



As you are already hearing a great deal about, 2009 is bringing changes to the International Standards for Testing (IST) and the International Standards for Therapeutic Use Exemptions (IS TUE) issued by the World Anti-Doping Agency. As we close in on the end of the year, we are working directly with athletes to assist you in understanding how these rules affect you.

As part of the IS TUE updates in 2009, a number of key changes as outlined below will impact regulations. *Note that if your Abbreviated TUE was authorized by your International Federation (IF), please check with them directly regarding their policy on expiring Abbreviated TUEs, as the following rules may be different.*

- Abbreviated TUEs will no longer be granted after December 31, 2008.
- All valid Abbreviated TUEs granted prior to December 31, 2008 will continue to be valid until the earlier of:
 - the expiration date of the valid Abbreviated TUE,
 - the cancellation of the Abbreviated TUE by the granting of a TUE, or
 - December 31, 2009.

An application for a new TUE (or for a renewal of an existing TUE) should be submitted a **minimum of 21 days** in advance of when you will need the approval to ensure that it can be properly processed. If the information provided is incomplete or illegible we may request additional information, which could delay the processing of the application.

TUE applications for the use of beta-2 agonists must include, at a minimum, the following medical information:

- **A complete medical history of the condition.**
- **A comprehensive report of the clinical examination, with specific focus on the respiratory system.**
- **A report of spirometry, known as a Pulmonary Function Test (PFT), with the measure of the Forced Expiratory Volume in one second (FEV₁).**
 - **There is a good chance that your prescribing physician (M.D./D.O.) performed a PFT prior to your applying for your Abbreviated TUE. We will honor any PFT that has been completed within the last four years.**
 - **If airway obstruction is present, the spirometry will be repeated after inhalation of a short acting beta-2 agonist to demonstrate the reversibility of bronchoconstriction.**
 - **In the absence of reversible airway obstruction, a bronchial provocation test is required to establish the presence of airway hyper-responsiveness.**
- **Exact name, specialty, address (including telephone, e-mail, fax) of examining physician.**

As we have in the past, we ask that you submit ALL TUE requests directly to USADA. Depending on your competition level and the rules of your IF, USADA will either process the TUE or forward it to the responsible IF.

We are aware that changes can be a bit unsettling at times, and are sure that some questions will arise. So please plan ahead! The Prohibited Substance Guide and Wallet Card for 2009, as well as the updated USADA Protocols for Olympic Movement Testing will be available to you in the very near future, in addition to other communication vehicles through which information about these changes will be provided to you.

Please note that this message only highlights some of the changes in the International Standard for TUE and is not intended to be a detailed summary of the changes. Please see http://www.wada-ama.org/rtecontent/document/TUE_Standard_2009_Final_031008.pdf for the complete document.

For any questions regarding TUEs, please contact the USADA TUE department at (719) 785-2045 or at tue@USADA.org.

Sincerely,

The Staff at USADA