



THERAPEUTIC USE EXEMPTION POLICY

Version 1.2

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INTRODUCTION

According to the World Anti-Doping Agency's (WADA) International Standard for Therapeutic Use Exemption (TUE), athletes with a documented medical condition requiring the use of a Prohibited Substance or a Prohibited Method must first obtain a TUE. A TUE may, under certain well-defined and restricted conditions, enable athletes to take the necessary medication whilst competing in sporting events without resulting in a doping offence. An independent Therapeutic Use Exemption Committee (TUEC) shall review applications for TUEs according to the requirements of the Standard.

This policy should be read in conjunction with the principles set out in Article 4.4 of the World Anti-Doping Code and the International Standard for TUE established through the Code. The Introduction, the Terms and Definitions (Appendix 1) and the other appendices shall also be considered integral parts of this policy.

1 APPLICATION OF THE ADS TUE POLICY

1.1 A TUE application must be made by an Athlete to the relevant body (ADS, International Federation or other relevant Anti-Doping Organisations).

1.2 The following Athletes shall obtain a TUE from their International Federation (IF):

- (a) Athletes in the International Federation's Registered Testing Pool ("IF RTP"); and
- (b) Athletes participating in an International Event for which a TUE granted pursuant to the International Federation's (IF) rules are required. This applies whether or not the athletes already have a TUE on a national level.

ADS' independent TUEC will recognise TUEs granted by IF TUECs for athletes included in an IF RTP. Athletes in the IF RTP must abide by their respective IF's TUE policies and procedures for their TUE applications.

1.3 For all other athletes listed below, applications shall be made to ADS:

- (a) Athletes in the ADS Registered ("ADS RTP") and Domestic Testing Pool ("ADS DTP");
- (b) Athletes carded under the Singapore Sports Council's Sports Excellence Talented Elite Athlete Management (*spexTEAM*) programme;
- (c) Athletes participating in a National Sports Association's (NSA) National Championship for which a TUE granted pursuant to the NSA's rules is required; and
- (d) Athletes of other levels where a TUE is required.

1.4 A TUE application shall be submitted to only one Anti-Doping Organisation at a time. The Athlete must submit an application to the relevant Anti-Doping Organisation when his/her status as an athlete changes. That is, when a national-level Athlete with a TUE registered by ADS becomes an international-level athlete, he/she must submit a TUE application to his/her IF **within thirty (30) days** of requiring such TUE.

2 CRITERIA FOR GRANTING A TUE

A TUE will be granted only if the following criteria are fulfilled:

- 2.1 The Athlete would experience a significant impairment to health if the Prohibited Substance or Prohibited Method were to be withheld in the course of treating an acute or chronic medical condition;
- 2.2 The therapeutic Use of the Prohibited Substance or Prohibited 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;
- 2.3 There is no reasonable therapeutic alternative to the Use of the otherwise Prohibited Substance or Prohibited Method; and
- 2.4 The necessity for the Use of the otherwise Prohibited Substance or Prohibited Method cannot be a consequence, wholly or in part, of prior non-therapeutic use of any substance from the Prohibited List.

3 TUE PROCEDURE

A TUE is required for all medical treatments involving the use of a Prohibited Substance or Prohibited Method detailed in the Prohibited List. Athletes in the IF RTP shall abide by their respective IF's TUE rules and procedures.

3.1 Submission Deadline

- (a) To ensure that the TUE is granted to the athlete prior to participation in a competition, all athletes who require the use of substances or methods prohibited *In-Competition* are to submit their applications **at least thirty (30) days** prior to participating in an event.
- (b) For substances prohibited *at all times*, the TUE application must be submitted as soon as the medical condition requiring the use of prohibited substances or methods is diagnosed.

