






Therapeutic Use Exemption

The Jamaica Anti-Doping Commission

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What is a TUE?

- A Therapeutic Use Exemption (TUE) allows an athlete to use a prohibited substance or method for the treatment of a legitimate medical condition.
- The athlete **MUST** provide medical evidence of the condition before the TUE application can be processed.

How does it Work?

- It enables athletes with legitimate medical conditions to avoid the risk of sanctions if a positive test for the prohibited substance or method occurs after the TUE has been granted.

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:

- You will experience significant health problems without taking the prohibited substance or method.
- The substance does not change your performance beyond returning you to normal health.
- There are no alternate treatments that have proven to help you.
- The requirement to use that substance or method is not due to the prior use of the substance or method without a TUE which was prohibited at the time of use.

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.