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Dear Member Nation,

Concurrent to the revision of the Anti-Doping Code, WADA updated the International Standards for Therapeutic Use Exemptions (TUEs). The new rules for TUEs came into effect on 1st January 2009.

The main change relates to the elimination of the Abbreviated Therapeutic Use Exemptions (ATUEs) which were used for athletes who used inhaled corticosteroids and/or inhaled beta-2 agonists such as salbutamol, terbutaline, formoterol or salmeterol for management of asthma or who had a local injection of a corticosteroid (intra-articular, periarticular, peritendinous, epidural or intradermal).

Inhaled beta-2 agonists are now on the WADA Prohibited List both in-competition and out-of-competition. Confirmation of their use for the management of asthma is required. The premise being that the therapeutic use of a Prohibited Substance or Prohibited Method would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition.

The use of inhaled beta-2 agonists whether alone or in combination with inhaled corticosteroids now requires a TUE. A form specific for beta-2 agonists has been developed. The athlete is required to have pulmonary function tests which include reversibility tests or provocation tests to confirm a diagnosis of asthma. The form, guidance notes for physicians on how to complete the beta-2 Agonist form and to assist in providing athletes with medical evidence to confirm the diagnosis of asthma and/or its variants can be found on the WSF website at <http://www.worldsquash.org.uk/rul-doping.asp>

Although the use of inhaled corticosteroids or locally injected corticosteroids no longer require an ATUE, a Declaration of Use is required.

Athletes who are part of the WSF Registered Training Pool (top 5 men and top 5 women in the world rankings) can make their Declaration of Use through ADAMS (Anti-Doping Administration and Management System).

All other athletes can make their Declaration of Use on the WSF's online form at http://www.worldsquash.org.uk/declaration_form.htm.

Athlete support personnel can make the declaration on behalf of their athlete but it is ALWAYS the athlete's responsibility to ensure the declaration is made and is accurate.

WORLD SQUASH FEDERATION LIMITED
REGISTERED IN ISLE OF MAN. NUMBER 79771C
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A declaration is required:

- Every time an injection is administered
- When a corticosteroid inhaler is (1) used for the first time or (2) has not previously been declared

Athletes are strongly encouraged to get their prescribing physician to complete the required information, so that he/she is able to complete the declaration themselves accurately.

The information required is:

1. Diagnosis
2. Generic name of corticosteroid(s)
3. Dosage and Units
4. Medical Practitioner Name, Address and phone number
5. Athlete Name, Address and contact e-mail and/or phone number
6. National Federation.

If an athlete is selected for testing, he/she must also declare the use of the corticosteroid in question on the Sample Collection Form.

Athletes are reminded that

1. A TUE is still required for corticosteroids administered by oral, intravenous, intramuscular or rectal routes
2. Topical corticosteroids (eye drops, nasal sprays, ointments or creams) are not prohibited and DO NOT require either a TUE or a Declaration of Use
3. Combination inhalers containing both a corticosteroid and a beta-2 agonist do not require a Declaration of Use. Instead, the athlete must declare the use of the corticosteroid with the beta-2 agonist when making a TUE application for the use of the combination inhaler.

Athletes who were previously granted an ATUE for the use of inhaled corticosteroids and/or beta-2 agonists will be given until 31st December 2009 to apply for a TUE for beta-2 agonists and/or make a Declaration of Use.

Guidance notes on TUE applications for beta-2 agonists and Declaration of Use, as well as examples of the TUE forms (one for beta-2 agonist use and the other medication use for medical conditions other than asthma) can be found at <http://www.worldsquash.org.uk/rul-doping.asp>

If you have any questions please do not hesitate to contact Lorraine Harding, Anti-Doping Programme Administrator - Tel: +44 1424 858288; Fax: +44 1424 858287; Email: wsf@worldsquash.org

Further information about TUEs and the new WADA Code can be found on the WADA website at <http://www.wada-ama.org/en/exemptions.ch2>

Yours sincerely

Dr. Anne Smith
Director
WSF Anti-Doping Commission