3.2 Forms and Documents

- (a) TUE applications must be submitted to ADS using the TUE Application Form (Appendix 2). The application form can be obtained from the ADS website at www.antidoping.org.sg or the respective NSA. IF RTP athletes can obtain the forms from their respective IF.
- (b) The TUE application shall be signed by the appropriate medical practitioner(s) and accompanied with all relevant documents, such as evidence of the diagnosis, a comprehensive medical history and the results of all examinations, laboratory investigations and imaging studies relevant to the application.
- (c) The application shall also include a statement by an appropriately qualified physician attesting to the necessity of the otherwise Prohibited Substance or Prohibited Method in the treatment of the

Athlete and describing why an alternative, permitted medication cannot, or could not, be used in the treatment of this condition.

- (d) The substance in question must be given its generic name. Brand names will not be accepted and will lead to the application being returned. The dose, frequency, route and duration of administration of the prohibited substance or method in question must be specified. If any of these changes, a new application should be submitted.
- (e) Any additional relevant investigations, examinations or imaging studies may be requested for consideration to grant a TUE. For conditions that cannot be demonstrated, independent medical justification must be attached to the application. All expenses incurred for these tests and reports shall be borne by the Athlete or the NSA.

3.3 Approval Procedure

- (a) According to Articles 6.1 to 6.3 of the International Standard for TUE, the relevant Anti-Doping Organisation shall appoint an independent Therapeutic Use Exemption Committee (TUEC) to review and grant TUEs to athletes. ADS shall appoint an independent TUEC to review and grant TUEs to athletes.
- (b) In normal circumstances, decisions of the TUEC shall be completed within thirty (30) days of receipt of the application form and all relevant documentation and will be conveyed in writing to the Athlete by ADS.
- (c) If a TUE application to an event is made outside of the stipulated submission timeline, the TUEC shall use its best endeavors to complete the TUE process before the start of the Event and cannot guarantee the process of the application before the start of the Event.
- (d) Should the Athlete wish to revoke the right of the TUEC to obtain any health information on his/her behalf, the Athlete shall notify his/her medical practitioner in writing of the fact. As a consequence of such a decision, the Athlete will not receive approval for a TUE or renewal of an existing TUE.
- (e) ADS will notify the relevant NSA, IF and WADA of the TUEs granted to Athletes in its Registered and Domestic Testing Pool.

3.4 Commencement of Medical Treatment

The athlete may commence treatment and/or sporting practice only upon receipt of official notification of the approved TUE. Otherwise, they would be using a Prohibited Substance or Prohibited Method without authorisation. This would constitute an anti-doping rule violation in the event of denial of the TUE by the TUEC.

4 PROCEDURE FOR ASTHMA TREATED WITH BETA-2 AGONISTS

- 4.1 All Beta-2 agonists (including both optical isomers where relevant) are prohibited except Salbutamol (maximum 1600 micrograms over 24 hours), Formoterol (maximum 36 micrograms over 24 hours) and Salmeterol when taken by inhalation at therapeutic doses.
- 4.2 The presence in urine of Salbutamol in excess of 1000 ng/mL or Formoterol in excess of 30 ng/mL is presumed not to be an intended therapeutic Use of the substance and will be considered as an Adverse Analytical Finding unless the Athlete proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of the Use of the therapeutic inhaled dose up to the maximum indicated above.

Alternate Beta-2 agonists, such as Terbutaline are prohibited and require a TUE. The request for a TUE should meet WADA's specific criteria of a positive bronchial provocation test or positive bronchodilator test. Refer to Appendix 3 for guidelines to the medical file requirements for use of prohibited Beta-2 agonists.

- 4.3 The medical file required to support an application for a TUE in the case of an Athlete with asthma must include the following details:
- (a) a complete medical history as described;
 - (b) a comprehensive report of the clinical examination with specific focus on the respiratory system;
 - (c) a spirometry report;
 - (d) if airway obstruction is present, the spirometry will be repeated after inhalation of a short acting Beta-2 agonist to demonstrate the reversibility of bronchoconstriction;
 - (e) in the absence of reversible airway obstruction, a bronchial provocation test is required to establish the presence of airway hyper responsiveness;
 - (f) exact name, speciality and contact details of examining physician.

Note that since there is now a permitted substitute (Salbutamol, Salmeterol and Formoterol), an explanation must be included as to why an alternate Beta-2 agonist is being prescribed.

