

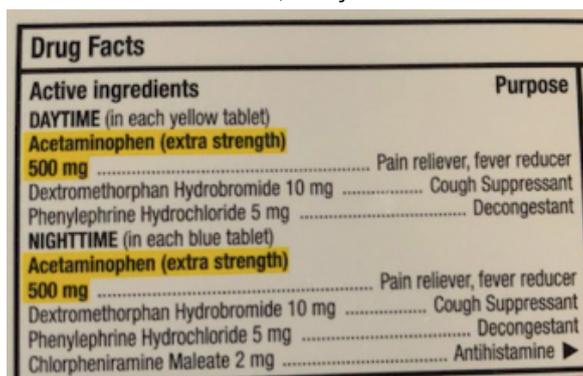
## USE OF MEDICATIONS & THERAPEUTIC USE EXEMPTIONS

Medications prescribed by a doctor or bought directly over-the-counter may contain prohibited substances. It is an athlete's responsibility to check their medication before using it even if they have used it before and to inform their doctor that they are subject to Anti-Doping Rules.

### So what if an athlete has to take a medication for a medical condition?

If an athlete needs to take a medication then they must check that its ingredients do not contain any banned substances. This means all medication's ingredients must be checked against the list before the athlete takes them. Do not assume that if it is prescribed by a medical professional that it is safe to take. The athlete is ultimately responsible for what is found in their system (remember the principle of strict liability!). If any of the active ingredients are on the List, they will need to apply for a TUE from their NADO or with World ParaVolley (depending on what level of athlete they are) before using it. Using a medication that contains a banned substance can lead to an Anti-Doping Rule Violation (ADRV) for Use. Always check the medication against the List. Here's how:

1. **Check the label** on the medication (some meds only contain full ingredient lists on the box rather than on the bottle)
2. **Check the Active Ingredients** it contains (note: ingredients can be different in the same product when purchases in different countries, so you will need to check the list each time)



| Active ingredients                     | Purpose                      |
|--|------------------------------|
| <b>DAYTIME (in each yellow tablet)</b> |                              |
| Acetaminophen (extra strength) 500 mg  | Pain reliever, fever reducer |
| Dextromethorphan Hydrobromide 10 mg    | Cough Suppressant            |
| Phenylephrine Hydrochloride 5 mg       | Decongestant                 |
| <b>NIGHTTIME (in each blue tablet)</b> |                              |
| Acetaminophen (extra strength) 500 mg  | Pain reliever, fever reducer |
| Dextromethorphan Hydrobromide 10 mg    | Cough Suppressant            |
| Phenylephrine Hydrochloride 5 mg       | Decongestant                 |
| Chlorpheniramine Maleate 2 mg          | Antihistamine                |

3. **Go to the list** and check to see if any of the medication's active ingredients appear on the list
  - a. **Open the PDF of the Prohibited List** from WADA's website.



- b. **Go to the index of the section of the Prohibited List.** Substances are listed in the index in alphabetical order, so go to the letter of the substances you are looking for (the list only contains the generic names of ingredients contained in medications, e.g. acetaminophen instead of Tylenol, naproxen instead of Aleve; the List does not contain brand names which can be different in different countries)



# INDEX

|   |   |                   |
|---|---|-------------------|
| 1-Androstenediol<br>(5 $\alpha$ -androst-1-ene-3 $\beta$ , 17 $\beta$ -diol), 5 | Alexamorelin, 7                         | Brinzolamide, 12  |
| 1-Androstenedione<br>(5 $\alpha$ -androst-1-ene-3, 17-dione), 5                 | Alprenolol, 19                          | Bromantan, 14     |
| 1-Androsterone<br>(3 $\alpha$ -hydroxy-5 $\alpha$ -androst-1-ene-17-one), 5     | Amfepramone, 14                         | Budesonide, 18    |
| 1-Epiandrosterone<br>(3 $\beta$ -hydroxy-5 $\alpha$ -androst-1-ene-17-one), 5   | Amfetamine, 14                          | Bumetanide, 12    |
| 1-Testosterone<br>(17 $\beta$ -hydroxy-5 $\alpha$ -androst-1-en-3-one), 5       | Amfetaminil, 14                         | Bunolol, 19       |
| 2-Androstenol<br>(5 $\alpha$ -androst-2-en-17-ol), 10                           | Amiloride, 12                           | Buprenorphine, 16 |
| 2-Androstenone<br>(5 $\alpha$ -androst-2-en-17-one), 10                         | Aminoglutethimide, 10                   | Buserelin, 7      |
| 3-Androstenol<br>(5 $\alpha$ -androst-3-en-17-ol), 10                           | Amiphenazole, 14                        |                   |
|   | AMP-activated protein kinase (AMPK), 11 |                   |
|   | Anamorelin, 7                           | <b>C</b>          |
|   | Anastrozole, 10                         | Calusterone, 5    |
|   | Andarine, 6                             | Cannabidiol, 17   |
|   | Androsta-1,4,6-triene-3,17-dione, 10    | Cannabis, 17      |
|   |   | Canrenone, 12     |

c. If the substance appears there, go to the specific page to find more information about the substance (such as if it is banned in-competition only, at all times, or is allowed below a certain dose)

4. Make sure athletes also check the dose of the medication they are taking.

**REMEMBER:** not all substances banned in sport are listed – the List says “including but not limited to” and “or a similar chemical structure or biological effect”. This means that if athletes take a substance that is not specifically listed but is similar to ones that are, they could still receive a positive test and consequently a ban from the sport. When checking the List, if you don’t find a substance or method, verify with your Anti-doping Organization (NADO or World ParaVolley) specifically if the medication is permitted at a certain daily dosage.

