



## How to make new Medical Declarations to UK Sport from 1<sup>st</sup> January 2009

### Premier League and Championship Players

From 1<sup>st</sup> January 2009, if you need to use a treatment or medication that is on The FA's banned list, you must follow these procedures.

Which division is your club in?	What should you do if you need to use:	What should you do if you need to use:	What should you do if you need to use:	What should you do if you need to use:	Where do TUEs and asthma applications get sent to ?
	asthma medications	a locally administered glucocorticosteroid (GC) (administered in the four weeks before a match)	any other banned substance, medication or treatment method	any banned substance or treatment in an emergency	
<b>Premier League &amp; Championship</b>  <small>Includes: Registered Professional players, Scholars and Apprentices</small>	<p>Ask your doctor if the drug is a Beta-2 Agonist. If it is you must:</p> <ul style="list-style-type: none"> <li>(i) undergo some special tests to prove you need the medication</li> <li>(ii) submit a TUE form which proves that you've had the tests</li> <li>(iii) wait for an official approval from UK Sport to take the drug</li> </ul> <p><b>You cannot take the medication until you've had an approval</b> (unless your doctor decides that its an emergency)</p> <p>If you take the drug and you haven't got a TUE, you could be banned from football.</p>	<p>Ask your doctor if the drug is a glucocorticosteroid and if it's being given to you 'locally'. If it is you must:</p> <ul style="list-style-type: none"> <li>(i) log on to <a href="https://declaration.uk sport.gov.uk">https://declaration.uk sport.gov.uk</a> when you start using the drug and follow the instructions to declare your use</li> <li>(ii) write the details of the drug on your Sample Collection Form when you are drug tested.</li> </ul> <p>If you're being given a GC and your doctor tells you that its not a local treatment, you must get a TUE approved before you start to take the medication.</p> <p>If you take the drug and you haven't got a TUE, you could be banned from football.</p> <p>If you're being given eye drops, nasal sprays, creams, or ointments that contain a GC, these are not banned and you don't need to declare them.</p>	<p>You must:</p> <ul style="list-style-type: none"> <li>(i) submit a TUE form with help from your doctor</li> <li>(ii) wait for an official approval from UK Sport to take the drug</li> </ul> <p><b>You cannot take the medication until you've had an approval</b> (unless its your doctor decides that its an emergency)</p> <p>If you take the drug and you haven't got a TUE, you could be banned from football.</p>	<p>If its an emergency and your doctor confirms that immediate treatment is necessary, and it would be dangerous for your health not to treat you before you could get a TUE approved:</p> <ul style="list-style-type: none"> <li>(i) You can apply for a TUE after the treatment.</li> <li>(ii) The TUE must be submitted within 14 days of the treatment.</li> </ul> <p>Its important that you or your doctor could clearly show that the treatment was an emergency, otherwise you could be banned from football.</p>	<p style="text-align: center;"><b>UK Sport</b></p> <p>Unless:</p> <ul style="list-style-type: none"> <li>(i) your club is participating in UEFA competition</li> <li>(ii) you have been told by FIFA, or the National Anti-Doping Organisation of your home country that you are included in a Registered Testing Pool</li> </ul> <p>if so, you should speak to your club medical staff immediately as the application rules may be different for other organisations.</p>

If you already have a valid Abbreviated TUE for a beta-2 agonist or local Glucocorticosteroid treatment, it will remain valid until either (i) the expiry date or (ii) 30<sup>th</sup> June 2009, whichever comes first.

Remember that if you take any banned drug or treatment, your doctor must be sure that it is the right drug to treat your condition and that he couldn't give you an alternative treatment that wasn't on the banned list. If you are not sure, tell your doctor to check the document "Medical Information to Support the Decisions of TUECs" which is available at [www.wada-ama.org](http://www.wada-ama.org). This applies to medical declarations applied for both prospectively (before treatment) and retrospectively (after treatment).

As a player, it is always your responsibility to make sure that you follow these procedures correctly, otherwise you could end up committing a doping offence. If you're in any doubt, speak to your club medical staff, contact The FA on 0207 745 4954, or visit [www.thefa.com](http://www.thefa.com).