5 RETROACTIVE TUE

- 5.1 There are situations for which TUEs may be granted retroactively. Nevertheless, even if a potential retroactive TUE case is examined, under no circumstances does this provide any guarantee that the TUE will be granted. The evaluation procedure is the same as that for the standard TUE application. The application will be considered by the relevant TUEC, which will issue its decision.
- 5.2 An application for a TUE will not be considered for retroactive approval except in cases where:
- (a) Emergency treatment or treatment of an acute medical condition.

An emergency situation occurs when the life of an athlete could be at risk if he/she is unable to use the prohibited substance or method; in other words, if the medical condition justifies the treatment and warrants immediate administration.

- (b) If, due to exceptional circumstances, there was insufficient time or opportunity for an applicant to submit or a TUEC to consider an application prior to doping control.

Circumstances are considered to be exceptional when, for example, a TUE cannot be granted in time through no fault of the athlete. Thus, an athlete with a chronic illness must request a TUE thirty (30) days prior to an event. Nevertheless, the case of a normally healthy athlete suddenly affected by a significant medical condition some days prior to an event, and unable to request a TUE within the allotted time to enable the TUEC to grant the TUE, may be considered as an “exceptional circumstance”.

- 5.3 Full and clear documentation of the medical incident is required and the TUE application process must be initiated at the first opportunity.

6 CANCELLATION OF A TUE

The TUE will be cancelled, if:

- 6.1 The Athlete does not promptly comply with any requirements or conditions of the ADS TUE Policy; and/or
- 6.2 The term for which the TUE was granted has expired; and/or
- 6.3 The Athlete is advised that the TUE has been withdrawn by ADS; and/or
- 6.4 A decision granting a TUE has been reversed by WADA or the Court of Arbitration for Sport (CAS).

7 RENEWAL OF TUE

- 7.1 There are no automatic extensions to a TUE. A new application is required when the previous TUE expires. Even for chronic Use of medication, a TUE can be granted only for a limited period.
- 7.2 The athlete must obtain and submit the TUE Application Form and medical documentation in the usual manner, and the TUE will be renewed in accordance with the same procedure. All application forms must be duly completed, signed and dated by the physician and the athlete. The physician should attach a recommendation for the TUEC concerning the duration of validity of the TUE based on the next appointment scheduled with his/her patient in order to monitor the specific medical condition.

8 DURATION OF VALIDITY

- 8.1 A TUE will be granted for a limited period of time, even if use of the substance is chronic. The Use of the substance will be regularly monitored by a physician, and the TUE will be renewed accordingly.

- 8.2 The dose, frequency, route and duration of administration of the otherwise Prohibited Substance or Prohibited Method in question must be specified. In case of change, a new application should be submitted.

9 LANGUAGES USED

All copies of applications and appropriate medical information necessary for the decision must be submitted in English or translated to English prior to submission to ADS.

10 DATA PROTECTION

10.1 Athlete Consent

Athletes applying for a TUE shall provide written consent for the transmission of all information pertaining to the application to members of all TUECs with authority under the Code to review the file and, if necessary, to other independent medical or scientific experts, as well as all other staff involved in the management, review or appeal of TUEs and WADA. The athlete should also provide written consent for TUEC decisions to be distributed to ADS and the NSAs in accordance with the provisions of the Code, and for the storage of such data and its transfer to the WADA Anti-Doping Administration and Management System (ADAMS).

10.2 Confidentiality of Information

Members of the TUEC and any other independent experts involved will manage TUE applications in the strictest of confidence and will sign confidentiality agreements. In particular they will keep the following information confidential:

- (a) All medical information and data provided by the Athlete and physician(s) involved in the Athlete's care.
- (b) All details of the application including the name of the physician(s) involved in the process.

- 10.3 Personal Information obtained in the TUE process will be retained in ADS for a period of eight (8) years, and thereafter only for as long as necessary to fulfill any obligations under the Code, as required by applicable law, regulation or compulsory legal process.

