

ADHD Therapeutic Use Exemption Policy

Attention Deficit Hyperactivity Disorder (ADHD) is a behavioural disorder that includes symptoms such as inattentiveness, hyperactivity and impulsiveness.

ADHD is the most commonly diagnosed mental disorder of children and the disorder can continue into adulthood. You can find more information on the ADHD Foundation website (<https://www.adhdfoundation.org.uk/>).

Stimulant medications prescribed to treat ADHD are prohibited in-competition under the World Anti-Doping Agency (WADA) Prohibited List. Athletes who are prescribed with a prohibited medication are required to obtain a therapeutic use exemption (TUE).

UK Anti-Doping have introduced an ADHD TUE policy which sets out the required medical evidence for athletes to be granted with a TUE for the use of stimulant medications to treat ADHD.

Do I need a TUE PRIOR to competition?

The following competitors will need to apply for a TUE **PRIOR** to use of any prohibited medications or methods:

- International-Level Athlete/Driver: A Driver who participates in any Competition registered on the FIA International Sporting Calendar
<https://www.fia.com/2019-international-sporting-calendar>

TUE applications for International-Level Athletes must be submitted directly to the FIA via tue@fia.com.

- The following Motorsport UK Championships have been selected as one of several competitions which have been added to the Motorsport UK 'Domestic Pool' with regards to TUE procedures:
 - Kwik Fit British Touring Car Championship
 - British GT Championship
 - BRDC British F3 Championship
 - F4 British Championship
 - TOYO Tires Motorsport UK British Rallycross Championship
 - British Rally Championship
 - Fuchs Lubricants Motorsport UK British Historic Rally Championship
 - Motorsport UK British Drag Racing Championship

Drivers competing at events not listed above are not required to obtain a TUE with UK Anti-Doping in advance, but instead are required to obtain a retroactive TUE if they are subject to Doping Control.

All drivers who have been diagnosed with ADHD should familiarise themselves with their TUE requirements and the UK Anti-Doping ADHD TUE policy.

- <https://www.ukad.org.uk/assets/uploads/Files/2019/ADHD%20TUE%20Policy.pdf>
- <https://www.ukad.org.uk/assets/uploads/Files/2019/ADHD%20TUE%20Application%20Form%20.pdf>

How do I check if my medication requires a TUE?

Global DRO is a useful tool used by athletes and doctors for checking the prohibited status of medications prescribed or bought in the UK - <http://www.globaldro.com/home/index>. Please also be aware that annual changes to the Prohibited List come into effect every year on the 1st January, so I would advise you to recheck any medications used at that stage through visiting Global DRO.