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**Therapeutic Use Exemption (TUE) Form and Procedures**

**How to check medication and apply for a TUE**

It is very common for people to take medication whether you are an athlete or not due to specific illness or conditions. As an athlete, it is very important to know if the medication you need to take is on the Prohibited List of substances. If your medication is on the the prohibited or Restricted list of substances as published by World Anti-Doping Authority (WADA) there are some steps you need to take to make sure you follow sports guidelines for anti-doping and clean sport.

**How do I apply for a TUE?**

If your medication is on the prohibited or restricted list, you can apply for a Therapeutic Use Exemption (TUE). If you are an athlete focusing on a Virtus event, your TUE application should be submitted to UKSA only. UKSA will review your application, check we have everything we need and then submit it to the Virtus Medical Panel for a decision. The Virtus Medical Panel will decide if they can give you an exemption for your medication or whether something else is needed.

Your application for a TUE should reach UKSA 60 days before your first competition at the latest. This is so UKSA can meet the Virtus deadlines.

**How do I check whether my medication is on the prohibited or restricted list?**

You can check your medication by logging onto the Global Drug Information website (GlobalDro), via this link.<https://www.globaldro.com/Home>

Make sure you have your medication with you before you start as you will be asked questions about it. Follow the steps and prompts given. Print out the result of your search for your record.

Remember to check each item of medication, whether tablets, liquid, creams etc. needs to be checked. It is important to check as early as possible to see if you need a TUE or not to prevent an unintentional violation of anti-doping guidelines. If you are unsure if you need a TUE, check with a member of your support team or contact UKSA.

**Things to remember about anti-doping and TUE’s**

* If the medication an athlete is required to take to treat an illness or condition is on the prohibited list, a TUE may give the athlete the ability to compete while on the medication.
* To get a TUE form contact UKSA.
* Your doctor will have to complete a portion of the form.
* A TUE can be cancelled, expired, reversed, or withdrawn at any time
* Start the process as early as possible

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