



Ice Skating Australia Incorporated

Incorporated in the ACT
Affiliated to the International Skating Union
ARBN 090 675 246 ABN 92 108 686 740

23/12/08

Dear Skaters/Support Personnel,

Please read carefully the following bulletin from ISU regarding new requirements for Therapeutic Use Exemptions.

I will be happy to answer any questions on snough@hotmail.com

Regards,

Dr Cherry Lau
Anti Doping Control Officer
Ice Skating Australia Inc.,

To: ISU Members

New requirements for THERAPEUTIC USE EXEMPTIONS

Ladies and Gentlemen,

The new International Standard for Therapeutic Use Exemptions (TUEs) and the new List of Prohibited Substances and Methods will be valid from January 1, 2009. You can find copies of these documents on the WADA website at www.wada-ama.org and on the ISU website at www.isu.org. As there are major changes to the system, we ask you to read carefully the following explanation of what skaters must do in order to be in line with the new Rules.

The new TUE requirements are different for 1) skaters in the ISU Registered Testing Pool (RTP) and 2) skaters who are not in that Pool but who participate in ISU Events and international competitions:

1. ISU Registered Testing Pool Skaters (who have to provide whereabouts to the ISU)

There are no longer any Abbreviated TUEs. From January 1, 2009 **all medication on the Prohibited List needs a Standard TUE for RTP athletes**, except for inhaled or locally injected glucocorticosteroids.

For medication which previously needed a Standard TUE, the same procedure is in place as before: the skater must send an application with supporting documentation (diagnosis, test results etc.).

If the skater previously had an abbreviated TUE for use of inhaled medication containing **Beta-2 agonists** (formoterol, salbutamol, salmeterol or terbutaline) for asthma (e.g. Ventolin, Advair, Symbicort), they must make a new application for a Standard TUE. **The application must be made before the expiry of the existing TUE or before December 31, 2009, whichever is the earliest.** The application must include a full history of the condition, the diagnosis and test results. You will find for full details of the information that must be provided in Appendix 1 below.

If the skater previously had an abbreviated TUE for use of **inhaled** medication containing **glucocorticosteroids** (e.g. beclomethasone, budesonide, fluticasone, formoterol...) for asthma (e.g. Flovent, Pulmicort) or local **injection** of glucocorticosteroids (e.g. injection of methylprednisolone for joint injuries) the TUE will remain valid until the expiry of the existing TUE or until December 31, 2009, whichever is the earliest. After this, a **Declaration of Use** must be made by the skater. A Declaration of Use must be made as soon as the skater starts to use the medication, either on ADAMS in the skater's personal profile or on the form at Appendix 2 below. Skaters must also declare the use of these substances on the Doping Control Form if they are tested in or out-of-competition. If a TUE application is made for a medication containing both Beta-2 agonists and glucocorticosteroids (e.g. Advair, Seretide, Symbicort) no separate Declaration of Use needs to be made.

2. Other skaters taking part in ISU Events and international Competitions

For medication which previously needed a Standard TUE, the same procedure is in place as before: the skater must send an application with supporting documentation (diagnosis, test results etc.).

There are no longer any Abbreviated TUEs. If the skater previously had an abbreviated TUE for use of medication containing **Beta-2 agonists** (formoterol, salbutamol, salmeterol or terbutaline) for asthma (e.g. Ventolin, Advair, Symbicort), their TUE will expire on the expiry date stated on the TUE or on December 31, 2009, whichever is the earliest. After this they are no longer required to have a TUE certificate from the ISU, but they must have a medical file available with information about their condition, including the diagnosis, test results and full history (see Appendix 1 for details of information that must be provided) so that if the Beta-2 agonist is detected in a Sample that they give, they can immediately provide this information and a retroactive TUE can be issued. If they do not have the information immediately available, the result will be treated as a positive one and sanctions may be imposed on them. The file may be kept by their doctor.

If the skater previously had an abbreviated TUE for use of medication containing **inhaled glucocorticosteroids** (e.g. beclomethasone, budesonide, fluticasone, formoterol, mometasone, triamcinolone) for asthma (e.g. Flovent, Pulmicort) or local **injection** of glucocorticosteroids (e.g. injection of methylprednisolone for joint injuries) the TUE will remain valid until the expiry of the existing TUE or until December 31, 2009, whichever is the earliest. After this, a **Declaration of Use** must be made by the skater. The Declaration of Use can be made on the form in Appendix 2 below and should be faxed or emailed to the ISU as soon as the skater starts to use the medication. Skaters must also declare the use of these substances on the Doping Control Form if they are tested in or out-of-competition.

