Antidoping: Role of TUE Committee
Some Specific Challenges
First World Conference on Doping in Sport
February 1999

• doping practices contravene sport and medical ethics,
• they constitute violations of the rules established by the Olympic Movement in 1960’s
• concerned by the threat that doping poses to the health of athletes and youth in general;
World Anti-Doping Agency
(Est. November 1999)

• Mission Statement
• A world where all athletes can compete in a doping-free sporting environment
Why Doping Free?

**Level playing field**
Remove advantages due to doping

Ancient Greece - competitors were naked, possibly to prevent use of performance aids or prevent female participation

**Athlete health**
Many drugs have serious health consequences

**Athlete protection**
Pressure to succeed

1904 OG marathon runner given strychnine and brandy by his coach

**Safety**
Sport specific (not WADA)

Altered awareness, sedation
WADA International Standards

- Testing
- Laboratories
- Therapeutic Use Exemptions
- Prohibited List
- Prohibited Methods
- Protection of Privacy
Therapeutic Use Exemptions

- The approval of use of medicines which are on the prohibited list
- Criteria
  - No performance enhancement – ideally to compete equally
  - Appropriate treatment where there is no suitable permitted alternative
  - Evidence of condition (history, examination, test results)
  - Response to medication and monitoring
TUE Committee

• Responsibility:
  • Assess applications against International Standards set by WADA – written guidance for applications on FEI website

• Additional Responsibilities:
  • Safety of the athlete
Specific Challenges to TUE Committee

• Stimulants
  • Often present in “Over The Counter” medications such as cold remedies, or combined with analgesic e.g. pseudoephedrine
  • Increase alertness, attention and energy
  • Increase heart rate, blood pressure, metabolism and body temperature
• Suppress appetite
Specific Challenges to TUE Committee

• Corticosteroids
  • Short term benefits, analgesia, decreased sense of fatigue, euphoria, improved glycogen replacement
  Systemic use prohibited – subject to TUE
  • Widespread use: allergies, asthma, arthritis, bowel disease, etc.
  • Emergency use and retroactive TUE
  • Choice of steroid.
Specific challenges to TUE Committee

• ADHD
• Diagnostic challenge, frequently poorly supported evidence
• Treated with amphetamines – potent medication
• Majority of applications from USA (over-diagnosed or under-diagnosed in the rest of the world?)
Specific Challenges to TUE Committee

- Opiate Painkillers
- Currently require a TUE
- Sedation and loss of concentration a safety concern in equestrianism – disclaimer and explanatory letter to prescribers
- Mostly in Para sport
- Highly addictive
Recreational Drugs

- Cocaine
- Amphetamine
- Ecstasy
- Cannabis
- Heroin
- Alcohol?
Cocaine

- Short lived stimulant “revs you up, makes you more alert, appears to give you more energy”
- Highly addictive
- Increased risk of stroke, heart attacks, lung disease, infections
Cannabis

- Legalised therapy in many countries
- Doubtful performance enhancement
- Slows reaction times
Amphetamines

- Long history of performance enhancement
- Used by Allied Forces in WW2
- Suppresses fatigue
- Risks of mental illness and cardiac strain
- 1960 Rome Olympics, death of cyclist due to amphetamines
Heroin

- Removes pain and fatigue
- Creates euphoria
- Infection risk
- Highly addictive
Alcohol?

- Freely available, legal in most countries
- 1968 first Olympic AAF
- WADA ban lifted in 2018 (archery, air sports, motor racing, power boat racing)
- Safety issue in certain sports?
THANK YOU
DID YOU KNOW...?

✓ That in equestrian sport human athletes can be tested at any time, in or out of competition?

✓ That they are subject to the same anti-doping requirements as swimmers, runners, weightlifters...?

✓ That ignorance about human anti-doping has already cost gold medals and important team qualifications?
ATHLETE ANTI-DOPING

What this presentation is about

• The World Anti Doping Agency (WADA)’s Prohibited List
• Therapeutic Use Exemptions (TUEs)
• Essential human anti-doping knowledge and where to find it
PROHIBITED LIST & THERAPEUTIC USE EXEMPTIONS (TUE)
THE LIST

• Applies at national and international levels
• All human athletes – riders, drivers, vaulters, lungers
  All levels of competition
  Under and over 18
• Includes Substances and Methods
  Prohibited at all times or In-competition only
PROHIBITED SUBSTANCES

Any pharmacological substance which is not addressed by any of the subsequent sections of the list and which is not currently approved by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

ANABOLIC AGENTS

[Not applicable - a natural reading would likely require specific substances or examples that are not provided in the image.]
PROHIBITED SUBSTANCES BASICS

• Prescribed & over-the-counter treatments, recreational drugs, supplements...
  ... can contain Prohibited Substances