- 10.4 Information may be modified only by the staff appointed by ADS granting the TUE and they are also the only people allowed to access the file.

11 RESULTS MANAGEMENT

In the event of an Adverse Analytical Finding, the following procedure applies:

11.1 Review by ADS

ADS shall conduct a review to determine if:

- (a) Any TUE has been granted or will be granted as provided in the International Standard for Therapeutic Use Exemptions, or
- (b) There is any apparent departure from the International Standard for Testing or International Standard for Laboratories that caused the Adverse Analytical Findings.

11.2 Existing TUEs and corresponding level of prohibited substance

Where a TUE is granted, no action is required as long as the reported level corresponds to the prescribed treatment plan and authorized dose.

11.3 Existing TUEs whereby the level of the prohibited substance does not correspond to the TUE

ADS will continue to follow the results management procedure for Adverse Analytical Findings if the level of the prohibited substance in the sample reported by the laboratory does not correspond to the authorised dose for the granted TUE.

11.4 Absence of a TUE

If the athlete does not have a TUE or if the TUE is not valid, ADS shall follow its rules regarding results management applicable to adverse analytical findings based on Article 7.2 of the Code.

12 WADA TUEC REVIEWS AND APPEALS

The WADA TUEC is established to review, on its own initiative, TUE decisions granted by Anti-Doping Organisations. The WADA TUEC, upon request by Athletes who have been denied TUEs by an Anti-Doping Organisation, will review such decisions with the power to reverse them.

13 EFFECTIVE DATE

The ADS TUE Policy v1.2 shall go into effect on 1 January 2012.

Appendix 1: TERMS AND DEFINITIONS

Defined Terms from the Code

ADAMS: The Anti-Doping Administration and Management System is a Web-based database management tool for data entry, storage, sharing, and reporting designed to assist stakeholders and WADA in their anti-doping operations in conjunction with data protection legislation.

Adverse Analytical Finding: A report from a laboratory or other WADA-approved entity that, consistent with the International Standard for Laboratories and related Technical Documents, identifies in a Sample the presence of a Prohibited Substance or its Metabolites or Markers (including elevated quantities of endogenous substances) or evidence of the Use of a Prohibited Method.

Anti-Doping Organization: A Signatory that is responsible for adopting rules for initiating, implementing or enforcing any part of the Doping Control process. This includes, for example, the International Olympic Committee, the International Paralympic Committee, other Major Event Organizations that conduct Testing at their Events, WADA, International Federations, and National Anti-Doping Organizations.

Athlete: Any Person who participates in sport at the international level (as defined by each International Federation), the national level (as defined by each National Anti-Doping Organization, including but not limited to those Persons in its Registered Testing Pool), and any other competitor in sport who is otherwise subject to the jurisdiction of any Signatory or other sports organization accepting the Code. All provisions of the Code, including, for example, Testing and therapeutic use exemptions, shall be applied to international- and national-level competitors. Some National Anti-Doping Organizations may elect to test and apply anti-doping rules to recreational-level or masters competitors who are not current or potential national caliber competitors. National Anti-Doping Organizations are not required, however, to apply all aspects of the Code to such Persons. Specific national rules may be established for Doping Control for non-international-level or non-national-level competitors without being in conflict with the Code. Thus, a country could elect to test recreational-level competitors but not require therapeutic use exemptions or whereabouts information. In the same manner, a Major Event Organization holding an Event only for masters-level competitors could elect to test the competitors but not require advance therapeutic use exemptions or whereabouts information. For purposes of Article 2.8 (Administration or Attempted Administration) and for purposes of anti-doping information and education, any Person who participates in sport under the authority of any Signatory, government, or other sports organization accepting the Code is an Athlete.

Code: The World Anti-Doping Code.

Competition: A single race, match, game or singular athletic contest. For example, a basketball game or the finals of the Olympic 100-meter race in athletics. For stage races and other athletic contests where prizes are awarded on a daily or other interim basis the distinction between a Competition and an Event will be as provided in the rules of the applicable International Federation.