Many countries have an online drug reference, for example **Global DRO** (Global Drug Reference Online). These online drug reference databases provide athletes and support personnel with information about the anti-doping status of specific medications and ingredients. Global DRO has information for medications only sold in Australia, Canada, New Zealand, Switzerland, the United Kingdom, and the United States. Other countries have similar databases. Find more information on specific online drug references [here](#).

It is important for athletes to re-check the status of any medications they continue to use at the start of each year. This is because any changes to the Prohibited List come into effect on 1 January.

## Using Medications Abroad

Athletes planning to travel abroad are encouraged to undertake particular care with medications.

Any medication purchased overseas should be carefully checked. Why?

The List applies to all countries but not all countries have the same medical regulations or manufacturing processes. A common medication bought in one country may have different ingredients in another country.

Equally, some substances are regulated differently per country, for example, pseudoephedrine is available over-the-counter in Canada and the United Kingdom (if mixed with other ingredients), but is restricted in the USA, Australia, and New Zealand, and is not allowed by law for general use in medications in Mexico.

Why is this important?

Say an athlete is participating in a competition outside their home country and they get a cold while there. They consider taking a medication that they have taken in the past, one that their doctor has approved and that they have double-checked against the list. They go to a local pharmacy and find the medication with the same name and can buy it over-the-counter. Is it safe to use?

NO! – even if it is the same brand, the athlete must still identify the active ingredients of the medication, check the list and see if any of the active ingredients appear on the List.

REMEMBER – branded medications bought in a different country must always be checked against the List.

#### **FOR TRAVELLING ABROAD, WE RECOMMEND YOU:**

- Take enough medication to continue any treatment during the duration of the trip
- Check the List for the anti-doping status of all medications prior to travelling
- Check whether you are permitted to possess the medication in the country that you are travelling to. Some countries have different customs laws that may prohibit the import of certain substances into a country.
- Take a copy of your prescription
- Keep a record of all medications you take. Include the name of the medication, the dose, the date and time you took it, and the place where you bought it, in case you are outside of the country.
- Contact a team doctor for guidance and consult your team doctor again if you are buying a medication out of country.
- If you buy a medication out of country, translate all active ingredients that are listed within the medication and search for the anti-doping status of each ingredient individually in the List

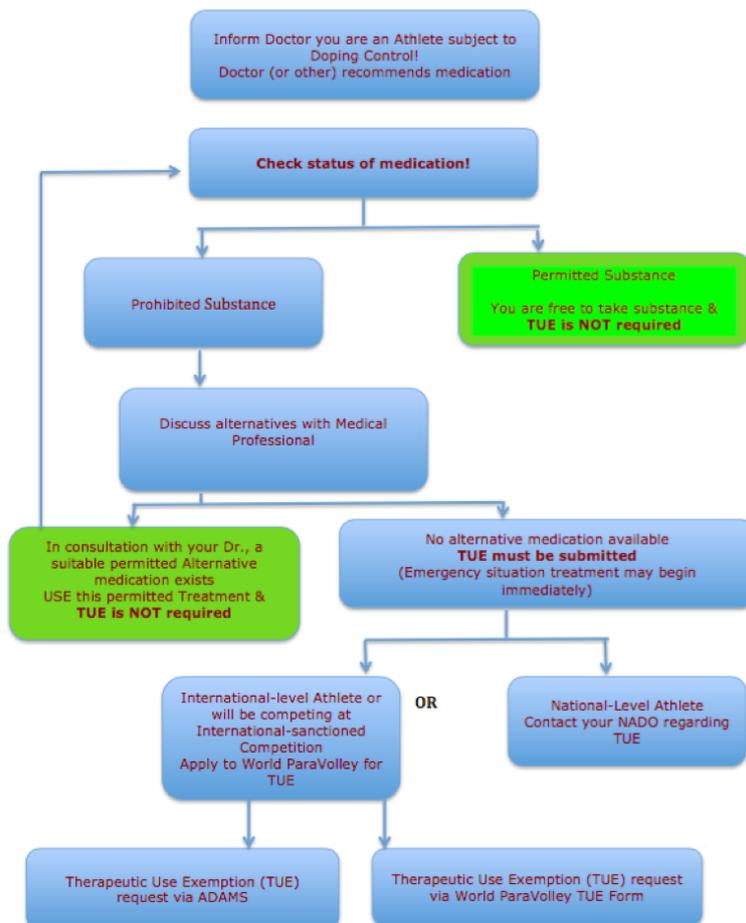
#### **What happens if an athlete needs to take a medication that contains a banned substance or use a banned method because they have a medical condition?**

In these cases, a **Therapeutic Use Exemption (TUE)** gives the athlete an exemption to take a banned substance or use a banned method to treat a medical condition that has been diagnosed by a physician. But, only if any reasonable alternative medications, that do not contain any banned substances, are not available.

