

**Revised WADA Code and International Testing Standards and Therapeutic Use  
Exemptions (TUEs) :  
TUEs for Domestic and Club Rowers\***

*WADA has revised its Code and International Standards for Testing and Therapeutic Use Exemptions. The Code is now set and will not change until the next Olympiad. The ARA has approved revised wording for our rules including the adoption of the new UK Anti-Doping Rules as required by UK Sport. In response to a question at Council in November 2008 these have been reviewed by our Legal Consultant who has confirmed that he is happy with the principle of adopting these rules set by an external body.*

*There are a number of amendments to the International Testing Standards: the two major and most contentious areas concern TUEs and Whereabouts. These changes have been approved by WADA and agreed by the IFs, NADOs and other signatories. There is no chance of revision or flexibility in them for the forthcoming year. FISA have now also published their rules and guidance on these issues.*

*The main area that concerns Domestic, or club, Rowers is that of TUEs.*

*For the purposes of TUEs and, for that matter Whereabouts, Rowers are split into three groups: International, National and Domestic. GB Rowing and their medical team will be responsible for ensuring athletes in the International and National 'Testing Pools' and those selected to race at International FISA regattas are aware of their responsibilities regarding TUEs. Athletes in these Testing Pools will be notified by GB Rowing that they are part of these groups.*

*The following explanatory text will be posted on the ARA website with any relevant guidance notes and papers:*

**International and National Testing Pools:**

**All Rowers intending to compete in Rowing World Cup regattas, Olympic Qualification regattas, Senior Continental or Senior World Rowing Championship Regattas must obtain a TUE from FISA, regardless of whether the Rower is included or not in the International Testing Pool, or has previously received a TUE from its National Anti-Doping Agency – in our case this is UK Sport or its Anti-Doping unit: Drug Free Sport. The Chief Medical Officer at GB Rowing will advise those expecting to compete at the above regattas of the procedure.**

**National Rowers included in the Development Squad or invited to Senior trials are required to apply for a TUE prior to using medication containing a prohibited substance. TUE applications for Rowers in this group should be made to UK Sport and will require supporting medical evidence to be attached with your application to justify your need to use a particular medication.**

### **Domestic Rowers:**

**Rowers attending the early 'Open' trials for the Senior and U23 GB Team; Rowers competing at national events such as the National Championships; START squad and Club Rowers do not need to apply for TUEs unless they are tested.**

**A Rower who is selected for testing and who has been prescribed a prohibited substance must declare the use of that substance on the Sample Collection Form (SCF) AT THE TIME OF TESTING. They will then have a period of ten working days in which to make an application to Drug Free Sport/UK Sport for a full TUE.**

**Rowers should always check the status of any medication they intend taking before use. Advice is available from the 100% ME website as well as the UK Sport Drug Enquiry Line, contact details below.**

### **Asthma:**

**A Rower who is selected for testing and who has taken a beta-2 agonist for asthma in the last 7 days must declare the use of that substance on the Sample Collection Form (SCF) AT THE TIME OF TESTING. They will then have a period of ten working days in which to make an application to Drug Free Sport/UK Sport for an asthma TUE. Rowers who have not used a beta2agonist inhaler in the seven days prior to testing will not need to apply for a retroactive TUE.**

**Rowers with exercise-induced asthma using beta-2 agonists will need to provide the following with their UK Sport beta-2 agonist application form (asthma TUE):**

- **A detailed medical history and clinical review**
- **Lung function (also known as Bronchodilator or Bronchoprovocation) test results that meet the WADA minimum criteria for a TUE (n.b. this test may cost up to £160)**

**UK Sport has produced a guidance document for physicians which rowers with exercise induced asthma will need to give to their GPs if they are considering prescription of beta-2 agonists, to ensure they are able to retrospectively meet the required minimum standards. This document will be available to download from the ARA website.**

### **Glucocorticosteroids:**

**If the Rower has used a Glucocorticosteroid (localised injection or inhaled) in the four weeks prior to doping control they are also required to declare this in the specific place on the SCF AT THE TIME OF TESTING. Further information on the use and declaration of GCOs can be found in the UK**

**Sport Guidance document, *Guidance Notes on Therapeutic Use Exemption (TUE) Applications*, which will be available on the ARA website**

**Checking your Medication:**

**Rowers can check the status of branded medication or ingredients using the interactive PDF documents at [www.100percentme.co.uk](http://www.100percentme.co.uk). Rowers can search alphabetically for particular brands of medication or for specific ingredients.**

**Rowers, coaches and support personnel can also check the status of medications by using the Drug Enquiry Line (0800 528 0004) or by emailing [drug-free@uksport.gov.uk](mailto:drug-free@uksport.gov.uk)**

**\*Please note that the term Rower refers to all those participating in rowing including sweep oar, sculling and coxing.**

Appendices:

UK Sport Guidance Notes on Therapeutic Use Exemption (TUE) Applications; Beta2 Agonists  
UK Sport Guidance Notes on Therapeutic Use Exemption (TUE) Applications: Declaring the use of non-systemic Glucocorticosteroids

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