• Therapeutic Use Exemptions (TUE) can be obtained for legitimate treatments
  Formal procedure
  Strict requirements - WADA’s International Standard for TUEs (ISTUE)
Most positive cases in FEI sports fall under the same scenario:

The athlete did not know about TUEs
WHAT ALL ATHLETES MUST DO

Medication: « Check it before you take it »

For any new prescribed treatment; over-the-counter medication:

- Inform doctor that they are subject to anti-doping rules

and

- Contact National Anti-Doping Organisation or FEI to check active ingredient status
WHAT ALL ATHLETES MUST DO

If a medication contains Prohibited Substance(s)

- Over-the-counter medication: do not take it
- Prescribed medication: put treatment on hold, apply for a TUE
- Athletes must obtain a TUE before starting A new treatment
- Retroactive TUEs are possible but under very strict conditions (ISTUE article 4.2)
THE TUE APPLICATION PROCESS

• Governed by WADA’s International Standard for TUEs (ISTUE)
• National TUEs are not automatically recognised by FEI
• TUE applications are examined by the FEI TUE Committee
HOW TO APPLY FOR A TUE

Step 1

Got to FEI website - TUE page
HOW TO APPLY FOR A TUE (2)

FEI website - TUE page:
- Read information
- Download the application form (Standard or Narcotics)
Therapeutic Use Exemptions (TUE)
Application Form

Please complete all sections in capital letters or typing. Please sign the form (point 6) and ask your doctor to sign (point 4). Electronic signatures are accepted.

1. Athlete Information

Surname: ___________________________ Given Names: ___________________________

Female ☐ Male ☐ Date of Birth (d/m/y): ___________________________

Postal Address: ________________________________________________________________

City: ___________________________ Country: ___________________________ Postcode: ___________________________

Tel: ___________________________ E-mail: ___________________________

Discipline/Sport: ___________________________

National Federation Membership: ___________________________

Please mark the appropriate box below:

☐ I am considered as International Level athlete based on one or more of the criteria mentioned below:

☐ I am registered with FEI;

☐ I participate in an International Event.

Please specify the name of the event (if applicable):

If you are an athlete with an impairment, please indicate the impairment:

______________________________________________________________________________

______________________________________________________________________________

STRICTLY CONFIDENTIAL
HOW TO APPLY FOR A TUE (3)

Step 2

- Complete form with treating physician
- Use WADA’s guidelines to submit adequate medical documentation:
  (link available on FEI website TUE page)
- Insufficient / inadequate documentation = TUE will not be approved
ON RECREATIONAL DRUGS & SUPPLEMENTS...

• Recreational drugs: say NO!
  A health hazard
  ... and a safety hazard for athlete, horse and spectators

• Supplements: extreme caution recommended
  Possible contamination with Prohibited Substances
  May contain undeclared (and possibly unsafe) ingredients
ESSENTIAL ANTI-DOPING KNOWLEDGE
ATHLETES & THEIR ENTOURAGE MUST KNOW ABOUT...

- Rules; Definitions of doping and anti-doping rule violations (ADRVs)
- Prohibited Substances and Methods List
- Supplements (managing the risk)
- What TUEs are and how to apply
- Doping Control procedures
- Results management
- Sanctions
- Rights and responsibilities
NF ROLE

• Positive cases may have a heavy cost
  Disqualification, team disqualification
  Ineligibility
  Legal costs; reputational damage

• NFs must inform and educate at their level
  Athletes, entourage, medical personnel, officials
  Information: website information is a minimum
  Education: work with the national/regional anti-doping organisation
SOURCES OF INFORMATION

• WADA’s website
  https://www.wada-ama.org/en

• Your country’s national/regional anti-doping organisation’s website
WADA’S «DANGERS OF DOPING» LEAFLET

- Key information for the Youth
- In several languages
- PDF format – easy to print and disseminate
DANGERS OF DOPING
GET THE FACTS
www.wada-ama.org

WHAT'S THE BIG DEAL?

Most medications on the Prohibited List can be bought at a pharmacy—so they must be safe to use, right?

NO! Medications are for people with specific health issues—not for healthy athletes. They were not approved to be used by healthy people, in higher doses, and in combination with other substances.

WHAT ABOUT DIETARY OR NUTRITIONAL SUPPLEMENTS?

"All-natural. Pure. Fast results." Beware!

Supplement companies are not highly regulated—meaning you never know what you are taking. There could be a banned substance in your "all-natural" supplement.

USE AT YOUR OWN RISK!

You can’t always trust what is written on the label.

WHAT'S AT RISK?

All medications have side effects—but taking them when your body doesn’t need them can cause serious damage to your body and destroy your athletic career.

WHAT ELSE SHOULD YOU KNOW?