TUEs allow athletes who have a legitimate medical condition to continue their participation in sport in a way that still protects the rights of all athletes to clean sport. Generally, if a TUE is needed, athletes should apply for one in advance as soon as possible. Retroactive TUEs are exceptions and only apply in specific circumstances.

National-level athletes, as defined by a nation's NADO, should contact their NADO directly for information on how to apply for a TUE. International-level athletes, as defined by World ParaVolley, should apply to World ParaVolley for a TUE

Follow the chart below if you are unsure about applying for a TUE.



If athletes will be attending a Major event, such as the Paralympic Games, they should apply for a TUE to the Major Event Organizer (e.g. International Paralympic Committee).

Athletes are required to submit a completed TUE application form with the support of their doctor.

An application will only be considered when submitted with a clearly stated diagnosis and alongside the following supporting medical evidence:

- Comprehensive medical history and the results of all relevant examinations, laboratory investigations and imaging studies
- Copies of original reports, letters and specialist reviews
- A detailed summary of any alternative medications tried (including names, dosages, duration of use, and effects) or clinical justification from the prescribing doctor that confirms that in their opinion there are no other permitted alternatives that exist to treat the medical condition.

It is important that the athlete's medical documentation is prepared by a physician or other medically qualified person who has the required medication knowledge to summarize the medical information e.g. if the athlete's application is for a diagnosis of asthma, a specialist in the management of asthma should help the athlete prepare the information.

## Conditions for obtaining a TUE

Once a TUE is received by World ParaVolley it will be reviewed by a TUE Committee. The Committee will assess if the TUE meets all 4 criteria:

1. The treatment is necessary for a diagnosed medication condition;
2. It is unlikely that the prescribed treatment will improve your performance;
3. There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method; and
4. The requirement to use the substance or method is not due to the prior use of the substance or method without a valid TUE.

## International TUE Recognition of a TUE Granted by your NADO

If an athlete that has a TUE already granted by their National Anti-doping Organization (NADO) and is selected to compete at an international level, then the TUE granted by the NADO will not be valid for these purposes unless it is first recognized by World ParaVolley or the relevant Major Event Organization. Please refer to the World ParaVolley Guide to TUEs for more detailed information. The athlete should contact their NADO if they require support through the recognition process.

## What happens if there is an emergency and/or the athlete requires urgent treatment to treat a medical condition?

A **Retroactive TUE** may need to be submitted if the treatment involved a prohibited substance or method. For some levels of athletes, and in some specific circumstances, a TUE may be applied for after an athlete has started the treatment or after they were tested.

A retroactive TUE can be applied for if:

- a. The athlete needed emergency or urgent treatment for a medical condition that required taking a medication with a banned substance.
- b. The Anti-Doping Rules of the athlete's NADO, or their sport prioritization process allows them to apply for a TUE retroactively because of the level of sport they are competing at (national, etc).
- c. There was insufficient time, opportunity or an exceptional circumstance that prevented the athlete from applying for a TUE before being tested.
- d. The athlete tested positive after taking Out-of-competition, a medication that contained a substance banned only in-competition.

Although the athlete can apply for a retroactive TUE, it does not mean that the TUE will be automatically approved. All four criteria to approve a TUE must be met, but for exceptional circumstances where it would be very unfair to do so. All retroactive TUE applications will be assessed on a case-by-case basis.

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1 The TUE Committee is a panel of independent doctors established by World ParaVolley to consider athlete requests for a TUE. The Committee is comprised of doctors who are from different specialist fields and who have experience in the treatment of athletes. All applications are reviewed by three members of the Committee, who are selected to form a review panel based on the medical condition in question. A TUE Review Panel must be unanimous in its decision for an application to be approved. In order to ensure impartiality of decisions, all members of the TUEC must declare that they do not have any conflicts of interest and sign a confidentiality declaration.

**WE RECOMMEND:**

If you require emergency medical treatment, prepare your medical file in advance and complete a TUE application in case you need to apply for a retroactive TUE

**AND REMEMBER:**

If you are tested and you do not have a valid TUE then you could be at risk of an ADRV

You can find the **World ParaVolley TUE Application Form** [here](#).

Please carefully review the **World ParaVolley Guide to TUEs** for guidance on the process for submission & Review of TUE applications [here](#).

References:

WADA ADEL for International-level Athletes

UKAD website