## How to make new Medical Declarations to UK Sport from 1<sup>st</sup> January 2009

### Players in League 1, League 2 and Women's National Premier League England International Players at non-Premiership or non-Championship clubs

From 1<sup>st</sup> January 2009, if you need to use a treatment or medication that is on The FA's banned list, you must follow these procedures.

Which division is your club in?	What should you do if you need to use:	What should you do if you need to use:	What should you do if you need to use:	What should you do if you need to use:	Where do TUEs and asthma applications get sent to ?
	asthma medications	a locally administered glucocorticosteroid (GC) (administered in the four weeks before a match)	any other banned substance, medication or treatment method	any banned substance or treatment in an emergency	
<b>League 1 &amp; League 2</b>  <i>Includes:</i> Registered Professional players, Scholars and Apprentices	Ask your doctor if the drug is a Beta-2 Agonist. If it is, you can take the drug, but when you are drug tested you must: <ul style="list-style-type: none"> <li>(i) undergo some special tests to prove you need the medication</li> <li>(ii) submit a TUE form which proves that you've had the tests, <b>within 10 days of the drug test.</b></li> </ul>	Ask your doctor if the drug is a glucocorticosteroid and if it's being given to you 'locally'. If it is you must: <ul style="list-style-type: none"> <li>(i) log on to <a href="https://declaration.ukssport.gov.uk">https://declaration.ukssport.gov.uk</a> when you start using the drug and follow the instructions to declare your use.</li> <li>(ii) Write the details of the drug on your Sample Collection Form when you are drug tested.</li> </ul>	You must: <ul style="list-style-type: none"> <li>(i) submit a TUE form with help from your doctor</li> <li>(ii) wait for an official approval from UK Sport to take the drug</li> </ul> <p><b>You cannot take the medication until you've had an approval</b> (unless its your doctor decides that its an emergency)</p>	If its an emergency and your doctor confirms that immediate treatment is necessary, and it would be dangerous for your health not to treat you before you could get a TUE approved: <ul style="list-style-type: none"> <li>(iii) You can apply for a TUE after the treatment.</li> <li>(iv) The TUE must be submitted within 14 days of the treatment.</li> </ul>	<b>UK Sport</b>  Unless: <ul style="list-style-type: none"> <li>(i) you have been told by FIFA, or the National Anti-Doping Organisation of your home country that you are included in a Registered Testing Pool</li> </ul> if so, you should speak to your club medical staff immediately as the application rules may be different for other organisations.
<b>Women's National Premier League</b>  <i>Includes:</i> All first team squad players	otherwise, you could be banned from football.  If you are going to take the drug, your doctor must be sure that it is the right drug to treat your type of asthma.  If you are not sure, tell your doctor to check the FA document 'Explanation of Medical Declaration Procedures from 1 <sup>st</sup> January 2009', which can be downloaded from <a href="http://www.thefa.com">www.thefa.com</a> .	If you're being given a GC and your doctor tells you that its not a local treatment, you must get a TUE approved before you start to take the medication.  If you take the drug and you haven't got a TUE, you could be banned from football.	If you take the drug and you haven't got a TUE, you could be banned from football.	Its important that you or your doctor could clearly show that the treatment was an emergency, otherwise you could be banned from football.	
<b>Other international players</b>	If you're being given eye drops, nasal sprays, creams, or ointments that contain a GC, these are not banned and you don't need to declare them.	If you take the drug and you haven't got a TUE, you could be banned from football.	If you take the drug and you haven't got a TUE, you could be banned from football.	Its important that you or your doctor could clearly show that the treatment was an emergency, otherwise you could be banned from football.	

If you already have a valid Abbreviated TUE for a beta-2 agonist or local Glucocorticosteroid treatment, it will remain valid until either (i) the expiry date or (ii) 30<sup>th</sup> June 2009, whichever comes first.

Remember that if you take any banned drug or treatment, your doctor must be sure that it is the right drug to treat your condition and that he couldn't give you an alternative treatment that wasn't on the banned list. If you are not sure, tell your doctor to check the document "Medical Information to Support the Decisions of TUECs" which is available at [www.wada-ama.org](http://www.wada-ama.org). This applies to medical declarations applied for both prospectively (before treatment) and retrospectively (after treatment).