TUEs on ADAMS

TUE applications and Declarations of Use may be made on ADAMS if a skater has an account. To make a TUE application, the skater should log on and go to their Athlete Profile Page. On the side navigation pane, they should click the dropdown arrow beside [New] and choose [Standard TUE]. They should fill in all of the information they can, print off a copy, sign it and have their doctor complete and sign the form. It should then be sent to the ISU by post, email or fax along with the required supporting documentation. The skater's Member will receive a copy of the certificate by post but skaters can access their TUEs on ADAMS.

If a skater does not have an ADAMS account, they can print off a TUE form from the ISU website (www.isu.org), fill it in and send it as usual.

Members and skaters with any questions about the new TUE system should contact Becky Cairns (cairns@isu.ch).

Best regards,

Fredi Schmid
Director General

Information to be provided for Standard TUE applications for asthma medication

The following specific information must be provided:

The application (to be submitted in English) must include:

- a) a completed Standard TUE application form, including the exact name, speciality, address (including telephone, fax and email) of the examining physician;
- b) a complete medical history;
- c) a full report of the clinical examination with specific focus on the respiratory system;
- d) a report of spirometry with the measure of the Forced Expiratory Volume in 1 second (FEV1);
- e) if airway obstruction is present, the spirometry will be repeated after inhalation of a short acting beta-2 agonist to demonstrate the reversibility of the bronchoconstriction;
- f) in the absence of reversible airway obstruction, a bronchial provocation test is required to establish the presence of airway hyper-responsiveness.

Declaration of Use

Appendix 2

In accordance with the International Standard for Therapeutic Use Exemptions, I hereby declare to the ISU my use of Glucocorticosteroids used by non systemic routes namely intraarticular, periarticular, peritendinous, epidural, intradermal injection and inhalation.

Please complete all sections in **BLOCK CAPITALS**

1. Athlete Information

Surname: **Given**

Names:.....

Female q Male q (*tick appropriate box*) Date of Birth (d/m/y):

.....

Address: ..

.....

.....

City: Country: Postcode:

.....

Tel: Email:

.....

Sport:..... Discipline:

.....

ISU Member:

.....

.....

2. Diagnosis

Diagnosis with sufficient medical information :

.....

.....

.....

3. Medication details

Substance Name	Dose	Route	Start Date of Use

4. Medical doctor

Name

.....

.....

Qualification & Medical speciality:

.....

Address:

.....

.....

Tel.: Fax:

.....

Email:

.....

.....

STRICTLY CONFIDENTIAL

Appendix 3

SUMMARY

1. On ISU Registered Testing Pool (skater submits whereabouts to the ISU)

a) No current TUEs / not taking any prohibited substances

No action to be taken but if skater takes medicine in future:

- i) Check if it contains prohibited substances (team doctor or see www.isu.org for websites where substances and medications can be checked);
- ii) Make a TUE application, including all supporting documentation or make a Declaration of Use as soon as use starts.

b) Current ATUE for an inhaled Beta-2 agonist (formoterol, salbutamol, salmeterol, terbutaline)

Before expiry date of current TUE or before January 1, 2009, whichever is earliest, make an application for a Standard TUE including all information in Appendix 1. Report use on Doping Control Form if tested.

c) Current ATUE for inhaled glucocorticosteroid

After expiry date of current TUE or December 31, 2009, whichever is earlier, report use on ADAMS, or Declaration of Use form and also report use on Doping Control Form if tested. No separate Declaration needed if TUE requested for medication containing both Beta-2 agonists and glucocorticosteroids e.g. Advair, Seretide, Symbicort.

d) Current ATUE for injected glucocorticosteroid

After January 1, 2009 report use on ADAMS or on Declaration of Use form at same time as use starts and also report use on Doping Control Form if tested.

e) Current Standard TUE

When the STUE expires, if skater still uses the medication, make a new STUE application with an updated report from the skater's doctor

2. International skater but not on ISU RTP

a) No current TUEs / not taking any prohibited substances

No action to be taken but if skater takes medicine in future:

- i) Check if it contains prohibited substances (team doctor or see www.isu.org for websites where substances and medications can be checked)
- ii) Make a TUE application, including all supporting documentation or make a Declaration of Use as soon as use starts.

