

Supplement warning

UAE NADO recommends you do not take supplements as their ingredients are not always listed, so you will not be able to know whether the supplements prohibited or not.

TUE approval cannot be completed until a fully completed and signed TUE application form is received. Please attach and/or forward all relevant medical information what will assist the committee in its consideration of your request.

Once the application has been assessed, UAE NADO will send confirmation of its decision to the applicant.

Emergencies

In emergencies your health comes first. Always seek medical attention immediately and advice all medical staff that you are an athlete subject to doping control if your health depends on a prohibited substance or method, contact UAE NADO and you may be able to seek an urgent emergency TUE.

If you used a prohibited substance or method in an emergency situation, you should check with UAE NADO to see if you qualify for a TUE to be granted retrospectively. The rules for the retrospective granting of a TUE are very strict and are rarely used. You should not rely on being granted a retrospective TUE; you should always apply prior to consuming your medication.

TUE tips during doping control Test

Declare the approved medication on your Doping Control Form.

Specify that a TUE has been granted.

Show a copy of the TUE approval to the doping control officer.



UAE NADO

Tel.: 04 4162675 - Fax: 04 4162677 - Email: info@uaenado.ae

In Cooperation with



هيئة الشارقة الصحية
Sharjah Health Authority



الهيئة العامة لرعاية الشباب والرياضة
General Authority of Youth & Sports Welfare

Therapeutic Use Exemptions (TUE)



Explanation

The **Therapeutic Use Exemption (TUE)** process is a means by which an athlete can obtain approval to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition.



Approval

Approval may protect athletes from receiving a sanction if a prohibited substance is found in their sample.

The TUE process avoids the risk of sanctions due to a positive test.

Who?

Any athlete who may be subject to doping control must request a **TUE before** taking a prohibited medication. All information in this request remains strictly confidential.



When?

An application must be made at least **30 days before** taking part in an event. In exceptional cases or true emergencies, a TUE may be approved retroactively.

**30 days before
your event**



The TUE Process



Step 1- Check the status of the substance or method

* Check with your prescribing physician or your sport's medical personnel.

Step 2- What is the status of the substance or method?

- **Permitted substance or method**, You are free to take the substance or use the method and no exemption is required. **(Read the supplement warning).**
- **Prohibited substance or method**, Discuss with your doctor if there is a permitted alternative, if not. Proceed to step 3.

Step 3- Is the substance or method prohibited both in and out of competition?

- **Yes**, proceed to step 5.
- **No**, only prohibited in competition-proceed to step 4.

Step 4- Is there any possibility the substance could still be in the athlete system in competition?

- **Yes**, proceed to step 5.
- **No**, you are free to take the substance required. **(Read the supplement warning).**

Step 5- TUE required - Contact your federation or Call UAE NADO to determine the correct TUE process for you based on your competition level, and the substance you are applying to use.

Step 6- Complete the form with your doctor.

Step 7- Submit your application to UAE NADO by:

- Email to info@uaenado.ae
- Fax to +97144162677
- Mail to PO Box 94030 Dubai, UAE.