



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 the changes in these rules affect you.

**Beginning on January 1, 2009, it will no longer be necessary to file an Abbreviated TUE form for the following types of glucocorticosteroids:**

- **Inhaled (the majority of our Abbreviated TUEs on file for glucocorticosteroids)**
- **Intradermal Injections (into the skin)**
- **Epidural Injections (into the spine)**
- **Intra-articular Injections (within a joint capsule)**
- **Periarticular Injections (around a joint)**
- **Peritendinous Injections (around a tendon)**

**Once your Abbreviated TUE expires, you will need to declare your use of the medication:**

1. **On the Website Declaration, available at your website log-in at our USADA website (where you enter your Whereabouts information), and**
2. **On the “Declaration of Use” section of the Doping Control Official Record (the slip that you complete during a doping control session).**

### **IMPORTANT REMINDERS**

- ▶ **Glucocorticosteroids that continue to require a TUE** include those that are used:
  - orally (i.e. pills)
  - by intravenous infusions (IV Drip)
  - by intramuscular injections (within the muscle)
  - by rectal routes
  
- ▶ **Glucocorticosteroids that do not require a TUE or a Website Declaration (but should still be declared on the “Declaration of Use” section of the Doping Control Official Record)** include those that are used topically (on the surface of the skin), such as:
  - dermatological (including iontophoresis /phonophoresis)
  - in or on the ear
  - inside the mouth (without swallowing)
  - on the gum
  - in your nose

- in your eye
- perianal

**As we have in the past, we ask that you submit ALL TUE requests directly to USADA.** Please allow for a **minimum of 21 days** for processing. 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](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](mailto:tue@USADA.org).

Sincerely,

**The Staff at USADA**