Domestic Testing Pool: The pool of National-level Athletes, other than an International-Level or National-Level Athlete in ADS' Registered Testing Pool, established by ADS who are subject to both In-Competition and Out-of-Competition Testing as part of ADS' test distribution plan.

Doping Control: All steps and processes from test distribution planning through to ultimate disposition of any appeal including all steps and processes in between such as provision of whereabouts information, Sample collection and handling, laboratory analysis, therapeutic use exemptions, results management and hearings.

Event: A series of individual Competitions conducted together under one ruling body (e.g., the Olympic Games, FINA World Championships, or Pan American Games).

Event Period: The time between the beginning and end of an Event, as established by the ruling body of the Event.

In-Competition: Unless provided otherwise in the rules of an International Federation or other relevant Anti-Doping Organization, “In-Competition” means the period commencing twelve hours before a Competition in which the Athlete is scheduled to participate through the end of such Competition and the Sample collection process related to such Competition.

International Event: An Event where the International Olympic Committee, the International Paralympic Committee, an International Federation, a Major Event Organization, or another international sport organization is the ruling body for the Event or appoints the technical officials for the Event.

International-Level Athlete: Athletes designated by one or more International Federations as being within the Registered Testing Pool for an International Federation.

International Standard: A standard adopted by WADA in support of the Code. Compliance with an International Standard (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed by the International Standard were performed properly. International Standards shall include any Technical Documents issued pursuant to the International Standard.

National Anti-Doping Organization: The entity(ies) designated by each country as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of Samples, the management of test results, and the conduct of hearings, all at the national level. This includes an entity which may be designated by multiple countries to serve as regional Anti-Doping Organization for such countries. If this designation has not been made by the competent public authority(ies), the entity shall be the country’s National Olympic Committee or its designee.

National Event: A sport Event involving international- or national-level Athletes that is not an International Event.

National-Level Athlete: An Athlete, other than an International-Level Athlete, who is designated by ADS as being within the ADS Registered Testing Pool.

National Sports Association: Any national, provincial or territorial Person governing sport in Singapore or part thereof and its affiliated members, clubs, teams, associations and leagues.

Out-of-Competition: Any Doping Control which is not In-Competition.

Possession: The actual, physical Possession, or the constructive Possession (which shall be found only if the Person has exclusive control over the Prohibited Substance or Prohibited Method or the premises in which a Prohibited Substance or Prohibited Method exists); provided, however, that if the Person does not have exclusive control over the Prohibited Substance or Prohibited Method or the premises in which a Prohibited Substance or Prohibited Method exists, constructive Possession shall only be found if the Person knew about the presence of the Prohibited Substance or Prohibited Method and intended to exercise control over it. Provided, however, there shall be no anti-doping rule violation based solely on Possession if, prior to receiving notification of any kind that the Person has committed an anti-doping rule violation, the Person has taken concrete action demonstrating that the Person never intended to have Possession and has renounced Possession by explicitly declaring it to an Anti-Doping Organization. Notwithstanding anything to the contrary in this definition, the purchase (including by any electronic or other means) of a Prohibited Substance or Prohibited Method constitutes Possession by the Person who makes the purchase.

Prohibited List: The List identifying the Prohibited Substances and Prohibited Methods.

Prohibited Method: Any method so described on the Prohibited List.

Prohibited Substance: Any substance so described on the Prohibited List.

Registered Testing Pool: The pool of top-level Athletes established separately by each International Federation and National Anti-Doping Organization who are subject to both In-Competition and Out-of-Competition Testing as part of that International Federation's or National Anti-Doping Organization's test distribution plan. Each International Federation shall publish a list which identifies those Athletes included in its Registered Testing Pool either by name or by clearly defined, specific criteria.

Signatories: Those entities signing the Code and agreeing to comply with the Code, including the International Olympic Committee, International Federations, International Paralympic Committee, National Olympic Committees, National Paralympic Committees, Major Event Organizations, National Anti-Doping Organizations, and WADA.

Testing: The parts of the Doping Control process involving test distribution planning, Sample collection, Sample handling, and Sample transport to the laboratory.

