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**UPDATED INFORMATION ON THERAPEUTIC USE APPLICATIONS
FOR ASTHMA INHALERS AND CORTICOSTEROIDS
FOR SKIERS WITH INTERNATIONAL FIS LICENCE**

Dear Athlete

FIS have recently produced revised guidelines for athletes wishing to apply for exemption to use asthma inhalers and corticosteroids. These are now prohibited drugs and subject to an ‘abbreviated Therapeutic Use Application’.

This applies to athletes using

- asthma ‘reliever’ inhalers (short & long acting Beta Agonists – Salbutamol, Terbutaline etc)
- corticosteroid inhalers, creams, ointments and sprays, drops and some injections

Two identical application forms, ‘ATUE form’ available from Snowsport GB office or the FIS website, are to be completed. One to be sent to FIS Anti-doping (address below) by FAX. I would also request that you send a copy of the form to me at the SnowsportGB office for our records.

The forms are self-explanatory and require details of -

- prohibited substance(s) to be used (e.g. Salbutamol, Terbutaline, Beclomethasone etc)
- diagnosis of condition for which the prohibited substance has been prescribed (e.g. asthma)
- details of which tests have been used to make the diagnosis.

Contrary to last year, when I completed, signed and submitted the forms on the athletes’ behalf; I feel it is more appropriate for the prescribing doctor to sign the form supplying accurate and up to date details. Last year’s forms and applications are no longer valid.

I suggest you take the new forms to your own GP or consultant and ask that the forms are completed and signed. This may incur a small fee.

It is important to obtain as much accurate information as possible about diagnosis for example, Peak Flow readings, Spirometry results and results of reversibility testing.

FIS have not issued guidance on which tests are necessary and UK SPORT request spirometry tests in athletes competing in the Olympics only.

All information regarding Therapeutic Use Exemption, including application forms, can be downloaded from the FIS website –

<http://www.fis-ski.com/rulesandpublications/medicaldoping.html>

FIS may not send out a receipt or certificate to use the prohibited substance.

They have stated that: 'as soon as the abbreviated request form is received, providing it has been properly completed, the athlete is authorised to take the concerned substance (unless notification is sent from the organisation in charge that the request is not valid).'

I would therefore strongly recommend that you keep a copy of your original application and carry it with you to any international races. Should you be subject to any doping control I would recommend you present it to the doping control Officer as it will serve as a certificate.

FIS have requested that a copy of the ATUE is also sent to the National Anti-Doping Agency (UK Sport). However, UK Sport is currently only dealing with applications for the Olympics and the Paralympics. For this reason, I feel it is important that a second copy of your ATUE is sent to me at the Snowsport GB office and an application to UK Sport can then be made later if necessary.

I do realise that this may appear quite complicated but the forms themselves are simple to complete and self-explanatory. Should you have any problems I would direct you firstly to the FIS website, although I would be happy to help out should there be any further questions or problems.

PLEASE NOTE

For athletes applying for Therapeutic Use Exemption ANY OTHER prohibited medications – for example oral steroids etc- the STANDARD TUE form must be completed and submitted to UKSPORT and FIS. I will be happy to advise and sign the forms as in previous years.

Yours

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