b) Current ATUE for an inhaled Beta-2 agonist (formoterol, salbutamol, salmeterol, terbutaline)

Before expiry date of current TUE or before January 1, 2009, whichever is earliest, ensure diagnosis, test results and full history are available from skater's doctor. Report use on Doping Control Form if tested.

c) Current ATUE for inhaled glucocorticosteroid

After expiry date of current TUE or December 31, 2009, whichever is earlier, report use and also report use on Doping Control Form if tested.

d) Current ATUE for injected glucocorticosteroid

After January 1, 2009, report use on Declaration of Use form at same time as use starts and also report use on Doping Control Form if tested.

e) Current Standard TUE

When the STUE expires, if skater still uses the medication, make a new STUE application with an updated report from the skater's doctor

Appendix 4

TUE Frequently Asked Questions

Q. *I am on the RTP but don't have any TUEs at the moment. Do I need to do anything?*

A. No. If in the future you have to take medications you must check whether they contain prohibited substances and if they do, make a TUE application to the ISU or a Declaration of Use.

Q. *I am on the ISU RTP and have an abbreviated TUE for salbutamol that is valid until November 2011. Can I just keep that and do nothing?*

A. No. Salbutamol is a beta-2 agonist so you must make a new TUE application before the expiry date of the TUE or December 31, 2009, whichever is the earliest, providing all of the information listed in Appendix 1.

Q. *I am on the ISU RTP and have an abbreviated TUE for Flovent (fluticasone) that is valid until January 2012. Do I need to do anything?*

A. Fluticasone is a glucocorticosteroid and in this case is inhaled. There is therefore no need for a TUE. Before the expiry date of your TUE or before December 31, 2009, whichever is earliest, you should make a Declaration of Use on ADAMS and also always declare your use of the substance on the Doping Control Form if you are tested.

Q. *I am on the ISU RTP and my asthma medication is Advair, which contains Fluticasone and Salmeterol. What do I have to do?*

A. Fluticasone is a glucocorticosteroid and does not need a TUE but salmeterol is a beta-2 agonist and you do need a TUE for that. You therefore need to make a new TUE application for the use of Advair, including all of the information listed in Appendix 1. There is no need to make a separate Declaration of Use for the fluticasone.

Q. *I am not on the ISU RTP and have an abbreviated TUE for Advair and Ventolin (fluticasone/ salmeterol and salbutamol) that is valid until November 2011. Can I just keep do that and do nothing?*

A. It depends. If your doctor has already done all of the necessary tests required in Appendix 1 and the information is on your medical file and is available if your sample shows the presence of the substances you are taking, then you do not have to take

any further action. If you have not had the necessary tests done, you must do so before the expiry of your TUE or before December 31, 2009 whichever is earliest, so that the information is available in the case of a test result showing the presence of the substances.

Q. *I am not on the RTP and have an existing abbreviated TUE, but I don't have a copy of my doctor's notes or my test results. What should I do?*

A. If the existing TUE is for formoterol, salbutamol, salmeterol or terbutaline, you should check with your doctor that he or she has carried out the required tests and has the results and your medical history available in case they are needed. They can remain at your doctor's office until needed.

Q. *I just submitted and received a TUE and my doctor won't want to do the whole process again. What should I do?*

A. You should explain to your doctor that the World Anti-Doping Agency system has changed and that for this one time another application must be made.

Q. *I have a TUE from my National Anti-Doping Agency (NADA). What do I have to do?*

A. You should contact your NADA directly to find out what is required.

Q. *I am not on the ISU RTP and have never been tested in- or out-of-competition. Do I really have to have a file at home with this information in it, ready to send at any moment?*

A. The information must be available, but you do not have to have a copy at home. If you are tested, your national or international federation will contact you and you can obtain the information from your doctor to send to them. The testing should already have been done, however, and the information be available to send.

Q. *How do I make a "Declaration of Use"?*

A. If you are on the ISU Registered Testing Pool go to your ADAMS account and make the Declaration there. If you do not have an ADAMS account, go to the ISU website at www.isu.org [Clean Sport/Medical] then click on [Forms] [Declaration of Use]. Fill in the form and forward it to the ISU by email (cairns@isu.ch) or fax (+41 21 612 6677).

Q. *Why is the system changing so much?*

A. The previous TUE system created a lot of administrative work for international federations and national anti-doping organizations because hundreds, sometimes thousands, of athletes applied for and received TUEs but were never tested in- or out-of-competition. The new system is more practical and efficient.