Use: The utilization, application, ingestion, injection or consumption by any means whatsoever of any Prohibited Substance or Prohibited Method.

WADA: The World Anti-Doping Agency.

Defined Terms from the International Standard for TUE

Personal Information: As defined in the International Standard for the Protection of Privacy and Personal Information, information, including without limitation sensitive Personal Information, relating to an identified or identifiable Participant or relating to other Persons whose information is processed solely in the context of an Anti-Doping Organization's anti-doping activities.

Therapeutic: Of or relating to the treatment of a medical condition by remedial agents or methods; or providing or assisting in a cure.

TUE: Therapeutic Use exemption approved by a Therapeutic Use Exemption Committee based on a documented medical file and obtained before Use or Possession of, a substance or method that would otherwise be prohibited by the Code.

TUEC: Therapeutic Use Exemption Committee is the panel established by the relevant Anti-Doping Organization.

WADA TUEC: WADA Therapeutic Use Exemption Committee is the panel established by WADA.

Appendix 2: THERAPEUTIC USE EXEMPTION (TUE) APPLICATION FORM

TUE Case No:	
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**THERAPEUTIC USE EXEMPTION (TUE)
APPLICATION FORM**

1. Athlete Information	
Surname: _____	Given Name: _____
<input type="checkbox"/> Male <input type="checkbox"/> Female	Date of Birth (dd/mm/yyyy): _____
Address: _____	
Country: _____	Postal Code: _____
Telephone: _____ (H) _____ (O) _____ (HP)	
Email: _____	
Sport: _____	Discipline: _____
National Sports Association (NSA): _____	
International Federation (IF): _____	
Please mark the appropriate box:	
<input type="checkbox"/> I am part of Anti-Doping Singapore's Registered Testing Pool / Domestic Testing Pool*	
<input type="checkbox"/> I am carded under the Singapore Sports Council's Sports Excellence Talented Elite Athlete Management (<i>spexTEAM</i>) programme	
<input type="checkbox"/> I am participating in a NSA's National Championship for which a TUE granted pursuant to the NSA's rules is required ¹	
Name of Competition: _____	
<input type="checkbox"/> Other levels, please state: _____	
If athlete with disability, indicate disability: _____	

* Delete accordingly

2. Medical Information
Diagnosis with sufficient medical information to support the diagnosis and necessity to use the prohibited substance (see Note 1):
If a permitted medication can be used to treat the medical condition, provide clinical justification for the requested use of the prohibited medication:

¹ Refer to your National Sports Association's rules

Note 1:

Diagnosis

Evidence confirming the diagnosis shall be attached and forwarded with this application. The medical evidence should include a comprehensive medical history and the results of all relevant examinations, laboratory investigations and imaging studies. Copies of the original reports or letters should be included when possible. Evidence should be as objective as possible in the clinical circumstances and in the case of non-demonstrable conditions independent supporting medical opinion will assist this application.

3. Medication Details			
Prohibited substance(s): Generic name	Dose	Route	Frequency
1.			
2.			
3.			

Intended duration of treatment: (Please tick appropriate box)	<input type="checkbox"/> Once only <input type="checkbox"/> Emergency Or duration (week / month): _____
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Have you submitted any previous TUE: <input type="checkbox"/> Yes <input type="checkbox"/> No For which substance?
To Whom? _____ When? _____
Decision: <input type="checkbox"/> Approved <input type="checkbox"/> Not Approved

4. Medical Practitioner's Declaration	
I certify that the above-mentioned treatment is medically appropriate and that the use of alternative medication not on the prohibited list would be unsatisfactory for this condition.	
Name:	_____
Medical Specialty:	_____
Address:	_____
Tel: _____	Fax: _____
Email:	_____
Signature of medical practitioner: _____	Date: _____

5. Athlete's Declaration

I, _____, certify that the information under Section 1 is accurate and that I am requesting approval to use a Substance or Method from the WADA Prohibited List. I authorise the release of personal medical information to ADS as well as to WADA authorised staff, to the WADA TUEC (Therapeutic Use Exemption Committee) and to other Anti-Doping Organisation (ADO) TUECs and authorised staff that may have a right to this information under the provisions of the Code.

