





# Therapeutic Use Exemption

## The Jamaica Anti-Doping Commission

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## What is a TUE?

- An athlete may have a legitimate medical condition which requires them to take a particular medication or use a particular method for therapeutic purposes.
- If the medication or method appears on the WADA prohibited list, an athlete can request a Therapeutic Use Exemption (TUE), granting permission to use the substance or method.



## How does it Work?

- It allows treatment for a legitimate medical condition, even if it requires the use of a prohibited substance or method.
- It enables athletes with legitimate medical conditions to avoid the risk of sanctions due to a positive test for the substance(s) or method(s).



## Applying for a TUE

- If you are a national level athlete, you should obtain a TUE form from your country's Anti-Doping Organisation (ADO).
- International level athletes should request a TUE form from their International Federation (IF).
- Consult with your physician who will complete the form.
- Ensure you provide supporting medical evidence.
- Return the form to your ADO or IF.
- A panel of medical experts will review your request.

## Successful TUE Applications

You will be granted a TUE if:

- Your health will be significantly impaired if you do not take the medication.
- The substance does not change your performance beyond returning you to normal health.
- There are no alternate treatments that have proven to help you.

## Your TUE and You

- Apply for your TUE at least 30 days before taking part in an event.
- Only in exceptional or emergency cases can a TUE be granted retroactively.
- Comply with all the treatment conditions outlined.
- Declare the approved medication on the Doping Control Form while being tested.
- Keep a copy of your TUE certificate handy.
- TUEs do expire, so be vigilant and ensure it is renewed.