As a player, it is always your responsibility to make sure that you follow these procedures correctly, otherwise you could end up committing a doping offence. If you're in any doubt, speak to your club medical staff, contact The FA on 0207 745 4954, or visit [www.thefa.com](http://www.thefa.com).



## How to make new Medical Declarations to UK Sport from 1<sup>st</sup> January 2009

### First team squad players registered with FL Conference clubs and clubs participating in FA Vase and FA Trophy

From 1<sup>st</sup> January 2009, if you need to use a treatment or medication that is on The FA's banned list, you must follow these procedures.

Which division is your club in?	What should you do if you need to use:	What should you do if you need to use:	What should you do if you need to use:	What should you do if you need to use:	Where do TUEs and asthma applications get sent to ?
	<b>asthma medications</b>	<b>a locally administered glucocorticosteroid (GC)</b> (administered in the four weeks before a match)	<b>any other banned substance, medication or treatment method</b>	<b>any banned substance or treatment in an emergency</b>	
<b>All other players</b> Includes: First team squad players registered with FL Conference clubs and clubs participating in FA Vase and FA Trophy	<p>Ask your doctor if the drug is a Beta-2 Agonist. If it is, you can take the drug, but when you are drug tested you must:</p> <ul style="list-style-type: none"> <li>(i) undergo some special tests to prove you need the medication</li> <li>(ii) submit a TUE form which proves that you've had the tests, <b>within 10 days of the drug test.</b></li> </ul> <p>If you are going to take the drug, your doctor must be sure that it is the right drug to treat your type of asthma.</p> <p>If you are not sure, tell your doctor to check the FA document 'Explanation of Medical Declaration Procedures from 1<sup>st</sup> January 2009', which can be downloaded from <a href="http://www.thefa.com">www.thefa.com</a>.</p>	<p>Ask your doctor if the drug is a glucocorticosteroid and if it's being given to you 'locally'. If it is, you can take the drug, but when you are drug tested you must:</p> <ul style="list-style-type: none"> <li>(i) log on to <a href="https://declaration.uk sport.gov.uk">https://declaration.uk sport.gov.uk</a> and follow the instructions to declare your use, <b>within 10 days of the drug test.</b></li> <li>(ii) Write the details of the drug on <u>your</u> Sample Collection Form at the time of the drug test.</li> </ul> <p>If you're being given a GC and your doctor tells you that its not a local treatment, you must follow the guidelines for 'Any other substance, medication or treatment method'.</p> <p>If you're being given eye drops, nasal sprays, creams, or ointments that contain a GC, these are not banned and you don't need to declare them.</p>	<p>You can take the drug, but when you are drug tested, you must submit a TUE form with help from your doctor. This must be submitted <b>within 5 days of the drug test.</b></p> <p>Remember that if you take any banned drug or treatment, your doctor must be sure that it is the right drug to treat your condition and that he couldn't give you an alternative treatment that wasn't on the banned list</p>	<p>You can take the drug, but when you are drug tested, you must submit a TUE form with help from your doctor. This must be submitted <b>within 5 days of the drug test.</b></p> <p>Remember that if you take any banned drug or treatment, your doctor must be sure that it is the right drug to treat your condition and that he couldn't give you an alternative treatment that wasn't on the banned list</p>	<b>UK Sport</b>

If you already have a valid Abbreviated TUE for a beta-2 agonist or local Glucocorticosteroid treatment, it will remain valid until either (i) the expiry date or (ii) 30<sup>th</sup> June 2009, whichever comes first.

Remember that if you take any banned drug or treatment, your doctor must be sure that it is the right drug to treat your condition and that he couldn't give you an alternative treatment that wasn't on the banned list. If you are not sure, tell your doctor to check the document "Medical Information to Support the Decisions of TUECs" which is available at [www.wada-ama.org](http://www.wada-ama.org). This applies to medical declarations applied for both prospectively (before treatment) and retrospectively (after treatment).

As a player, it is always your responsibility to make sure that you follow these procedures correctly, otherwise you could end up committing a doping offence. If you're in any doubt, speak to your club medical staff, contact The FA on 0207 745 4954, or visit [www.thefa.com](http://www.thefa.com).