



SPÓRT ÉIREANN
SPORT IRELAND

THERAPEUTIC USE EXEMPTION (TUE) GUIDE

For Athletes & Athlete Support Personnel

1. What is a TUE?

A Therapeutic Use Exemption (TUE) allows an athlete to use a medication or method that is on the Prohibited List if it is required to treat a genuine medical condition and no permitted alternative is available.

A TUE is granted for:

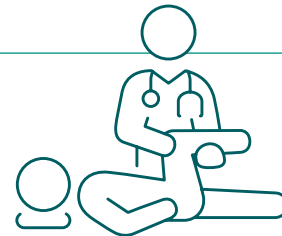
- A diagnosed medical condition.
- A set period of time.
- A defined dose and frequency of use.
- A particular route of administration (e.g., oral, inhaled, injected).



2. Conditions for Granting a TUE

A TUE will only be granted if:

- The athlete will gain no performance advantage.
- The treatment doesn't risk the athlete's health and wellbeing.
- No permitted alternative treatment exists.



3. Who Needs to Apply?

Registered Testing Pool (RTP) Athletes

- Must apply for a TUE in advance to Sport Ireland or their International Federation if on the International Testing Pool.

All Other Athletes

- Should keep their medical file up to date - This is essential for maintaining accurate records of any medical treatments, conditions, or medications.
- May apply for a retrospective TUE if required.



4. International Competitions

- Some competitions (e.g., Olympic and Paralympic Games) require a TUE in advance irrespective if on a registered testing pool or not.
- The application must go through the International Federation or event organiser.
- Athletes should check competition rules well in advance to ensure they do not miss the TUE application deadline for certain competitions.



4. Retrospective TUEs

A retrospective TUE is a TUE that is applied for and granted after the athlete has already used a prohibited substance or method due to urgent or exceptional medical reasons or if the athlete is not on the RTP but has a diagnosed medical condition in which they need to use a substance or method that is on the prohibited list and there is no alternative.

Retrospective TUEs may be granted in the following situations:

- Emergency medical treatment or hospital admission where immediate action is required.
- Acute injuries that require immediate intervention, leaving no time to apply for a TUE beforehand.
- Situations where the athlete had insufficient time or opportunity to submit a TUE application before treatment.
- Athletes taking regular medication for a diagnosed health condition who are not on the RTP (Registered Testing Pool) but need to use a prohibited substance or method for legitimate medical reasons.

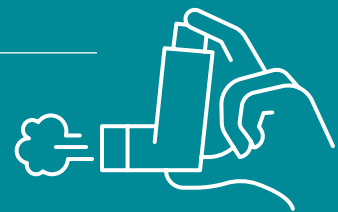


In all cases, athletes must provide full medical documentation to support the retrospective TUE application. Maintaining an up-to-date medical file is critical, as it ensures that all necessary evidence is readily available to support the application.

6. Common Examples of TUEs in Sport

Examples of conditions often requiring a TUE include:

- Asthma treatment (inhaled corticosteroids or beta-2 agonists).
- Insulin use for Type 1 diabetes.



7. The TUE Process

1. Speak with your doctor about your treatment and whether there is a permitted alternative. If no alternative permitted medication or method is available, the doctor will need to justify the chosen prohibited medication or method.
2. RTP athletes should complete the TUE form with their doctor. All other athletes should ensure their medical file is up to date.
3. Submit the application to Sport Ireland or International Federation (as applicable).
4. TUE Review: TUE application goes to the Therapeutic Use Committee (TUEC). The TUE application is reviewed by an independent panel of experts (this review can take up to 21 days).
5. **Receive decision** from the TUE Committee (approved, rejected, or request for more information).
6. Appeals: if a TUE is denied, the athlete will be informed of the reason and they may appeal the decision. Athletes should also discuss alternative treatment options with their doctor.

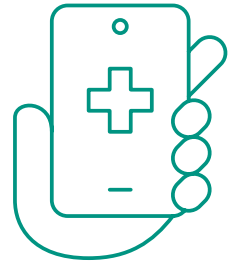


The athlete must be aware of the TUE expiry date if the TUE is granted and remember to reapply if needed.

8. Role of Athlete Support Personnel (ASP)

ASP should:

- Encourage athletes to check every medication on [Medcheck](#) (if the medication is bought in the Republic of Ireland) or [GlobalDRO](#) (if the medication is bought in Northern Ireland, U.K, USA or elsewhere) to assess the status of the medication i.e. Permitted, prohibited in competition, prohibited at all times or restricted.
- Help maintain accurate medical records.
- Support athletes in completing and submitting applications.
- Remind athletes to plan ahead for international competitions.