I understand that my information will only be used for evaluating my TUE request and in the context of possible anti-doping violation investigations and procedures. I understand that if I ever wish to:

- (1) obtain more information about the use of my information,
- (2) exercise my right of access and correction, or
- (3) revoke the right of these organizations to obtain my health information,

I must notify my medical practitioner and ADS in writing of that fact. I understand and agree that it may be necessary for TUE-related information submitted prior to revoking my consent to be retained for the sole purpose of establishing a possible anti-doping rule violation, where this is required by the Code.

I understand that if I believe that my personal information is not used in conformity with this consent and the International Standard for the Protection of Privacy and Personal Information I can file a complaint to WADA or CAS.

Athlete's Signature: _____ **Date:** _____

Parent/Guardian's Signature: _____ **Date:** _____

(if the athlete is a minor or has a disability preventing him/her to sign this form, a parent or guardian shall sign together with or on behalf of the athlete)

**Incomplete Applications will be returned and will need to be resubmitted.
Please submit the completed form to ADS and keep a copy for your records.**

For use of substances or methods of treatment prohibited **AT ALL TIMES**:

TUE Application Forms and all supporting documents must be submitted **immediately** upon diagnosis of the medical condition and prescription of the prohibited substance or method as a means of treatment.

For use of substances or methods of treatment prohibited **IN-COMPETITION**:

TUE Application Forms and all supporting documents shall be submitted **at least 30 days** prior to the requirement of the TUE:

All completed TUE Application Forms shall be submitted to:

Anti-Doping Singapore

230 Stadium Boulevard

Singapore 397799

Tel: 65-65005451/430

Fax: 65-6440 9205

Email: tue@antidoping.org.sg

Appendix 3: MEDICAL FILE REQUIREMENT GUIDELINES FOR USE OF PROHIBITED BETA-2 AGONISTS

1. **Medical History**

- Athlete's age of onset
- Symptoms and trigger factors, for example exercise or allergies
- Associated allergic or a topic conditions
- History of any hospitalisation, including accident and emergency presentations (if any)
- All current medication, and any previous asthma medications trialed
- Previous requirements for oral glucocorticosteroids
- Relevant family history

2. **Physical Examination**

- Clinical examination with specific focus on the respiratory system

3. **Previous investigations**

- Relevant tests including skin prick, RAST etc.
- Any spirometry
- Any previous bronchial provocation tests, regardless of age

4. **Current Evidence of Asthma**

One positive result is required, but if a bronchial provocation test is negative, athletes can submit the application with the medical file and negative test for consideration.

The evidence must include either:

- **Spirometry test:**
 - Evidence of airway obstruction with a 12% or higher increase in FEV₁ after the administration of an inhaled Beta-2 agonist, or
- **Bronchial provocation tests:**
 - Eucapnic Voluntary Hyperpnea (EVH) test (≥10% fall of FEV₁)
 - Methacholine Aerosol Challenge (≥ 20% fall of FEV₁; PC20<4mg/mL, [tidal breathing technique – steroid naïve]) or if taking inhaled GCS > 1 month, then PD20 should be ≤ 1600 mcg or PC20 ≤ 16.0 mg/mL
 - Mannitol Inhalation ≥ 15% fall in FEV₁ after challenge
 - Hypertonic Saline Aerosol challenge (15% fall of FEV₁)
 - Exercise Challenge Tests (field or laboratory) (≥10% fall of FEV₁)
 - Histamine Challenge (≥ 20% fall of FEV₁ at a histamine concentration of 8mg/mL or less during a graded test of 2 minutes)

To accurately evaluate these tests, patients should stop all bronchodilator or anti-inflammatory therapy prior to the provocation test. For short acting Beta-2 agonists this will be for 8 hours and for long acting Beta-2 agonists and inhaled Glucocorticosteroids (GCS) for 24 hours prior to testing.