping activities and to provide a mechanism to assist stakeholders with their implementation of the Anti-Doping Code. ADAMS was developed for this purpose.

ADAMS is a web-based database management tool that simplifies the administration of anti-doping activities. This system allows data entry, storage, sharing and reporting. It supports the administration of a gymnast TUE.

For further information on **ADAMS** - <http://www.fig-gymnastics.com/site/page/view?id=465>

### **POST TEST TUE (if the above doesn't apply to you):**

This means that following a drug test, if the lab reports an Adverse Analytical Finding (AAF), i.e. a prohibited substance is found in your sample, the Irish Sports Council will contact you to offer you the opportunity you to make a TUE application for the substance within specified timelines. All athletes are urged to ensure that their doctor keeps their medical file up to date at all times, therefore you will be in a position to make this application if required.

If you are unable to prove through your TUE application that you were using the Prohibited Substance or Prohibited Method for a legitimate therapeutic purpose, the AAF will stand and the ISC will start disciplinary proceedings as per the Irish Anti-Doping Rules 2015. If the ISC TUE Committee reviews the medical file and is satisfied that you used the Prohibited Substance or Method for a legitimate purpose, the AAF is not pursued and no action is taken against you.