

Application Process for a TUE - Cycling

The process of submitting a TUE can be a bit confusing and time consuming. To help with the unknown, here are a few key points to assist the process of whether you are in need, or not.

Which Riders should apply for a TUE?

1. If you are included in the [UCI RTP](#), you must apply to the UCI for a TUE directly through ADAMS.
2. If you are NOT included in the UCI RTP, you should apply for a TUE through [CCES](#).
3. If you are not sure, you can use the Medical Exemption Wizard [here](#).

When shall I apply for a TUE?

1. As soon as the need arises, unless exceptional circumstances or true emergencies exist.
2. At a time where medication is prescribed by a physician that is prohibited in and out of competition.
3. Submitted through CCES or the UCI, at least 30 days prior to next competition.
- ❖ CCES TUEs are automatically recognized by the UCI, and Canadian RTP/NAP athlete's only need to submit to them.

How do you apply for a TUE?

1. All TUE applications and medical reports must be submitted in legible French or English.
 - a. To assist your doctor in providing the correct medical documentation we suggest that you consult the [WADA website](#) to access the medical information required to support TUE application for treatments of several common medical conditions.
- ❖ If you are a Rider whose doctor has a medical ADAMS account, your team doctor can undertake this task on your behalf through ADAMS.

What should be included in an application?

1. A TUE application form completed by the athlete and physician;
2. Comprehensive medical history related to the diagnosis and prescription;
3. The results of all relevant objective examinations, laboratory investigations and imaging studies;
4. Independent supporting medical opinion in the case of non-demonstrable conditions; and
5. Relevant correspondence between physicians regarding the diagnosis and prescription.

Obtaining a TUE

1. A Rider may be granted a TUE if (and only if) one can show the following:
 - a. The Prohibited Substance or Prohibited Method in question is needed to treat an acute or chronic medical condition, such that the Athlete would experience a significant impairment to health if the Prohibited Substance or Prohibited Method were to be withheld.
 - b. The Therapeutic Use of the Prohibited Substance or Prohibited Method is highly unlikely to produce any additional enhancement of performance beyond what might be anticipated by a return to the Athlete's normal state of health following the treatment of the acute or chronic medical condition.

- c. There is no reasonable Therapeutic alternative to the Use of the Prohibited Substance or Prohibited Method.
- d. The necessity for the Use of the Prohibited Substance or Prohibited Method is not a consequence, wholly or in part, of the prior Use (without a TUE) of a substance or method which was prohibited at the time of such Use.

Recognition Process

1. The UCI will recognize TUEs granted by CCES. A second application should not be submitted to the UCI if already managed through CCES.
 2. Incomplete requests will be returned to the Rider for completion and re-submission.
 - a. The TUEC may request from the Rider or his/her physician any additional information, examinations or imaging studies, or other information that it deems necessary in order to consider the Rider's request for recognition.
 3. Any costs incurred by the Rider in making the request for recognition of the TUE and in supplementing it as required by the TUEC are the responsibility of the Rider.
- ❖ A TUE will be recognized, or not, as soon as possible or no more than 21 days following receipt by the UCI.

Medical Emergencies and Hospital Visits

1. Emergency treatments should be considered as medically appropriate. The need for a TUE can be submitted after the medical issue is managed.
 - a. Elective Surgery- anaesthetic drugs are WADA prohibited during competition only (unless the athlete competes within 48hrs of receiving).
 - b. IV Fluids- are usually given during surgery. WADA rules state that no TUE is required for IV fluids while in hospital.
 - c. Post-Operative- any take home medications (oral or by injection) are typically for pain relief, which are considered a narcotic and are prohibited in competition. This means a TUE is required. If stopped one (1) week prior to competition, then no TUE is required.
 - d. Blood Transfusions- Any transfusion of blood or blood products, in or out of hospital requires a TUE. It does not need to be done before the treatment is performed if it is an emergency situation. In those situations a retroactive TUE can be applied for. If the athlete has a chronic condition that requires regular transfusions then a TUE covering these transfusions over a 12 month period is suggested and can be applied for in advance.

Additional Information and Contacts

1. Cycling Canada – [Race Clean](#)
 - a. Contact: raceclean@cyclingscanada.ca
 - b. Phone: (613) 248-1353 ext. 2606
2. [CCES](#)
 - a. TUE Application Forms: <http://cces.ca/tueforms>
 - b. Contact: tue-aut@cces.ca
 - c. Phone: 1-800-672-7775
3. TUE – [UCI Regulations](#)
 - a. Contact: tue@cadf.ch
 - b. Phone: +41 24 468 59 11
4. [UCI](#) (webpage)