METHODS

There are also other methods of administering substances or manipulating your physiology that are banned. These methods can also have negative effects on your body, for example:

- Blood doping, including having blood transfusions to change the way your blood carries oxygen to the rest of your body, may result in:
  - An increased risk of heart failure, stroke, kidney damage, and high blood pressure
  - Problems with your blood—like infections, poisoning, overloading of your white cells, and reduction of platelet count
  - Problems with your circulatory system

As with any injectable drug, using a syringe to dope puts you at a higher risk for contracting infectious diseases such as HIV/AIDS and hepatitis.

play true
SOURCES OF INFORMATION (2)

Clean Sport hub on FEI website
CLEAN SPORT FOR HUMANS

The FEI is part of a collaborative worldwide movement for doping-free sport led by the World Anti-Doping Agency (WADA). The aim of this movement is to protect fair competition as well as athlete health and welfare.

If you are an FEI athlete, you have a role to play in the fight against doping, just like the athletes in any other sport. All FEI athletes (riders, drivers, vaulters) are part of the FEI’s Clean Sport programme for humans.

Substance abuse and anti-doping rule violations can also result from ignorance, so take action today to protect your health and your career. Read the information published below, make sure you understand it, and consult us in case of doubt.

For an overview of the FEI’s Human Doping Control activities, please click below on the button “Test Results”.

Guide for Athletes’ Parents

Anti-Doping Courses
PARENTS’ GUIDE TO SUPPORT CLEAN SPORT

DOPING RISK FACTORS

- Low self-esteem
- Results / achievement-driven
- Perceived parental pressure to be perfect
- Body image dissatisfaction / concern about weight maintenance
- Type of sport [weight categories, endurance, pure speed or strength]
- Success judged largely by comparison with others rather than mastery of skills
- Impatience with obtaining results
- Propensity for cheating / bending the rules
- Belief that everyone else is doping
- Disbelief in harmful effects of doping
- History of substance abuse in family
- Admiration for achievements of known doped athletes

PERIODS WHEN ATHLETES ARE MORE VULNERABLE TO DOPING

The following are moments when any athlete may be more at risk of doping:

- Return from injury
- Change in clubs / environment
- Change in level [entering a high performance centre, elite level]
- Recent competitive failure

Career related circumstances

- External pressures to perform / high stakes placed on performance [by sponsors, agents, family members, sports organizations, etc.]
- Overtraining or insufficient recovery time
- Recovering from injury
- Absence or weakness of deterrents [such as doping controls, severe sanctions, etc.]
- Lack of resources [such as competent training professionals, sports training information and technology]

Temporary situations

- Breakdown of personal relationships [with parents, peers, etc.]
- Emotional instability caused by life transitions [puberty, graduation to higher education levels, dropping out of school, geographical moves, severed relationships, death of significant other]
- Upcoming career-determining events [team selection, major competition, scouting or recruitment activities]
- Performance setback or plateau
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Guide for Athletes’ Parents

Anti-Doping Courses

How Testing Works

Prohibited Substances

Therapeutic Use Exemptions (TUEs)
COURSES

- WADA’s ADEL platform: courses and resources for Athletes, Administrators, Coaches, Physicians
- Several languages and possibilities for more
WELCOME TO

ADeL

The anti-doping e-learning platform (ADeL) offers access to all topics related to clean sport and anti-doping. It offers courses for athletes, coaches, doctors, administrators and anyone interested in learning more about anti-doping and protecting the values of clean sport.

Username

Password

Log in  Register

Forgot your password?
Need help?
COURSES - UPCOMING

• FEI Campus: courses for 4 categories of learners
  Adult athletes (18+)
  Youth
  Officials
  Athlete entourage
• In English
  Additional languages will follow
EDUCATED ATHLETE

= 

EMPOWERED ATHLETE
Are your athletes educated?

How can we help you?

Get in touch  catherine.bollon@fei.org
THANK YOU
SPORTS FORUM

WADA COMPLIANCE MONITORING PROGRAM AND NATIONAL FEDERATIONS OBLIGATIONS
WADA COMPLIANCE MONITORING PROGRAM

• New International Standard For Code Compliance by Signatories (ISCCS) applicable as of 1 April 2018

• FEI completed the WADA Code Compliance questionnaire last November

• FEI is now requested to implement WADA’s Corrective Action Plan
Roles and Responsibilities of IFs (art. 20.3 of the WADA Code) with references to NFs:

• To require as a condition of membership that the policies, rules and programs of their National Federations and other members are in compliance with the WADA Code.

• To promote anti-doping education, including requiring National Federations to conduct anti-doping education in coordination with the applicable National Anti-Doping Organization.
Survey to be completed by NFs:

- You will receive a survey from the FEI with questions on your Human Anti-Doping rules, education, testing
- You will be required to fill it in
- The FEI will then analyze the responses and determine further actions, where necessary, to ensure that you are compliant with the FEI Rules and the WADA Code