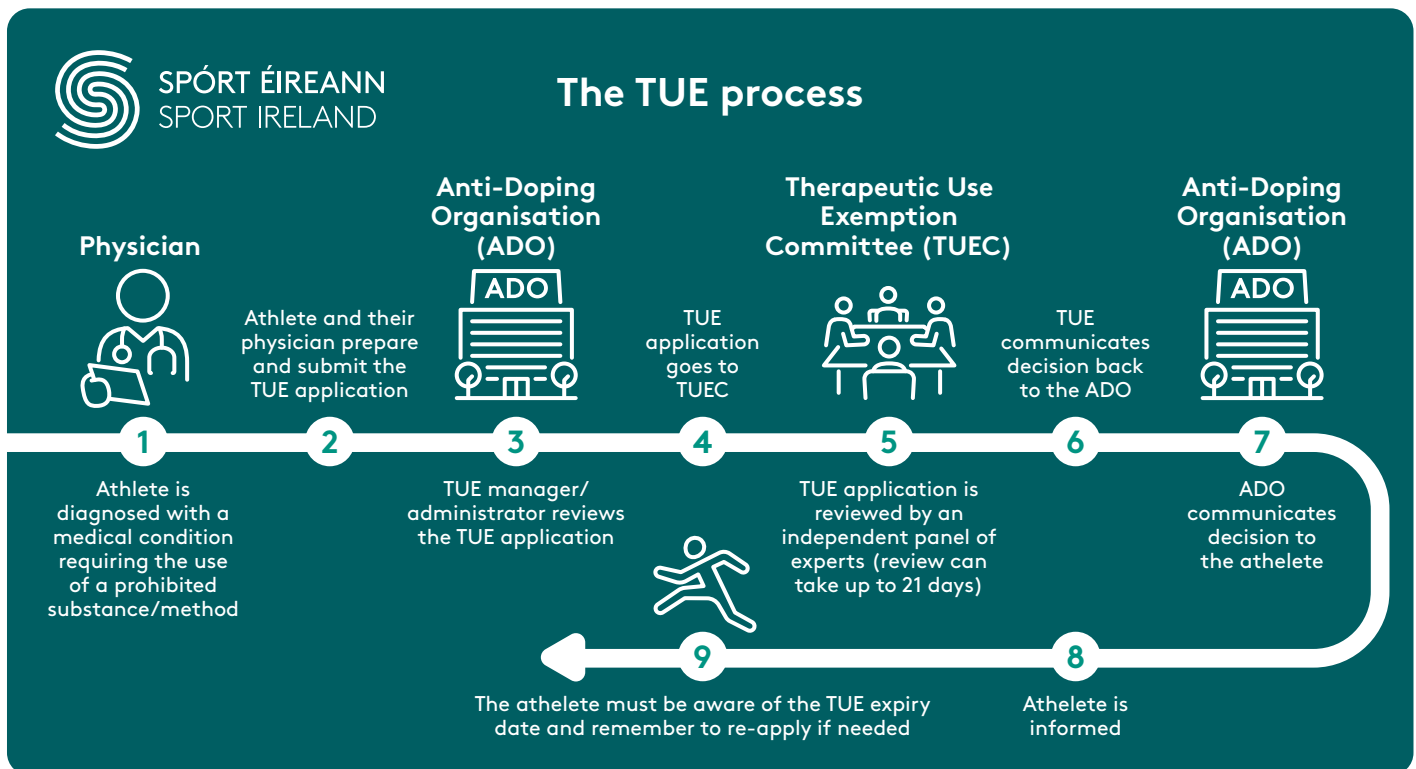
9. Athlete Checklist

- Always check the Prohibited List before using any medication.
- Speak with your doctor if you require treatment.
- Apply for a TUE early, especially before major competitions.
- Keep all medical documentation updated.
- Carry proof of your TUE at competitions.



10. Resources

- Sport Ireland Anti-Doping: sportireland.ie/anti-doping
- WADA Prohibited List: wada-ama.org
- MedCheck: medcheck.sportireland.ie
- Global DRO (Drug Reference Online): globaldro.com
- TUE Application Forms: [Available via Sport Ireland](#)



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