

Therapeutic Use Exemptions

As you may or not know there are times we the athletes have to take prescribed or over the counter medicines for illness, pain, etc. A lot of these 'medications' are on a prohibited list that is updated from time to time by the World Anti-Doping Agency (WADA); the latest list is available online (link below).

If you are tested and found to have prohibited drugs in your system the penalties are very severe, no matter how many times you told them that you “would not have taken them if you had known”, “the coach said it would be alright” or “my mate takes them and said there's no problem”.... You the athlete should check and be knowledgeable about your medication. I repeat, you the athlete are responsible for the medication(s) that you take.

So what to do for prescribed drugs?

Using the links below, you and your doctor print out and fill in the Therapeutic Use Exemption form and send to Drug Free Sport NZ, it's all confidential. The Agency will decide and will probably allow an exemption to the prescribed drugs.

I have in the past been through this process and my exemption form lasted three years. Fortunately for me my prescribed medications are no longer on the prohibited list.

And if you are competing with prohibited drugs in your system and no TUE, you are cheating your fellow competitors.

Trevor Kennerson

Athletes convenor

Links

WADA

<http://www.wada-ama.org/>

Archery NZ

http://www.archerynz.co.nz/uploads/Downloads/ANZ_AntiDoping_Rules_Nov2012.pdf

Drug free sport NZ

<http://www.drugfreesport.org.nz/>

Print this TUE form

TUE form; https://secure.zeald.com/site/drugfreesport-redesign/files//DFSNZ_TUE_Form.pdf