

The following information was copied from the CCES website and the information on page 2 was compiled after discussion with Julie Vallon of CCES.

~ Manjit Gosal, Karate BC Medical Director
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Doping-Free Sport: Therapeutic Use Exemptions (TUE)

Some athletes need to use drugs such as insulin to treat diabetes or salbutamol inhalers for asthma attacks. If you need to use a prohibited substance or method, you can apply for a therapeutic use exemption, better known as a TUE. When a TUE is granted, if you test positive, we'll know that you're using your medication for a medically-justified reason, and not to enhance your performance. To find out more about TUEs:

- E-mail TUE-AUT@cces.ca.
- Call our toll-free InfoLine at 1-800-672-7775.

Under what circumstances can an athlete apply for a TUE?

A TUE will only be considered by the CCES under the following circumstances:

- the athlete would experience a significant impairment to health if the prohibited substance or method were to be withheld in the course of treating an acute or chronic medical condition;
- the use of the prohibited substance or method would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition, and;
- there is no reasonable therapeutic alternative or any alternative is inefficient.

For example, when the above-mentioned conditions have been demonstrated:

- a TUE may be granted for:
 - the use of Insulin for the treatment of insulin-dependent diabetes; or
 - the use of a Salbutamol inhaler for the treatment of asthma.
- a TUE would not be granted for:
 - the use of a nutritional supplement or vitamin; or
 - the recreational use of cannabinoids.

http://www.cces.ca/forms/resource_popup.cfm?lang=e&id=150

http://www.cces.ca/forms/index.cfm?DSP=template&act=view3&template_id=81&lang=e

WHAT DOES THIS ALL MEAN?

If you are taking medications which have been prescribed to you for a medical reason, and if this medication is on the prohibited list (see CCES site or KBC site under drugs and medicines file):

- **Make sure your doctor has a clear medical record of this.**

Ideally the medical record should go back over at least several months.

If possible there should be a test or a specialist opinion for the diagnosis, e.g. spirometry for asthma, or psychiatrist opinion for anxiety or depression etc.

- **Contact the CCES and discuss the TUE requirement and have the TUE form sent to you: 1-800-672-7775**

Let your coach know as he or she can then advise you.

Remember YOU are the athlete. YOU are responsible... not your coach and not the doctor.

International Competition:

The **TUE form and the medical record** from your physician must be submitted to CCES earlier than THREE weeks to your competition.

National Level Competition:

The **TUE and medical record** can be presented AFTER the competition if you are tested positive.